

## Report on – OUTREACH PROGRAM “FEMININE HYGIENE”

Held on – 24/08/2021

<b>Date of Event</b>	24.08.2021
<b>Student Activity</b>	OUTREACH PROGRAM “FEMININE HYGIENE”_ Non-academic/Academic
<b>Conducted by</b>	Bhesajam The Pharma Club of School of Pharmacy
<b>No. Of Participant</b>	160

### OUTREACH PROGRAM “FEMININE HYGIENE”

The Pharma Club (BHESHAJAM) of SCHOOL OF PHARMACY ORGANIZED “FEMININE HYGIENE” on 24th August 2021. Celebration this unique title was framed by the Club coordinator and Event Organizer Miss Khushboo Raj Asst. Professor of School of Pharmacy, AJU. As stated with the norms of Pharmacy Council of India, the approved institutes should go for outreach programs for the benefit of society as well as to educate and aware the pharmacy students to realise their role for the wellness of society. This time it was planned to visit the nearby school (SS+2 HIGH SCHOOL) at Chota Gamharia, Seraikala Kharsawan, Jharkhand. The objective is to educate the adolescent girl students regarding Hygiene and Healthcare. The request letter from the Honourable Registrar of AJU was sent to the Headmaster of the SS+2 HIGH SCHOOL was sent and approval was taken to conduct the program on 24th August 2021 at first half of the day. Five of our faculty members along with a few Pharmacy students and two lab assistants coordinated to conduct the program. Dr. Shweta, Asst. Professor, School of Pharmacy explained the girl students about how to take care of health during menstrual cycle. A leaflet containing the information regarding **Feminine Hygiene** is distributed. Women menstruate for an average of 5-6 days every month for about 40 years, or 3,000 days or 8 years in her lifespan. Despite the fact that menstruation is such an important part of a woman's life, it is still regarded dirty in many communities, and there is an oppressive silence around it. Menstrual

Hygiene Management (MHM) is defined as: “Women and adolescent girls are using clean menstrual management materials to absorb or collect blood that can be changed in privacy as often as necessary for the duration of the menstruation period, using soap and water for washing the body as required, and having access to facilities to dispose of used menstrual management materials”. Globally, at least 500 million women and girls lack proper access to menstrual hygiene facilities. Several variables affect unpleasant menstrual experiences, including insufficient facilities and supplies, period discomfort, fear of disclosure, and a lack of understanding about the menstrual cycle. For some girls, the transition into reproductive age is fraught with dread and anxiety due to a lack of understanding about menstruation and resources about the changes that are taking place in their body. The greatest hurdles to MHM are faced by school girls in marginalised areas since many schools don't have the facilities, materials, information and understanding essential to properly help girls in menstruation. This has an adverse effect on your education and your capacity to remain in school. Moreover, schools frequently offer insufficient water and sanitation, making it nearly hard to maintain menstrually cleanliness, causing female students’ difficulty and shame. Communities also often have local cultural beliefs called menstrual tabus, which might jeopardise a girl's health and/or mental well-being. Throughout the world and particularly in less developed nations, Feminine hygiene remains poorly understood and menstruation is surrounded by stigma. This leads to unawareness of menstrual health management and limited access to menstrual products. Hence, Bhesajam, Pharma Club of School of Pharmacy, ARKA JAIN University, Gamaharia, Jharkhand aims to create awareness among adolescent girls and promote safe and effective menstrual hygiene management. All the girls students of Class 10<sup>th</sup> assembled, Dr. Shweta along with Miss Priyabati Choudhury, Miss Yogita Kumari and Miss Khusboo Raj Assistant Professor, School of Pharmacy gave simple explanations for biological and hormonal processes which most are unaware of due to lack of accurate information and the

stigma and silence associated with menstruation. She guided them to follow hygiene practices during menstruation to stay safe and healthy. She also talked about school sanitation facilities, which include sex-separated toilets, bathing facilities, and access to water and soap for personal cleaning for girl students and female teachers. The session was engaging, relevant and informative. Finally the girl students are provided a gift pack containing Sanitary napkin, sachet of (reconstituted health drink) Bournvita and Horlicks. The teachers of the School cooperated a lot for the successful conduction of the program and felicitated by offering with memento. Students are actively participated and conveyed regarding the role and the responsibility of the pharmacy education. Vote of thanks were given by Mr. Sumanta Sen, Associate Professor, School of Pharmacy, AJU. **Bheshajam** is doing well for the all-round development of the students as well as the society.

## Poster Of The Event “Feminine Hygiene”



**JGI** | **ARKA JAIN**  
University  
Jharkhand (Jamshedpur)

# Bhesajam

The Pharma Club of School Of Pharmacy  
ORGANIZES OUTREACH PROGRAM



## "Feminine Hygiene"

At - S. S. +2 High School Chota Gamharia, Jharkhand

On  
**24th August 2021**

[www.arkajainuniversity.ac.in](http://www.arkajainuniversity.ac.in)

## Information Brochure for awareness of Feminine Hygiene





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## “Feminine Hygiene”

### MYTHS




**BANNED**


**Restriction from entering temples**



**Restriction from touching sour food and pickles**




**Staying in separate room of the house**



**Avoid social gathering**

#### Do's

- Drink more water, fruit juice.
- Wear loose cotton clothes.
- Light exercise to reduce pain.
- Use sanitary pads & change it every 6-8 hrs.
- Clean vaginal area.



#### Don'ts

- Using unhygienic toilet.
- Consuming spicy foods.
- Excess medication for menstrual cramps.
- Physical over-exertion.



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## “Feminine Hygiene”

### Food Supplements

Spinach



Rajma



Banana



Coconut



Peas



Tomatoes



Milk



Lentils



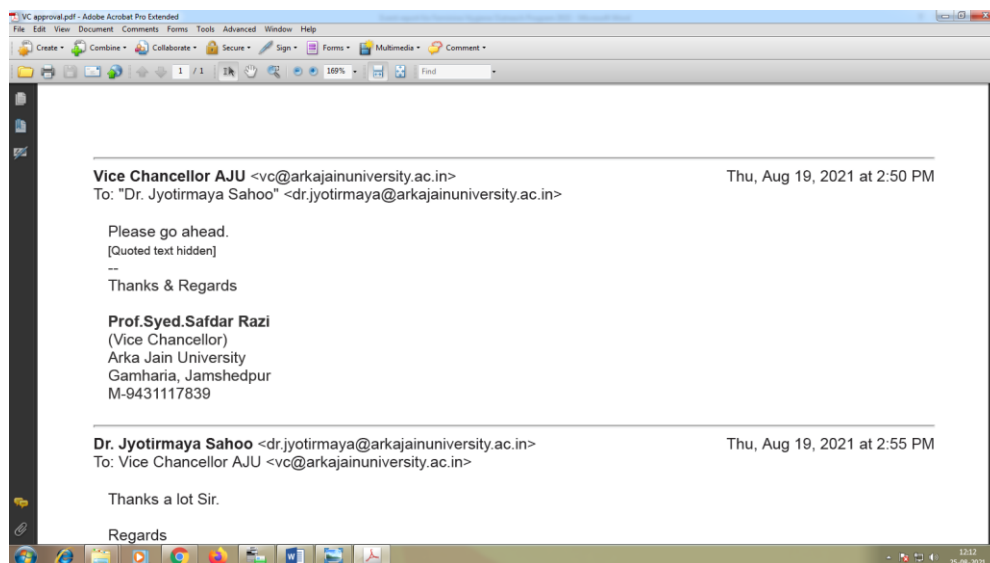
Flaxseeds





*“When Women take care of their health, they become their best friend.”*  
~Maya Angelou

## Approval of Honourable Vice Chancellor, ARKA JAIN University





**Students of B. Pharm 3<sup>rd</sup> year with faculty members and Girl students of S.S. +2 HIGH SCHOOL at Chota Gamharia**



**Faculties Educating Students Regarding Menstrual Hygiene Management (MHM)**



## Distribution of Gift Pack For Feminine Hygiene



## Felicitating Teachers of S.S. +2 HIGH SCHOOL

