

**Report on Outreach Program “Feminine Hygiene Episode 2”**  
**Held on 22/08/2022**

<b>Date of Event</b>	22.08.2022
<b>Name of the Event</b>	Outreach Program “Feminine Hygiene_ Episode 2
<b>Type of the Event</b>	Non-academic/Academic
<b>Conducted by</b>	Bhesajam The Pharma Club of School of Pharmacy
<b>No. Of Participant</b>	36

**OBJECTIVE:** To increase awareness among adolescent girls on Menstrual Hygiene. To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas. To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.

**DETAILS:** The Pharma Club (BHESHAJAM) of SCHOOL OF PHARMACY ORGANIZED “**FEMININE HYGIENE**” on 24th August 2021. This time it was planned to visit the nearby school Saraswati Shishu Vidya Mandir, Chandil, Jharkhand. The objective is to educate the adolescent girl students regarding Hygiene and Healthcare. The request letter was sent to the Principal Mr. Kunal Kumar of the Saraswati Shishu Vidya Mandir, Chandil and approval was taken to conduct the program on 22nd August 2022 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. Miss Subhashree Sahoo and Miss Tejaswini Mohanty, 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. 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, Miss Subhashree Sahoo and Miss Tejaswini Mohanty, 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. They 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 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.

**TAKEAWAY (OUTCOMES):** Access to menstrual hygiene is a basic rights for the women and should be treated so at all times.

### Poster of the Event

**BHESAJAM**  
**THE PHARMA CLUB OF**  
**SCHOOL OF PHARMACY**  
Organizes  
**FEMINE HYGIENE**  
**EPISODE 2**  
Saraswati Sishu Vidya Mandir,  
Chandil  
**AN OUTREACH ACTIVITY**

On the Eve of  
आज़ादी का  
अमृत महोत्सव

75

**Time: 9:30 AM Onwards**

**Co-ordinators :**  
Miss Subhashree Sahoo  
Mob. : 7978122916  
Mr. Sumanta Sen  
Mob. : 8594960460

**Date:**  
**Aug, 22nd**  
**2022**

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JGI ARKA JAIN University  
Jharkhand (Jamshedpur)

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## Glimpses of the Event







