



HYSEA-HEALTH AND WELL-BEING

PRESENTS

MENSTRUAL HEALTH AND HYGIENE

Training of Trainers
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Agenda

- Hygiene Practies
- Disposal Methods
- Yoga & Exercise
- Food & Nutrition
- Home remedies
- Safe touch & Unsafe touch

Hygiene Practices

- ▶ Sanitary napkins are safe, easy to use and more hygienic compared to clothes.
- ▶ A Sanitary napkin needs to be changed every 6 hours even if the flow is less.
- ▶ As pads are designed explicitly for periods, efforts in washing and taking care of clothes and their disposal are minimized.
- ▶ One shouldn't dry underwear indoors, shady places or under regular clothes.
- ▶ They should be washed with soap and water, sun dried and used.



Hygiene Practices

- ▶ Undergarments used especially during menstruation should be soft comfortable & preferably cotton.
- ▶ One shouldn't dry underwear indoors, shady places or under regular clothes.
- ▶ They should be washed with soap and water, sun dried and used.
- ▶ Underwear should be neither too loose nor too tight. Wearing tight underwear leads to lack of air circulation and in turn resulting in sweat, infections and redness.
- ▶ Only if the underwear is well fit, the cloth/sanitary napkin stays in place without movement thereby avoiding stains and leakage.

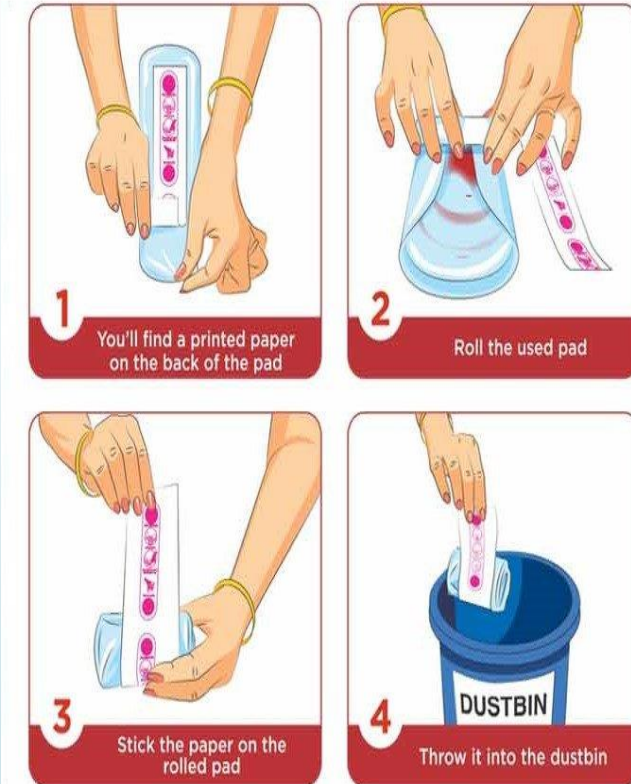


Hygiene Practices

- ▶ The cloth & the underwear used should be fresh, neatly washed and sun dried.
- ▶ Sharing is not caring when it comes to menstrual hygiene. Do not share clothes with anyone. Not even mother or sister.
- ▶ A cloth should be changed for every 6 hours even though the flow is less.
- ▶ After usage, the cloth should be neatly washed with soap and warm water, sun dried and stored safely.

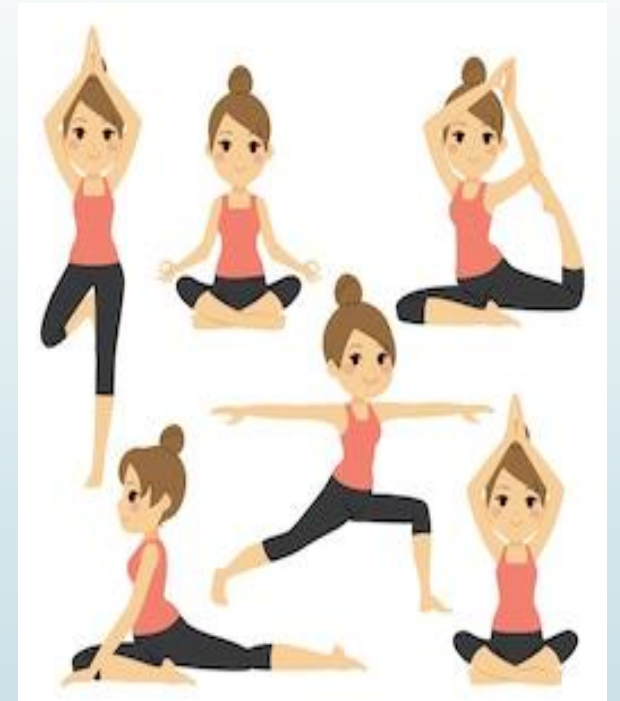
Disposal Methods

- After usage of sanitary napkin, it should be wrapped in a newspaper, placed in a cover and disposed properly in a dustbin.
- Pads should never be thrown on roads, flushed down the toilets or burnt.
- Used pads should be disposed immediately.
- A cloth can be reused if it's washed properly with soap and water and sun dried.
- After 2-3 usages, cloth should be washed and disposed.
- Hands should be thoroughly washed with soap and water.



Yoga & Exercise

- Yoga & Exercises can be performed during menstruation.
- Inverted poses are advised to be avoided because they cause more blood flow towards brain. E.g., Sarvangasana.
- Every women is different. Understanding our body is very important.
- Simple exercises which can be performed lying on bed like Vajrasana, Shuptha Vajrasana, Butterfly exercise etc.
- Be gentle and go by the comfort we experience by doing asanas.
- Continue exercise, cycling etc. as per your body stamina. Don't strain too much.



Food & Nutrition

- Food is our first and best medicine.
- Proper food and nutrition is essential for every women especially during menstruation.
- Eat healthy, take lots of green vegetables.
- Avoid eating spicy foods, excess of salt & sugar, aerated drinks & fats.
- Avoid pickles, masalas and oily foods.



Food & Nutrition

- ▶ Drink as much water as possible. It not only helps in digestion but also has immense health benefits.
- ▶ Balance diet is very important.
- ▶ Leafy vegetables provide iron and milk provides calcium which are very essential for a female body during menstruation.
- ▶ Intake of coconut water and buttermilk reduces heat in the body and induces calmness.



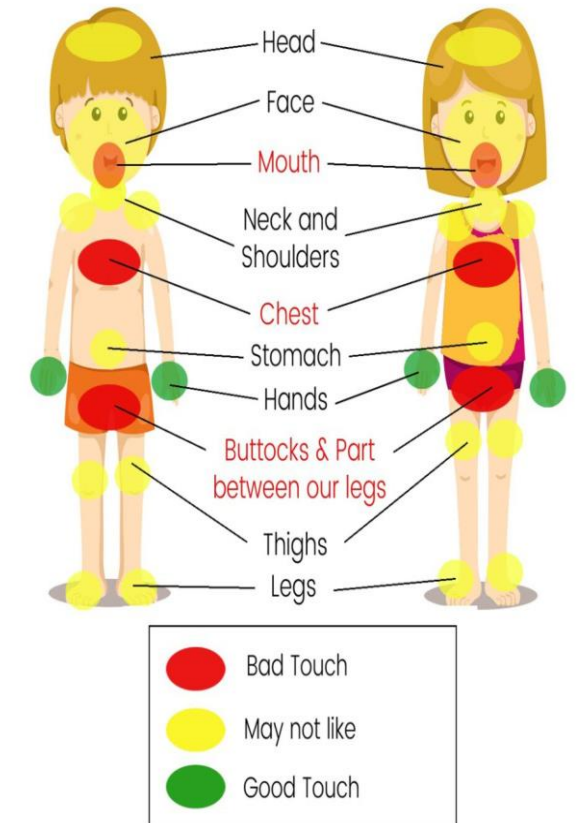
Home Remedies

- ▶ Drink loads of water.
- ▶ Always bath with warm water. Use a hot water gel/pack near abdomen, back, pain infected areas.
- ▶ Drink one spoon of fried and blended jeera, Saumph & Ajwain with warm water in the mornings.
- ▶ Walk/exercise or practice Yoga. Avoid regressive exercise/weight liftings.
- ▶ Do not take medications without consultation of a physician.



Safe Touch & Unsafe Touch

- Safe Touch and Unsafe touch are words commonly used to explain children which touch is ok and which touch isn't.
- It helps them understand what situations they should tell a safe person about and ask for help, and how they should treat other people.
- A safe touch is a touch that cares for them, necessary for their health or safety and makes them feel safe.
- An unsafe touch is a touch that makes them feel scared. E.g.: A secret touch, touch on genitals or bottom.



Safe Touch & Unsafe Touch

- A bold and self-confident kid will be less prone to attacks.
- Always encourage children to share things with parents. The attacks happen without children knowing what they are subjected to.
- Be alert to notice any suspicious marks or injuries on children's body.
- Educate children on safe touch and unsafe touch. Attackers lure children with baits and say that it's a secret game and shouldn't be shared with anyone.

