

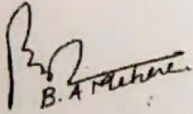
Dr. Ambedkar College, Deekshabhoomi, Nagpur

Notice

Date-23-09-2021

Social outreach cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur is organizing **"AAROGYA-A PERSONAL HYGIENE INITIATIVE FOR UNDERPRIVILAGED WOMEN"**: Under this initiative the Social Outreach Cell will be distributing sanitary pads to women who lives on street. The activity will be conducted on Monday 27th September 2021.

Date-27-09-2021



Principal of the College
Dr. B.A.Mehere



Cell Co-ordinator
Mrs.Shweta Paranjape

A Report

On

“AAROGYA – A Personal Hygiene Initiative for Underprivileged Women”

Social Outreach Cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur

The onset of menstruation is one of the most important physiological changes occurring in girls during the adolescent years. Menstruation heralds the onset of physiological maturity in girls. It becomes the part and parcel of their lives until menopause. Apart from personal importance, this phenomenon also has social significance.

Menstrual hygiene is a hygienic practice during menstruation which can prevent women from the infection in reproductive and urinary tract. In India, menstruation is surrounded by myths and misconceptions with a long list of “do’s” and “don’ts” for women. Menstruation and menstrual practices are still clouded by taboos and socio – cultural restrictions resulting in adolescent girls lacking knowledge and remaining ignorant of the scientific facts and hygienic health practices, which sometimes results into adverse health outcomes.

Hygiene-related practices of women during menstruation are of considerable importance, as it may increase vulnerability to Reproductive Tract Infections (RTI’s). Poor menstrual hygiene is one of the major reasons for the high prevalence of RTIs in the country and contributes significantly to female morbidity. Lack of knowledge regarding menstruation and menstrual hygiene lead to poor attitude and practice. There are various issues like awareness, availability and quality of napkins, regular supply, privacy, water supply, disposal of napkins, reproductive health education and family support which needs simultaneous attention for promotion of menstruated hygiene.

In order to create awareness of using sanitary napkins during menstrual cycle Social Outreach Cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur have taken an initiative **“AAROGYA – A Personal Hygiene Initiative for Underprivileged Women”** in which distribution of sanitary napkins to women which lives on street was done. The activity was conducted on 27th September 2021. All the members of the cell and students participated in the program and distributed more than 200 sanitary napkins to underprivileged women in many areas in Nagpur city.

Glimpses



