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SEWA INTERNATIONAL

Toilet and Hygiene

Project for the girl child

Menstrual Hygiene Program...





Research shows that approximately 23% of adolescent girls drop out of school when they start menstruating and those who don't usually miss up to 5 days of school every month.

According to a National Family Health Survey (NFHS) 2015-16, about 57.6 percent of the Indian women use sanitary napkins and 62 percent women in the age group 15-24 years still rely on a cloth during periods

A majority of rural women in India employ clothes and rags for feminine hygiene. These materials might predispose women to reproductive tract infections since it may be difficult for them to keep their used napkins clean and free of harmful bacteria. Washing reusable feminine products with soap and drying them in sunlight may be difficult due to lack of water, private facilities, and cultural taboos associated with menstruation.

Unhygienic period and disposal practices can have major consequences on the health of women including increased chances of contracting cervical cancer and reproductive tract Infections.



Facts and Figures about menstrual hygiene in India

6%

of Indian women don't have access to any menstrual products including cloth.

24%

still sit separately from other family members during their periods.

48%

of Indian girls are completely unaware of what periods are before they get their first period.

45%

of Indian women still consider periods to be an abnormal condition.

70%

of Indian mothers still believe periods to be 'dirty'.

50%

of Indian women believe that they can't touch special foods during menstruation

77%

of Indian women still believe they can't visit a place of worship during their periods.

50%

of Indian women still use cloth during their menstruation.

About 336 million girls and women experience menstruation in India, which means that approximately 121 million of them are using disposable sanitary napkins. This means, as pointed out by the Clean India journal, there are 432 million pads being generated annually in India, resulting in 9000 tones of sanitary waste.

The downer is that all sanitary pads are plastic-based and have a non-biodegradable content. This plastic component takes around 500-800 years to decompose.

Menstruation can affect all aspects of a girl's life:

EDUCATION

Girls may miss school during their periods due to lack of facilities or necessary supplies.

ECONOMICS

Women may miss work if they don't have access to the sanitary supplies.

PARTICIPATION

Girls may be distracted or less productive during school, work and other activities due to pain, discomfort and fear of leaks.

DIGNITY

Girls may suffer from discomfort, they have to endure teasing & shaming and face exclusion from everyday activities.

HEALTH

Use of poor hygiene materials can lead to infection.



India, on one hand, is growing exponentially in the IT industry and entrepreneurship making the country at par with China and the US. But on the other hand, the underprivileged population, which constitutes to more than 75% are struggling with Swachatha and knowledge about alternative options.

Media advertising is fast growing among this group and thus creates the infiltration of high chemical laden menstrual pads, without proper disposal of the sanitary pads; they fill up our lands, dogs dragging them around, cows consuming them, leaving them sick and many occasions causing death.

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Sewa International's T&H team has been researching better methodologies which for menstrual hygiene which would also be eco-friendly. Our answer is reusable cloth sanitary napkins. Cloth napkins are made by local women from a lower economic background, they can be washed and reused for up to 3 years.



- \$5 for a girl can help her have hassle-free and healthy menstruating days for three years.
- \$500 to build a washroom for girls to use during their menstruating days in government schools.



Comfortable
Economical
Eco-friendly
Healthier



Toilet and Hygiene team has launched Menstrual hygiene project, it is the next level to building toilets in government schools.

Re-usable Sanitary napkins are less expensive, more safer than disposable pads/Menstrual cups, they reduce the amount of waste produced and are reusable month after month.



Donate now!
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