



**SEWA INTERNATIONAL'S SHE -
SANITATION, HYGIENE AND EMPOWERMENT
PROJECT FOR THE GIRL CHILD**

MENSTRUAL HYGIENE REPORT

March 2021

**Supported by
Raj Bhai Jhaveri ji**

"71% of adolescent girls in India are unaware of menstruation until they get it themselves."

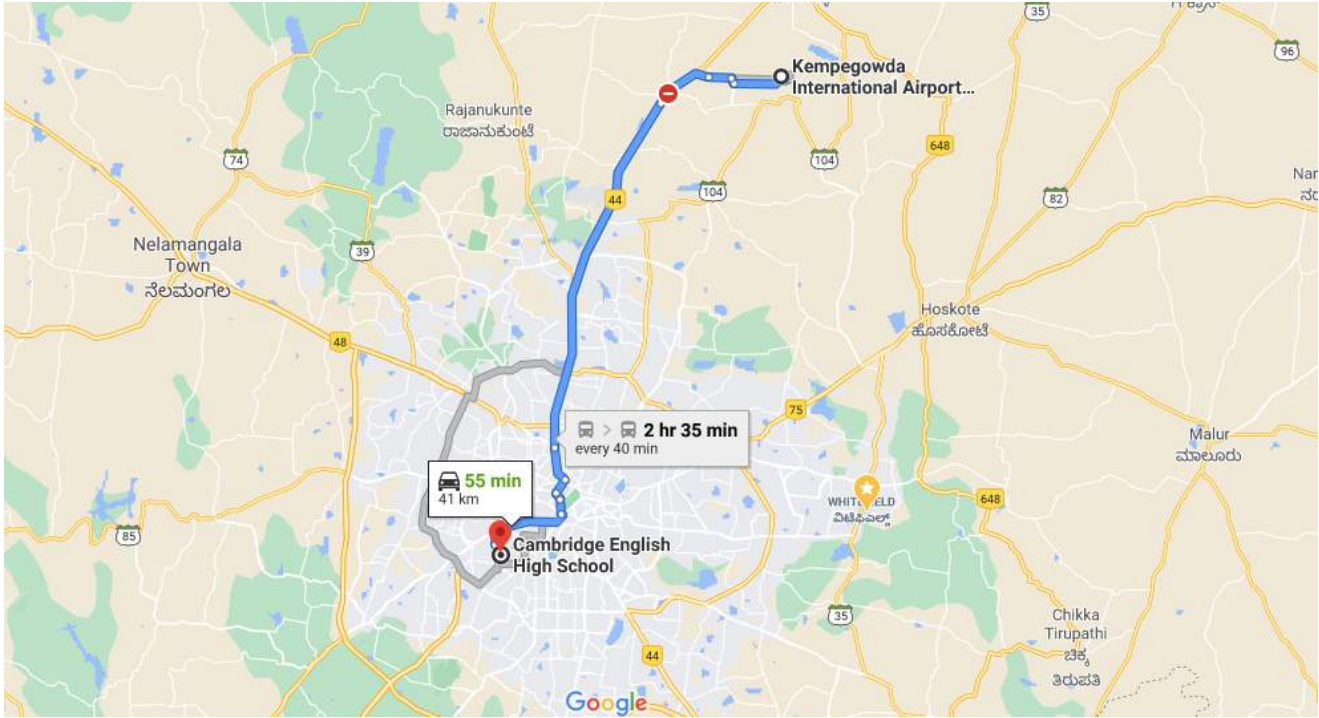


OUR KEY FOCUS AREAS

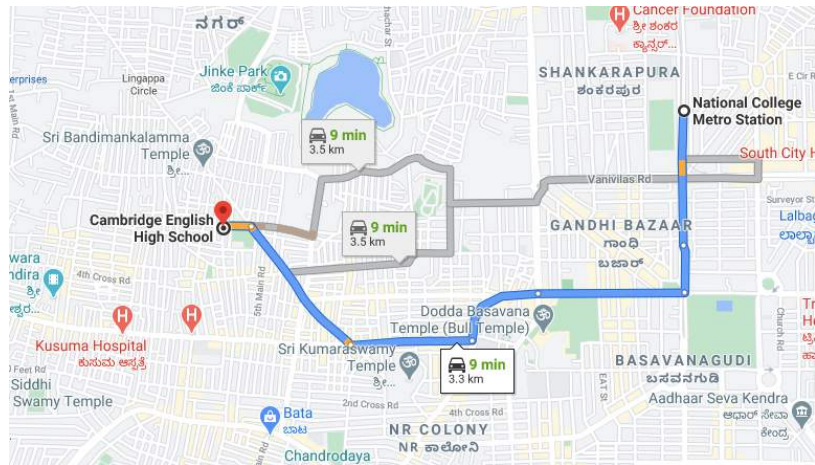
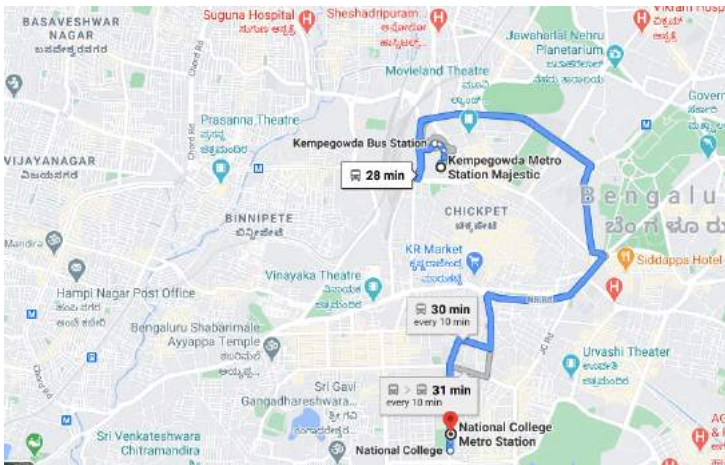
- ✓ **Access to menstrual hygiene products**
- ✓ **Menstrual Hygiene awareness sessions**
- ✓ **Menstrual products manufactured by local women.**

Project Location

*On Road distance from Kempegowda International Airport Bengaluru to Cambridge School, Srinagar - Bengaluru South is 41 km via Bellary Road/ 49.1km via Outer Ring Road



By Metro Railways - Kempegowda Metro Station, Majestic to National College Metro Station. Then take Auto/cab from National College metro station to Cambridge school, Srinagar, Bengaluru South.



Activities @ Cambridge school

Activity Objectives:

1. To create awareness among women & adolescent girls about the Menstrual cycle and maintaining hygiene during menstrual period
 - a. Awareness video – information about Menstrual hygiene and reusable Sanitary napkins
2. To educate and make them aware about the environmental pollution and health hazards associated with using disposable sanitary napkins
3. To distribute Re-usable Sanitary napkins to underprivileged & needy women and girls

Beneficiaries:

120 Adolescent Girl students of Cambridge School and 4 Women teachers (2 camps conducted for students from 6 th-10th Std)

Activities Conducted:

1. Audio/Video session - About menstrual hygiene
2. Information session on sewa's cloth sanitary napkin (usage, wash & dry instructions)
3. Question and Answer session
4. Distribution of re-usable sanitary napkins

Venue and Date: 23 March 2021

- Cambridge high school, Bengaluru
- Cambridge higher Primary school, Bengaluru

Cambridge school is run by Krishnoji Rao Foundation which has students from underprivileged & economically backward families.

Menstrual Hygiene Session



Menstrual Hygiene Session



Thank you for supporting us!

2018-2021 - We have distributed 5,000+ menstrual products across Uttarakhand, Uttar Pradesh & Karnataka



- \$5 for a girl can help her have hassle-free and healthy menstruating days for two years.

Donate now!

Donation Link: <https://sewausa.org/Support-Menstrual-Hygiene-Program-in-India>