

Assessment of Menstrual Hygiene Management (MHM) Practices among Madrasah /School going adolescent girls in the Gangoh Block of Saharanpur District

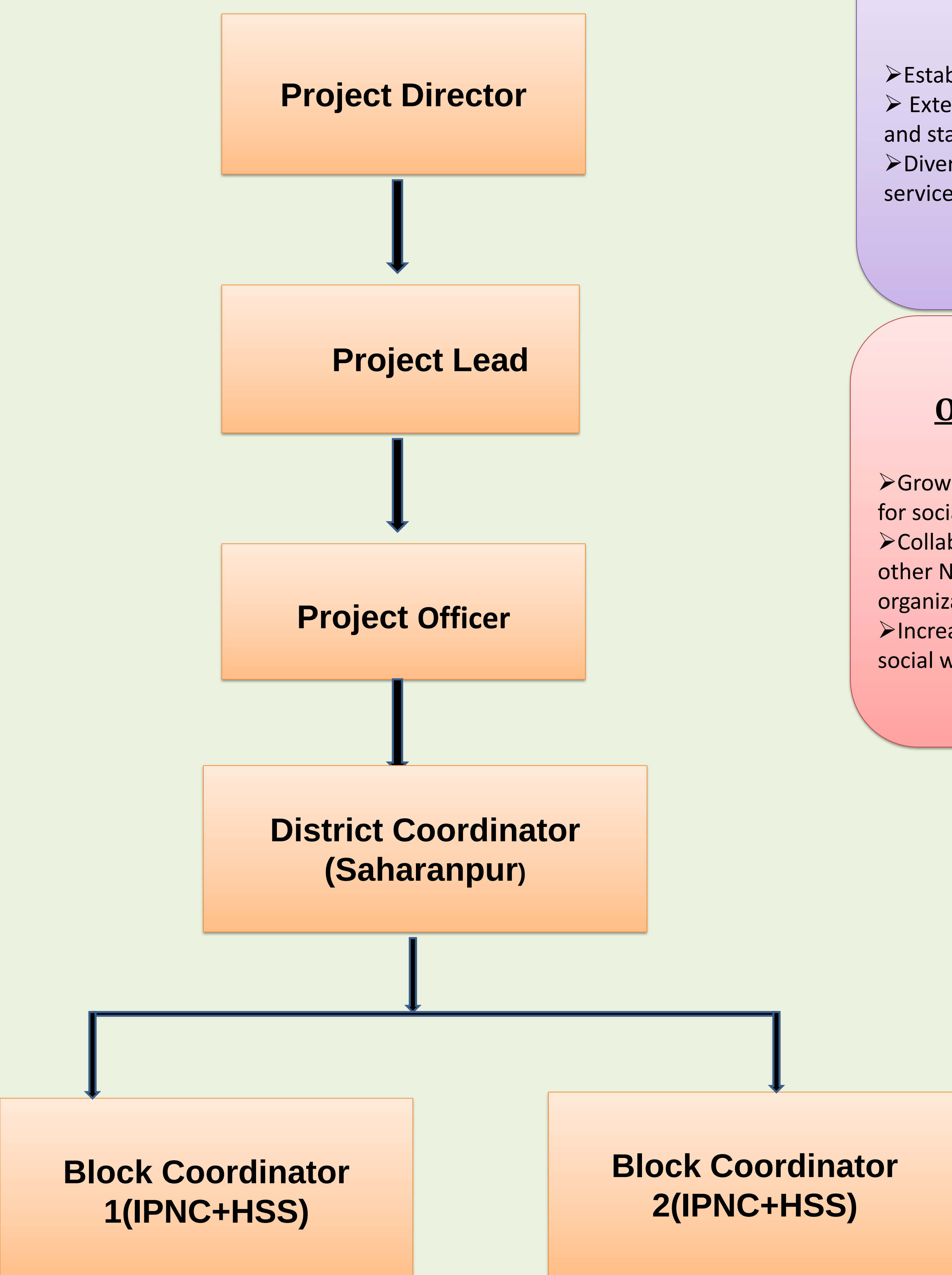
ORGANIZATION PROFILE

CARE India is a not-for-profit organization that works towards creating an inclusive world where everyone can live with dignity and security. They focus on empowering marginalized women and girls by building the capacity of communities through sustainable and holistic interventions in health, livelihood, education, and disaster relief.

Vision: A society in which every individual, irrespective of their socio-economic background or gender, has equal opportunities and access to resources for a dignified and sustainable life.

Mission: Their mission is to empower individuals by providing them with access to quality education, healthcare, livelihood opportunities, and social protection.

CARE INDIA SAHARANPUR,UP ORGANIZATIONAL STRUCTURE



About Menstrual Hygiene Management

- Menstruation is a normal physiological phenomenon that women and adolescent girls experience every month.
- The ability to manage menstruation hygienic is fundamental to the dignity and well-being of women and an integral component of basic hygiene, sanitation, and health services. Poor awareness of menstruating adolescent girls adversely affects their health and social life.
- Adolescent girls (15-18) naturally experience the menstrual cycle, and proper MHM practices are crucial for their physical and mental health. The study intends to identify knowledge gaps, challenges, and possibilities for improvement in the study area in order to recognize the significance of promoting proper MHM practices.

STRENGTHS

- Established brand reputation
- Extensive network of volunteers and staff
- Diverse range of programs and services

WEAKNESSES

- Limited financial resources
- Dependency on external funding sources
- High competition from other NGOs

SWOT ANALYSIS CARE INDIA

OPPORTUNITIES

- Growing awareness and support for social causes:
- Collaborative partnerships with other NGOs and international organizations
- Increased government focus on social welfare

THREATS

- Negative public perception of NGOs
- Political and regulatory challenges
- Competition from other NGOs and non-profit organizations

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AIM

The study aims to understand the Menstrual Hygiene Management practices of adolescent girls attending madrasah/school in the Gangoh block.

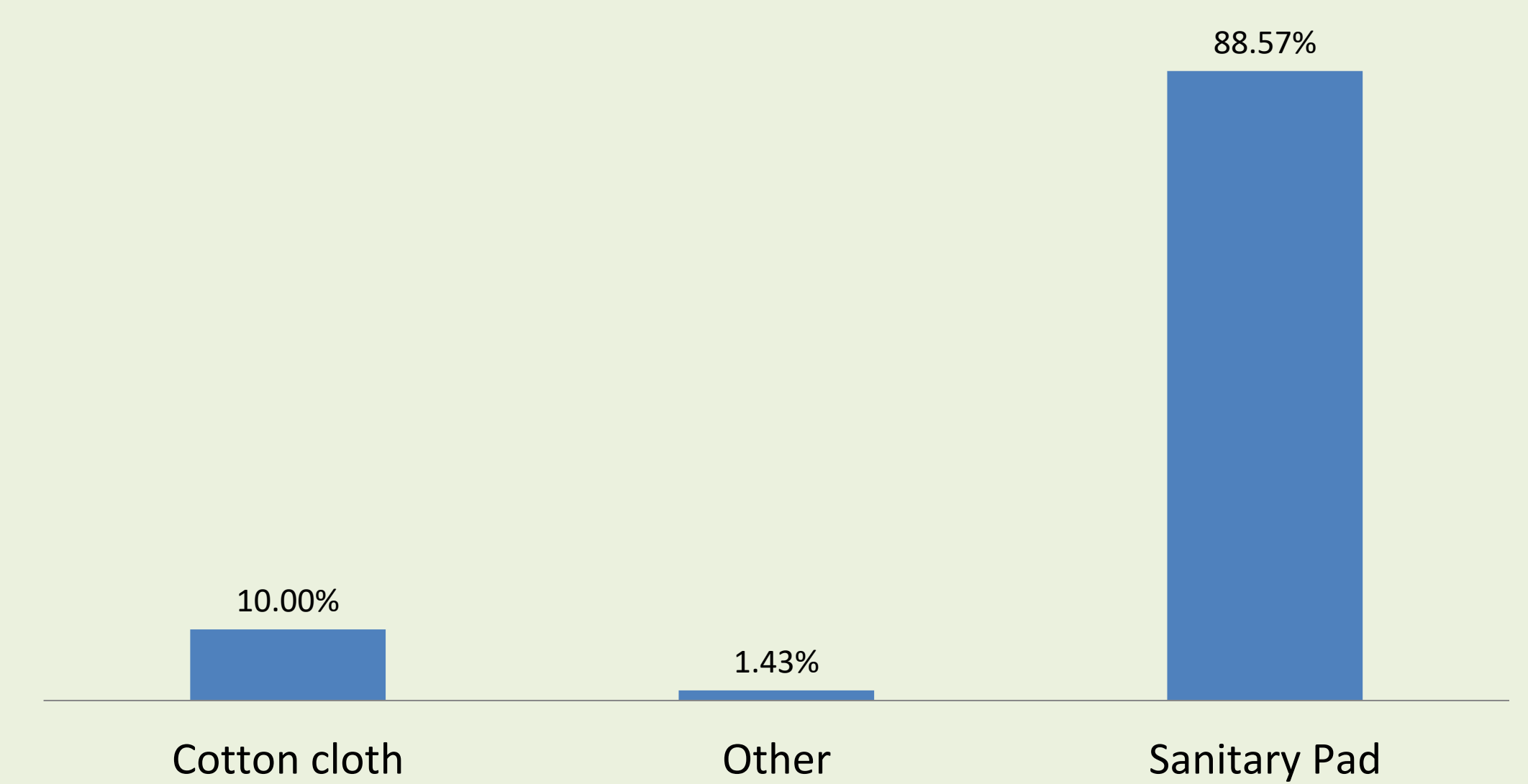
Objectives

- Understand the current knowledge of menstrual hygiene practices, including the use of various menstrual hygiene products and pain management practices
- Evaluate the availability of clean water washroom facilities in the School/Madrasah.
- Girls' awareness of the negative consequences of inappropriate menstrual hygiene management behavior.

FINDINGS

- Preference for sanitary pads among adolescent girls when it comes to managing their menstrual hygiene.
- Disposing of their used sanitary products in the trash bin,
- Menstruation being a normal phenomenon or a disease is understood by girls.

Sanitary Products used during Menstruation



Factors Assessed	Yes	No
Girls aware about MHM	24%	76%
Comfortable discussing MHM issues with your peers	67.14%	32.86%
Aware of any health risks associated with poor MHM	38.57%	61.43%
Received any information or education about MHM	51.43%	48.57%
Soap used for washing during menstruation at home	98.57%	1.43%

MHM Data Collection field visit



Value Addition

- ✓ Program Management and Implementation .
- ✓ Create a overall research plan for the project..
- ✓ Learned about the Routine Immunization process.
- ✓ Conduct training program for first line worker AWW, ASHA and ANM.
- ✓ Data collection with community outreach helped me improve my interpersonal skills.
- ✓ Gain self-confidence by combining practical and theoretical principles in the field.

Training OF AWW at ICDS office



SUGGESTIONS

1. FLWs should have access to regular training and capacity-building opportunities to stay updated on the latest nutrition guidelines, counseling techniques, and emerging research in the field of maternal and child nutrition.
2. FLWs should monitor and track the progress of individuals or families they counsel.
3. FLWs should learn effective communication techniques to engage with individuals and families during nutrition counseling sessions.
4. Menstrual health education programs in schools/maracas of adolescent girls aged 15-18 should be implemented so girls will have proper knowledge about Menstruation.
5. Menstruation education programs
6. Peer education programs

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