

Summer Training

At

Contree, Jaipur, Rajasthan

Contree 

(May 10, 2021 to July 2, 2021)

A Report

By

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School of Development Studies

MBA-Rural Management

Batch – 09

(2020-22)



CERTIFICATE

*It is to certify that **Ms. Muskan Agrawal**, Student of a School of Development Studies, IIHMR University, Jaipur, Rajasthan has successfully completed the summer training at Contree, Jaipur, Rajasthan.*

This is the bonafide record of the work carried out by him during the summer training in May 10 to July 2, 2021.

Date:

Place:

Signature of Faculty

Dr. Ratna Verma

Assistant Professor

CERTIFICATE

Acknowledgement

It was an amazing opportunity for me to learn and grow professionally during my internship with **Contree**. During this internship period, I was fortunate to meet some great people and professionals who have been tremendously helpful. Given previous experiences, I want to express my deepest gratitude and thanks in particular to **Ms. Bhumika Rawat** mam (organization mentor) despite being tremendously busy with her duties and still took the time to listen, offer support and keep me on track to carry out my project at their highly esteemed organization and during the training curriculum.

My sincerest thanks go to **Dr. Priyanka Upadhyay** (gynaecologists) who helped me and also suggested me some questions that I needed for the questionnaire.

A special thanks to **Dr. Ratna Verma** (university mentor) for keeping in touch with me and helping me whenever needed.

As part of my professional development, I regard this opportunity as a major accomplishment. To attain desired career objectives, I will use knowledge and skills gained in my career to the best of my abilities and work on improving them continually. Looking forward to a long term working relationship with each of you.

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ACRONYMS / KEYWORDS

MHM – Menstrual Hygiene Management

MHP –Menstrual Hygiene Products

PMDD – Premenstrual Dysphoric Disorder

PMS –Premenstrual Syndrome

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OBSERVATIONAL LEARNING

Introduction

The improvement of global population health and the achievement of the Sustainable Development Goals are not possible without women's health. It is true that menstrual-related challenges have gained more awareness over the course of the past decade, but the multi-sector investment is required for comprehensively addressing the needs of all menstruating individuals.

A person's culture deems something to be taboo when it comes to the use of the word 'taboo' as being insensitive and offensive due to being greatly disturbed. We can generally associate embarrassment with culture-based ideologies in a lot of cases. A subject that causes more embarrassment, as it grows stronger, the higher the chance it will become taboo. Some cultures forbid women from visiting sacred places during their periods. Some cultures do not allow women to enter the kitchen or even touch or consume food. A woman's periods are viewed as disturbing by society when she speaks of them. In some situations, substitutes are used to avoid direct terms such as "menstruation", "menstrual bleeding", "period", "chums" etc. Menstrual bleeding involves the vaginal area, which is considered a private area in women. Public discussion of 'vagina' and issues related to it is awkward and embarrassing for people of all genders.

Cultural norms can prevent menstruating women and girls from participating in daily activities, forcing them into seclusion, limiting their mobility, and restricting their diet. The water sector, as well as those in the health and education sectors, ignore menstrual hygiene in spite of, or perhaps precisely because of, this. There is a lack of adequate consideration of the menstrual needs of women's health. Unless women and girls have access to a safe, private space equipped with facilities to wash their bodies, menstrual materials, and clothing, they will have trouble having a normal daily life. Due to the lack of privacy, inadequate washrooms, and the fear of staining and odour, girls are often absent from school during their menstrual cycle, and this negatively impacts their right to education. This silence must be broken first. Women and girls must be empowered to speak up about menstrual hygiene in a way that is comprehensive and contextual, so their voices can be heard.

REVIEW OF LITERATURE

- ✓ Vaughn, Jacqueline Grace stated that Sub-Saharan Africa has a large number of schoolgirls affected by MHM. A large number of schoolgirls miss classes, perform poorly, and suffer from excruciating physical pain and negative emotional experiences. There are many promising initiatives and recommendations in the existing research for resolving the MHM situation. Adding to the base of research and defining the problem more clearly will enhance this groundwork. As more resources and attention are paid to the issues surrounding menstrual hygiene management globally, schoolgirls will be able to comfortably manage their periods and attend school. To make MHM a positive experience for girls, more advocacy, infrastructure, resources, and education will need to be provided.

- ✓ Astrid Krenz and Holger Strulik found out that Women who relied on modern methods of menstrual hygiene management (disposable sanitary pads) instead of old cloth were 21 percentage points less likely to miss work due to their periods. The results indicate that menstruation and its inferior management result in a large number of women experiencing social exclusion. In addition to preventing leaks and odors, disposable sanitary pads allow the worker to avoid washing the MHM material during the course of the working day. Therefore, it helps to conceal menstruation and avoid workplace humiliation or outright exclusion when menstruation is viewed negatively or social norms are in place. Their study was only focused upon the use of absorbent materials for menstrual blood.

- ✓ Radha Paudel, Chitra Bahadur Budathoki, Prakash Shahi stated that Menstruating girls around the world are subject to a variety of restrictions around their periods such as eating fruit is restricted in Bangladesh, traveling to religious functions is restricted in Nepal, and going to school is forbidden in some countries during their menstrual cycle. They are forbidden to enter their house and touch their belongings, and to touch babies, pregnant women, holy people, and discouraged from having sexual relations with them. Christian bibles discuss women's impure behavior when they menstruate. In Uganda,

women and girls with menstrual cycles are not permitted to consume cow's milk. The Koran is forbidden to touch by menstruating women and girls among Muslims. Menstruating women are not allowed to bake bread in the US and some places in Europe.

- ✓ Hem Shankar Bhattarai found out that many girls feel normal during their first menstruation also they get frightened at the same time if there is something wrong happening to them. Many girls and women know that their menstrual cycle affects both their physical and psychological well-being. Furthermore, they agreed psychological development increases gradually with age when weight gain and height gain, changes in voice, enlargement of the breasts, pubic hair and changes in the voice were all signs of physical growth. Menstruation was also observed as a sign of physical development. The effects of normal and abnormal feelings, shyness, fear, worry, etc., may also change their psychological structure.
- ✓ Cara E. Williams Sarah M. Creighton analyzed that in the first few years after menarche, adolescent menstrual dysfunction is extremely common. Teenagers can choose from a variety of treatment options that are all safe. The evidence for risk associated with various treatments comes from the record of adults. There exists the possibility that there is actually a lower risk associated with the treatments than is described in the reported findings. Patients should consider other medical conditions before commencing treatment. The UK medical eligibility criteria guidelines should be followed when considering other medical conditions. Learning-difficult girls may require a lower threshold for intervention because they can be more difficult to treat.

General findings

According to a UNICEF Report of 2014, around 79% girls and women in the Indian state of Tamil Nadu, 66% in Uttar Pradesh, 56% in Rajasthan and 51% in West Bengal are unaware of proper menstrual hygiene practices. Out of the whole population of menstruating women in India (i.e. 355 million), only 42.6 million menstruating women use sanitary napkins during their

periods. This implies that only 12% of Indian menstruating women can afford proper sanitary napkins. According to a report of 2011-12 by the Indian Council for Medical Research, 62% of menstruating girls in India do not speak to their mothers about menstruation. Women themselves do not know exactly what menstruation is or why it occurs, but frequently inquire about how this should be explained to adolescent girls and what menstrual hygiene practices should be followed. Due to the fact that awareness and proper education are lacking, this study is significant.

Contree has started an initiative on menstrual health and hygiene named as **My Cup of Change**

Menstruators are being educated about sustainable menstrual practices through "my cup of change," a campaign that promotes the use of menstrual cups. People who menstruate, as well as those currently experiencing transgender identity or non-binary gender identity, need support relating to menstrual health and hygiene. To facilitate readability, the term 'girls and women' appears throughout this document. In fact, it refers to all menstruators regardless of their gender identity. Menstrual hygiene products (MHPs) are becoming more popular in India every day. In addition to this, pollution is also increasing. Most of the MHPs that are commonly used are either unhygienic or do not biodegrade, which is harmful to every living thing. Several studies have demonstrated that MHPs are most commonly used as (i) reusable cloth and (ii) sanitary pads

Depending on how they are washed or dried, reusable cloths may be unhygienic if not properly cleaned and dried.

The use of unclean sanitary pads can actually result in fungal infections, reproduction tract infections, urinary infections, and even infertility. Sanitary pads are made of plastic to prevent leakage. It is much more likely that you will develop rashes and vaginal yeast infections as well as the unpleasant side effect of foul-smelling pads if you do not change them regularly (at least every 6-8 hours). Our society at large faces a disposal problem. Since most women do not know how to dispose of sanitary napkins properly, they are simply thrown in the trash, where they eventually mix with dry, wet, and other hazardous waste. A large number of these pads choke rivers and roadsides and contribute to toxic air pollution associated with garbage dumps.

The Menstrual Health Alliance India estimates that one sanitary pad could take 500 to 800 years for it to decompose due to the plastic used is not biodegradable.

Menstrual Cycle

Women's bodies go through a series of changes every month between puberty and menopause as they prepare for pregnancy. During the menstrual cycle, hormones trigger a series of events. An average woman's menstrual cycle begins between ten and fifteen years of age and lasts up to fifty years old. Menstrual cycles are characterized by a blood loss of 30-80 ml.

An egg is produced in the ovaries during every menstrual cycle and released. A sperm becomes a placenta by passing through the fallopian tubes. An internal lining of the uterus stacks up. The uterine lining breaks down if pregnancy does not occur, resulting in menstruation

A woman's menstrual cycle is divided into four phases:

- Menstrual phase
- Follicular phase
- Ovulation phase
- Luteal phase

Pre-menstrual syndrome

The week or two before your period starts, women may experience bloating, headache, mood swings, or other changes in mood and behavior. PMS is a term used to describe these monthly symptoms. Approximately 85% of women suffer some form of PMS. The condition known as premenstrual dysphoric disorder (PMDD) affects a few women more severely, causing disruptions at work or in interpersonal relationships.

Among the many symptoms of premenstrual syndrome (PMS) are:

- » Mood swings
- » Tender breasts
- » Food cravings
- » Fatigue
- » Irritability and depression

It has been estimated that 3 of every 4 women who menstruate experience a premenstrual syndrome of some kind.

Menstruation management and hygiene products

Product	Made up of	How to use	Disposal
Reusable and washable  cloth pads	Natural fibers such as cotton, hemp, bamboo	Put the inserts in the holders. Underwear should be snap-fitted around the pad. With the smooth side facing your skin, and the wing covering the crotch of your underwear, the pad snaps together. Every 2 to 6 hours, or whenever necessary, change the entire pad (holder and inserts).	It should be washed and dried in sunlight to maintain hygiene. Furthermore, they must be kept dry and clean before being reused to avoid contamination.
Commercial Sanitary Pads 	made from chlorine bleached wood pulp, polyethylene film, with the addition of <u>polyacrylate</u> gels	Using the sticky strip, attach a clean sanitary pad to the inner panty, keeping the cotton side up. You should change it every 2-6 hours or whenever you feel the need.	Toss them outside after wrapping them in plastic or paper. Wrapping in plastic or paper and throwing in dustbins (usually in towns). Decompose them by burrowing them. They can be disposed of in the latrine/toilet. Put it to flames (rural and periurban areas) Utilize small-scale incinerators (at the community or school level)

			Health clinics (urban) manage and burn municipal waste
Tampons 	Tampons are made of cotton, rayon, or a blend of the two.	• Prepare yourself by washing your hands and getting into a comfortable position. Squatting, putting one leg up, or sitting on the toilet with your knees apart work well. • The tampon should be inserted using either the applicator or your finger, depending on the kind of tampon you have. • Clean up the wrapper and applicator by throwing them in the trash instead of flushing them. • Tampons should be changed every 4-8 hours. Make sure you don't let your tampon remain in for more than eight hours. Tampons can be worn overnight, but be sure to put them in right before bed and change them right when you wake up	The string attached to the end of a tampon hangs out on your vaginal canal. Gently pull the string to remove the tampon. Tampons should be wrapped in toilet paper and thrown away in the trash - do not flush them.

Menstrual Cups 	Medical grade silicone rubber	Get comfortable and wash your hands. Alternatively, you can squat, put one leg up, or sit on the toilet with your knees apart. Slide the cup into the vagina using your fingers, and squeeze or fold the cup so that it is narrow. To figure out how to squeeze your cup and where to place it, follow the directions that came with it. It's used for eight to twelve hours at a time or for as long as it's full.	You can take out some menstrual cups by pulling on a small stem. Some of the others can be removed by squeezing the edge and pulling. You can reuse most cups: they can be used again and again. It can be emptied into a toilet, sink, or shower drain and washed out before using. Empty your cup and put it back in if you're not able to wash it. Wash it when you are at home or in your own bathroom later. Menstrual cups should always be sterilized before and after use.
Period panty 	Made with extra layers and special fabrics in the crotch area with certified organic cotton and 5% spandex, with a lining of polyurethane laminate topped with organic cotton.	It can be worn like normal underwear.	Period panties must be soaked or rinsed in cold water after being removed. Put them in a washable mesh bag and wash those on the gentle or delicate cycle if you plan to machine wash them. Hand-wash your underwear with a mild detergent to extend the life of your underwear. Dryer should not be used. In order to maintain the fabric's

			integrity, lay your underwear flat or hang it in the sun. Do you have concerns about stains or lingering odors? You can soak period underwear in vinegar/water mixture before washing them, too, since period underwear is intended to be stain-resistant and not retain a scent if cared for properly.
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Annexure

We are focusing on the upliftment of a particular area in Jaipur, so I have prepared a questionnaire.

Our first step will be to conduct a baseline survey, which will include some basic information about women's menstrual health in the area. Upon completion of the baseline survey, we will shortlist 50 women based on their responses, and a mid-line survey will be conducted for further research.

Below is a preview of the questionnaire:

Menstrual survey

To know the actual health conditions of women living in the area.

*Required

Personal information

Name *

Your answer

Age *

Your answer

Contact no. *

Your answer

Address *

Your answer

Marital status *

- ☐ Single
- ☐ Married
- ☐ Widow
- ☐ Separated

Have you ever visited a doctor?

☐ Yes

☐ No

For what purposes you visited the doctor?

☐ Menstrual issues

☐ Itching problem

☐ White discharge

☐ Foul smell discharge

☐ Vulval lesions

☐ Rashes

☐ Urinary Tract Infection (UTI)

☐ Sexually Transmitted Infections (STI)

☐ Other: _____

At what age did you have your first period?

Your answer _____

In the last 3 months, have you taken pain-killers for the pain during periods?

- ☐ YES
- ☐ NO

In the last 3 months, have you had to lie down for any part of the day or longer because of your period pain?

- ☐ Never
- ☐ Occasionally
- ☐ Often
- ☐ Always

Are your periods regular?

☐ YES

☐ NO

Do you have any of the following symptoms when you have a period?

☐ Pelvic pain (pain in the lower party of your belly)

☐ Pain on passing urine

☐ Lower back pain

☐ Pain in upper leg or thighs

☐ Tiredness

☐ Nausea

☐ Mood swings

☐ Periods having foul smell

☐ Itching in/at vagina

☐ Clots discharge

☐ Heavy flow in periods

You can access the entire questionnaire here, which includes questions for both the baseline and midline surveys.

It was developed under the guidance of a gynecologist.

<https://forms.gle/WF4WegyZAMcBCDPz5>

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