

distributed at low cost in JJVS educational programs and among the women network at village level.

Supporting existing Government MHM

JJVS has initiated 50 community education programs per year to complement schemes initiated by government through linkages with ASHA/ANMs to address the issue of availability of sanitary material.

It has established linkage between the female Guni from each village with Government ASHA and Anganwadi workers to ensure availability, access and use of services.



- Women & Girls having better knowledge regarding the Menstrual Health & Hygiene practices.
- Addressing and breaking misconception and social taboos related with menstruation.
- The existing female Gunis has become change makers in concerning with MHM.
- Enhancing to use Sanitary Napkins in rural areas.
- Local women trained for making sanitary pads & generating livelihood opportunities.
- Supporting the ongoing Government programmes to improve MHM.

Challenges:

- Difficult to break the silence among females due to cultural norms and social taboos.

Future Prospectus

- Expansion of the project in other blocks.
- Effective Menstrual Hygiene Management.
- Motivate and train other SHGs outside the project area to manufacture and sell pads and also provide the training for the disposable incinerator, assemble, cleaning and maintenance.

For Feedback & Support Contact
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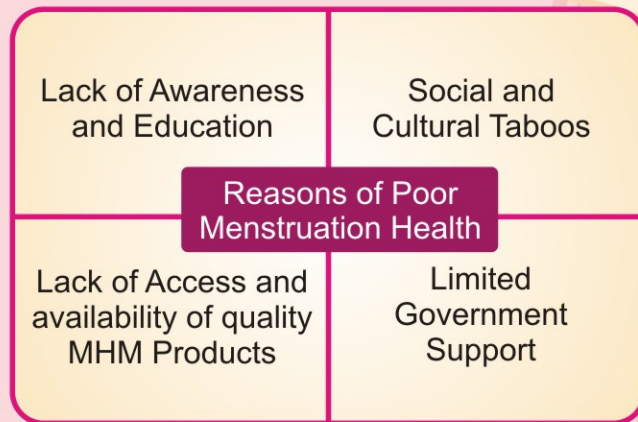
Female Health Project

Menstrual Hygiene Management
Udaipur, Rajasthan



Women and girls constitute half of the India's population. Yet, gender disparities remain a critical issue impacting women and girls' education, health and workforce participation. There are over 355 million menstruating women and girls in India, but millions of women across the country still face significant barriers to a comfortable and dignified experience with menstrual hygiene management (MHM).

Jagran Jan Vikas Samiti (JJVS) has conducted a research in year 2016 on female health concerning with the menstrual health under Aadithery programme targeting a sample size of 261 women from 30 villages of Udaipur district of Rajasthan including 126 adolescent and 135 working women. The study revealed that poor menstrual hygiene practices are very much responsible for the ill health of women and girls. The study has find reason behind these poor practices among females.



In this backdrop JJVS has initiated female health project to improve the MHM

Objective:

The broad objective of this project is to improve the menstrual health management among women and girls through traditional female healers and with the support of local women with awareness, education and confronting social taboos and also manufacturing and distributing low cost sanitary pads.

Area of Work:

The project is covering Southern Rajasthan in the surrounding areas of Udaipur. It is targeting the Kurabar Block comprising 25 villages from near by five of gram panchayats: Vali, Jagat, Bemla, Chansda, Jhamar Kotra.

Target Population:

The project area covers around 5021 household with total population of 24,076 with a Female population of about 11,339 (47%).

Strategy

- ♦ Involving existing female traditional health healers (Gunis) to become change makers with regards to menstruation issue among women and girls by Confronting misconceptions and social taboos related to menstruation, with support from JJVS Staff.
- ♦ Manufacturing sanitary pads at local level, creating distribution

networks and livelihood opportunities for Gunis and other local women.

- ♦ Making JJVS a leading NGO in the area of menstruation and awareness and campaigning.

Activities:

Community Awareness and Education



Community awareness and education has imparted in village level groups of women and girls at schools addressing the safe and hygienic sanitary practices. The efforts also made to break the silence on these issues among women and girls so that they can take their health issues seriously.



Trainings and Workshops



Training has been given to the existing female Gunis to bring change in the menstruation hygiene management with their experiences. These Gunis are the part of the community and have understanding of challenges. Female Gunis trained by Gynaecologist about better menstrual health and hygiene practices.



Health Camps

JJVS is organising health camps for women and girls and treating the common gynaecological and menstrual related problems with the help of female Gunis and JJVS doctor. Free medicines are provided to women & girls for their better health.



Manufacturing and Distribution of Pads



JJVS has installed a sanitary pad making machine at its project area at Vali and targeting 50,000 pads per month or 60,000 per year. The female Gunis are involved in the process of manufacturing and distribution of pads. Each member given 500 pads every month to sell at subsidiary rates in their home clinic with the potential to supplement their income. Pads are also

