

Rajasthan Samgrah Kalyan Sansthan (RSKS India)



Be Free Be Happy Be Smile with Sanitary Pads

There is a lack of awareness about menstrual health in India, which has caused many health problems. There are many misconceptions about this, especially among women living in rural, inaccessible areas, towns, possibly this is the reason why rural women are not aware of sanitary pads. Even today, 62% of women use unhygienic materials like cloth, ash, jute, grass and other materials during their menstruation. 24% of the girls do not attend school during their menstrual periods. In the lockdown, which was imposed to prevent the spread of corona virus, There was not much access to the hygienic methods as a result most of the women used unhealthy methods which has adverse effects on the health of women such as increase in diseases like infertility, cervical, cancer.

The menstrual health program was organized by the organization. Through the workshop, 2000 women and girls of the village were told about the benefits of using sanitary pads and how to dispose them was also explained in detail as well as distributed 7000 sanitary pads free of cost. The organization believes that everyone is making the society aware of masks and sanitizers, but this is one of the basic needs of women, which is not being discussed much, keeping in view the programme was supported by RSKS.

Today many women and girls are happy with the use of sanitary pads. Working women who were not able to go to work due to periods, they are going to work regularly today. Girls who did not get out of the house, are happily going out today. The practice of using unhygienic methods among women and girls have come down. Gradually the life of rural women is changing. This initiative helped a group women who underwent skill training to produce sanitary pads and earn better income for their families.