



Report on

**"Mission Shakti campaign on menstrual sanitation" in  
collaboration with NSS"**

**Date:** Wednesday, 05th April 2023

**Venue:** Berka village

**Event Type:** Extension Activity

**Mode of Activity:** Offline

**Target Group:** Teenager Girls & Women of village Coordinators: Mr. Prashant Sharma, Ms.

Nidhi Bansal Organized by: School of Medical & Allied Sciences

**Number of Participants:** 69 (including 40 teenagers girls and women of villagers, 19 students of SMAS and 10 NSS students)

**Introduction**

School of Medical & Allied Sciences organized an awareness campaign on Menstrual hygiene management(MHM) in collaboration with NSS KRMU on 5th April, 2023. The programme aimed to shed light on the importance to effectively manage menstruation for better management, girls and women require access to water, sanitation and hygiene (WASH) facilities. It also aimed to distribute menstrual hygiene materials, information on good practices, and a supportive environment to manage menstruation without embarrassment.

**Objectives:-**

The objectives of menstrual hygiene management (MHM) campaigns in village Berka are:

1. **Awareness and education:** The primary objective of MHM campaign in village Berka was to raise awareness and educate menstruating individuals, their families, and the community on the importance of good menstrual hygiene practices.
2. **Access to menstrual products:** One of the main barriers to good menstrual hygiene in village is the lack of access to menstrual products. MHM campaigns aimed to improve access to affordable and hygienic menstrual products.
3. **Improved sanitation facilities:** Access to safe and clean sanitation facilities is essential for good menstrual hygiene. MHM campaign in village aimed to improve the availability and quality of toilets and washing facilities that are clean, private, and equipped with water and soap.

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4. **Empowerment and reducing stigma:** Menstruation is still stigmatized in many cultures, leading to a lack of knowledge, shame, and embarrassment. MHM campaigns empowered menstruating individuals and reduced the stigma associated with menstruation.
5. **Advocacy and policy change:** MHM campaign in village focused to advocate policy changes and support the development of national or local policies that promote menstrual hygiene management.

## Methodology

1. **Conduct needs assessment:** The first step was to assess the current situation in the village regarding menstrual hygiene practices, access to menstrual products and sanitation facilities, and the level of awareness and stigma associated with menstruation.
2. **Develop a campaign plan:** Based on the needs assessment, a campaign plan was developed. The plan included the objectives, target audience, activities, and timeline for the campaign.
3. **Raise awareness:** Raising awareness is a crucial part of the campaign. This was done through community meetings, workshops, posters, leaflets, and social media. Awareness-raising activities focused on breaking the stigma around menstruation and promoting good menstrual hygiene practices.
4. **Improve sanitation facilities:** The campaign aimed to improve the availability and quality of toilets and washing facilities that are clean, private, and equipped with water and soap.
5. **Train and empower women and girls:** The campaign included training and empowering women and girls to manage their periods with dignity and confidence. This included training on menstrual hygiene management, how to use menstrual products, and proper disposal methods.

## Content

The program was attended by school girls. **Mr. Prashant** started the session by telling about the menstruation cycle and the materials used for the same. **Ms. Nidhi Bansal** enlightened about the menstrual hygiene while using examples. The session was followed by group discussion wherein girls shared their personal experiences and problems faced during menstrual period. This sensitization drive enabled the teenager girls to understand the right use of menstrual products along hygienic habits. The content of menstrual hygiene management (MHM) campaigns in villages should focus on promoting proper menstrual hygiene practices, providing access to menstrual products, and improving sanitation facilities.

1. **Menstrual hygiene education:** Education on menstrual hygiene should be provided to women and girls as well as men and boys. This education should cover the biology of



menstruation, proper hygiene practices, and the importance of menstrual hygiene for health and well-being.

2. **Menstrual product options:** The campaign should provide information on the different types of menstrual products available, including sanitary pads, menstrual cups, and reusable cloth pads. This information included the benefits and drawbacks of each option and how to use and care for the products.
3. **Sanitation facilities:** The campaign provided information on the importance of clean and private sanitation facilities, including toilets and hand washing stations, that are equipped with water and soap.
4. **Monitoring and evaluation:** The campaign included monitoring and evaluation to assess the effectiveness of the campaign and identify areas for improvement.

#### **Outcomes:-**

1. **Improved menstrual hygiene practices:** MHM campaigns led to improved menstrual hygiene practices such as using hygienic menstrual products, washing hands before and after changing menstrual products, and disposing of used menstrual products properly.
2. **Increased access to menstrual products:** MHM campaigns increase access to affordable and hygienic menstrual products such as sanitary pads, menstrual cups, or reusable cloth pads.
3. **Improved sanitation facilities:** MHM campaigns improve the availability and quality of toilets and washing facilities that are clean, private, and equipped with water and soap.
4. **Reduced stigma:** MHM campaigns reduced the stigma associated with menstruation, leading to increased awareness, understanding, and acceptance.
5. **Empowerment:** MHM campaigns empowered menstruating individuals and their communities to take control of their menstrual health and manage their periods with dignity and confidence.
6. **Improved health outcomes:** MHM campaigns reduced the health risks associated with poor menstrual hygiene, such as vaginal infections, reproductive tract infections, and urinary tract infections.
7. **Improved educational and economic opportunities:** Access to menstrual products and proper sanitation facilities helped girls and women stay in school or work, leading to improved educational and economic opportunities.

#### **Conclusion**

In conclusion, menstrual hygiene management (MHM) campaigns in village Berka essential to address the lack of access to menstrual products and sanitation facilities, as well as the stigma associated with menstruation.



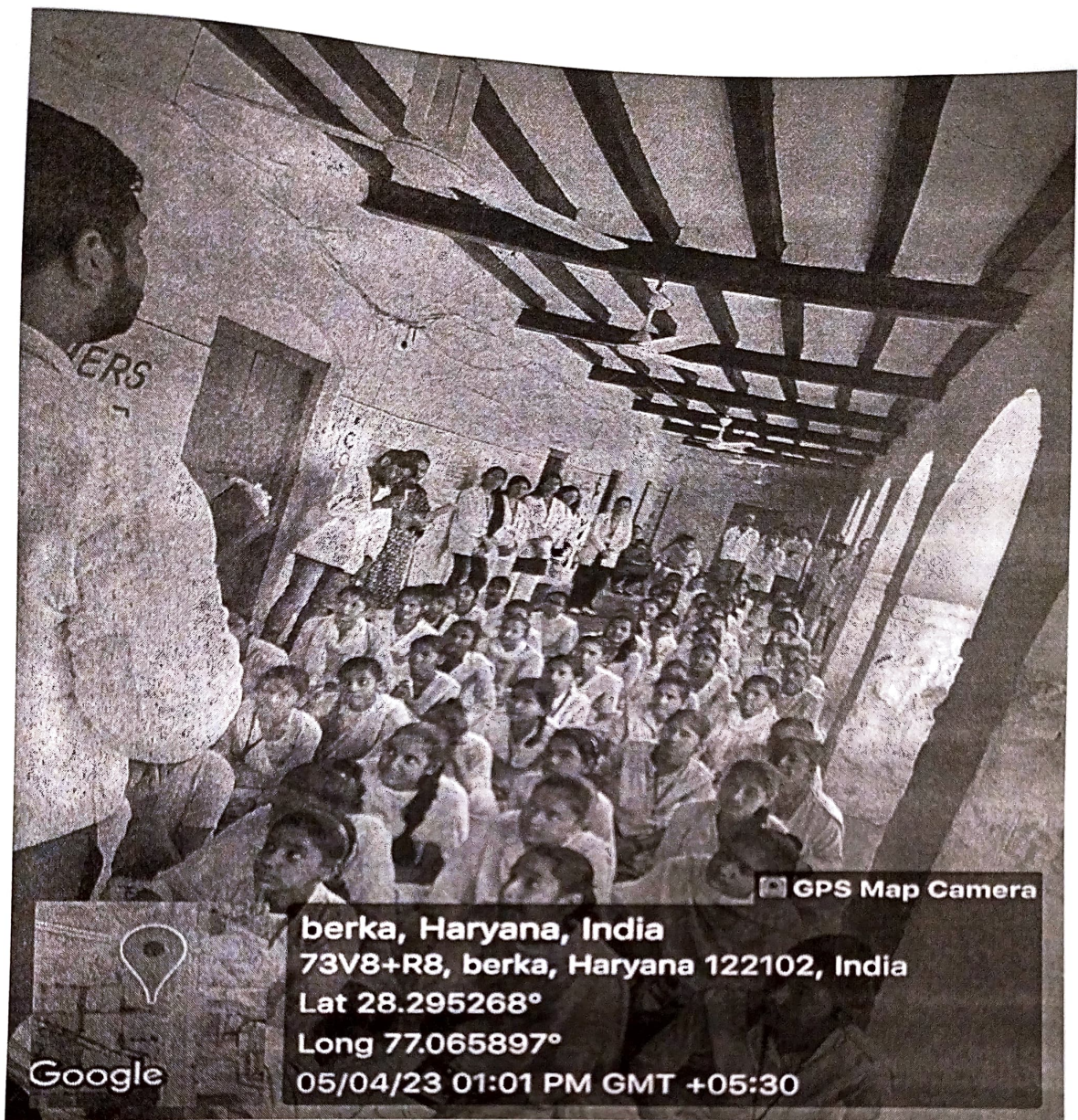
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Moreover, menstrual hygiene is a fundamental human right, and addressing menstrual hygiene management in villages is crucial to promoting health, dignity, and equality for menstruating individuals and their communities.

### **Further Scope**

1. **Targeting hard-to-reach communities:** MHM campaign focused on reaching out to communities that are difficult to access or have limited resources. This can include communities living in remote areas or communities with limited infrastructure.
2. **Involving men and boys:** While MHM campaigns typically focused on women and girls, it is essential to involve men and boys in the campaign. This can help reduce the stigma associated with menstruation and promote gender equality.
3. **Promoting sustainable menstrual products:** MHM campaigns promoted the use of sustainable menstrual products such as menstrual cups and reusable cloth pads. This can help reduce the environmental impact of disposable menstrual products and provide a more affordable and sustainable option for menstruating individuals.
4. **Addressing cultural and religious beliefs:** MHM campaigns can address cultural and religious beliefs that may affect menstrual hygiene practices. This can help increase acceptance and reduce the stigma associated with menstruation.
5. **Conducting research:** There is a need for further research on menstrual hygiene management in villages to better understand the challenges and opportunities for improving menstrual hygiene practices in these communities.





**Photo: 1 Mr. Prashant started the session by telling about the menstruation cycle and the materials used for the same**

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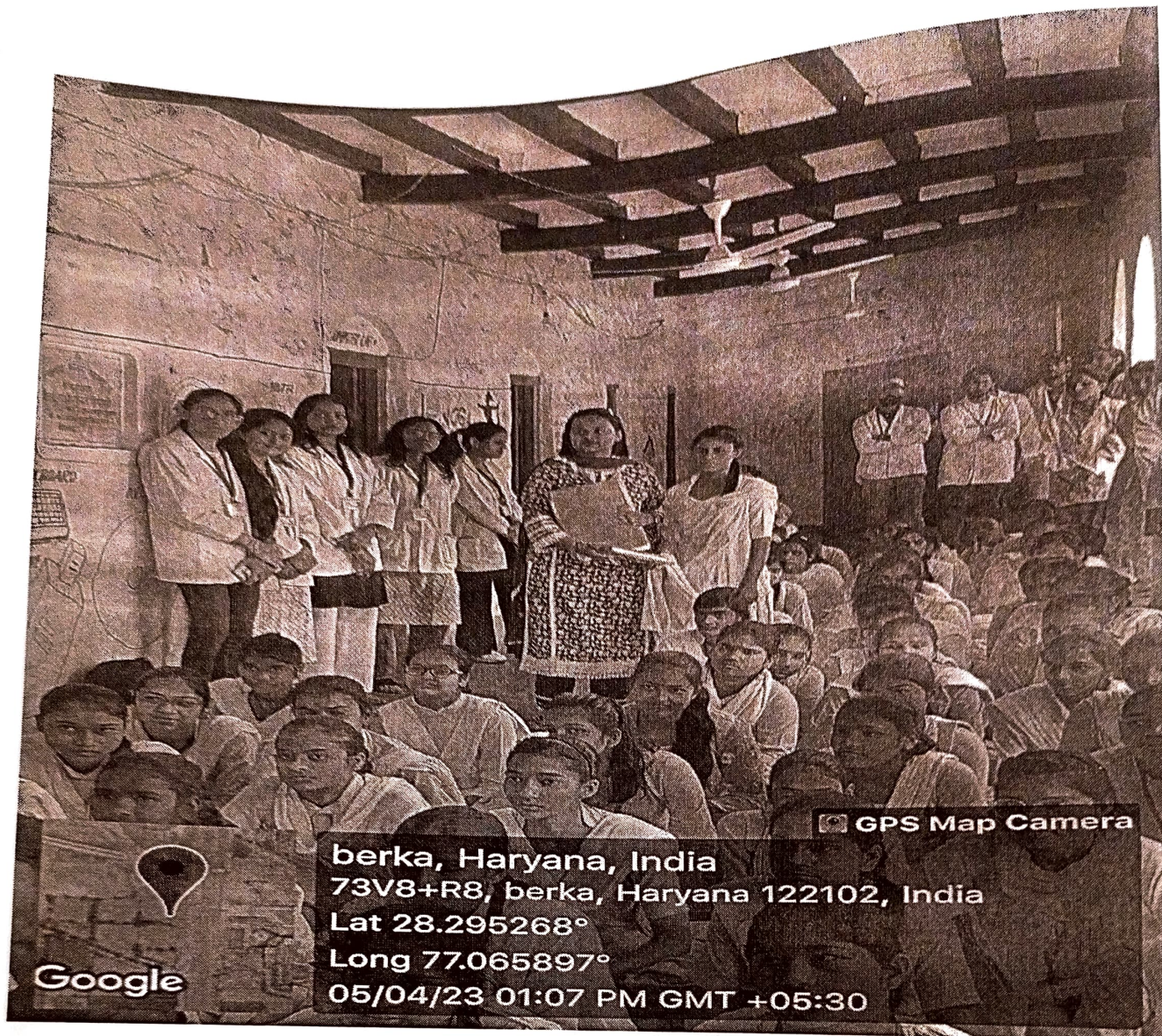


Photo: 2 Ms. Nidhi Bansal enlightened about the menstrual hygiene while using examples.

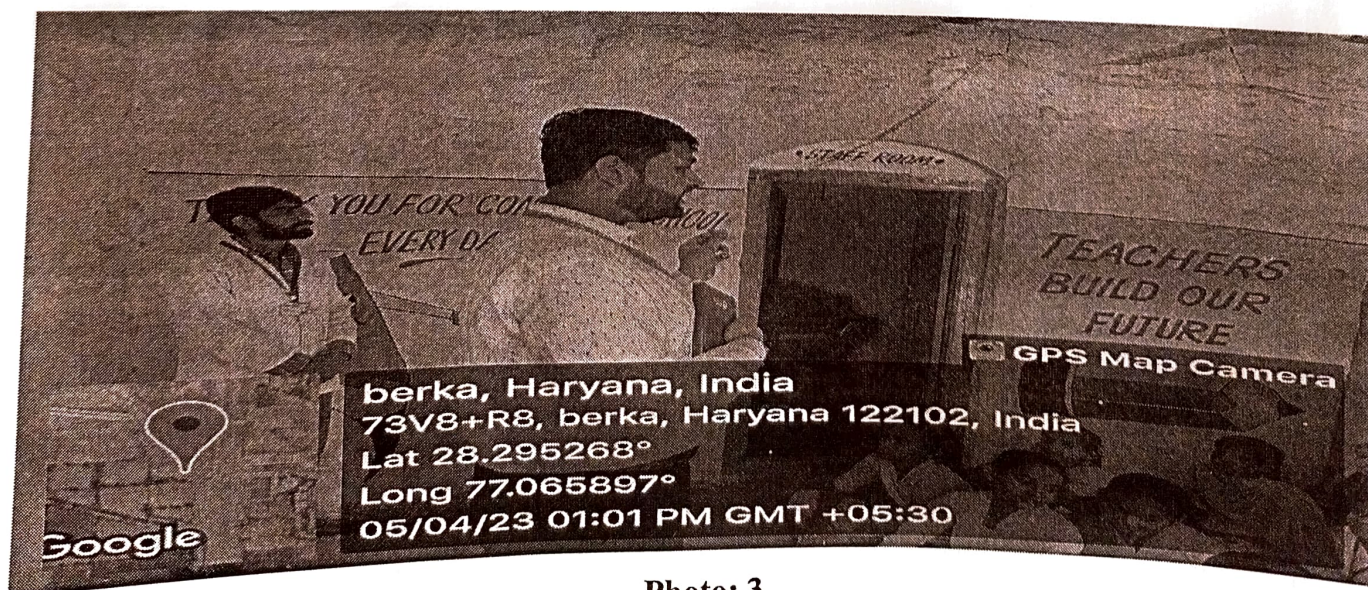
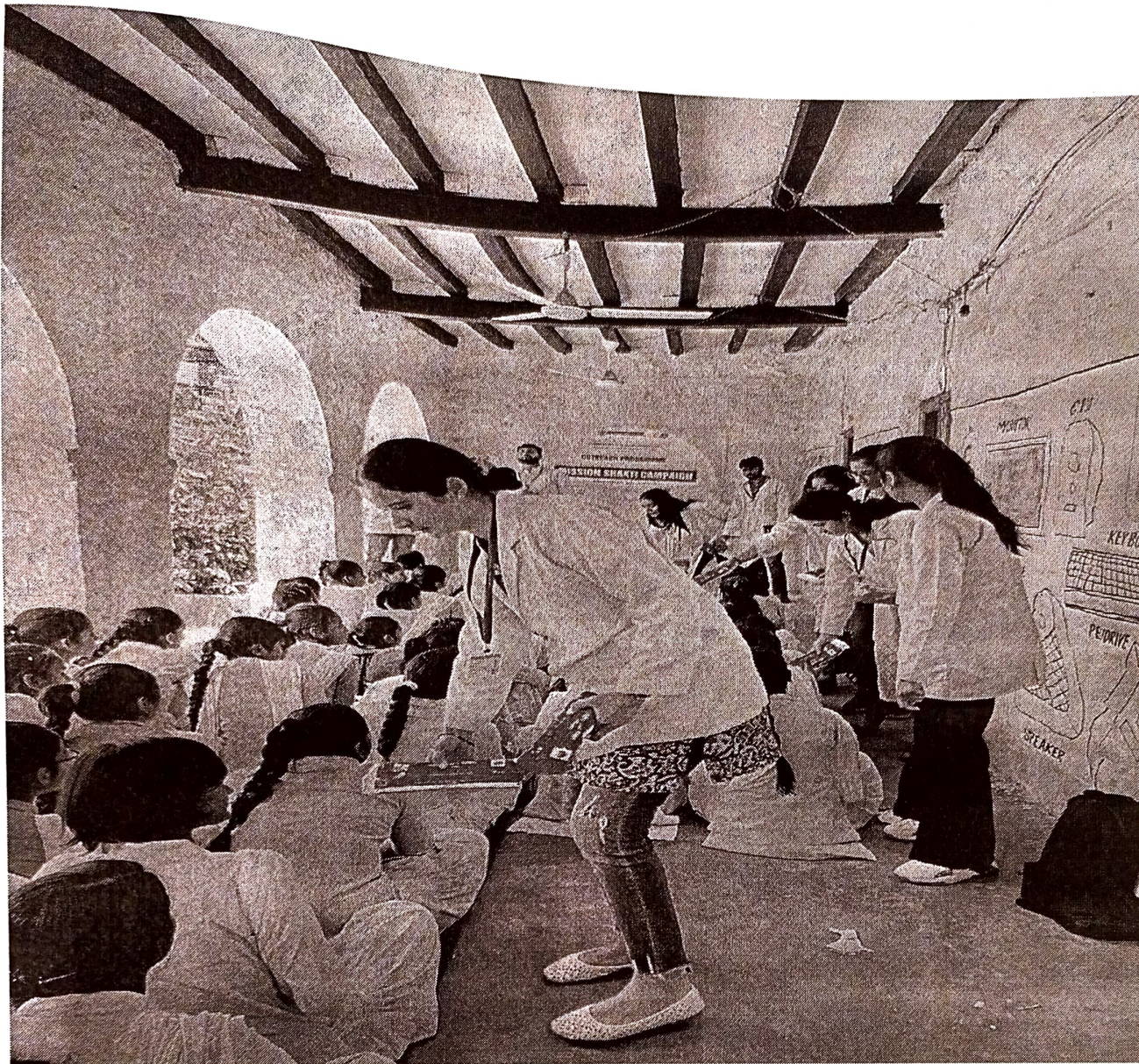


Photo: 3





**Photo: 4 Students distributing sanitary napkins among the teenager girls**

Report prepared by	Ms. Nidhi Bansal Mr. Prashant Sharma <i>Prashant</i>
Report verified by Event Coordinator	<i>Prashant</i>
Report Seen by Dean / Club Coordinator / Activity Coordinator/ IQAC Director / Registrar	<i>Hemachandhary</i> <i>Shikha</i>

*Dr. Shikha Dhillon Sharma*  
**IQAC**  
**K.R. Mangalam University**  
 Sohna Road, Gurugram-122103

*[Signature]*  
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# Attendance Sheet- Target Group

Extension Activity "Mission Shakti" Campaign on Menstrual Sanitation

Date: 05-04-2023

Venue: Berka Village

SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

Sr No.	Name	Age	Occupation	Address	Signature
1.	Yogita	14	Student 10 <sup>th</sup> Year		Yog
2.	Deepika	14	"		Deep
3.	Poojanshi	13	"		Pooj
4.	Bhavana	16	"		Bh
5.	Mansi	15	"		Mans
6.	Vaishya	14	"		Vaish
7.	Shail	14	"		Sh
8.	Deepanshi	15	"		Deep
9.	Payal	16	"		Pay
10.	Jayti	16	"		Jay
11.	Payal	16	"		Pay
12.	Komal	16	"		Kom
13.	Rakhi	15	"		Rak
14.	Mansi	14	"		Mans
15.	Kalpna	14	"		Kalp

Verified by: Nidhi Bansal  
Signature: Nidhi Bansal  
Date: 5 April '23

Prashant

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# Attendance Sheet- Target Group

**Extension Activity "Mission Shakti" Campaign on Menstrual Sanitation**

**ate: 05-04-2023**

**Venue: Berka Village**

**SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)**

Sr No.	Name	Age	Occupation	Address	Signature
1.	Nagma	15			Nagma
2.	Shanay	17			Shanay
3.	Nehe	15			Nehe
4.	Laxmi	18			Laxmi
5.	Sakshi	18			Sakshi
6.	Sunita	17			Sunita
7.	Monika	16			Monika
8.	Sneha	16			Sneha
9.	Bulbul	17			Bulbul
10.	Kamana	17			Kamana
11.	Radhika	16			Radhika
12.	Dimple	16			Dimple
13.	Komal	16			Komal
14.	Damini	17			Damini
15.	Farishma	16			Farishma

Verified by: Nidhi Bansal  
Signature: Nidhi Bansal  
Date: 5 April '23

*Nidhi Bansal*

# Attendance Sheet- Target Group

Extension Activity "Mission Shakti" Campaign on Menstrual Sanitation

Date: 05-04-2023


Venue: Berka Village

SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

Sr No.	Name	Age	Occupation	Address	Signature
1	Kanchan	13	studying in 8 class		Kanchan
2	Gajal	13	"		Gajal
3	Divya	14	"		Divya
4	Deepanshi	14	"		Deepanshi
5	Chavi	14	"		Chavi
6	Manju	15	"		Manju
7	Kajal	15	"		Kajal
8	Prachi	14	"		Prachi
9	Anu	14	"		Anu
10	Pooja	15	"		Pooja

Verified by: Nidhi Bansal  
Signature: Nidhi Bansal  
Date: 5 April 2023 05/04/23

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# Student Attendance Sheet

Attendance  
Sheet

Extension Activity "Mission Shakti" Campaign on Menstrual Sanitation

Date: 05-04-2023

Venue: Berka Village

SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)

Sr No.	Roll Number	Student Name	Program Name	Program Code	Signature
1	2004120043	Khushi Tripathi	Pharmacy	B.Pharm	Khushi
2	2004120050	Neelam Khatun	Pharmacy	B.Pharm	Neelam
3	2004120057	Chanchal	Pharmacy	B. Pharm	Chanchal
4	2004120067	Karishma	Pharmacy	B. Pharm	Karishma
5	2204310009	Anshu	Pharmacy	D-Pharm	Anshu
6	2204310029	Komal	Pharmacy	D. Pharm	Komal
7	2204310058	Dilesh	Pharmacy	D. Pharm	Dilesh
8	2004120065	Khushi	Pharmacy	B. Pharm	Khushi
9	2004120012	Muskan	Pharmacy	B. Pharm	Muskan
10	2004120073	Kirti	Pharmacy	B. Pharm	Kirti
11	2004120055	Mukul	Pharmacy	B. Pharm	Mukul
12	2004120006	Jatin	Pharmacy	B. Pharm	Jatin
13	2004120003	Naveen	Pharmacy	B. Pharm	Naveen
14	2004120022	Sanjay	Pharmacy	B. Pharm	Sanjay
15	2004120069	Sumit	Pharmacy	B. Pharm	Sumit
16	2004120071	Gaurav	Pharmacy	B. Pharm	Gaurav

Verified by: Nidhi Bansal / Prashant Sharma

Signature: Nidhi Bansal

Date: 05 April 2023

Prashant Sharma  
05/04/23

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## Student Attendance Sheet

### Extension Activity "Mission Shakti" Campaign on Menstrual Sanitation

**Date: 05-04-2023**

**Venue:** Berka Village

**SCHOOL OF MEDICAL AND ALLIED SCIENCES (Pharmacy department)**

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Verified by: Nidhi Bansal / Prashant Sharma

Signature: Indira Pansal 27/1/23

**Date:** 05/04/23

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08/04/2023

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# ATTENDANCE SHEET

Mission Shakti Campaign on menstrual Sanitation - 05/04/23

NSS K.R. MANGALAM UNIVERSITY

S.NO.	NAME OF STUDENT	COURSE	SIGNATURE
1.	Arachna.	BSC math.	<u>Arachna</u>
2.	Chavi	B.Ed	<u>Chavi</u>
3.	Abhay.	BSC	<u>Abhay</u>
4.	Aashi	BL-Ed.	<u>Aashi</u>
5.	Sejal	BSC Math	<u>Sejal</u>
6.	Upasna.	BL-Ed.	<u>Upasna</u>
7.	Harsh.	BL-Ed.	<u>Harsh</u>
8.	Sejal.	BSC math.	<u>Sejal</u>
9.	Muskan	BSC Math	<u>Muskan</u>
10.	Amar	B.Com.	<u>Amar</u>

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