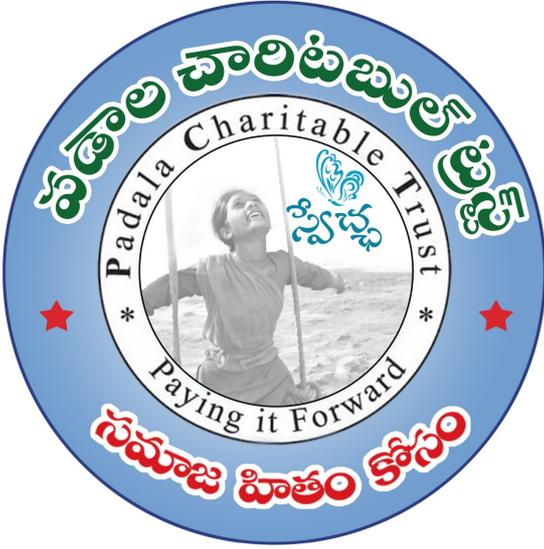


SWECHHA

Empowering the Adolescent girls in Menstrual Hygiene



We are very proud that this programme has been making a huge impact in the lives of future mothers of India. We are trying hard to reach out to every school, junior college and social welfare hostel to empower and educate our girls in the area of menstrual hygiene.

Target Audience

Adolescent Girls from Government Schools, Junior Colleges & Hostels

Programme Covers

- ❖ Educational Sessions using Visual Aids on Menstrual Hygiene, Sanitary Napkins Usage, Staying Clean, Group Discussion and One-On-One Chats with the Children
- ❖ Hand Book with complete information about the subject
- ❖ Pre and Post Programme Analysis/Study

Expected Impact

- ✓ Improving menstrual hygiene, personal hygiene, health and diet
- ✓ Increased school attendance levels during the menstrual cycle
- ✓ Usage of Sanitary Napkins and their safe disposal
- ✓ Educating the parents to follow safe and healthy methods during the cycle

Testimonials

"We are so empowered with this session and feel much more comfortable with our body. We are now buying the sanitary pads from Padala Charitable Trust and using every month. Please conduct this programme in our community for our mothers and grandmothers. They are so ignorant of the facts and suffer a lot during the menstrual cycle". – **Nagalakshmi Meleti, ZP High School, Chandrampalem, Kakinada Rural**

"Our girls are very much comfortable and confident of speaking out about this and they have started buying the napkins for themselves and their mothers. This proves the power of being aware. Thanks to Padala Charitable Trust for working on such a worthy cause to educate the future mothers of India. Thank You".
– **Teachers & Head Masters**

"From this session we got to know what kind of food has to be taken and the home remedies to avoid menstrual cramps. We promise you that we will follow them".

"We always thought that menstrual blood is waste /bad blood and menstruation is a bad thing, but now we realized that this is an absolutely a normal biological process".

– **10th class Girls from Farooqanagar Mandal, Mahbubnagar District, Telangana**

"We can't believe we are discussing about this subject so loud. My god, what an ignorance we have been under till now? Finally we have someone whom we can trust and share our personal issues and learn so much about the process. We will continue to have discussions among us and will take care of us ourselves. Thank you for empowering and helping us to become stronger and healthier mothers of India. We owe you a lot".

– **9th class Girls from Sri Gowthami Smart School, Rajahmundry, East Godavari District, A.P**

Programme Support Cost

One School to Cover 150 Girls on an average

INR. 12,000/- (USD 200)