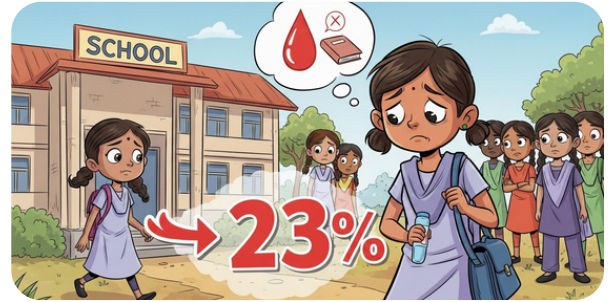




TARANG Health Newsletter

DID YOU KNOW?

Nearly **23%** of girls in India drop out of school when they start menstruating. It's because we haven't created the right support system. Let's change that together!



What is menstrual Hygiene ?

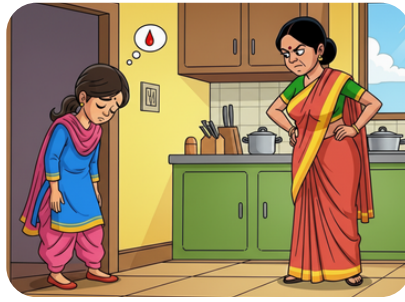
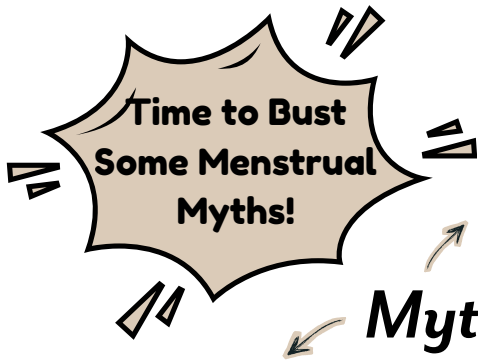
Consider menstrual hygiene as an easy monthly practice, similar to your daily routine of brushing your teeth or taking a bath. This involves using clean sanitary products—such as pads, cloth, menstrual cups, or tampons. Remember to change these materials every 4-6 hours (yes, even while at school!), wash your hands with soap both before and after handling them, and dispose of used items responsibly. It's a straight forward process, but it requires access to clean water, privacy, and most importantly knowledge free from shame.



Why Does This Matter So Much ?

Poor menstrual hygiene isn't just uncomfortable—it's dangerous. It can cause reproductive infections, urinary problems, and painful rashes. But here's what breaks our heart: when girls don't have proper supplies or supportive families, they skip school. **Missing 5 days every month means nearly two full months of lost education** due to urinary tract infections and rashes! Imagine the dreams we're crushing when we don't talk about periods openly or provide basic necessities. Good hygiene means your daughter stays healthy, confident, and never has to choose between her period and her future.





Girls shouldn't enter the kitchen



Girls shouldn't attend religious functions during periods.



Girls shouldn't touch pickles

TRUTH:

Absolutely Not! There is zero scientific evidence for any of these restrictions.

Let's be honest—these myths harm our daughters. Menstruation is as natural as breathing. It's a sign of health, not impurity. Girls can eat nutritious food (especially iron-rich foods they need!), bathe and wash their hair, exercise, study, pray, and live their normal lives during periods. When we isolate them or treat them as "untouchable," we teach them to feel ashamed of their own bodies. This is not the message we want to send.

Fathers & Husbands: You Are Game-Changers!

Here's something powerful: when fathers treat periods as normal, daughters grow up confident. When husbands support their wives in these conversations, entire families transform. Your role isn't small—it's essential.



What you can do today:

- Buy sanitary pads yourself next time—show it's not embarrassing.
- Have a simple chat with your daughter: "Periods are normal, and I'm here if you need anything"
- Stop anyone in your family from enforcing harmful restrictions.
- Ensure your home has privacy and clean water for changing pads.
- Teach your sons to be respectful and supportive too.

Remember: your daughter is watching how you react. Make her proud. Show her that real strength is supporting each other, not staying silent. Together, we're not just teaching hygiene—we're building a generation of confident, healthy young girls.



Facts:

- Menstrual cups last 10 years and can save Rs.2000/yr
- In some states of India, a girl's first period is celebrated as a joyful milestone marking her transition into womanhood.