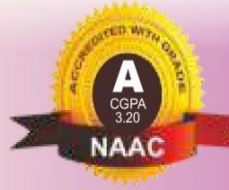




Maratha Vidya Prasarak Samaj's
ARTS, COMMERCE & SCIENCE COLLEGE, KHEDGAON



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Affiliated to Savitribai Phule Pune University (ID No. PU/NS/AC/76/2003)

Best Practice -1

Awareness about Sanitary Napkin to local adolescent girls

Objectives of the Practice:

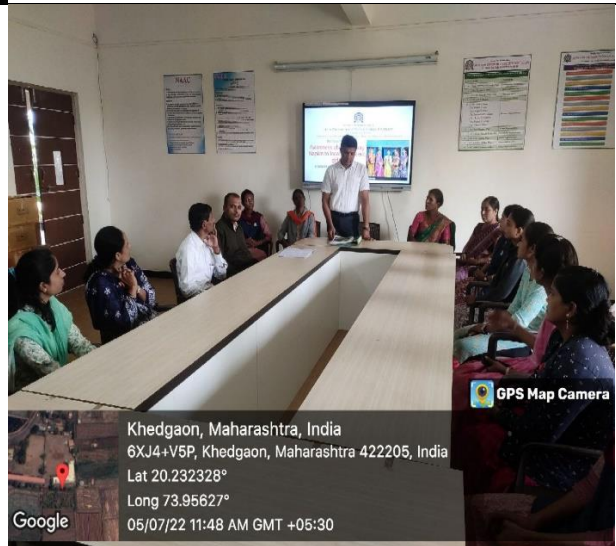
- To create awareness among the rural, tribal and hilly area local adolescent girls about sanitary napkin.
- To provide guidance of Sanitary Napkin to the students coming from rural, tribal and hilly area background;
- To create awareness among the students for various negative issues regarding uses of sanitary napkin ;
- To visit various Pada's and Vasti's nearby Khedgaon village to create awareness among the women and girls.
- To conduct workshops for awareness of health and diet and uses of sanitary napkins.
- To encourage freedom of expressing themselves appropriately;
- To develop their critical thinking and decision making in case of emergencies.



Mr. Prakash M. Aher Guided to the Faculty



Dr. Ashwini Jadhav delivered lecture on Pre-Marital Counselling



Mrs. Sarika. S. Gaikwad guided to students and faculties.



Mrs. Yogita Garud introduced to resource person.

The Context: Women have traditionally used scrap cloth from old saris or towels adding a layer of sand, ash or rice husk for added protection during heavy blood flow. A women in a remote Khedgaon tribal village and nearby various pada's were taken aback when a college approached her with a pack of home-made sanitary pad, a modern convenience she hasn't heard, seen or used before. "Women here used ash, husk, grass and even sand. Many suffered from urinary and reproductive tract infections," Majority students of this college are from socio-economic poor family background and first generation in attaining higher education. Due to utter poverty, they are far away from the mainstream of society. The college found that although the students are from poor background. Hence, the college determined to bring these students in the mainstream of society. By establishing this centre, the college has provided a proper platform to all the students to overcome their various problems such as inferiority complex, low self-esteem, introverted behaviour, lacking language competence, communication skills, lacking interest in reading.

The Practice: The change in people's age-old perception is extraordinary as menstruation is considered impure in the countryside. From being barred from religious shrines to dietary restrictions and enforced isolation during their periods to a lack of access to toilets, women continue to face many challenges during menstruation.

- Benefits of Sanitary Napkin
- Create awareness among the remote and tribal women.
- With the help of Primary Health Centre and Self Help Group to provide Sanitary Napkin in **minimum cost**.
- With the coordination of Asha Worker College organise various programmes for girls.
- Direct visit to various pada's and vasti's etc.



Evidence of the Success: Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices resulting into adverse health outcomes. This is very much prevalent in rural and tribal villages. During menstruation women and girls are kept as out castes and have many unhealthy practices and are kept out of the house. Some girls won't even go to schools as they cannot afford to buy sanitary napkins and are ashamed to go to school. Many women and girls don't express their difficulty or don't dare to talk about it even to their parents or siblings. Many women and girls feel it as a curse and are psychologically affected.





*The spirit of mutual work, discipline, social responsibility towards community development and nation building is inculcated through Institutional Social Responsibility **ISR Cell***

Survey to various Vasti's and Pada's nearby Khedgaon Village

Problems Encountered and Resources Required:

It needs expert advice and investment of resources.



Mrs. Sonali Khare proposed counselling to the students.

