

Menstrual hygiene is a critical aspect of health and well-being for adolescent girls. However, in many regions of India, including Bihar, there is a significant lack of awareness and access to appropriate menstrual hygiene products. This lack of education and resources leads to health issues, school absenteeism, and social stigma. The proposed project seeks to address these issues by providing comprehensive education and resources to young girls, empowering them to manage their menstrual health effectively.

Expected Impact

- Increased awareness and knowledge about menstruation and menstrual hygiene management among 6,000 girls.
- Reduced absenteeism in schools due to menstruation-related issues.
- Improved health outcomes for adolescent girls.
- Enhanced confidence and emotional well-being among participants.
- Reduction in menstrual myths and misconceptions within the community.