In low-income countries, half of the schools lack adequate water, sanitation, and hygiene services crucial to enable girls and female teachers to manage menstruation

Promoting menstrual health and hygiene is an important means for safeguarding women’s dignity, privacy, bodily integrity, and, consequently, their self efficacy. Awareness of MHH contributes to building an enabling environment of nondiscrimination and gender equality in which female voices are heard, girls have choices about their future, and women have options to become leaders and managers.

Ability to manage menstrual hygiene is fundamental to well being of women, and it constitutes the essential component of basic hygiene, sanitation and reproductive health services. However, poor awareness of hygiene practices, unscientific attitude, myths and misconceptions adversely affect women menstrual health and social lives.

However, menstrual health is a broad term that includes both menstrual health management and other systemic factors that link menstruation with health, gender equality, well-being, education, empowerment, equity and rights.

Educating girls about menstruation facts, physiologic implications, significance and proper menstrual hygiene practices is the need of the hour. It is also required to break their inhibitions about traditional beliefs, misconceptions and restrictions.