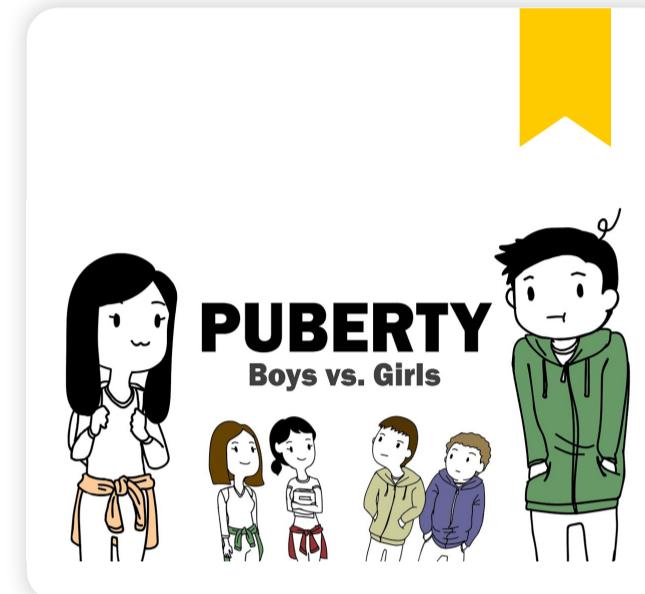


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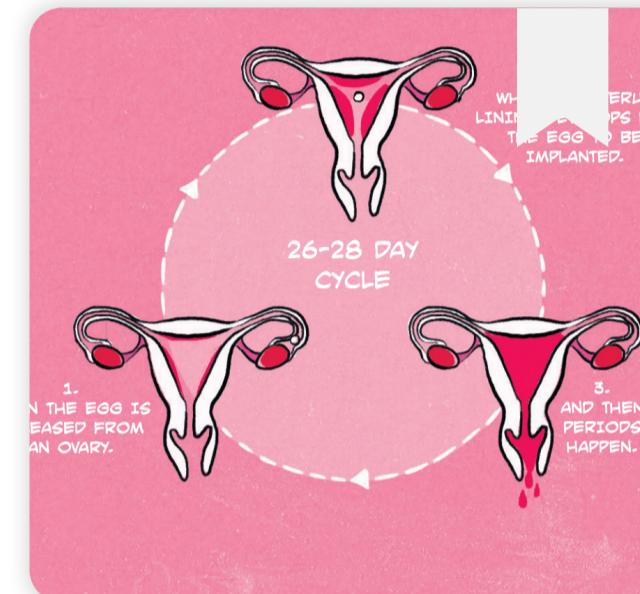
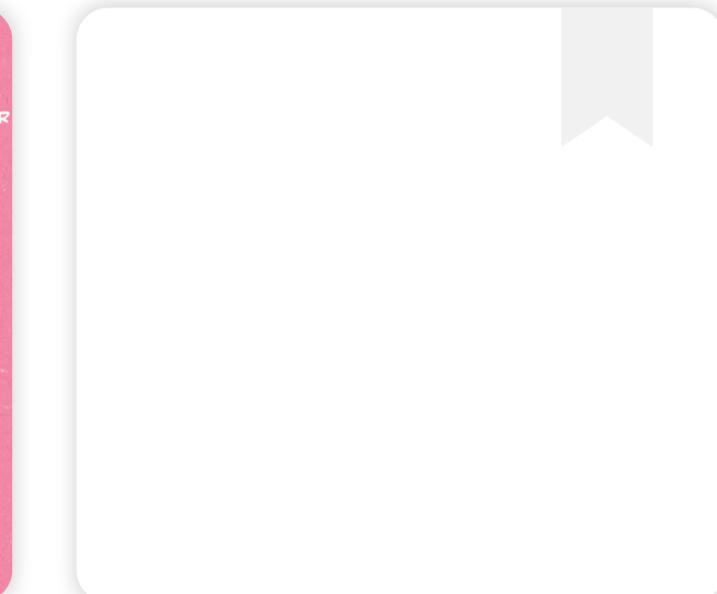
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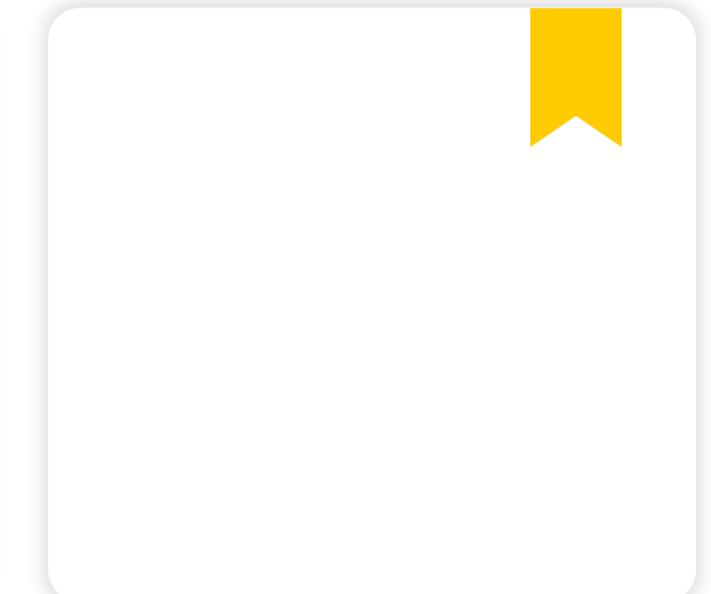
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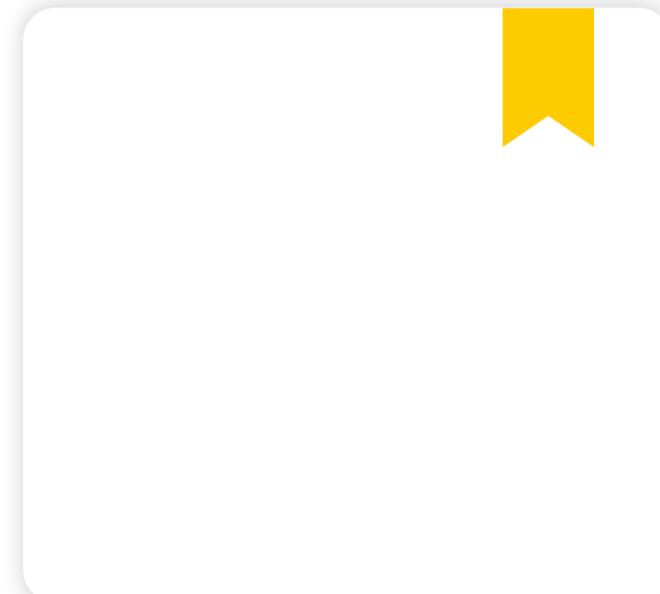
Puberty

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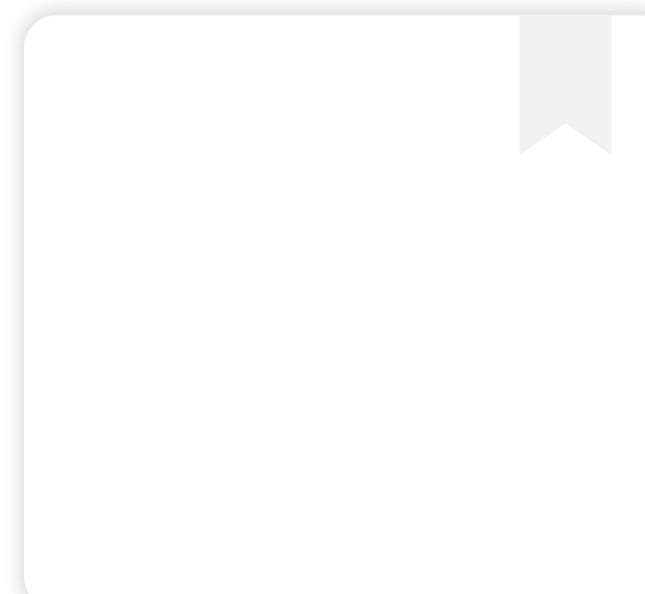
Balanced Diet



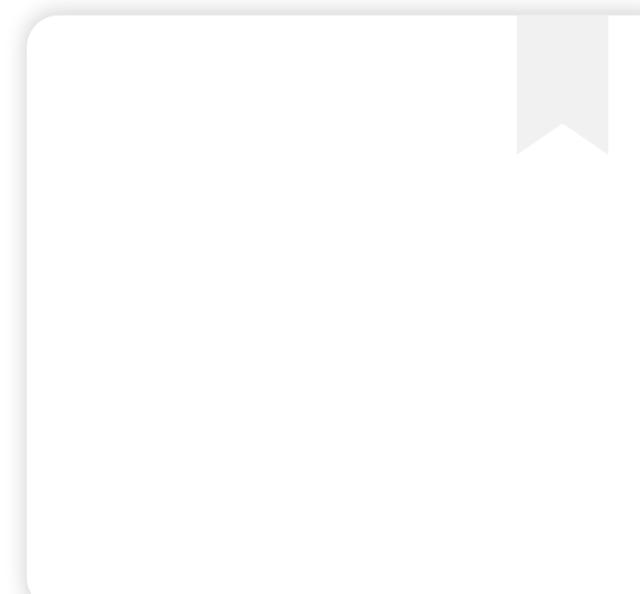
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First Aid



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# Periods : A Healthy Process

## What is Menstruation?

The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.once in a month for most of us.

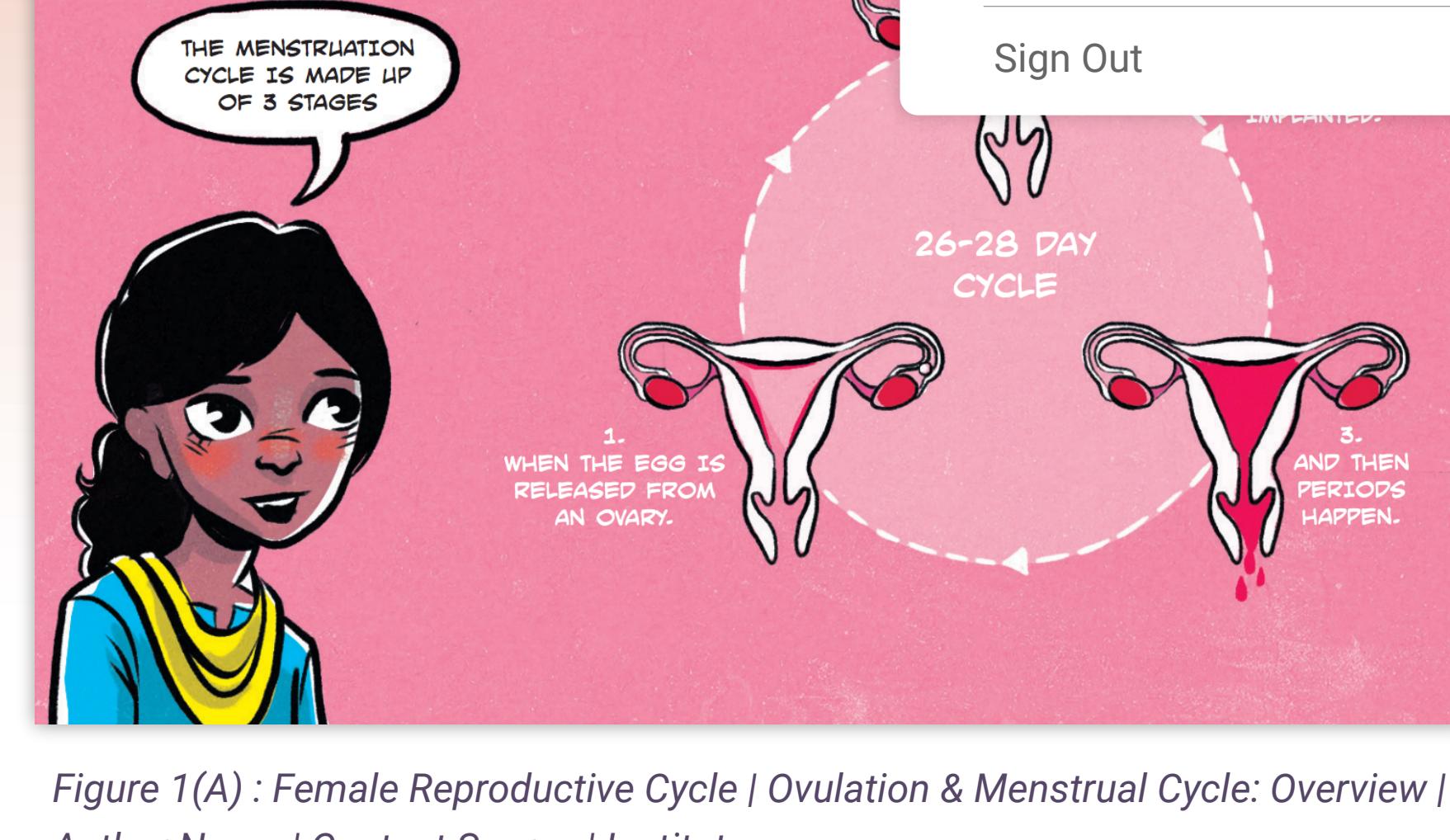
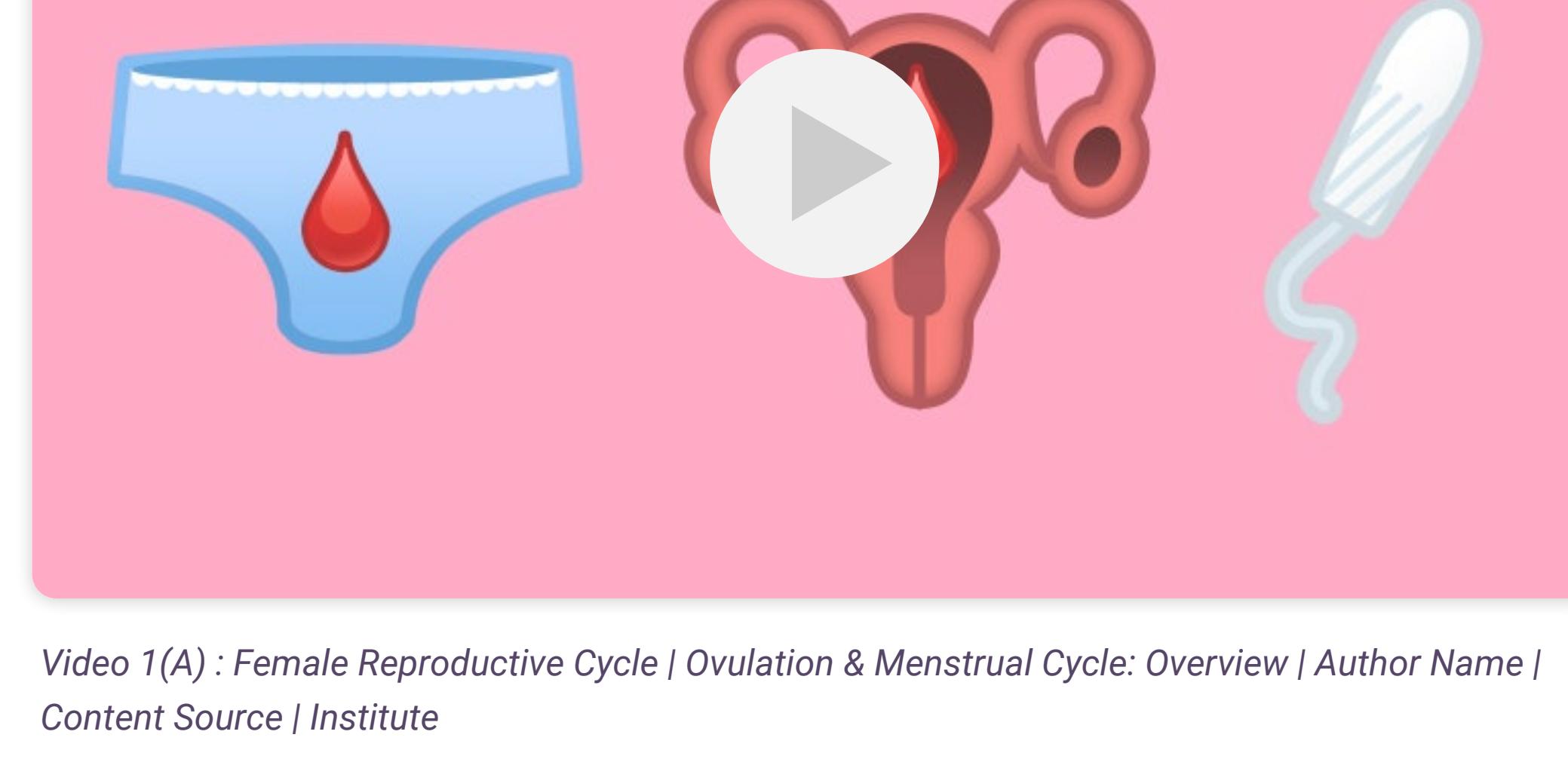


Figure 1(A) : Female Reproductive Cycle | Ovulation & Menstrual Cycle: Overview | Author Name | Content Source | Institute

## Menstruation Cycle

Periods, does it make you feel stressed? Do you consider it as a problem that is unmanageable? If yes, then this is not going to do any good to you. At one place people take bold initiatives such as creating a movie to generate awareness about periods and at the other the family members prefer a hush hush attitude towards it. But believe me there is nothing to feel ashamed of or hide it. It is all about awareness and management of those few days of a month. The onset of puberty (link to the article Puberty) is marked by physical changes and development of the reproductive organs in both boys and girls. In girls, this change is synonymous with the starting of periods (menstruation cycle).

During a period blood is released from the uterus and is discharged through vagina. Why does this happen? This happens when the lining of the uterus is shed. The lining usually takes about a month to build then break down. This explains why the duration is once in a month for most of us.



Video 1(A) : Female Reproductive Cycle | Ovulation & Menstrual Cycle: Overview | Author Name | Content Source | Institute

## Periods Duration

Periods can begin anytime between age 10 and 15. There is no accurate age. Though if you exceed the age of 15, you should see a gynaecologist . It is good to know your menstrual cycle to assess any abnormality . The menstrual cycle is counted from the first day of the period till the first day of the next period. It is not same for everyone. You can have long cycles after menstruation begins and with age they tend to shorten and become regular.

Many girls experience premenstrual syndrome such as mood swings, bloating, anxiety and acne which go away after few days of a period. Cramps with periods are also a normal phenomenon for many girls. These cramps are caused due to the contraction of uterus to expel the lining. Using warm heating pad can ease of the pain. But if you have heavy bleeding, experience weakness, have severe cramps that interfere with your daily routine then it is suggested to contact your doctor.

Use sanitary pads and make sure that you change them regularly; it is one of the methods to maintain hygiene. Keep yourself clean to avoid any type of infection and eat a balanced diet.

[TAKE QUIZ](#)


### Must Read

<https://www.sciencedirect.com/topics/medicine-and-dentistry/menstrual-cycle>  
<https://academic.oup.com/jcem/article-pdf/89/6/2763/10743831/jcem2763.pdf>

### References

[https://en.wikipedia.org/wiki/Menstrual\\_cycle](https://en.wikipedia.org/wiki/Menstrual_cycle)  
<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/menstrual-cycle/art-20047186>

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Puberty | How much do you know about menstruation?

Question no. 05

Periods occur when uterus lining is  
shed.

 True False TAKE QUIZ



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## Quiz

Puberty | How much do you know about menstruation?

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Question no. 07

Zaira is experiencing severe cramps, heavy bleeding accompanied with feeling of weakness since last two periods. What should she do?

 Take complete rest Take a pain killer Ignore, as it is normal Contact a doctor immediately

TAKE QUIZ





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# Quiz

Puberty | How much do you know about menstruation?

**HIGH****80%**

You have the spark and can enlighten others.

[Try Again](#)[Answers](#)[TAKE QUIZ](#)