Importance of Menstrual Hygiene:

Personal hygiene during the time of menstruation is of utmost importance. Menstrual blood can lead to the growth of bacteria and cause irritation, rashes, and infection, hence if proper hygiene is not taken care, then there is a possible chance of catching infections significantly during this time.

1. Change to a fresh sanitary napkin every 4 hours.
2. Dispose off sanitary napkins properly.
3. If using cloth; wash and dry them in sunlight.
4. Wear clean and comfortable underwear.
5. Keep your private parts clean.
6. Wear clean and comfortable underwear.
7. Do not use harsh soaps and vaginal hygiene products.
8. Consult a doctor, if having irritable, sensitive skin.

Take a bath everyday.

Keep your private parts clean.

If using cloth; wash and dry them in sunlight.

Wear clean and comfortable underwear.

Consult a doctor, if having irritable, sensitive skin.

Do not use harsh soaps and vaginal hygiene products.

Dispose off sanitary napkins properly.

Change to a fresh sanitary napkin every 4 hours.

Keep your private parts clean.

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FOLDING INSTRUCTIONS

Take a Square paper
एक वर्गाक्र पेपर लीडिए

Fold a corner to the centre
एक कोने को केंद्र में मोड़िए

Fold all corners to the centre
सभी कोनो को केंद्र में मोड़िए

Turn Over
पलडिए

Fold a corner to the centre
एक कोने को केंद्र में मोड़िए

Fold all corners to the centre
सभी कोनो को केंद्र में मोड़िए

Turn Over
पलडिए

Insert Fingers & Play
अंरुडलओं को ड्डलए तथा खेलिए
About IHUWASH

National Institute of Urban Affairs (NIUA), a premier research institute under the Ministry of Housing and Urban Affairs is implementing a project called ‘Innovation Hub for Urban Water, Sanitation and Hygiene Solutions (IHUWASH)’. The hub is supported by United States Agency for International Development (USAID). The primary aim of the initiative is to improve urban WASH sector performance through incubation and acceleration of innovative solutions, technologies, programs and service delivery models within a collaborative framework. The project is currently being implemented in three cities i.e. Faridabad (Haryana), Udaipur (Rajasthan), and Mysuru (Karnataka). The national team operates from NIUA’s office at New Delhi.

Through creation of sustainable sanitation infrastructure in the focus cities; the project aims to actively support the national missions like Atal Mission for Rejuvenation and Urban Transformation (AMRUT) and Swachh Bharat Mission (SBM). IHUWASH is also contributing in meeting the Sustainable Development Goals (SDGs), especially Goal 6: Clean Water and Sanitation for All.

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