

## [Training Menstrual Hygiene Management Ramaseshaiyar HSS Pattamadai, Tirunelveli](#)

A one day training on Personal hygiene and Menstrual hygiene Management was held at Ramaseshaiyar Higher Secondary School, Tirunelveli, Tamil Nadu on 17th Jan,2017. The training program was organized with the support of Rotary Club of Tinnelveli, who were about to construct a school toilet in the venue. Prior to construction they wished to give a proper training on personal hygiene, proper toilet usage and management and menstrual hygiene to school children. The training started with a proper Inagural event during which the Governor of Rotary club Tinnevelly Dr. Vijayakumar, the President Mr.Vasu, the secretary Mr. Paramasivan, Mr.Sathishkumar and other Rotary members were present

The training started with the session of personal hygiene, during which stress was given on the ways to maintain self-cleanliness and the importance of hand washing and nail cutting to prevent diseases, the most critical times of hand washing, food hygiene and safe drinking water. The importance of toilet usage, the Faecal- oral route transmission of diseases, proper usage and maintenance of toilets were discussed.

In the afternoon session Mr.Berna Mary explained in detail about the science of Menstruation, why and how it occurs, clearly stating that it is a natural process that occurs in women during the growth stage and there is nothing to worry or shy about the same. The girls can continue to do their daily routine functions during the time of periods, like playing , attending school, etc., Mr. Berna Mary also clearly explained about the normal symptoms and mood swings during periods and the symptoms which shows periods is abnormal. She explained about the general taboos and myths associated with menstruation, how to manage during periods, the different kinds of materials available in market like napkins and tampons, how often to change the napkins and how to dispose them in a hygienic way. She also explained about napkin incinerator and their use. A film about menstrual hygiene also was screened.

The children clearly understood what was taught, which was assessed by a random survey, during which the children wrote about what they gained through the training. Few also expressed that they will teach others what they have learned, apart from practicing the safe hygiene behaviors on their own.