



Best Practice

Title of the practice:

Girl student Menstrual Hygiene

The objective of the practice:

To provide facilities to avail Menstrual pads free of cost and to dispose of used pads in a hygienic way

Context:

Girl Students from rural and tribal backgrounds are not aware of using menstrual pads. They use waste clothes for that purpose which may lead to infection or some serious genital diseases. Discarding used menstrual pads is also a serious issue.

The Practice:

With the help of the District Mineral Foundation in collaboration with the District Education Office, a Menstrual pads vending machine is installed in a girl's room. Girl students are instructed well about availing Menstrual Pads. An incinerator has been installed to dispose of the used Menstrual pads.

Evidence of Success:

After the installation of this machine, till date more than 500 pads have been loaded into the machine. Girls are no more hesitant to ask for this facility. Besides Ladies Representative, some girls from NSS have been making other girl students aware of this facility. As a result, the usage of this facility has increased upto the expected level.

Problems Encountered and Resources Required:

The capacity of the vending machine is less compared to the requirement. It requires loading pads twice a week. Different sizes of pads can not be loaded in the same machine. At least 1 machine is required per 200 girls.

The incinerator must be of the more capacity as it takes time. It requires electricity, so when there is no power it can not work. So power backup is necessary.

Regarding resources, it requires 1 or 2 Sanitary Pad Vending machines along with an incinerator. The number of required Vending Machines and incinerators may vary according to the number of girls.

Principal
Shri H.S. Shah College of Commerce
Modasa-383 315