

## **A STUDY BASED ON MENSTRUAL HYGIENE MANAGEMENT IN INDIAN SOCIETY**

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### **ABSTRACT**

*Menstruation is a natural process, but it is still an unmentionable in Indian society as it is considered unclean and dirty. The wastes that are produced during menstruation are commonly known as menses, periods, or monthly bleeding cycle. Government of India has included MHM into national policies and programs as it is a part of initiatives for improving health, well-being, and nutritional status of adolescent girls and women. This paper highlights the incomplete knowledge about the menstruation which is a great barrier in the pathway of menstrual hygiene management.*

**KEYWORDS:** *Menstruation, Bleeding Cycle, Nutrition Cycle, Girls, Women, Barrier*

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