



The present survey is an attempt to understand the awareness level of adolescent girls and women on menstrual hygiene and practices especially in rural areas of Rajasthan.

AN ASSESSMENT OF AVAILABILITY & USE OF SANITARY NAPKINS IN RURAL RAJASTHAN: A RAPID SURVEY

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An Assessment of Availability and Use of Sanitary Napkins in Rural Rajasthan: A Rapid Survey

1.Context & Rationale

Menstruation is a normal physiological process that indicates the beginning of reproductive life. It is, but sometimes it is considered as an impure phenomenon in the Indian society owing to cultural taboos and insufficient and incorrect information and causes unnecessary restrictions in the day-to-day normal activities of the menstruating girls and women.

Taboos, myths and shame surrounding mensuration can lead to teasing, shaming and exclusion from daily activities and have a negative effect on woman's feeling of dignity. Period shame is rooted in gender inequality, cultural and religious traditions around periods are often derived from discriminatory, patriarchal norms about a woman's status and place in society.

Many studies have indicated that there are disparities in the dealing with the mensuration hygiene among the rural and urban women. 'A 2017 survey conducted by the WHO declared that 67 percent women in India still have to borrow sanitary napkins during emergencies as the stringent clause of confidentiality surrounding mensuration mauls it hard and uncomfortable for women to venture out and purchase sanitary napkins. As per NFHS-4, 62 percent of India's mensurating use cloth instead of sanitary napkins which compromises with health¹.'

'The report put together by Auroville Village Action Group (AVAG), January 2011 deals with various aspects of mensuration hygiene management and attitudes towards mensuration, exploring socio-economic factors, their findings suggest that costs, familiarity of habit and to some extent, comfort are the biggest motivators for women to choose cloths over disposable pads. Around three-fourth of cloth-users in the AVAG study had concerns about changing the cloth when not at home. The mentioned obstacles included lack of private space or feeling too ashamed to either wash, dry or dispose the cloth in public².

Governments have been running free sanitary pad program in rural areas where a girl student receives a pack of pad on a regular basis. However, a published article in the Hindu shows 'that such government programs are often marred by lack of funds, as ensuing a continuous supply of disposable single use pads is not a one-time expense³.

This misconception and lack of awareness on the mensural hygiene and the myths associated with the periods the adolescent girls are worst affected. According to a report published in 2019 by DASRA, Mumbai based NGO, 23 million girls in India dropout of schools every year due to lack of proper

¹ <https://swachhindia.ndtv.com/free-sanitary-pads-for-women-in-rural-rajasthan-announces-chief-minister-vasundhara-raje-in-her-budget-speech-17419/>

² <https://thelogicalindian.com/health/menstruation-in-rural-india/>

³ <https://www.thehindu/news/nation/Karnataka/shuchi-hit-owing-to-shortage-of-funds-healthminister/article17685452.ece>

mensuration hygiene facilities, which include the availability and affordability of sanitary napkins, as well as the know-how about their usage⁴.

Distribution of sanitary pads has been disrupted in various states these days as schools are shut down due to the COVID situation adding to the woes of students, a majority of who come from lower income group. A study conducted by a non-government organization (NGO) has revealed that around 70 per cent of adolescent girls in Rajasthan did not have access to sanitary pads during the coronavirus lockdown. According to the study, 7 out of 10 adolescent girls faced issues in procuring sanitary pads. The study was conducted by an NGO named Population Foundation of India (PFI)⁵.

A recent study⁶ also mentioned the ordeal of the adolescent and young women on the mensural management it states that '29% girls reported that menstrual management was a big issue for them; 23 out of 30 girls reported that they could not get pads from market; 13 out of 30 girls said they had to use cloth due to non-availability of pads. This led to a chafing of their thighs and constant burning sensation. Painkillers for menstruation related abdominal pains were also not available; 11 out of 30 girls said they felt ashamed because there was no place to change their pad or a private place in the house. The clothes used were difficult to wash, change and dry; 21 in 30 girls said that not getting a pad brought fear and fear of illness in their mind.

CULP, being forerunner in the implementation of the various programs centered to the changing the lives of girls through its innovative Pehchan for out-of-school adolescent's education and mainstreaming and providing them the life skills simultaneously and has implemented a program of strengthening of ICDS system in state, felt a necessity to expand the circumference of its education domain to deal with the wider area of women empowerment through making them more aware towards their dignity and self-reliant. With the proposed collaboration with the Desai Foundation, it intends to initiate the awareness as well as the vocational training cum income generation activities for women and adolescent girls through establishing the Sanitary Napkin Production Unit to begin with Tonk district.

The present survey is an attempt to understand the awareness level of adolescent girls and women on mensural hygiene and practices especially in rural areas.

2. Study Design: Objectives and Methodology

2.1. Objectives

- To understand the awareness level of adolescent girls and women on mensural hygiene in rural Rajasthan.
- To assess the hygienic behaviour / practices by rural girls and women
- To assess the availability / accessibility of Sanitary napkins in affordable cost to the rural girls and women and use by them.

2.2. Sample Size & Geographies

⁴ <https://yourstory.com/socialstory/2020/01/laad-lohar-udaipur-sanitary-pad-menstrual-hygiene>

⁵ <https://www.thequint.com/news/india/covid-19-lockdown-girls-from-rural-areas-struggle-for-sanitary-pads>

⁶ A Study by Girls Not Brides Alliance (August 2020): COVID-19 Response: Impact on Girls-Making their Voices Heard

The responses of total 320 participants recorded from the three districts of Rajasthan viz. Tonk (Minority community), Banswara and Pratapgarh (both tribal districts of southern Rajasthan) but 50% respondents were from Tonk district as we would be focusing our program activities in the district initially. The further break-up of the sample was like:

1. The age of respondent should be between 15 to 45 years.
2. 10 to 15 respondents per village
3. Comprising of 3-4 adolescent girls (aged 15 to 19 years); 3-4 young women (aged 20 to 30 years); 2-3 women (aged 31 to 45 years)

2.3. Methodology

The survey was designed to be executed by the existing 31 field level young women (20-30 years) workers and volunteers (ref. Annex-1) field level workers present in the three districts through online submission. A questionnaire (ref. Annex. 2) was prepared in google forms keeping the objectives in mind and finalized after the discussion with in the team. The questionnaire was refined by the suggestions received from Desai Foundation. After the finalization a virtual training session was organized, in two phases, with our field workers and coordinators on the objective of the study, understanding of questions and its implementation. Each and every question was discussed thoroughly with them to ensure the clarity on the questions and the ways of putting the questions to the respondents.

To check their understanding on the questions, they all were asked to fill and submit the questionnaire to ensure the workability of the form. They also had some suggestions on some of the questions which were then incorporated to amend the format. Around 20 forms were filled as trial and provided with the feedback to them for further improvement and quality assurance. It was also thought of providing hard copies of the questionnaire, where there is network issue. In this case the field worker would be marking answers of respondents in sheet and later on would submit through her mobile.

The finalized questionnaire was sent to the coordinators to share with the field workers to start the survey work. It took 7 days to complete the survey work by the CULP team. The Team which completed the survey was consisting of women workers aged between 20 to 30 years mostly coming from the weaker sections of the society and have experience of working with tribal and minority social groups.

After receiving the responses, the data was cleaned for any duplicity and discrepancy for a clearer picture and was ready for the analysis. The data then analyzed on different parameters to arrive on the conclusion.

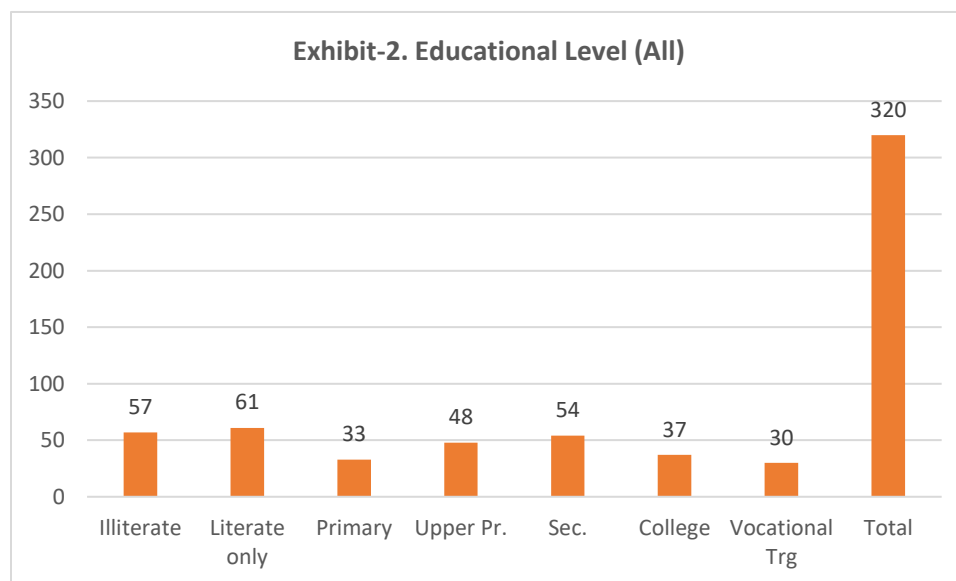
3. Data Consolidation, Analysis

3.1. Information of Respondents

Educational level and Occupation were asked to the respondents to understand both the factors in use habit of sanitary napkins and the impact of education and occupation on awareness level on menstruation health and hygiene practices.

3.1.1. Educational Level

Exhibit-1 Educational level									
District	Age group	Illiterate	Literate only	Primary	Upper Pr.	Sec.	College	Vocational Trg	Total
Tonk	15-19	2	4	7	10	9	4	0	36
	20-30	13	14	7	9	3	5	4	55
	31-45	23	15	2	1	1	2	1	45
Banswara	15-19	0	0	4	8	8	8	0	28
	20-30	1	4	4	5	9	7	12	42
	31-45	3	11	7	10	6	2	6	45
Pratapgarh	15-19	1	1	1	3	13	2	1	22
	20-30	4	6	0	0	5	5	3	23
	31-45	10	6	1	2	0	2	3	24
		57	61	33	48	54	37	30	320

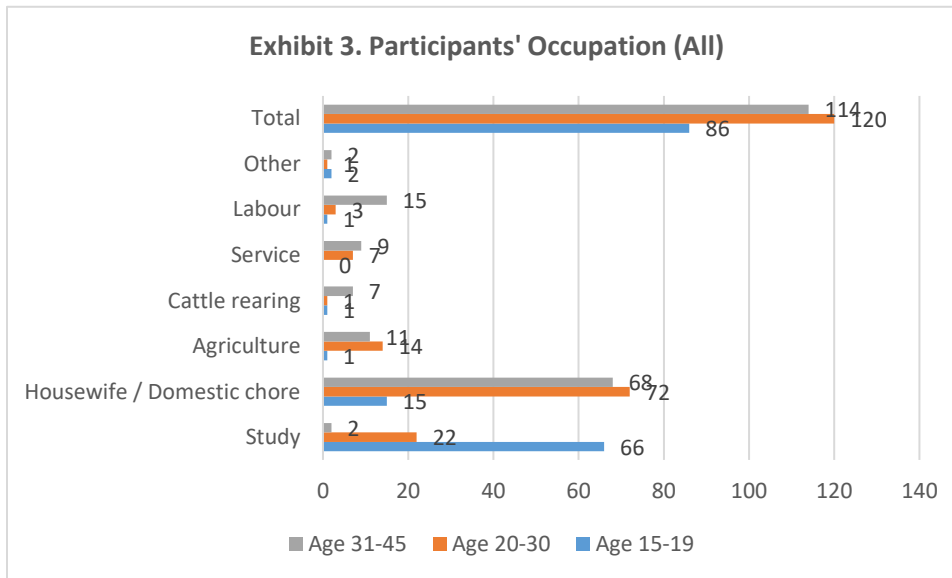


We can see that the percentage of illiterates are higher in the age group of 31-45 years (32%), whereas 14% women are illiterate in the age group of 20-30 years and 4% in the age group 15-19 years. The percentage of literates only is 28%, 18% and 7% in the age groups of 31-45, 20-30 and 15-19

respectively. The percentage of receiving the secondary, college education is higher in the age group of 20-30 years. It is evident that the girls in the age group of 15-19 are pursuing their studies at upper-primary and higher levels. It is interesting to note that 14% women from age group of 20-30 are enhancing their vocational skills whereas 9% women in the age group of 31-45 are doing some vocational training. This

data reveals the need of popularizing the vocational trainings to the girls right from the age of adulthood to make women self-reliant.

3.1.2. Occupation

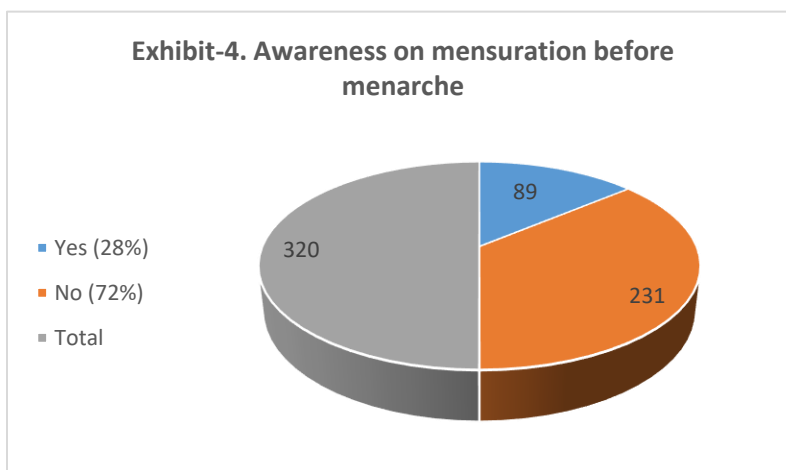


The surveyed respondents' occupation was recorded on six types of occupations just to know the age wise occupational indulgence of the survey women. It was clear for all the districts that in the age group of 15-19, 77% girls are studying, 17% either indulged in domestic chores or

house wives. In other types of occupation their number is negligible. When we talk about the occupation of women in age group of 20-30 years, 18% are studying, 60% are house wives or doing household work in their houses, 12% are working in their fields, 6% are in service and only 2.5% are in labor work. In the age group of 31-45 years only 2% women were found to be studying (doing B.Ed.) whereas 60% of them are house wives and indulged in household chores. 10% of them are occupied in agricultural activities, 6% in cattle rearing, 8% are in service and 13% are occupied in labor work. It is interesting to note that in the age group 15-19 the percentage of girls indulged in house hold activities are higher in the Tonk district in comparison to the other two districts. This may be due to the large number of respondents from the Muslim minority groups in Tonk.

3.2. Availability and use of Sanitary Napkins

3.2.1. Awareness on menstruation before menarche



The question was asked to all the participants in all age group whether they were aware about the mensuration process before their first period (Menarche). 72% women consisting of all the three age groups were not at all aware about the mensuration cycle and the process. The percentage of women (district wise and age-group wise) not aware of mensuration before menarche is evident in the exhibit-4. The data

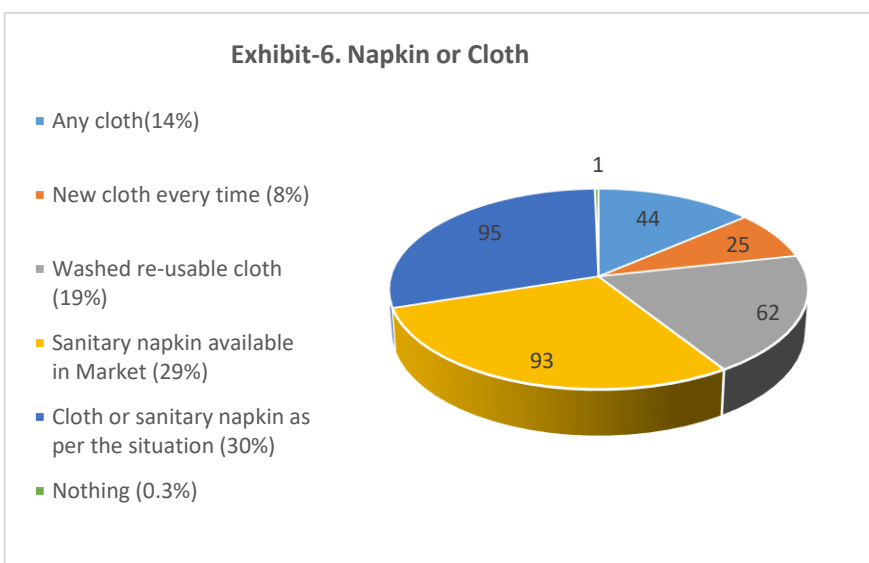
reveal that the mensuration is still considered to be the subject of non-discussion even amongst the women

especially in the family. The unawareness leads to increase in misconceptions and unhealthy mensural management and negative impact on women’s dignity.

Exhibit-5. Not aware on Mensuration before Menarche		
District	Age Group	Percentage
Tonk	15-19 Years	56
	20-30 Years	80
	31-45 years	69
Banswara	15-19 Years	64
	20-30 Years	79
	31-45 years	82
Pratapgarh	15-19 Years	59
	20-30 Years	83
	31-45 years	67

3.3. Use of Napkin or Cloth

It has been mentioned in many studies that a large percentage (62 to 68%) of women in India do not have



hygienic mensuration practices. They prefer cloths over sanitary napkins owing to different reasons from availability, awareness to economic condition, shyness in purchasing or other reasons. In this survey only 29% respondents use sanitary napkins available in the market. 19% use washable re-usable cloth. Only 14% can use any cloth to manage the periods. There is a large number of women (30%) who

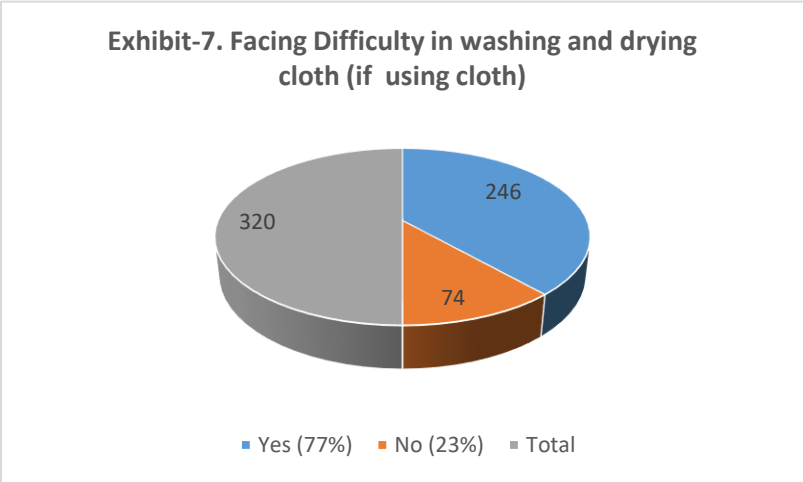
use cloth as well as sanitary napkins as per availability and ease. If we see the district trend, we find that in the age group of 15-19 years in Tonk district 25% girls use sanitary napkins available in market and 39% use both whichever is easily available. The sanitary napkins are only used by 9% of women of age group 31-45 and 17% of them use napkins as well as the cloth. If we see the overall practice percentage, we find that there is greater awareness regarding the hygienic mensural practices in the age group of 20-30 years; whereas the age group 31-45 seems to be more careless in this regard. The district wise-age wise percentage of use pattern has been given in the below exhibits which depicts the use pattern in different age groups. Women in the age group of 31-45 in Banswara are more aware about the use of clean cloth and sanitary napkins as compared to the women of Tonk and Pratapgarh in the same age group.

Exhibit 6.1 Use During Mensuration (Tonk)			
	Age Group		
	15-19	20-30	31-45
Any cloth	19%	16%	25%
New cloth every time	6%	15%	22%
Washed re-usable cloth	11%	22%	27%
Sanitary Napkin Available in Market	25%	22%	9%
Cloth or Sanitary Napkin as per the situation	39%	25%	17%
Nothing	0%	0%	0%

Exhibit 6.2. Use During Mensuration (Banswara)			
	Age Group		
	15-19	20-30	31-45
Any cloth	4%	5%	9%
New cloth every time	4%	5%	0%
Washed re-usable cloth	4%	14%	27%
Sanitary Napkin Available in Market	57%	42%	22%
Cloth or Sanitary Napkin as per the situation	32%	33%	42%
Nothing	0%	0%	0%

Exhibit 6.3. Use During Mensuration (Pratapgarh)			
	Age Group		
	15-19	20-30	31-45
Any cloth	9%	13%	21%
New cloth every time	5%	0%	4%
Washed re-usable cloth	14%	17%	33%
Sanitary Napkin Available in Market	50%	43%	12%
Cloth or Sanitary Napkin as per the situation	23%	22%	29%
Nothing	0%	4%	0%

3.4. Facing difficulty in washing and drying the cloth



Out of 320 respondents 77% women face difficulty in washing and drying the cloth if they use it during the mensuration. It indicates that women are not comfortable in re-using the cloth by washing and drying it in proper sunlight due to the shame and inhibition associated with the act. The definitely need alternative to reduce their efforts and proved to be more hygienic. When asked to indicate the problems being faced using the

cloth, they indicated more than one issue which are evident in the Exhibit.... The more prominent issues are feeling shyness in drying cloths in open space (41%) and 40% mentioned that they face multiple issues during using the cloth. It is 6% of women who need isolated place to wash or dry the used cloth whereas

only 1% cited the paucity of water. So, every woman either using the sanitary napkin or not is aware of the issues being faced by women who use cloths.

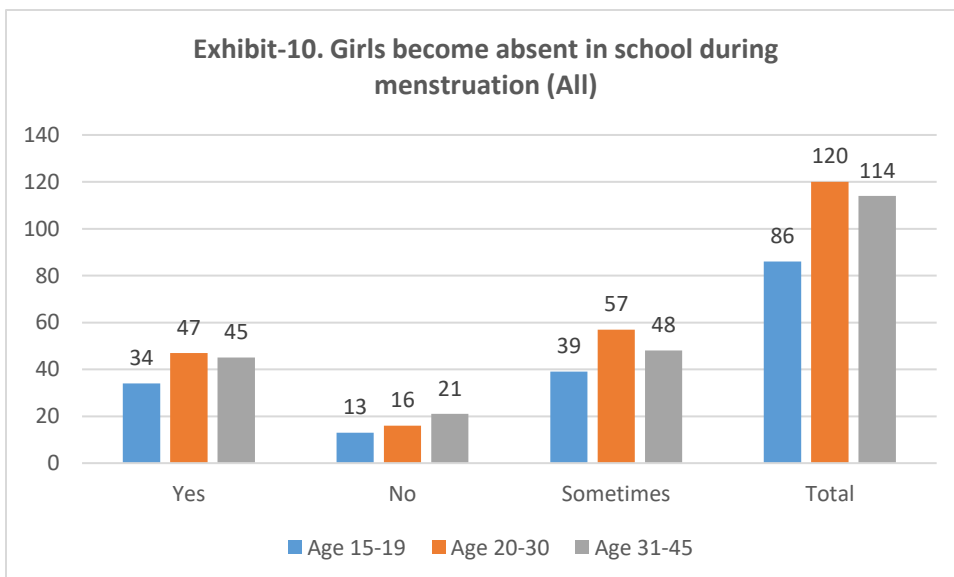
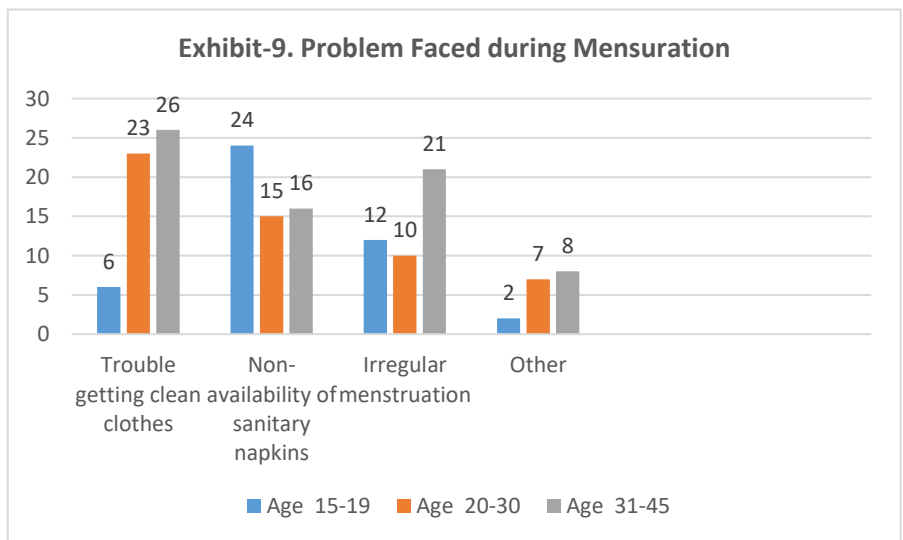
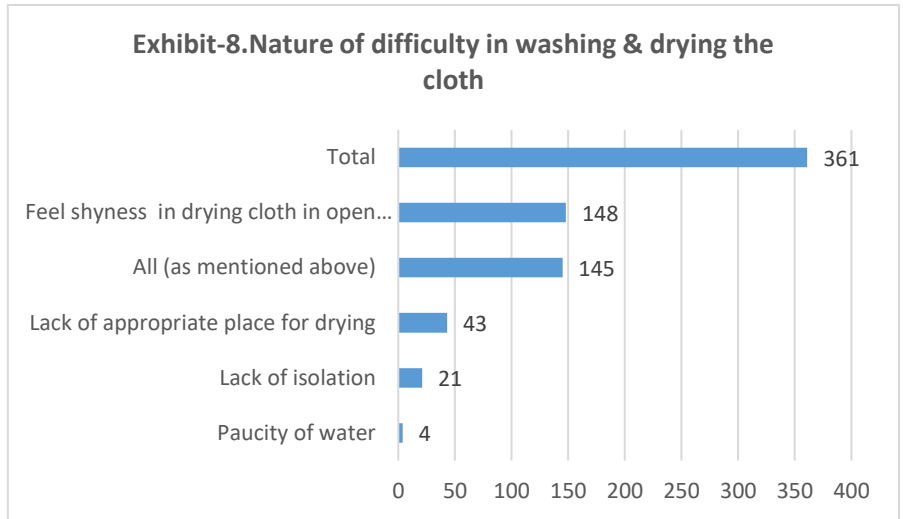
3.5. Problems faced during mensuration

Non-availability of sanitary napkins emerged as major problem faced during mensuration in women aged 15-19 since they prefer sanitary napkins to cloths. A large number of women aged 31-45 are habitual in using the cloth cited the problem as non-availability of clean cloth every time. The women in age group 20-30 are also facing the problem of getting the clean cloth and non-availability of sanitary napkins. The problem of irregular periods was reported by all the age categories but prominently by the age group of 31-45 years.

3.6. Absence in schools during mensuration

Without access to proper education, resources, girls are often forced to stay home from school during their periods, which leads them to miss school days. The survey tried to find the situation of absenteeism

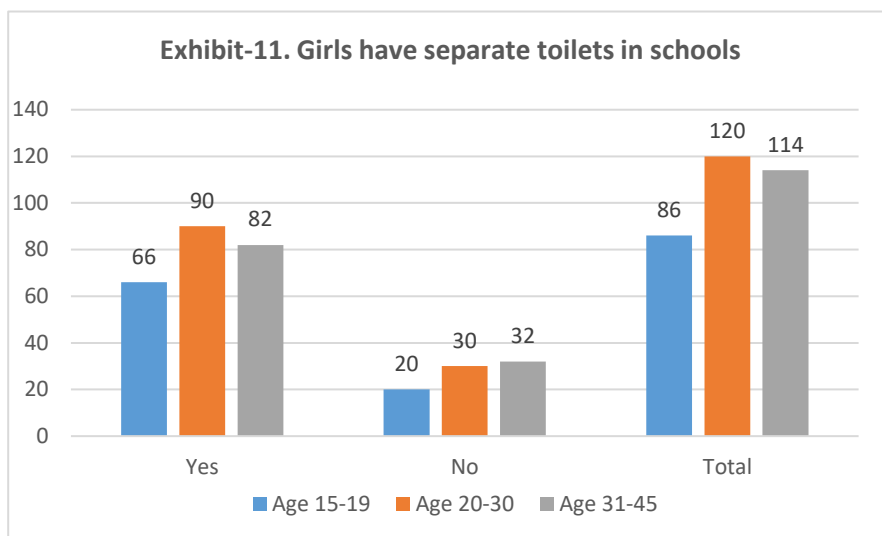
due to mensuration period in surveyed districts. It has been observed that in the age group of 15-19 years 40% girls say that girls become absent in school during mensuration. In the same age group 45% say that they sometimes they become absent from schools. In the age group of 20-30 years 39% women accept absenteeism during



mensuration whereas about 40% women in the age group of 31-45 agree on the fact that girls miss their classes due to the periods.

3.7. Separate toilets for Girls in schools

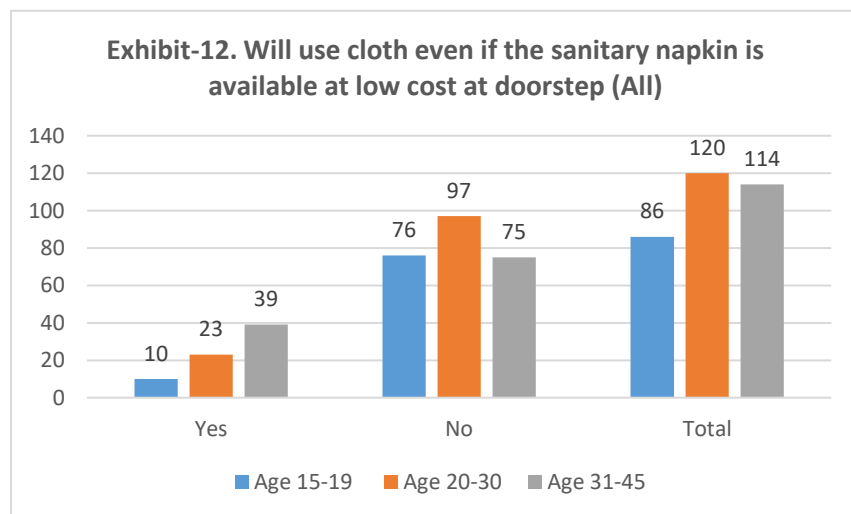
It is evident from the data that a large percentage of women in all the age groups accept that separate toilets are available for the girls in schools (77% girls in the age group of 15-19 years, 75% in the age group of 20-30 years and 72% in the age group of 31-45 years). The data analysis reveals that the situation in the Tonk district is much better in this matter as compared to other two



surveyed districts. Pratapgarh lags behind when it comes to providing separate toilets for girls in schools in working condition where they can use it during the mensuration period.

3.8. Cloth v/s Sanitary Napkin

The participants were asked whether they would prefer cloths to sanitary napkins even if they come at



low cost and available at door steps. 88% women aged 15-19, 81% aged 20-30 and 66% aged 31-45 said that they would not use cloth if the sanitary napkin is available easily and at low cost. The percentage of preferring cloth on Sanitary Napkin is 34% from the age group 31-45 years, 19% from 20-30 years and 12% from 15-19 years. It means that the women in higher age groups are more reluctant to adopt the

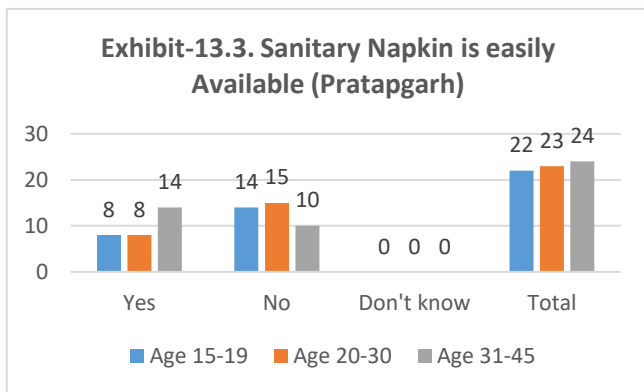
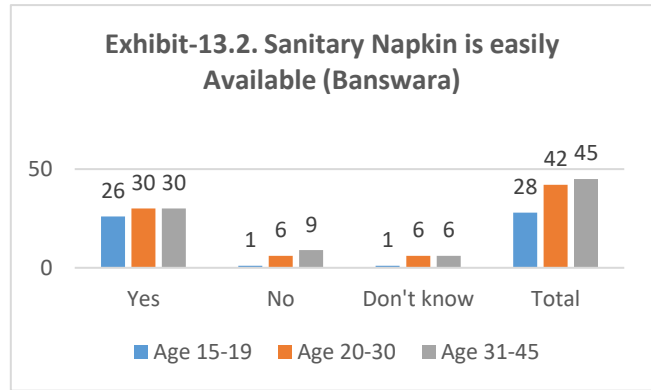
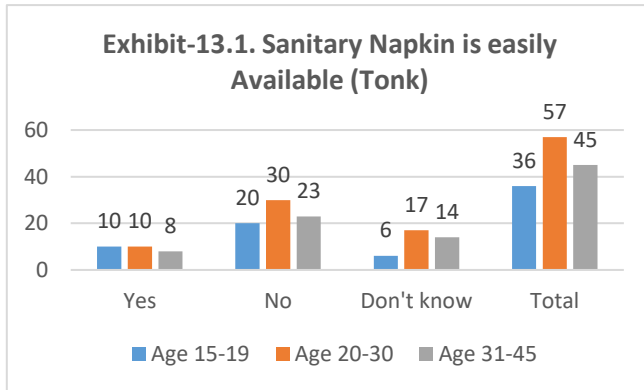
habit of using sanitary napkins come what may.

3.9. Major brands of Sanitary Napkins used

When asked 45% of women said that they did not use sanitary napkins. The major brands being used are Stayfree and whisper.

3.10. Availability of Sanitary Napkins

The availability of Sanitary Napkins has always been in question in rural areas. The availability is directly related to the demand and affordability which is low in these areas. Though the more women are willing



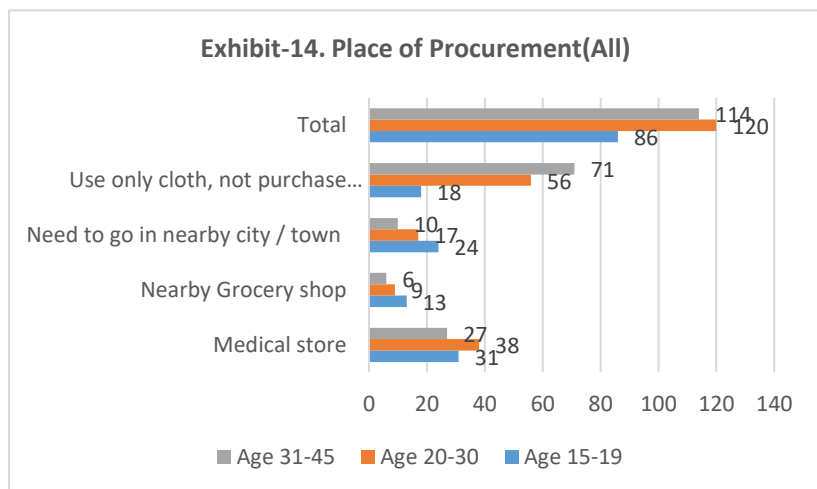
to use napkins as they expressed during the survey. As we can see in case of its availability in Tonk district 56% (age group 15-19 years), 53% (age group 20-30 years) and 51% (age group 31-45 years) say that sanitary napkins are not easily available in their villages. A significant number of women seems to be unaware of availability of sanitary napkins in their villages since they may not be using it during the mensuration. The situation is quite different in the tribal area of Banswara where 4% (age group 15-19 years), 14% (age group 20-30 years) and 20% (age

group 31-45 years) say that the napkins are not easily available in their villages. In Pratapgarh district the percentage of women saying that napkins are not available easily increases to 63% (age group 15-19 years), 65% (age group 20-30 years) and 41% (age group 31-45 years). The reason behind this varied response could be find in the awareness level of different community set ups and cultural differences.

3.11. Procuring Sanitary Napkins

3.11.1 Place of Procurement

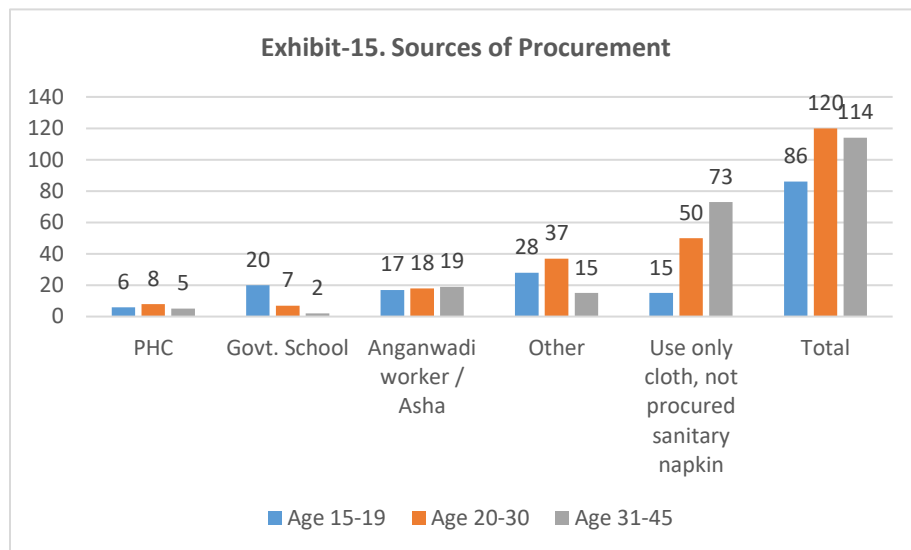
From where the women procure their sanitary napkins (who use them) is important to know about availability and purchasing pattern. 35% (age group 15-19 years), 27% (age group 20-30 years) and 23% (age group 31-45 years) go to nearby town to get the sanitary napkins purchased. 19% (age group 15-19 years), 14% (age group 20-30 years) and 14%



(age group 31-45 years) purchase them from nearby grocery stores. 46% (age group 15-19 years), 59% (age group 20-30 years) and 63% (age group 31-45 years) purchase napkins from medical stores. It shows that women who use sanitary napkins rely more on purchasing them from medical stores in comparison to the grocery stores. It is interesting that in the age group of 15-19 years girls go to nearby town to purchase them. It may be due to awareness and more opportunity to move out of the village.

3.11.2. Sources of procurement (other than market)

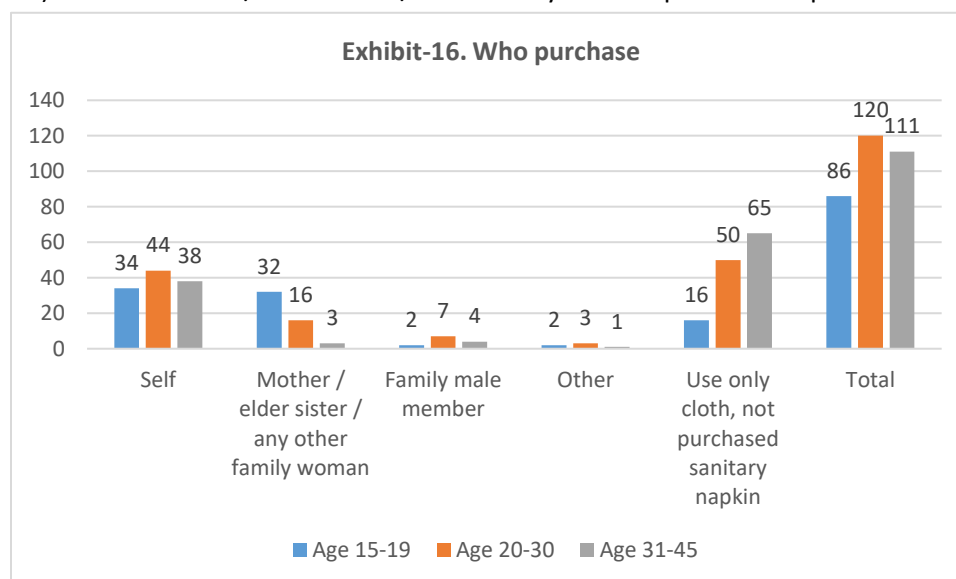
Out of women who procure napkins from other sources are mostly getting from Anganwadi worker or Asha. The girls from age group 15-19 are getting it from the schools. Some of the women older than 19 years also mentioned that they get napkins from schools but they might be using the napkins either procured by the school



going girl from their family or through female teachers out of friendship. A small number of women procure them from the Primary Health Centre located in their village. In the exhibit we can see a considerable number of women of all age who obtain the napkins from other sources like mothers, sisters, and friends or from a family member.

3.11.3. Who Purchase

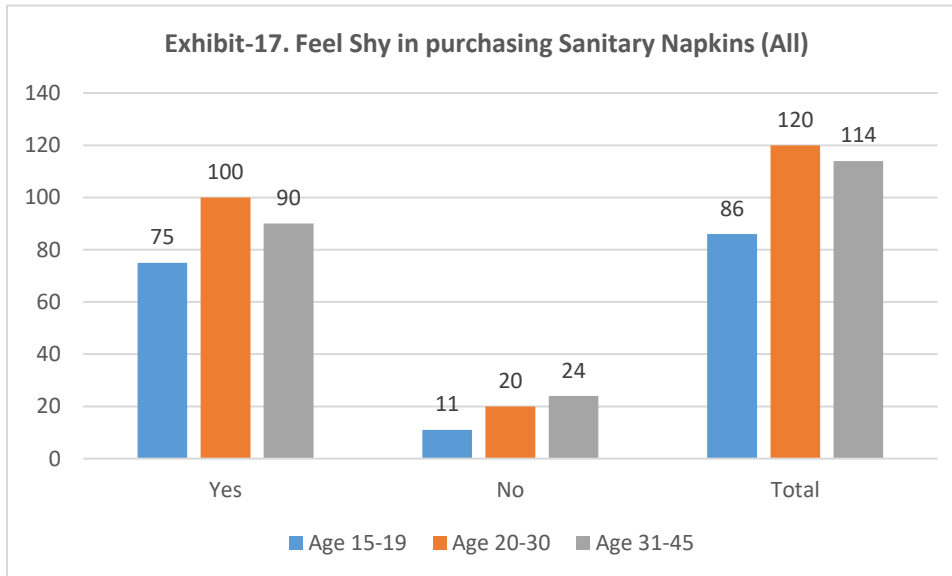
Those who use napkins purchase on their own are 49% (aged 15-19), 63% (aged 20-30) and 83% (aged 31-45). Those mothers/elder sisters/other family woman purchase napkins for them are 46% (aged 15-19), 23% (aged 20-30) and 7% (aged 31-45).



There are some women for whom male members of their families purchase sanitary napkins (mostly husbands) are 3% (aged 15-19), 10% (aged 20-30) and 9% (aged 31-45). It is evident that the elderly women using the napkins rely on

themselves for purchasing them. It is interesting that male family members are purchasing napkins in Tonk district only, it might be due to highly male dominant Muslim minority society.

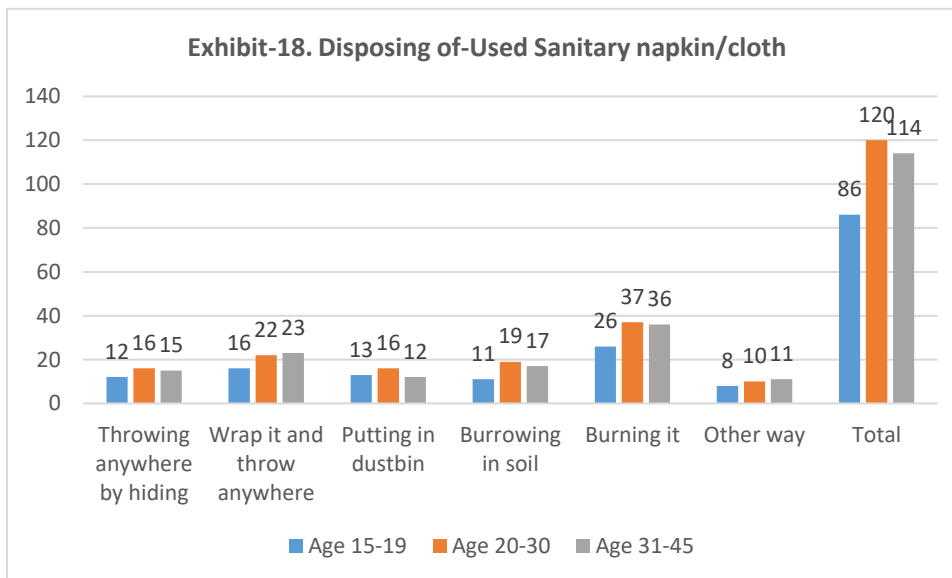
3.12. Feel Shy in Purchasing Napkins



Purchasing Sanitary napkins at a shop has always been a matter of hesitation and shame for women as the shops primarily run by males. That is the reason that they usually don't purchase napkins and prefer using cloth. The survey data also depicts the same story the girls in the age group 15-19 years are shier (87%)

in purchasing the sanitary napkins than to other two age categories. women in the age group of 20-30 (83%) and 31-45 (79%) are less shy.

3.13 Disposing of used sanitary napkins

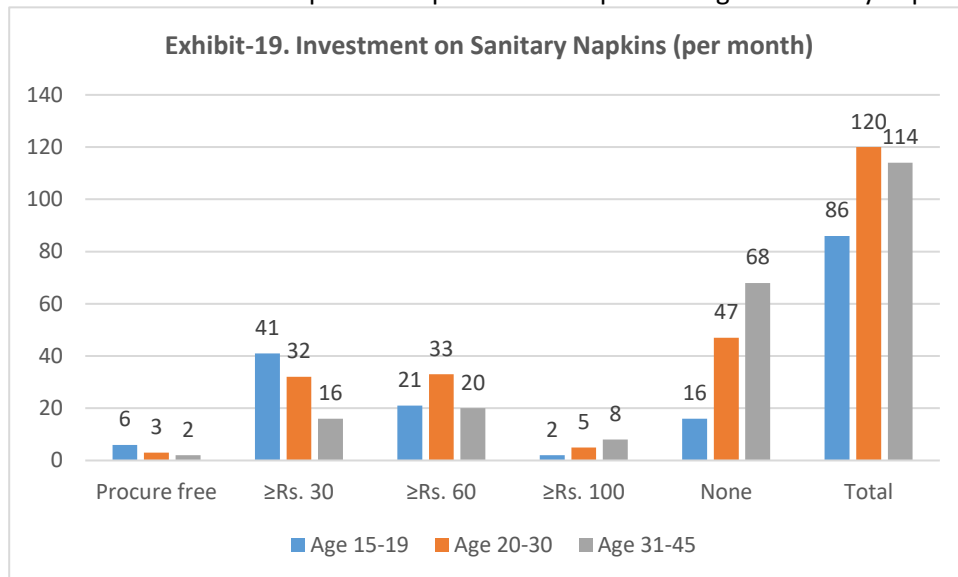


Proper disposal of used sanitary napkins is a challenge to the women. The lack of proper disposal is not a good sanitary habit and since it is not biodegradable (most of the parts) so harmful for environment. The survey tried to take an account of disposal habits of women in three age groups in three districts. It was

found that the habit is different in these districts. Most common practices in Tonk district are throwing it anywhere but in Banswara most of them burn it. In Pratapgarh Putting in dustbin, borrowing it in soil and burning of napkins are being practiced more.

3.12 Investing on sanitary napkins (per month)

When it comes to the expenditure per month on purchasing the sanitary napkins the average expenditure



comes between 30 to 60 rupees per month. Those who procure them either from schools (mostly school going girls) or PHCs (Primary Health Centres) or *Anganwadi* Centres are not big in numbers. The category of none as been shown in the graph of those who use cloths only. When we see the exhibit, we may see the

women in age group of 31-45 can be seen spending 60 to 100 rupees per month on sanitary napkins.

4. Key Findings and Recommendations

4.1. Findings

Basis the responses received and their analysis we find that-

Education status of the respondents is important, so please the first key findings must be regarding status of education.

- It is evident from the analysis of educational level that the percentage of illiterates are higher in the age group of 31-45 years (32%), whereas 14% women are illiterate in the age group of 20-30 years and 4% in the age group 15-19 years. Girls in the age group of 15-19 are pursuing their studies at upper-primary and higher levels. It is interesting to note that 14% women from age group of 20-30 are enhancing their vocational skills whereas 9% women in the age group of 31-45 are doing some vocational training. This indicates that there is a need to popularize the vocational trainings to the girls right from the age of adulthood.
- It was found that only 14% women in the age group of 20-30 years are engaged in some kind of vocational training which is very low and the percentage dips further in case of women aged 15-19 years. This may be due to engagement in core academic activities in schools.
- Almost 72% women in all the age groups were found to be unaware of menarche. It reveals that the mensuration is still considered to be the subject of non-discussion even amongst the women especially in the family. The unawareness may lead to increase in misconception and unhealthy mensural management and negative impact on women's dignity.
- Around 59% women in surveyed age group, use of sanitary napkins and cloths as per the situation and availability whereas 41% women use cloths only. The percentage of using only sanitary

napkins available in market is only 29%. This shows the use pattern of cloth and napkin amongst the surveyed women in the rural setup. It has been observed that 77% who use cloth face difficulty in washing and drying it due to shame, inhibition and lack of proper place to dry it.

- It is evident that the women aged 15-19 years prefer sanitary napkins to cloth, whereas the women aged 31-45 years are more concerned about the availability of clean cloth each time. Irregular menstruation has also been reported more in this age group also.
- There is absenteeism in the schools during the menstruation. The issue ranging from physical problems to availability of napkins, proper place of changing the napkin/cloth leads to the absenteeism. Though separate toilets are available for girls in most of the schools but functionality and privacy are an important issue which is seldom available.
- A large percentage of women in all the age groups are willing to shift to the sanitary napkins provided that they are available at low cost and at their door steps.
- The easy availability of sanitary napkins differs in the surveyed districts. Banswara reported easy availability in comparison to Pratapgarh and Tonk which may be due to lack of awareness and societal restrictions on girl's mobility especially in surveyed villages of Tonk district.
- Medical stores or stores located in nearby town/city are the major source of purchasing the sanitary napkins.
- A large number of women in all the age groups feel shy in purchasing sanitary napkins.
- The different methods have been used for disposing of used sanitary napkins in surveyed districts. Throwing anywhere or in a heap of garbage is a common practice. The other prominent practices are burning and burrowing in soil. Putting it in dustbin is less practiced.
- There are women who use sanitary napkins but do not purchase them. Most of the time napkins are procured from Anganwadi workers/Asha. Government schools are also a source of procuring them especially for the girls aged 15-19 years. A significant number of women also get them from friends, family members and others.
- The sanitary napkins are purchased mostly by the women themselves. In the age group of 15-30 years their mothers/elderly sisters or women make purchase for them. Male members have been reported to purchase in Tonk district only.
- As per the monthly expenditure on sanitary napkins is concerned, women who use napkins expend 30 to 60 rupees per month on purchasing of the napkins.

Key Actions / Recommendations for forward planning

- Awareness programs on promoting use of sanitary napkins and proper use of cloth should be designed and implemented with the help of Asha/Anganwadi workers or ANMs at Anganwadi centres or PHCs and schools. In addition to this, there is a need to impart adolescent health/life skill education to the adolescent girls and young women.
- There is a dire need to popularize the vocational training with in the young women by introducing some courses of their interest and in the proximity of their living area right from the age of adulthood to make women self-reliant.
- There is a need to design and implement an awareness program especially on mensural health management and healthy mensural practices especially with the girls attained or about to attain the puberty.
- The low cost and easy availability of sanitary napkins are the need of these women. Keeping these two factors, the further interventions should be made.

Conclusion

Maintaining good hygiene during menstruation is of pivotal importance. If the appropriate sexual health hygiene practices are not owned by the adolescent and young women, it can cause both physical and mental health problems to them which will hinder them to grow with their full potential in their life. It is important to Educate girls about menstruation facts, its physiological implications and its proper management along with safe menstrual waste disposal strategies and ensure that every girl and women should use it. Safe disposal means ensuring disposal without human contact and with minimum environmental pollution.

Surveyor Profile

Tonk

1. Dwarika Choudhary
Age – 30
Education – B.A., B.Ed
Social Category – OBC
Phone – 9875703637

2. Mafia Bano
Age –
Education –
Social Category – Minority
Phone –

3. Maina Jat
Age – 24
Education – B.A.
Social Category – OBC
Phone – 9024223448

4. Raju Choudhary
Age – 26
Education – B.A.
Social Category – OBC
Phone – 8432690770

5. Rekha Jat
Age – 31
Education –
Social Category – OBC
Phone – 9660803039

6. Rukhsana Bano
Age –
Education –
Social Category – Minority
Phone –

7. Seema Choudhary
Age – 33
Education –
Social Category – OBC
Phone – 9079744428

8. Seema Sharma
Age – 39
Education – B.A., B.Ed.
Social Category – General
Phone – 9667600934

9. Shabana Bano
Age – 22
Education – 9th
Social Category – Minority
Phone – 8949038122

Banswara

10. Chayana Patel
Age – 22
Education – B.A.,
Social Category – General
Phone – 7568110281

11. Darshika Kalal
Age – 23
Education – B.A.,
Social Category – General
Phone – 9983175843

12. Deepika Vyas
Age – 25
Education – B.A.
Social Category – General
Phone – 8742083320

13. Manda Vyas
Age – 21
Education –
Social Category – General
Phone – 7023822882

14. Pratiksha Vyas
Age – 42
Education –
Social Category – General
Phone – 9549713032

15. Pravina Pandya
Age – 22
Education – B.A.
Social Category – General
Phone – 8955089394

16. Rajni Upadhyay
Age – 21
Education – B.A.
Social Category – General
Phone – 9001505652

17. Reena Pandya
Age – 23
Education – B.A.
Social Category – General
Phone – 9929367056

Pratpgarh

18. Arti Mali
Age – 20
Education – B.A.
Social Category – OBC
Phone – 8955780926

19. Gaytri Sahu
Age – 21
Education – B.A.
Social Category – OBC
Phone – 8955769816

20. Lalita Kumari
Age – 24
Education – B.A.
Social Category – ST
Phone – 6376135269

21. Maya Patidar
Age – 23
Education – B.A.
Social Category – OBC
Phone – 8560015636

22. Ranu Sen
Age – 23
Education – B.A.
Social Category – OBC
Phone – 8120576072

23. Sharda Meena
Age – 22
Education – B.A.
Social Category – ST
Phone – 7665067906

Survey Schedule

सर्वे- ग्रामीण क्षेत्र में सेनेटरी नैपकिन की उपलब्धता एवं उपयोग

A Need Assessment through Rapid Survey by CULP

सर्वेकर्ता हेतु दिशा निर्देश:

- सर्वेकर्ता एवं उत्तरदाता के नाम एवं मोबाइल नंबर तथा गाँव व ब्लॉक की जानकारी ही टाइप करने हैं , अन्य सभी वस्तुनिष्ठ प्रकार (ऑब्जेक्टिव टाइप) के प्रश्न हैं | प्रश्न संख्या 10 एवं 15 में उत्तर एक से अधिक हो सकते हैं | अन्य सभी में केवल एक ही उत्तर टिक होगा |
- उत्तरदाता की आयु 15 से 45 वर्ष के बीच होनी चाहिए |
- एक गाँव से 10 से 15 किशोरियों व महिलाओं से यह प्रश्न पूछे जाने हैं जिनका विभाजन इस प्रकार से होगा- 3 से 4 किशोरियां (15 से 19 वर्ष) ; 3 से 4 युवा महिलाएं (20 से 30 वर्ष) एवं 2 से 3 महिलाएं (31 से 45 वर्ष) |
- यह सर्वे कल्प की महिला कार्यकर्ताओं द्वारा ही किया जाना है |
- उत्तरदाता को आश्वस्त करें कि दी गयी जानकारी को गोपनीय रखा जाएगा |
- 6.. यदि कोई कठिनाई हो तो आप सम्बंधित परियोजना समन्वयक (धर्मेश, बाँसवाड़ा एवं प्रतापगढ़ तथा हेमंत एवं सीमा शर्मा, टोंक) से संपर्क कर सकते हैं |

सर्वेकर्ता का नाम व मोबाइल नंबर-----

1. उत्तरदाता का नाम व मोबाइल नंबर (स्वयं का न होने की दशा में घर के किसी सदस्य का दे सकते हैं)
2. उत्तरदाता का आयु वर्ग
15 से 19 वर्ष / 20 से 30 वर्ष / 31 से 45 वर्ष
3. उत्तरदाता का गाँव, ब्लॉक
4. उत्तरदाता का जिला
टोंक \ बाँसवाड़ा \ प्रतापगढ़
5. उत्तरदाता का व्यवसाय
पढाई करती है
गृहणी / घर का काम
खेती का काम
नौकरी
मजदूरी
अन्य कोई काम
6. उत्तरदाता का शिक्षा का स्तर
निरक्षर / केवल साक्षर

प्राथमिक शिक्षा / उच्च प्राथमिक शिक्षा / माध्यमिक शिक्षा / कॉलेज शिक्षा
कोई व्यवसायिक प्रशिक्षण (STC, BEd., Nursing, computer, ITI, other)

7. क्या पहली बार माहवारी से पहले आपको माहवारी के बारे में पता था ?
हाँ / नहीं
8. माहवारी के दौरान आप क्या इस्तेमाल करती हैं ?
कोई भी कपड़ा
हर बार नया कपड़ा
धो कर पुनः इस्तेमाल करने योग्य कपड़ा
बाज़ार में मिलने वाला सेनेटरी नैपकिन / पेड
परिस्थिति अनुसार कपड़ा तथा सेनेटरी नैपकिन में से कोई भी
कुछ भी नहीं
9. क्या कपड़ा इस्तेमाल करते समय उसको धोने और सुखाने में कोई समस्या आती है ?
हाँ / नहीं
10. यदि हाँ, तो किस प्रकार की समस्या आती है ? (इसमें एक से अधिक उत्तर हो सकते हैं)
पानी की कमी
एकांत की कमी
सुखाने की उपयुक्त जगह की
उपरोक्त सभी
खुली धुप में सुखाने में झिझक होती है और शर्म आती है अतः दूसरे कपड़े से छिपा कर सुखाती हैं
11. माहवारी के दौरान आपको क्या समस्या आती है ?
साफ़ कपड़ा मिलने में परेशानी
सेनेटरी नैपकिन की अनुपलब्धता
माहवारी का अनियमित होना
शारीरिक कष्ट एवं मानसिक तनाव
अन्य
12. क्या माहवारी के दौरान किशोरियां विद्यालय से अनुपस्थित रहती हैं ?
हाँ / नहीं / कभी-कभी
13. क्या किशोरियों के लिए विद्यालय में अलग से शौचालय की उपलब्धता है ?
हाँ / नहीं
14. यदि पेड /सेनेटरी नैपकिन आपको आसानी से घर पर ही कम दाम में मिल जाये तो भी आप क्या कपड़ा इस्तेमाल करेंगी ?
हाँ / नहीं
15. बाज़ार में मिलने वाला कौनसा सेनेटरी नैपकिन आप इस्तेमाल करती हैं ? (सर्वकर्ता उत्तरदाता के पास उपलब्ध पैकेट पर से भी नाम देख कर टिक कर सकते हैं)

व्हिस्पर (whisper) / स्टेफ्री (stayfree) / डॉटवरी (don'twory) / वाओ वर्ल्ड ऑफ वीमेन पैड्स (wao world of women peds) / वंडर विंग्स (wonder wings) / कोम्फी (comfy) / अन्य/केवल कपड़ा उपयोग करते हैं, सेनेटरी पेड नहीं

16. क्या पेड /सेनेटरी नैपकिन आपके क्षेत्र में आसानी से उपलब्ध है ?
हाँ / नहीं / पता नहीं
17. पेड /सेनेटरी नैपकिन आप कहाँ से खरीदते हैं ?
मेडिकल स्टोर से
निकट की किराना की दुकान से
इसके लिए निकट के शहर या कस्बे में जाना पड़ता है
कहीं से भी नहीं खरीदते केवल कपड़ा उपयोग करते हैं
18. यदि पेड / सेनेटरी नैपकिन बाज़ार से नहीं खरीदते हैं तो कहाँ से प्राप्त करते हैं ?
सरकारी प्राथमिक स्वास्थ्य केंद्र
सरकारी स्कूल से / आंगनवाड़ी कार्यकर्ता या आशा सहयोगिनी से
अन्य से / कहीं से भी प्राप्त नहीं करते क्योंकि कपड़ा उपयोग करते हैं
19. सेनेटरी नैपकिन कौन खरीदता है ?
आप स्वयं
आपकी माता या बड़ी बहिन या घर की कोई अन्य महिला सदस्य
घर का कोई पुरुष सदस्य
अन्य
कोई नहीं खरीदता क्योंकि कपड़ा इस्तेमाल करते हैं
20. क्या बाज़ार से सेनेटरी नैपकिन खरीदते समय आपको झिझक महसूस होती है ?
हाँ / नहीं
21. इस्तेमाल के बाद आप सेनेटरी नैपकिन/कपड़ा का निस्तारण कैसे करते हैं ?
छिपा कर कहीं भी फेंक देते हैं
पोलिथीन या किसी थैली में डाल कर या लपेट के कहीं भी फेंक देते हैं
कचरा पात्र में डाल देते हैं
ज़मीन में गाढ़ देते हैं
जला देते हैं
अन्य कोई तरीका
22. प्रति माह आप कितना पैसा सेनेटरी नैपकिन पर खर्च करती हैं ?
मुफ्त में प्राप्त करते हैं
30 रुपए से अधिक
60 रुपए से अधिक
100 रुपये से अधिक
कुछ नहीं खर्च करते