



knowledge Attitude and Practice Study on
**Menstrual Hygiene
Management**

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R.K Anil

Executive Director
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ABSTRACT

Menstruation is a biological process that impacts the lives of women across the globe. Historically, menstruation was regarded as an individual biological process that few openly discussed, except in the medical context. In India, menstruation is not just a simple biological process but a complex socio-cultural tradition upheld by religion and deep-rooted social hierarchies. This prevailing mindset affects women every day, impeding their access to public facilities, education, and healthcare. A trend witnessed amongst young women is drop outs and absenteeism due to experiences and social taboos around menstruation. Adolescent girls are vulnerable and in need of conducive environment and positive guidance. Systematic management of Menstrual Hygiene is a key component of Sustainable Development Goal (SDG) and an integral part of Swachh Bharat Mission program. To bring about desired changes the most suitable platforms would be schools, to disseminate relevant information and generate awareness among adolescent girls, their peers and parents.

Sewa International undertook a study a Knowledge, Attitude and Practice (KAP) Study which reveals misconceptions or misunderstandings around menstruation and menstrual hygiene that may represent obstacles to activities and potential barriers to behaviour change. The present KAP study is a descriptive cross-sectional study to assess the KAP regarding menstrual health among the school students of 20 schools in India. A semi-structured research schedule has been developed to gain qualitative data. The objectives of the study were to improve knowledge, attitude and practice on safe menstrual hygiene management among adolescent girls, boys and school management while promoting enabling environment for sustaining new behaviours regarding MHM in schools.

Foreword

Menstrual hygiene is a reality for more than half the world's population. However, it is also a topic which is unacknowledged, silenced and considered a taboo. The myths surrounding menstrual hygiene impact the health of billions of women and girls in the world.

Sewa International was established on the Indian ethos of 'Service before Self' and 'World is One Family'. Our interventions founded in action and impact enhance the safety of women and children in India. Since inception our interventions on the ground have always supported the marginalised communities and aimed to reduce their vulnerabilities & exploitation. We have worked tirelessly to support access to healthcare and health facilities in the remotest of regions of our country. In our interventions we realised that lack of menstrual hygiene management awareness was impacting the ability of the female to support their health needs. A deeper inquiry revealed that the lack of awareness was also impacting the adolescent girls in the communities as the myths and knowledge around menstrual hygiene were passed on from one generation to another.

The period of menstruation marks the journey of a girl into womanhood. The vulnerable girls without proper menstrual hygiene information could be impacted by early and unwanted pregnancy; mental health issues resulting from the stress and shame associated with menstruation; and unhygienic sanitation products which may make girls susceptible to reproductive tract infections. Further, the girls may continue to carry with them wrongful perceptions about their body, thereby impacting their ability to contribute to their communities and their societies. Therefore, it was felt necessary at Sewa International that a study to better understand the prevalent knowledge, attitude and practices existing amongst adolescent girls should be conducted.

Menstrual Hygiene Management (MHM) is part of the Sustainable Development Goals (SDGs) where access to MHM is a component of gender-responsive WASH service. SDG 6.2 provides for a definite aim to, "By 2030, achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations". Without considering needs for safe and dignified menstruation, achieving the goal of sanitation and hygiene will remain an elusive dream.

This study is the culmination of months of menstrual hygiene camps across Uttarakhand, Delhi and Karnataka conducted by our team and our volunteers. I hope that this report provides insights and an expansive overview of the contemporary challenges to Menstrual Hygiene Management in Uttarakhand, Delhi and Karnataka.

The present work is seminal as it draws on from the experiences of Sewa International. The report highlights the existing knowledge, attitude and practices while providing recommendation to bridge the gap between menstrual health realities for girls and women and the resources to support gender-responsive WASH including menstrual hygiene management.



Shyam Parande
Global Coordinator,
Sewa International

Executive Summary

The Knowledge, Attitude, and Practice (KAP) study on menstrual hygiene among adolescent boys and girls aims to provide a comprehensive overview of the current state of awareness, beliefs, and behaviours surrounding menstrual hygiene management. Recognizing the critical importance of menstrual health in promoting overall well-being, this study addresses the existing knowledge gaps and explores the attitudes and practices prevalent among the target demographic.

The findings reveal a significant disparity in the understanding of menstrual hygiene among adolescent boys and girls in India. While a substantial proportion exhibits a basic awareness of menstruation, there is a need for comprehensive education to dispel misconceptions and foster a more nuanced understanding. Educational initiatives should extend beyond the biological aspects of menstruation to include the broader context of menstrual hygiene management including pain management.

Additionally, attitudinal factors play a crucial role in shaping behaviours related to menstrual hygiene. The study highlights prevalent stigmas, cultural taboos, and societal norms that contribute to the perpetuation of misinformation and inhibit open discourse. Promoting positive attitudes towards menstruation through targeted awareness campaigns and community engagement is essential to dismantling these barriers.

Lastly, despite a growing awareness of menstrual hygiene, there remains a gap between knowledge and practice. Access to affordable and sustainable menstrual hygiene products is identified as a key determinant influencing the adoption of hygienic practices. Additionally, cultural norms and infrastructure limitations impact the ability of adolescents, particularly girls, to manage menstruation effectively. Interventions addressing these challenges are imperative for fostering healthier menstrual hygiene practices. The study following a detailed analysis of the responses of 796 adolescent girls, 151 adolescent boys and 70 teachers provides specific recommendations like

- **Building skills and capacity of stakeholders:** It is vital to build skills and capacities of school teachers and management to conduct regular menstrual hygiene management workshops with the students to ensure the right knowledge is being provided to the adolescent girls and boys.
- **Sanitation facilities:** Advocating for improved sanitation facilities in schools and public spaces to facilitate hygienic practices during menstruation.
- **Accessibility to Menstrual hygiene materials and products:** Ensuring affordable and accessible menstrual hygiene products to empower adolescents, particularly girls, in managing their menstrual hygiene effectively.
- **Education and Awareness:** Implementing nationwide educational programs that go beyond basic biology to address cultural, social, and psychological aspects of menstruation.

By identifying the knowledge gaps, negative attitudes, and practices through detailed questionnaire, this study aims to contribute to the enhancement of menstrual hygiene management among adolescent boys and girls in India. The findings underscore the urgency of a holistic approach that involves stakeholders at various levels to bring about sustainable change in the perception and practices surrounding menstrual health.

Table of Contents

Key Terms	8
Chapter 1:	
Introduction	10
Chapter 2:	
Menstrual Hygiene Management	13
Sustainable Development Goals and Menstrual Hygiene Management	14
Menstrual Hygiene	16
Menstrual Hygiene in India	17
Government initiatives	26
Chapter 3:	
Research Methodology	29
Objective	30
Survey	31
Ethical Consideration	32
Limitations	33
Chapter 4:	
Results	35
Socio-economic Place of residence	35
Knowledge	77
Attitude	114
Practice	187
Adolescent Girls.....	187
Adolescent Boys	202
Teachers Perspective	210
Chapter 5:	
Findings	219
Socio-economic demographic	219
Knowledge	223
Attitude	226
Practice	228
Teachers Perspective	230
Chapter 6:	
Recommendations	232
1. Building skills and capacity of stakeholders	235
2. Sanitation facilities.....	236
3. Accessibility to Menstrual hygiene materials and products	238
4. Education and Awareness	239
Bibliography	241

Key Terms

Menstruation or menses is the natural bodily process of releasing blood and associated matter from the uterus through the vagina as part of the menstrual cycle.

Menarche is the onset of menstruation, the time when a girl has her first menstrual period.

Menstrual hygiene management (MHM) refers to management of hygiene associated with the menstrual process. WHO and UNICEF Joint Monitoring Programme (JMP) for drinking water, sanitation, and hygiene has used the following definition of MHM: 'Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary for the duration of a menstrual period, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear.

Menstrual health and hygiene (MHH) encompass both MHM and the broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights. These systematic factors have been summarised by UNESCO as accurate and timely knowledge, available, safe, and affordable materials, informed and comfortable professionals, referral and access to health services, sanitation and washing facilities, positive social norms, safe and hygienic disposal and advocacy and policy.

A **menstruator** is a person who menstruates and therefore has menstrual health and hygiene needs – including girls, women, transgender and non-binary persons. Throughout this guidance, the term 'girls and women' is used as a shorthand term to increase readability and refers to all menstruators regardless of gender identity.

Menstrual hygiene materials are the products used to catch menstrual flow, such as pads, cloths, tampons or cups. Menstrual supplies are other supportive items needed for MHH, such as body and laundry soap, underwear and pain relief items.

Menstrual facilities are those facilities most associated with a safe and dignified menstruation, such as toilets and water infrastructure.

WASH (or Watsan, WaSH) is an acronym that stands for "water, sanitation and hygiene".



CHAPTER 1

INTRODUCTION

Menstruation is a universal biological phenomenon which women across the globe encounter during their lifetime. Menstruation marks the journey of a girl into womanhood as she attains reproductivity maturity. The age between 10 years to 19 years usually referred to as 'Adolescence' is characterised by the onset of menstruation. Despite menstruation being a biological phenomenon, narratives and conversations across the globe around menstruation are silent, unacknowledged, and stigmatized. Sociocultural restrictions, shame and discomfort dictate the lived experiences of menstruation of many women. Further, menstruation can be usually linked with boarder systemic factors like health, education, gender equality and well-being. Therefore, access to menstrual hygiene products to absorb or collect the flow of blood during menstruation, privacy to change the materials, and access to facilities to dispose of used menstrual management materials are all examples of menstrual hygiene management (MHM) or menstrual health and hygiene (MHH) which forms a part of gender equality and right of women.

The development of menstrual hygiene and management practices globally has been influenced by cultural, social, and economic factors. In some parts of the world, menstruation is considered taboo and is associated with shame and stigma, leading to limited access to information and resources. Lack of access to safe and affordable menstrual products result in poor hygiene practices, which can lead to health problems such as infections and reproductive complications. Furthermore, the high cost of menstrual products and inadequate sanitation facilities prevent girls and women from attending school or work, contributing to economic and educational disparities. Efforts to improve menstrual hygiene and management practices have involved a multifaceted approach, including education, advocacy, and provision of affordable and accessible menstrual products and facilities.

In India, menstruation is not just a simple biological process but a complex socio-cultural tradition upheld by religion and deep-rooted social hierarchies. This prevailing mindset affects women every day, impeding their access to public facilities, education, and healthcare. A trend witnessed amongst young women is drop outs and absenteeism due to experiences and social taboos around menstruation. Adolescent girls are vulnerable and in need of conducive environment and positive guidance. Therefore, systematic management of Menstrual Hygiene is a key component of Sustainable Development Goal (SDG) and an integral part of WASH schemes.

Sewa International has supported interventions on access to healthcare and health facilities across the country. A major part of the interventions includes creating WASH awareness amongst girls and women in different communities. As part of these interventions, it was realised that menstrual hygiene management was an issue where the female population of the community did not have proper knowledge. This impacted their participation in the community. In light of the above, Sewa International undertook menstrual hygiene camps in schools and the communities.

The Knowledge Attitude Practice study was developed with the main purpose of understanding the issues around menstrual hygiene management amongst adolescent girls and boys. The study was conducted to understand and gauge the existing knowledge, attitude and practices that are prevalent amongst adolescent girls and boys.

This report is the culmination of months of interventions and sampling in the states of Uttarakhand, Delhi and Karnataka. The report first introduces menstrual hygiene management while identifying its relevance to sustainable development. The report then proceeds to conduct a literature review of the existing body of work on menstrual hygiene and identifies the status of menstrual hygiene in India through analyses of different data sets and schemes. The report elaborates on the research methodology of the study conducted and proceeds to present the analysis of the data. Lastly the report presents findings and recommendation which contribute to our understanding of the knowledge, attitude and practice around menstrual hygiene management.



CHAPTER 2



MENSTRUAL HYGIENE MANAGEMENT

The term menstrual hygiene management originated in the WASH sector and was used to refer to practices which allowed both girls and women to safely manage their menstruation. In 2012, the WHO and UNICEF Joint Monitoring Programme (JMP) for drinking water, sanitation, and hygiene forwarded definition of MHM as: ‘Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary for the duration of a menstrual period, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear. (WHO & UNICEF 2012) Further, the JMP provided that the typical preconditions that have to be met for the realisation of the definition are:

- Access to accurate and pragmatic information (for females and males) about menstruation and menstrual hygiene
- Access to menstrual hygiene materials to absorb or collect menstrual blood
- access to facilities that provide privacy for changing materials and for washing body with soap and water
- Access to water and soap within a place that provides an adequate level of privacy for washing stains from clothes and drying re-usable menstrual materials
- Access to disposal facilities for used menstrual materials (from collection point to final disposal)

Therefore, the definition of MHM not only encompasses the concept of menstrual hygiene but also 'encompasses the broader impacts of the psychological, socio-political and environmental factors that accompany menstruation on mental, physical, and emotional health.' (WHO & UNICEF 2012)

Under International Human Rights eco-system menstrual hygiene management finds mention in The Convention on the Rights of the Child (CRC), Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), and the Convention on the Rights of Persons with Disabilities (CRPD). MHM therefore, forms an integral part of human rights and creates an obligation between the state and the people living in the state to ensure the realisation of the rights securing menstrual hygiene for girls and women.

Sustainable Development Goals and Menstrual Hygiene Management

Menstrual hygiene management is a critical component of sustainable development that has significant implications for health, education, gender equality, and economic development. The Sustainable Development Goals (SDGs) provide a comprehensive framework for addressing menstrual hygiene issues and promoting sustainable solutions. The following are the goals which either directly and indirectly realise menstrual hygiene for all women.

- **SDG 3: Good Health and Well-being:** Ensuring access to menstrual hygiene products, facilities, and education is essential for promoting good health and well-being. Poor menstrual hygiene can lead to health problems such as infections, reproductive complications, and psychological distress. According to the World Health Organization (WHO), approximately 2 billion women worldwide lack access to basic sanitation facilities, including those needed for menstrual hygiene management. This is particularly true in low-income countries, where many girls and women use unhygienic materials such as rags, leaves, and even ash to manage their periods. Providing access to safe and affordable menstrual products and facilities can improve health outcomes, reduce the risk of infections, and promote dignity and self-esteem.
- **SDG 4: Quality Education:** Menstrual hygiene management is closely linked to education, particularly for adolescent girls. Lack of access to menstrual products and facilities can prevent girls from attending school during their periods, leading to absenteeism and poor academic performance. This can contribute to gender disparities in education and limit opportunities for girls and women. SDG 4 aims to ensure access to quality education for all, including girls and women. Addressing menstrual hygiene issues is essential for achieving this goal. Providing girls with menstrual hygiene education and access to appropriate products and facilities can help to reduce absenteeism, improve academic performance, and promote gender equality.

- **SDG 5: Gender Equality:** Menstrual hygiene management is closely linked to gender equality. The lack of access to menstrual products and facilities can limit opportunities for girls and women and perpetuate gender inequalities. Addressing menstrual hygiene issues is essential for promoting gender equality and empowering girls and women. SDG 5 aims to achieve gender equality and empower all women and girls. Providing girls and women with menstrual hygiene education and access to appropriate products and facilities can help to reduce gender disparities and promote women's empowerment
- **SDG 6: Clean Water and Sanitation:** Access to clean water and sanitation is essential for menstrual hygiene management. Lack of access to clean water and sanitation facilities can prevent girls and women from practicing good menstrual hygiene, leading to health problems and social stigma. SDG 6 aims to ensure access to clean water and sanitation for all. Addressing menstrual hygiene issues is essential for achieving this goal. Providing girls and women with access to clean water and sanitation facilities, as well as appropriate menstrual products, can improve health outcomes, reduce the risk of infections, and promote dignity and self-esteem.
- **SDG 8: Decent Work and Economic Growth:** Menstrual hygiene management is closely linked to economic development. Lack of access to menstrual products and facilities can limit opportunities for girls and women to attend school or work, contributing to economic disparities. Addressing menstrual hygiene issues is essential for promoting decent work and economic growth. SDG 8 aims to promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all. Providing girls and women with access to appropriate menstrual products and facilities can help to reduce absenteeism, improve productivity, and promote economic growth.
- **SDG 10: Reduced Inequalities:** Menstrual hygiene management is closely linked to reducing inequalities. Lack of access to menstrual products and facilities can perpetuate inequalities and limit opportunities for girls and women. Addressing menstrual hygiene issues is essential for promoting reduced inequalities. SDG 10 aims to reduce inequalities within and among countries. Providing girls and women with access to appropriate menstrual products and facilities can help to reduce inequalities, promote gender equality, and empower girls and women.



Menstrual hygiene

“Adolescence” is a transitional period of a human being where the child experiences emotional, psychological and physical changes. Menarche is a very important landmark for an adolescence girl. Though most women experience menstruation, it is not a simple and equal event for all. There exists distinct difference in the experience of menstruation between women and in a women’s own menstruation experience. (Jones, 1982). Additionally, some women may have differing levels of symptoms and may or may not experience pain (Omidvar & Begum, 2010). There is a wide range of ages (8-16 years) during which a girl may begin her menstruation. For some duration of time after menarche, menstruation may not be regular due to fluctuating hormone levels (Tyler and Woodall, 1982). The female body endures the changes of puberty, which alter both her physical and psychological states.

- **Physical Changes:** During puberty, adolescent girls’ experience changes to their appearance. Almost all parts of the body are included in this growth; internal and external. Primary changes that occur during puberty for females are growth spurt which includes growth of skeletal dimensions and internal organs, development of gonads, development of secondary reproductive organs and secondary sex characteristics, and changes in body composition related to distributions of fat (Tyler and Woodall, 1982). Many of these changes are outwardly evident.
- **Psychosocial Changes:** During this time of bodily changes, there are also changes in how the girls and societies perceive the girl. A girl begins to evaluate herself as a female in her society and thereby she begins on the journey of forming an adult identity. An adolescent girl will use many facets of society to determine the value of her gender and become acquainted with her expected role in society. Tyler and Woodall (1982) describe how a girl develops her self-esteem in adolescence: “She will take into consideration the values she sees her mother and other close adult women hold about themselves. She will learn the value and worth that society hold for her sex. By sifting through this information, she will form herself a concept of her n own worth as a woman. This, in turn, will serve as a basis for her overall regard for herself as a human being.”

Therefore, during adolescence the girls experience both physical and psychological changes are influenced by the environments and their communities. The beliefs and understandings of menstruation within each culture strongly shape the way an adolescent female experiences puberty and how she continues to understand and internalize her own reproductive years from menarche through menopause. The way that a girl interacts with her environment during puberty and menses impacts her mental health throughout each menstrual period and for the duration of her reproductive years.

In some cultures, menarche is celebrated and worshipped while in others it is surrounded by myths and taboos. The effect of the community is heavily ingrained during this transitional time. Although there is a definite clinical definition of menstruation and menarche, each culture may understand these events in any number of ways. Often, the way a culture views menstruation is at least partially indicative and/or causative of the status of women in that culture. It is also probable that practices surrounding menstruation can affect the lifestyle, health and education of women. Further, the cultural context of menstruation also impacts the way adult females in the community regard their own sexuality. (Tyler and Woodall, 1982).

Menstrual hygiene in India

In India, perceptions of menstruation and menstrual practices differ across the country. However, overall perceptions of menstruation and menstrual practices can be tied to gender inequities and the socio-economic status of women in India. “The female child having survived the hazards of childhood and infancy as an unwanted or neglected child; is now exposed to aftereffects of poor nutrition in addition to insanitary facilities and unhygienic practices.” (Kendre & Ghattegi, 2013).

In India the Ministry of Health and Family Welfare undertakes the National Family Health Survey 2019-21 (NFHS-5), the fifth in the NFHS series, which provides information on population, health, and nutrition for India and each state/union territory (UT). An analysis of the NFHS data reveals that the households with improved sanitation facility increased by 21.7% between NFHS-4 (2015-2016) to NFHS-5 (2019-21). The literacy rate in the country for women was 71.5% and men was 84.4%. Further, similar disparity was seen with regards to 10 or more years of schooling where 41% women held this as compared to 50.2% men. Also, the gap reduced by 2.2% between NFHS-4 and NFHS-5. Women age 15-24 years who use hygienic methods of protection during their menstrual period increased by 19.7% from 57.6% to 77.3%. Under the NFHS-5 specific questions regarding menstrual hygiene were asked from the sample population. It is stated that 64% use sanitary napkins, 50% use cloth, and 15% use locally prepared napkins. Overall, 78% of women in this age group use a hygienic method of menstrual protection.

India Indicator (%)	NHFS-5	NHFS-4	Difference (-/+) (%)
Population living in households that use an improved sanitation facility (%)	70.2	48.5	21.7
Women who are literate (%)	71.5	NA	NA
Men who are literate (%)	84.4	NA	NA
Women with 10 or more years of schooling (%)	41.0	35.7	5.3
Men with 10 or more years of schooling (%)	50.2	47.1	3.1
Female population age 6 years and above who ever attended school (%)	71.8	68.8	3
Women age 15-24 years who use hygienic methods of protection during their menstrual period (Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection) (%)	77.3	57.6	19.7

Further the survey with regards to menstrual protection also informed of the following points:

- Women with 12 or more years of schooling are more than twice as likely to be using a hygienic method as women with no schooling (90% versus 44%).
- Women in the highest wealth quintile are almost twice as likely to use a hygienic method as women in the lowest wealth quintile (95% versus 54%).
- Seventy-three percent of rural women use a hygienic method of menstrual protection, compared with 90 percent of urban women.
- The lowest percentage of women use a hygienic method of menstrual protection in Bihar (59%), Madhya Pradesh (61%), and Meghalaya (65%)



Table 4.13 Menstrual protection

Percent distribution of women age 15-24 who have ever menstruated by protection used during their menstrual period, according background characteristics, India, 2019-21

Type of Menstrual Protection ¹

Background characteristic	Cloth	Locally prepared napkins	Sanitary napkins	Tampons	Menstrual cup	Other	Nothing	Number of women	Percentage using a hygienic method ²
Age									
15-19	49.3	15.2	64.5	1.7	0.3	0.2	0.2	121,803	78.0
20-24	50.0	14.7	64.2	1.6	0.3	0.2	0.2	119,309	77.2
Residence									
Urban	31.5	14.1	77.5	1.8	0.5	0.2	0.1	70,941	89.6
Rural	57.2	15.3	58.9	1.6	0.2	0.2	0.3	170,171	72.6
Schooling									
No schooling	80.0	11.0	32.6	1.1	0.1	0.2	1.2	15,833	43.5
<5 years complete	73.7	11.6	40.3	1.1	0.3	0.2	0.6	5,501	51.3
5-7 years complete	69.0	13.5	46.8	1.3	0.2	0.2	0.4	22,820	59.4
8-9 years complete	57.8	14.4	58.7	1.7	0.3	0.2	0.2	59,189	71.9
10-11 years complete	43.3	16.3	70.7	1.7	0.4	0.2	0.1	55,504	84.7
12 or more years complete	35.2	15.9	76.8	1.9	0.4	0.2	0.1	82,265	90.3
Religion									
Hindu	49.2	15.3	64.2	1.6	0.3	0.2	0.2	193,622	77.6
Muslim	56.2	13.4	62.0	2.0	0.3	0.2	0.3	36,757	74.7
Christian	36.1	11.0	77.0	1.1	0.5	0.8	0.1	4,955	85.7
Sikh	28.4	25.5	72.8	0.9	0.5	0.0	0.0	3,174	93.6
Buddhist/Neo-Buddhist	21.7	11.4	78.9	0.8	0.3	1.8	0.3	1,272	86.6
Jain	21.0	6.1	88.7	0.8	0.0	0.0	0.0	422	94.7
Other	59.5	15.0	57.7	1.0	0.1	0.2	0.3	910	71.5
Caste/tribe									
Scheduled caste	51.0	15.1	63.5	1.5	0.3	0.2	0.3	55,274	76.7
Scheduled tribe	60.8	13.9	52.9	1.9	0.3	0.2	0.3	23,191	65.6
Other backward class	51.2	15.9	63.6	1.7	0.3	0.2	0.2	104,663	77.7
Other	40.7	13.7	71.6	1.6	0.3	0.2	0.1	56,452	83.7
Don't know	55.4	6.9	55.2	1.2	0.4	0.6	1.2	1,532	63.3
Wealth quintile									
Lowest	74.4	12.0	41.7	1.4	0.2	0.2	0.5	48,401	53.6
Second	61.9	15.3	56.8	1.7	0.2	0.2	0.3	52,523	71.1
Middle	47.6	16.3	68.0	1.6	0.2	0.2	0.1	50,656	82.1
Fourth	36.3	16.3	75.6	1.9	0.3	0.2	0.1	48,328	89.0
Highest	22.8	14.8	83.1	1.7	0.5	0.2	0.0	41,204	95.1
Total	49.6	15.0	64.4	1.7	0.3	0.2	0.2	241,112	77.6

(Source: NFHS 5)

Note: Table is based on women age 15-24 who have ever menstruated.

¹ Respondents may report multiple methods so the sum may exceed 100 percent

² Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection

Table 4.14 Menstrual protection

Percent distribution of women age 15-24 who have ever menstruated by protection used during their menstrual period, according background characteristics, India, 2019-21

Type of Menstrual Protection

State/union territory	Cloth	Locally prepared napkins	Sanitary napkins	Tampons	Menstrual cup	Other	Nothing	Number of women	Percentage using a hygienic method ²
India	49.6	15.0	64.4	1.7	0.3	0.2	0.2	241,112	77.6
North									
Chandigarh	10.7	23.7	72.8	0.0	0.5	0.0	0.0	176	94.5
Delhi	15.9	6.7	94.7	0.1	0.1	0.0	0.1	3,540	97.1
Haryana	22.1	15.2	80.8	0.8	0.3	0.1	0.1	4,484	93.5
Himachal Pradesh	31.1	6.8	86.4	0.1	0.2	0.1	0.0	1,037	92.0
Jammu & Kashmir	58.4	23.1	50.5	3.3	1.3	0.0	0.3	2,116	74.5
Ladakh	58.1	19.2	56.4	6.1	1.2	0.0	0.0	35	79.1
Punjab	27.4	26.8	71.2	0.6	0.3	0.0	0.0	4,352	93.3
Rajasthan	43.6	10.9	76.6	0.7	0.0	0.0	0.3	16,617	84.3
Uttarakhand	38.9	6.6	85.9	0.1	0.1	0.0	0.0	2,078	91.5
Central									
Chhattisgarh	68.6	10.8	58.5	1.7	0.1	0.1	0.0	6,053	69.0
Madhya Pradesh	64.8	11.6	49.8	1.2	0.6	0.3	0.1	14,819	60.9
Uttar Pradesh	69.4	16.9	56.5	1.5	0.3	0.1	0.0	47,476	72.9
East									
Bihar	67.5	17.3	42.2	1.5	0.1	0.5	0.8	25,647	59.2
Jharkhand	56.5	21.9	52.1	2.8	0.6	0.2	0.1	6,800	75.1
Odisha	42.8	16.4	68.4	1.1	0.0	0.0	0.0	7,338	81.7
West Bengal	42.8	5.0	77.4	2.1	0.1	0.0	0.2	19,247	83.4
Northeast									
Arunachal Pradesh	31.5	4.6	88.5	0.4	0.3	0.9	0.1	184	92.0
Assam	69.1	14.3	53.5	2.2	0.9	0.8	0.4	6,256	67.0
Manipur	63.9	3.9	81.0	0.1	0.7	0.0	0.9	362	83.4
Meghalaya	63.2	7.5	60.6	1.3	0.0	2.1	0.0	628	65.3
Mizoram	11.1	2.6	88.5	0.3	0.0	3.0	0.9	155	91.0
Nagaland	56.7	3.5	77.7	0.0	0.2	0.7	0.0	231	80.6
Sikkim	24.1	5.8	81.4	0.9	0.0	0.0	0.0	94	86.3
Tripura	56.1	13.3	52.7	3.8	1.0	0.2	2.1	620	69.1
West									
Dadra & Nagar Haveli and Daman & Diu	22.0	26.0	64.3	22.2	0.0	0.6	0.0	88	94.3
Goa	33.6	4.1	92.8	0.0	0.2	0.0	0.0	294	96.8
Gujarat	51.5	27.6	44.1	5.1	0.9	0.9	0.5	10,504	66.9
Maharashtra	26.1	12.6	76.1	1.7	0.1	0.6	0.2	19,513	85.3

Continued...

(Source: NFHS 5)

Table 4.14 Menstrual protection by state/union territory-Continued

Type of Menstrual Protection - Continued

State/union territory	Type of menstrual protection ¹							Number of women	Percentage using a hygienic method ²
	Cloth	Locally prepared napkins	Sanitary napkins	Tampons	Menstrual cup	Other	Nothing		
South									
Andaman & Nicobar Islands	8.2	0.6	98.2	0.0	0.0	0.0	0.0	50	98.8
Andhra Pradesh	36.2	16.9	69.2	2.2	0.0	0.3	0.1	7,565	85.2
Karnataka	44.2	21.9	69.1	2.9	0.3	0.0	0.2	10,837	84.6
Kerala	40.2	2.8	90.6	0.1	0.2	0.0	0.0	4,769	93.3
Lakshadweep	21.8	5.5	92.7	0.0	0.0	0.0	0.0	12	98.3
Puducherry	13.2	4.2	98.1	0.0	0.0	0.0	0.0	184	99.1
Tamil Nadu	12.7	17.3	87.4	0.1	0.2	0.0	0.0	11,761	98.4
Telangana	17.0	13.4	81.2	3.5	1.1	0.1	0.0	5,188	93.4

(Source: NFHS 5)

The NFHS-5 in a novel step added question regarding bathing practices during menstrual period. In NFHS-5, women age 15-49 who had a menstrual period in the last six months reported that 96 percent take a bath during their menstrual period. Ninety-two percent take a bath during their menstrual period in the same bathroom where other household members take a bath. Overall, 96 percent of women in urban areas and 91 percent of women in rural areas take a bath during their menstrual period in the same bathroom where other household members take a bath. Women with 12 or more years of schooling are more likely (97%) to take a bath during their menstrual period than women with no schooling (94%). Jain and Hindu women (98-99%) are more likely to take a bath during their menstrual period than Muslim women (88%). Almost all Sikh, Buddhist/Neo Buddhist, and Jain women take a bath in the same bathroom where other household members take a bath. 97 percent of women from the highest wealth quintile take a bath during their menstrual period in the same bathroom where other household members take a bath, compared with 85 percent of women in the lowest wealth quintile. Further, more than 90 percent of women across the states and union territories take a bath during their menstrual period, except in Ladakh (37%), Jammu and Kashmir (43%), Meghalaya (84%), and Manipur (85%). 90 percent or more take a bath in the same bathroom used by other household members, except in Odisha (72%), West Bengal and Tripura (75% each), Tamil Nadu (85%), Puducherry, Gujarat, and Assam (88% each), and Meghalaya (89%).

¹ Respondents may report multiple methods so the sum may exceed 100 percent² Locally prepared napkins, sanitary napkins, tampons, and menstrual cups are considered to be hygienic methods of protection

Table 4.15 Bathing practices during menstrual period

Percentage of women age 15-49 who had a menstrual period in the 6 months preceding the survey who take a bath during their menstrual period, and among women who take a bath during their menstrual period, percentage who take a bath in the same bathroom used by other household members, according to background characteristics, India, 2019-21

Background characteristic	Take a bath during their menstrual period			Take a bath in the same bathroom used by other household members		
	Urban	Rural	Total	Urban	Rural	Total
Age						
15-19	95.8	96.1	96.0	95.6	91.1	92.4
20-24	96.4	96.9	96.8	95.5	90.8	92.3
Schooling						
No schooling	90.6	94.6	94.0	93.4	90.3	90.7
<5 years complete	95.5	95.6	95.6	93.0	84.7	86.5
5-7 years complete	93.6	95.6	95.2	95.0	89.4	90.5
8-9 years complete	96.1	96.4	96.4	95.1	89.4	90.7
10-11 years complete	96.4	96.6	96.6	95.6	91.4	92.7
12 or more years complete	96.7	97.1	96.9	96.0	93.3	94.4
Religion						
Hindu	98.0	97.9	97.9	95.6	91.2	92.4
Muslim	88.7	87.8	88.2	95.4	88.6	91.3
Christian	97.6	96.0	96.5	93.7	90.8	91.9
Sikh	97.4	96.5	96.8	98.4	98.8	98.7
Buddhist/Neo-Buddhist	97.6	97.1	97.3	99.5	96.4	97.6
Jain	99.3	97.5	98.9	98.2	94.9	97.6
Other	97.5	94.1	94.6	96.8	90.2	91.3
Caste/tribe						
Scheduled caste	97.2	97.4	97.3	94.7	90.6	91.7
Scheduled tribe	97.3	97.0	97.0	95.5	85.4	86.8
Other backward class	96.1	96.6	96.5	95.0	93.2	93.7
Other	95.3	94.6	94.9	96.9	90.3	93.0
Don't know	96.9	96.4	96.6	96.7	75.2	82.8
Wealth quintile						
Lowest	93.6	96.7	96.5	85.8	85.3	85.3
Second	96.4	96.3	96.3	91.3	90.6	90.7
Middle	95.6	96.6	96.4	95.7	93.6	94.1
Fourth	96.3	96.2	96.2	95.9	95.1	95.4
Highest	96.3	96.3	96.3	96.8	96.0	96.5
Total	96.1	96.5	96.3	95.6	91.0	92.4

(Source: NFHS 5)

Table 4.16 Bathing practices during menstrual period by state/union territory

Percentage of women age 15-49 who had a menstrual period in the 6 months preceding the survey who take a bath during their menstrual period, and among women who take a bath during their menstrual period, percentage who take a bath in the same bathroom used by other household members, according to state/union territory, India, 2019-21

State/union territory	Take a bath during their menstrual period			Take a bath in the same bathroom used by other household members		
	Urban	Rural	Total	Urban	Rural	Total
India	96.1	96.5	96.3	95.6	91.0	92.4
North						
Chandigarh	95.9	100.0	96.0	98.3	100.0	98.3
Delhi	95.9	100.0	96.0	99.1	100.0	99.1
Haryana	95.5	94.9	95.1	99.4	98.9	99.0
Himachal Pradesh	99.5	97.2	97.5	97.8	94.3	94.7
Jammu & Kashmir	48.6	40.9	42.7	92.4	91.0	91.4
Ladakh	37.8	36.3	36.6	96.5	95.9	96.0
Punjab	97.4	96.0	96.5	98.9	99.5	99.2
Rajasthan	97.9	98.7	98.5	97.1	94.3	94.9
Uttarakhand	93.0	93.3	93.2	98.2	91.3	93.5
Central						
Chhattisgarh	98.5	98.6	98.6	95.6	92.0	92.8
Madhya Pradesh	97.5	97.5	97.5	96.4	91.8	93.0
Uttar Pradesh	89.1	93.8	92.7	97.9	96.9	97.1
East						
Bihar	95.8	97.7	97.4	97.4	96.0	96.2
Jharkhand	97.3	95.6	96.0	97.5	95.2	95.8
Odisha	97.9	97.7	97.7	86.8	69.3	72.4
West Bengal	97.8	98.9	98.6	90.1	68.2	74.8
Northeast						
Arunachal Pradesh	94.0	93.8	93.8	93.0	94.0	93.8
Assam	98.5	97.9	98.0	97.2	87.1	88.4
Manipur	88.1	82.9	84.7	95.4	87.8	90.6
Meghalaya	83.9	84.0	84.0	91.7	88.1	88.9
Mizoram	99.4	99.1	99.3	97.1	96.0	96.6
Nagaland	95.0	94.6	94.7	99.0	99.0	99.0
Sikkim	90.4	89.9	90.1	99.8	98.1	98.8
Tripura	99.4	99.1	99.2	79.3	73.3	74.9

Continued...

(Source: NFHS 5)

Table 4.16 Bathing practices during menstrual period by state/union territory-Continued

State/union territory	Take a bath during their menstrual period			Take a bath in the same bathroom used by other household members		
	Urban	Rural	Total	Urban	Rural	Total
West						
Dadra & Nagar Haveli and Daman & Diu	98.5	99.5	99.0	96.9	92.3	94.3
Goa	99.8	98.5	99.2	94.2	98.3	95.9
Gujarat	98.9	98.9	98.9	96.2	83.1	88.2
Maharashtra	98.2	98.4	98.3	98.8	96.8	97.8
South						
Andaman & Nicobar Islands	100.0	99.8	99.9	98.6	97.9	98.2
Andhra Pradesh	99.0	98.3	98.5	93.2	91.5	92.1
Karnataka	98.3	98.4	98.4	96.6	95.0	95.6
Kerala	99.7	99.2	99.5	95.2	95.6	95.4
Lakshadweep	99.2	98.1	98.9	97.9	92.4	96.5
Puducherry	99.6	100.0	99.7	89.2	84.2	87.7
Tamil Nadu	98.8	99.5	99.2	86.2	84.4	85.3
Telangana	98.1	98.9	98.6	96.1	95.9	96.0

(Source: NFHS 5)

Kristen Hughes in her study states that 'When examining the actions of an individual or of a culture, it is important to first consider the source and validity of information, knowledge and awareness available to them' (Hughes 2015). Numerous studies have been undertaken at different points in time to reveal the trends on menstrual hygiene management and menstruation across the country. In Anand district, Gujarat a survey of 900 school girls aged 11-17 years, revealed that 37.2 % did have knowledge of menstruation before its onset. 16.9 % of the girl's initially thought menstruation was a life-threatening disease or symptom of illness. Additionally, 48.2 % of these girls informed that they were mentally unprepared for their first menstruation (Tiwari and Oza, 2006). In Singur, West Bengal a survey of 160 adolescent secondary school girls showed 32.5 % of the girls had not been informed about menstruation prior to menarche and further, 97.5 % did not know the source of menstrual bleeding (Dasgupta and Sarkar, 2008). Study conducted by Shantanu Sharma et al. in May 2017 in Delhi states that literacy of adolescent girls affects their menstrual hygiene. (Sharma et al 2017). In a cross-sectional study conducted in 2011 among 100 schoolgirls between the age of 10-19 years residing in tribal areas of Tamil Nadu revealed that only 33% were aware of menstruation before they attained menarche.

The studies indicate that there is absence of open discussion about menstruation amongst adolescent girls. Therefore, adolescent girls may not have any formal source of education about their menstruation, leaving them completely reliant on local information and cultural beliefs. Further, studies noted previously stated that the majority of the girls received information about menstruation from their mothers, elder sisters and friends (Tiwari & Oza 2006, Dasgupta & Sarkar, 2008). Also, a study undertaken by Srivastava and Chandra (2017) found that most adolescent schoolgirls gain knowledge about the menstrual hygiene from their mothers, yet it is still a shameful topic to discuss openly. A major concern highlighted by Hughes is that 'if the primary sources of information of the young girls themselves provide incorrect or negative perceptions of menstruation and engage in harmful and unsanitary practices due to misconceptions, they will naturally and inevitably pass these practices to younger generations. If there are no other sources of information available, it is not likely that an adolescent girl will come to change her perception of menstruation over time, perpetuating incorrect ideas and unsafe practices.' (Hughes 2015).

Incorrect information and negative perceptions also propel misconceptions about menstruation. Adolescent girls experience restrictions during their menstruations such as places they can visit, food they can touch, exclusion from religious events and even isolation during their menstruation. In some areas of India, the concept of a 'polluting touch' exists (Mahon & Fernandes, 2010). Misinformation and taboos surrounding menstruation lead to harmful and unsanitary practices. Shanbag et. al. (2012) report that some girls consider menstruation may be the curse of a god. Adolescent girls end up with negative emotions about their identity such as shame and unworthiness. Therefore, knowledge impacts the attitude of the girls regarding menstruation.

To ensure a healthy and dignified menstrual cycle, a woman needs access to clean facilities and effective and safe sanitary products. This also has been highlighted in the definition of menstrual hygiene management 'Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary for the duration of a menstrual period, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials'. In a 2010 study by A.C. Nielson & Plan India covering 1033 menstruating women in India, it was found that 88% of menstruating women use old fabric, rags or sand and only 12 % used sanitary napkins (Nielsen, 2010). In some areas, due to lack of availability or affordability of commercial sanitary products homemade versions are used by adolescent girls. (Capila, 2004). It has been found that women may use reusable rough cotton cloth, ash or husks and/or a combination of these as an alternative absorption material (Capila, 2004, Nielsen, 2010). The lack of availability and accessibility of proper absorbent and its disposal women and adolescent girls are at the risk of reproductive tract infections (RTIs) and complication. Reproductive Tract Infections (RTIs) are 70% more common among women who use unhygienic materials (Nielsen, 2010). Hema Priya (2017) in her study found that many girls used sanitary pads but when it came to hygiene most of them were unaware of the factors impacting health. Anna Maria et al. (2016) in their study, "Menstrual hygiene management among adolescent girls in India: a systematic review and meta-analysis", aimed to assess the prominence of menstrual health and hygiene management among adolescent girls. The research found that solidification of MHM programs in India is vital for women's education so that adolescent girls and women are aware of access to absorbent materials, its disposal, etc. Further Tundia and Thakrar (2018) tried to identify the problems amongst adolescent girls and the hygiene practices they followed during menstruation. The study focused on perceptions and practices, resulting in adverse health outcomes. They found that restriction from attending religious functions was as high as 91.59% amongst the target population. Moreover, they found direct association between absorbents used by participants with absorbents used by their mothers and sisters. Therefore, millions of women in India suffer from reproductive tract infections (RTIs) and complication (Dasgupta & Sarkar, 2008).

Moreover, lack of menstrual hygiene management also impacts the ability of adolescent girls to access education. A study by Saranya et al. (2019) aimed at finding the hygiene practices used among adolescent girls during their menstrual cycles. The study revealed that girls feel uncomfortable about stains which leads to them missing classes. The researchers conducted a survey to find out the number of girls missing classes because of their menstrual cycle, number of leaves taken, use of menstrual products, and health ailments. As a result, it was concluded that about 55% of the adolescent girl population are absent from school during menstruation, and the predominant factor identified was fear of blood stains on clothes, and 35% of the girls stated that they experienced itching and allergies resulting in missing of school.

Government initiatives

In India, menstruation has been surrounded by taboos and stigmas for centuries. These taboos and stigmas have prevented women from openly discussing menstrual hygiene and have led to inadequate menstrual hygiene practices. Recognising the challenges experienced by adolescent girls and women to access menstrual hygiene facilities the government of India has undertaken numerous schemes to promote menstrual hygiene management. The Ministry of Health and Family Welfare implements the Scheme for Promotion of Menstrual Hygiene among adolescent girls in the age group of 10-19 years since 2011. The scheme is supported by the National Health Mission through State Programme Implementation Plan (PIP) route based on the proposals received from the States / UTs. The major objectives of the scheme are (i) to increase awareness among adolescent girls on menstrual hygiene; (ii) to increase access to and use of high-quality sanitary napkins by adolescent girls, and (iii) to ensure safe disposal of sanitary napkins in an environment friendly manner. Under the scheme, a pack of sanitary napkins are provided to adolescent girls by the Accredited Social Health Activist (ASHA) at subsidized rate of Rs. 6 per pack. (National Health Mission, 2013)

In addition, Ministry of Jal Shakti under Swachh Bharat Abhiyan has developed National Guidelines on Menstrual Hygiene Management (MHM) for creating awareness on Menstrual Hygiene Management (MHM) in rural areas as part of its overall interventions related to behaviour change on sanitation hygiene aspect. A major challenge is access to WASH facilities by both girls and women. Women need a private place to dispose of and change their sanitary pads. According to the Indian Census (2011), more than half (53.1 %) of India's household do not have a toilet and 49.8 % of Indians defecate in the open. Hughes states that 'a woman may need to wait until she has the privacy to dig a hole or until she has access to a toilet to change her sanitary pad or absorption material. She is not free from stigma or anxiety surrounding her menstruation during the entirety of the process' (Hughes 2015). Under the Swachh Bharat Mission (Grameen) scheme about 10.9 crore individual household latrines (IHHLs) have been constructed in the country as reported in 2022. Further, all the villages have declared themselves ODF as on 2nd October, 2019. Department of Drinking Water and Sanitation undertook the National Annual Rural Sanitation Survey (NARSS) from 2017-18 to 2019-20. As per the results of NARSS 2019-20, 99.6% of the households who had access to toilets, had availability of water, and 95.2% of rural population who had access to a toilet, were using it. Further, Government has also launched Jal Jeevan Mission in 2019 with the goal to provide functional household tap connection to every rural household by 2024. A fully functional tap water connection is defined as a household getting at least 55 litres of per capita per day of potable water all through the year. As per data made available by the government 11 crore rural households have been provided with a tap water connection as of January 2023. Data suggest that 56% of the targeted 19.3 crore households had been covered and in September 2022, 53% of the households, or 10.2 crore households, had been covered.

Further, to ensure access to sanitary napkins and good quality medicines at affordable price, Department of Pharmaceuticals under Ministry of Chemicals and Fertilizers implements the Pradhan Mantri Bharatiya Janaushadhi Pariyojna (PMBJP), an important step in ensuring the health security for women. Under the project, over 8900 Janaushidhi Kendras have been set up across the country that provides Oxo-biodegradable sanitary napkins named Suvidha at Rs. 1/- per pad only. As of February 2023, over 34.71 Crore Jan Aushadhi Suvidha Sanitary Pads were sold at Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) Centres across the country.

Despite the various schemes and guideline on menstrual hygiene management, adolescent girls continue to experience varied challenges to the realisation of their rights due to the direct and indirect result of accessibility of menstrual hygiene facilities. In order to better understand the existing menstrual hygiene realities of adolescent girls and boys, Sewa International has undertaken a knowledge, attitude and practice study.



CHAPTER 3



RESEARCH METHODOLOGY

Research

A Knowledge, Attitude and Practice (KAP) Study is a quantitative method (predefined questions formatted in standardized questionnaires) that provides access to quantitative and qualitative information. “KAP” study measures the Knowledge, Attitude and Practices of a community. It serves as an educational diagnosis of the community. The main purpose of this KAP study is to explore changes in Knowledge, Attitude and Practices of the community. KAP surveys reveal misconceptions or misunderstandings that may represent obstacles to activities and potential barriers to behaviour change. Before beginning the process of creating awareness and behaviour change in any given community, it is first necessary to assess the environment in which behaviour change creation will take place.

KAP Study tells us what people know about certain things, how they feel and also how they behave. The three topics that a KAP study measures are Knowledge, Attitude and Practice. The Knowledge possessed by a community refers to their understanding of any given topic, menstrual hygiene management in this case. Attitude refers to their feelings towards this subject, as well as any preconceived ideas that they may have towards it. Practice refers to the ways in which they demonstrate their knowledge and attitude through their actions. Understanding the levels of Knowledge, Attitude and Practice will enable a more efficient process of awareness creation as it will allow the program to be tailored more appropriately to the needs of the community. (Kaliyaperumal 2004)

A KAP survey should ideally precede an awareness program or an intervention program. The results of the survey will provide the inputs needed for the design of an effective program, as well as the baseline data for the future evaluation of the success of the program. Thus, KAP surveys can be used to assess the baseline levels of awareness about menstrual hygiene management before designing and implementing educational or interventional programs in the population of interest. (Andrade et al 2020)

The present KAP study is a descriptive cross-sectional study to assess the KAP regarding menstrual health among the school students of 200 schools in India. A semi-structured research schedule was developed to gain qualitative data.

Objective

The objectives of the present study are:

- To improve knowledge, attitude and practice on safe menstrual hygiene management among adolescent girls
- To improve knowledge and attitude on safe menstrual hygiene management among boys.
- To improve knowledge, attitude and practice on safe menstrual hygiene management among school management.
- To provide enabling environment for sustaining new behaviours regarding MHM in schools

Specifically in relation to the target population of the study the respective objectives are as follows:

Girls	Boys	Teachers
<ul style="list-style-type: none"> • To understand girl students' knowledge and awareness around menstruation. • To document the experiences of girls at menarche. • To understand their perception of the sanitation facilities available in the schools. • To record prevailing practices related to menstrual hygiene management. • To understand the perception around social stigma and taboos related to menstruation. • To observe the sanitary practice of the girls during menstruation and the safe practices during menstruation 	<ul style="list-style-type: none"> • To understand the boy students' knowledge and awareness around menstruation • To know their understanding of the safe practices of girls during menstruation • To document their understanding of the socio-cultural taboos that girls face during menstruation 	<ul style="list-style-type: none"> • To understand the teachers' perception about the girls' menstrual hygiene management during school hours. • To know the existing mechanisms for absorbent disposal in the school. • To understand existing support systems available for menstrual hygiene management. • To understand the challenges faced by teachers to ensure an environment conducive to a girl student's well-being

Survey

Individual surveys are prepared for adolescent girls and boys and teachers of the school. The survey was voluntary and that any and all responses of the participants were kept confidential. The participants will be required to provide responses to the best of their knowledge and with honesty.

Sampling

A Yamane method was used to calculate the sample size in each school. A random sampling was used for choosing the respondents. The respondents were selected at random from those present on the day of the survey. The forms were self-filled. Before administering the questions, the respondents were briefed about the meaning of the survey and the meaning of the questions. The trainers of Sewa International acted as facilitators for the students for filling-up the questionnaire.

Participants

Category/ Place	NCR	Karnataka	Uttarakhand	Total
Adolescent Girls	132	195	469	796
Adolescent Boys	82	65	4	151
Teachers	41	0	29	70
Total	255	260	502	1017

Questionnaire

The different questionnaires were divided into the following sections for the respective target populations.

Category	Questions	No. of Questions
Adolescent Girls	Socio Demographic Variables	14
	Knowledge	17
	Attitude	23
	Practice	16
Adolescent Boys	Socio Demographic Variables	14
	Knowledge	13
	Attitude	24
	Practice	8
Teachers	Socio Demographic Variables	10
	Knowledge	10
	Teacher's Perspective	6
	Attitude	24

The sample questionnaires have been provided in the Annexures of this report.

Ethical Consideration

Approvals were taken from the selected schools to conduct the survey. Informed consent was taken from each respondent and this included objective of the study, time duration, privacy and confidentiality of information taken, and information about participant can withdraw anytime. Written consent was obtained from the school administration before the survey. Moreover, the information gained will be utilised only for academic purposes was informed to the school and the students.

Limitations

The present study was envisioned to understand the knowledge, attitude and practice of menstrual hygiene management of the target location and population. However, the study witnessed certain limitations both at the conceptual and implementation phase. The team took all efforts possible to reduce the impact of the limitations on the result of the research. The major limitations are as follows:

- Cross-sectional study adoption: Because the survey collected data at a single point in time from different populations, it is difficult to measure changes in the population unless two or more surveys are done at different points in time.
- Absence of sample size: The lack of information on the total target population made it difficult to identify and set a sample size. Therefore, the sample collected was calculated from the total number of students and teachers participating in the menstrual hygiene awareness camps organised by Sewa International which is less than the total population information obtained. However, all efforts were undertaken to secure the samples of a representative number of the target populations.
- Biases: The period of data collection was short. A major concern is that as the target population's nature was ambiguous, the possibility of respondents with biases being selected for the sample remained. Research is of value only when the findings from a sample can be generalized to a meaningful population. The data has been cleaned to ensure the absence of bias in the results.
- Respondent Selection Issues: There are non-sampling errors caused by respondents providing incorrect answers to research questions, whether that be intentionally or unintentionally. The data was cleaned and any inconsistent data was removed from the calculations of the results.
- Response Accuracy Issues: These issues occur when respondents fail to respond to certain questions within the survey. Some common response accuracy issues include nonresponse errors at the item level, measurement errors due to respondents, and measurement errors due to interviewers. Specific issues arose in data of boys in attitude and practice section wherein an average of 40% did not respond to the questions. Results have been extrapolated from the data which has been made available. Further, measurement data has been cleaned and generalised to ensure accuracy.
- Language Issues: The survey was conducted in three languages namely, English, Hindi and Kannada. The questionnaire and responses were translated for ease of communication. However, errors in translation is a possibility. The team undertook all efforts to reduce the errors in translation. Further, external translators were engaged to reduce the errors.

CHAPTER 4



RESULT

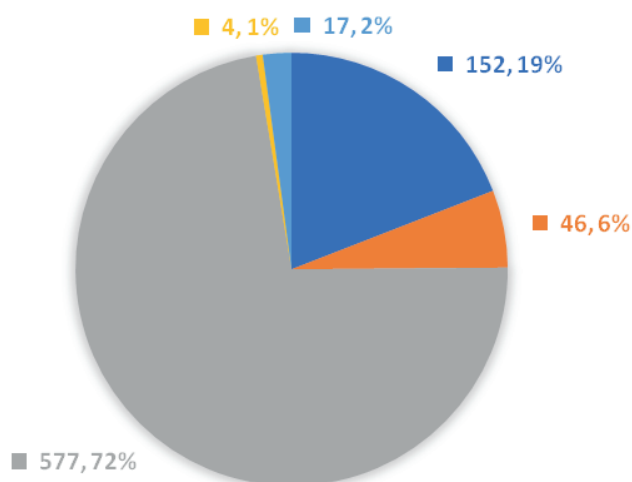
Socio-economic Place of residence

Girl

The data reveals that in NCR the majority of the participants resided in both urban and rural areas. The respondents that resided in urban were 60 respondents (45%) and in rural were 54 respondents (41%). The respondents in semi-urban areas only formed 11% of the respondents. Karnataka too saw the same trend where in urban and rural areas 46% and 42% of the respondents resided with only 13 respondents i.e. 7% residing in semi-urban. However, in Uttarakhand 94% of the respondents resided in rural areas.

Place of residence - Girls

	Urban	Semi-Urban	Rural	Tribal	Null	Total	%
NCR	60	15	54	0	3	132	17%
%	45%	11%	41%	0%	2%	100%	
Karnataka	89	13	82	1%	10	195	24
%	46%	7%	42%	1%	5%	100%	
Uttarakhand	3	18	441	3	4	469	59%
%	1%	4%	94%	1%	1%	100%	
Total	152	46	577	4	17	796	100 %
%	19%	6%	72%	1%	2%	100%	

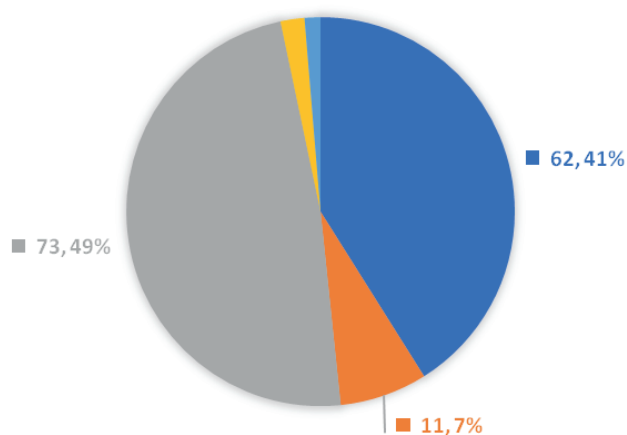


Boys

In NCR 43% of the respondents were residing in rural areas followed by 40% of the respondents residing in urban areas. 10 respondents informed that they resided in semi-urban area and 3 respondents responded they resided in tribal area. In Karnataka 52% of the respondents were residing in rural areas followed by 45% of the respondents residing in urban areas. 1 respondent informed that they resided in semi-urban area and tribal area respectively. In Uttarakhand all the respondents were residing in rural areas.

Place of residence

	Urban	Semi-Urban	Rural	Tribal	Null	Total	%
NCR	33	10	35	3	1	82	54%
%	40%	12%	43%	4%	1%	100%	
Karnataka	26	1	34	0	1	65	43%
%	45%	2%	52%	0%	2%	100%	
Uttarakhand	0	0	4	0	0	4	3%
%	0%	0%	100%	0%	0%	100%	
Total	62	11	73	3	2	151	100 %
%	41%	7%	48%	2%	1%	100%	

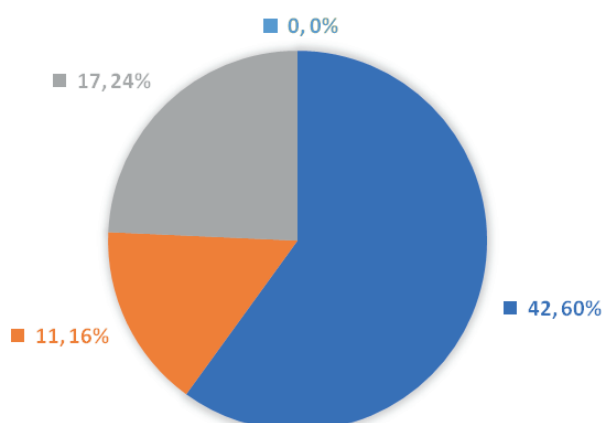


Teacher

In NCR 85% of the respondents were residing in urban areas. 4 respondents informed that they resided in semi-urban area and 2 respondents responded they resided in rural area. Whereas, in Uttarakhand, 52% informed that they resided in rural area with 7 respondents informing that they resided in urban and semi-urban areas respectively.

Place of residence

	Urban	Semi-Urban	Rural	Tribal	Null	Total	%
NCR	35	4	2	0	0	41	59%
%	85%	10%	5%	0%	0%	100%	
Uttarakhand	7	7	15	0	0	29	41%
%	24%	24%	52%	0%	0%	100%	
Total	42	11	17	0	0	70	100 %
%	60%	16%	24%	0%	0%	100%	



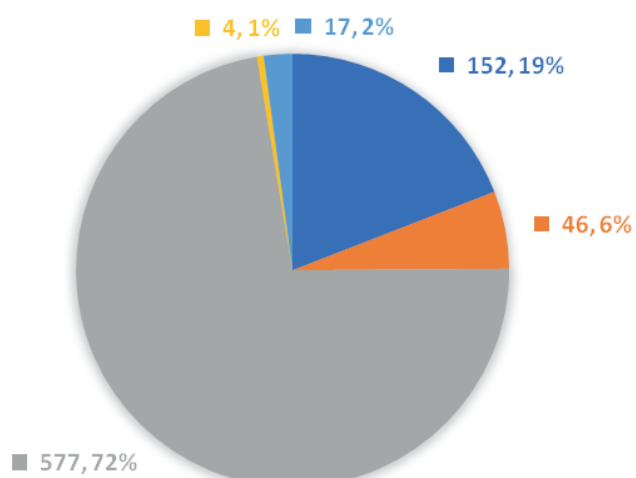
Religion

Girls

The majority of the respondents were Hindus with 94%. Muslim respondents formed only 2% and Christian respondents formed 1% of the total respondents. Karnataka saw highest Muslim and only Christian respondents.

Religion - Girl

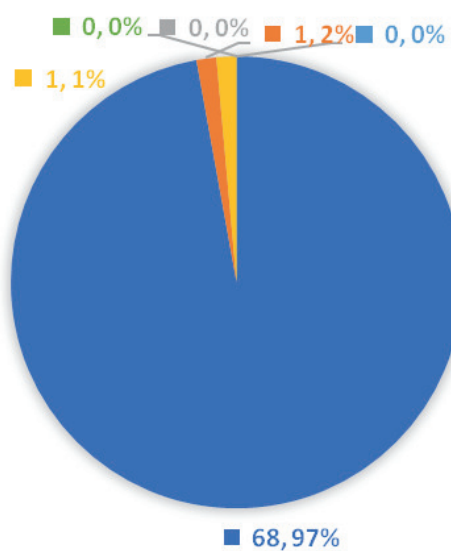
	Hindu	Muslim	Christian	Sikh	Others	Null	Total	%
NCR	122	3	0	2	2	3	132	17%
%	92%	2%	0%	2%	2%	2%	100	
Karnataka	167	6	5	0	8	9	195	24%
%	86%	3%	3%	0%	4%	5%	100%	
Uttarakhand	458	4	1	0	1	5	469	59%
%	98%	1%	0%	0%	0%	1%	100%	
Total	747	13	6	2	11	17	796	100%
%	94%	2%	1%	0%	1%	2%	100%	



Boys

Hindus formed 96% in NCR, 95% in Karnataka and 100% in Uttarakhand of the respondents. In NCR 1 respondent informed they were Muslim, Christian and Sikh respectively. In Karnataka, 3 respondents informed that they were Muslim.

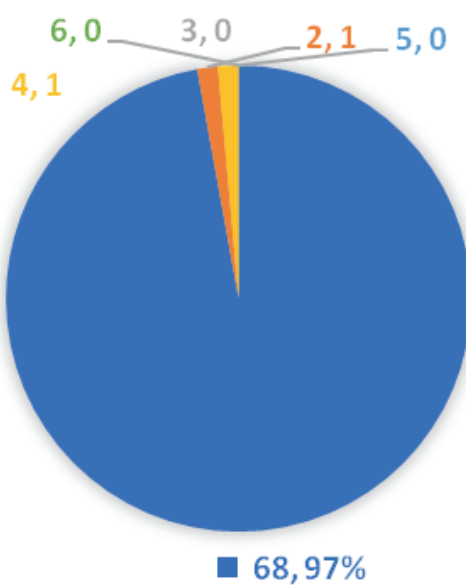
	Hindu	Muslim	Christian	Sikh	Others	Null	Total	%
NCR	79	1	1	1	0	0	82	54%
%	96%	1%	1%	1%	0%	0%	100%	
Karnataka	62	3	0	0	0	0	65	43%
%	95%	5%	0%	0%	0%	0%	100%	
Uttarakhand	4	0	0	0	0	0	4	3%
%	4%	0%	0%	0%	0%	0%	100%	
Total	145	4	1	1	0	0	151	100%
%	96%	3%	1%	1%	0%	0%	100%	



Teacher

Hindus formed 98% in NCR, and 97% in Uttarakhand of the respondents. In NCR 1 respondent informed they were Sikh. In Uttarakhand, 1 respondent informed that they were Muslim.

	Hindu	Muslim	Christian	Sikh	Others	Null	Total	%
NCR	40	0	0	1	0	0	41	59%
%	98%	0%	0%	2%	0%	0%	100%	
Uttarakhand	28	1	0	0	0	0	29	41%
%	97%	3%	0%	0%	0%	0%	100%	
Total	68	1	0	1	0	0	70	100%
%	97%	1%	0%	1%	0%	0%	100%	

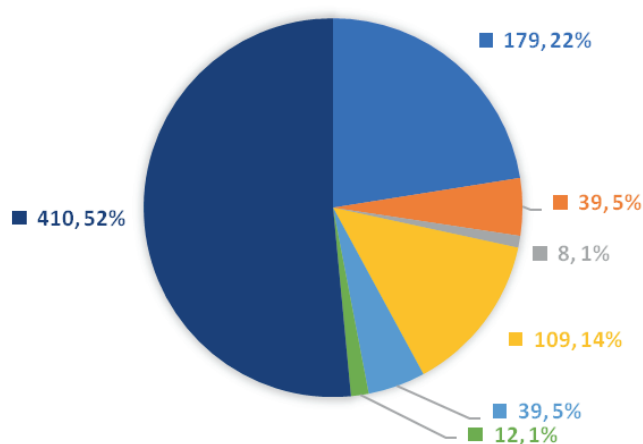


Caste

Girls

The number of no response received to this question was highest with 52% not giving a response. Out of the responses received 22% with 179 respondents informed that they belonged to schedule caste. Only 5% of the respondents informed that they belonged to the schedule tribe. However, 12 respondents identified themselves as from Other Backward Classes (OBCs). In NCR, 23 respondents belonged to the Schedule caste and 4 respondents belonged to the schedule tribe caste. In Karnataka, 32 respondents belonged to the Schedule caste and 14 respondents belonged to the schedule tribe caste. 9 respondents belonged to the other backward class. In Uttarakhand, 124 respondents belonged to the Schedule caste and 21 respondents belonged to the schedule tribe caste. 3 respondents belonged to the other backward class.

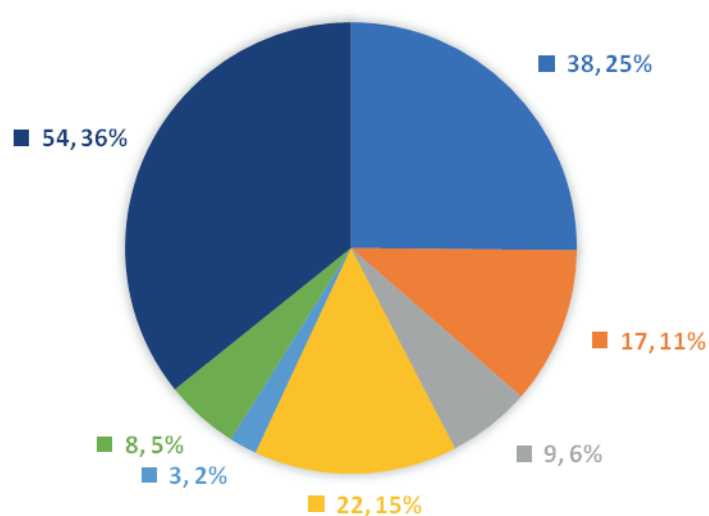
	SC	ST	No Cast	Don't know	General	OBC	Null	Total	%
NCR	23	4	2	63	3	0	37	132	17%
%	17%	3%	2%	48%	2%	0%	28%	100%	
Karnataka	32	14	3	34	0	9	103	195	24%
%	16%	7%	2%	17%	0%	5%	53%	100%	
Uttarakhand	124	21	3	12	36	3%	270	469	59%
%	26%	4%	1%	3%	8%	1%	58%	100%	
Total	179	39	8	109	39	12	410	796	100%
%	22%	5%	1%	14%	5%	2%	52%	100%	



Boys

The number of no response received was 32%. Out of the responses received 25% with 38 respondents informed that they belonged to schedule caste. 11% of the respondents informed that they belonged to the schedule tribe while only 5% of the respondents informed that they belonged to the Other Backward Classes (OBCs). In NCR, 23 respondents belonged to the Schedule caste and 12 respondents belonged to the schedule tribe caste. In Karnataka, 13 respondents belonged to the Schedule caste and 5 respondents belonged to the schedule tribe caste. 8 respondents belonged to the other backward class. In Uttarakhand, 2 respondents belonged to the Schedule caste.

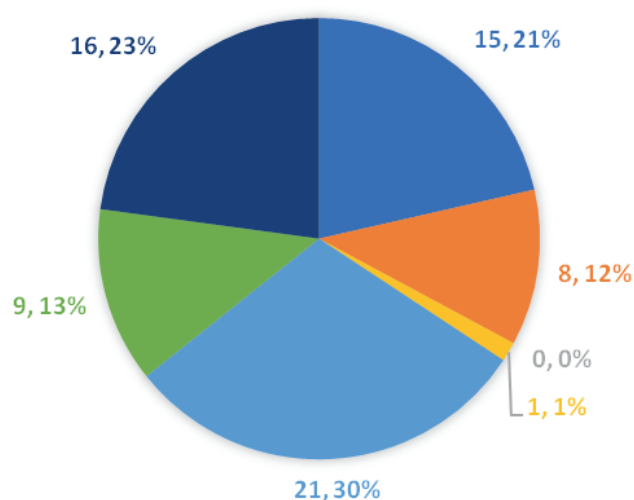
	SC	ST	No Cast	Don't know	General	Null	OBC	Total	%
NCR	23	12	5	15	0	27	0	82	54%
%	28%	15%	6%	18%	0%	33%	0%	100%	
Karnataka	13	5	3	7	3	26	8	65	43%
%	20%	8%	5%	11%	5%	40%	12%	100%	
Uttarakhand	2	0	1	0	0	1	0	4	3%
%	50%	0%	25%	0%	0%	25%	0%	100%	
Total	38	17	9	22	3	54	8	151	100%
%	25%	11%	6%	15%	2%	36%	5%	100%	



Teacher

The number of no response received was 23%. Out of the responses received 21% with 15 respondents informed that they belonged to schedule caste. 11% of the respondents informed that they belonged to the schedule tribe while 13% of the respondents informed that they belonged to the Other Backward Classes (OBCs). In NCR, 13 respondents belonged to the Schedule caste and 6 respondents belonged to the schedule tribe caste. 9 respondents belonged to the other backward class. In Uttarakhand, 2 respondents belonged to the Schedule caste and Schedule Tribe respectively.

	SC	ST	No Cast	Don't know	General	OBC	Null	Total	%
NCR	13	6	0	0	7	9	6	41	59%
%	32%	15%	0%	0%	17%	22%	15%	100%	
Uttarakhand	2	2	0	1	14	0	10	29	41%
%	7%	7%	0%	3%	48%	0%	34%	100%	
Total	15	8	0	1	21	9	16	70	100%
%	21%	11%	0%	1%	30%	13%	23%	100%	

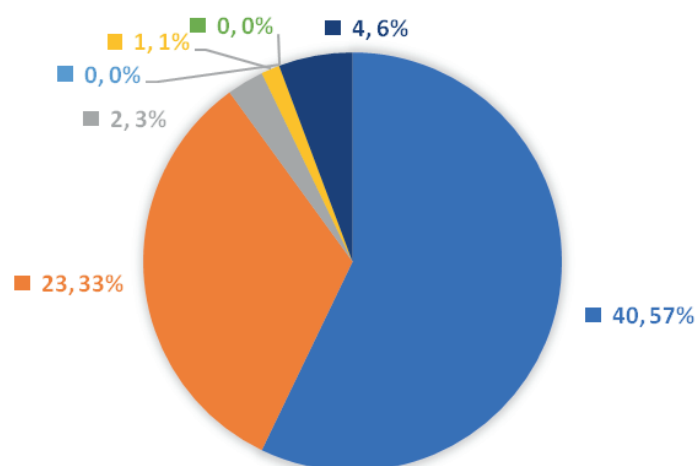


Teacher Marital Status

Overall, 57% respondents informed that they were married followed by 33% respondents informing that they were married with children. Only 3% of the respondents were single. In NCR, 26 respondents informed that they were married followed by 13 respondents informing that they were married with children. 1 respondent informed that they were divorced. In Uttarakhand, 14 respondents informed that they were married followed by 10 respondents informing that they were married with children.

Marital Status

	Married	Married with children	Unmarried/single	Divorced	Widowed	Other	Null	Total	%
NCR	26	13	1	1	0	0	0	41	59%
%	63%	32%	2%	2%	0%	0%	0%	100%	
Uttarakhand	14	10	1	0	0	0	4	29	41%
%	48%	34%	3%	0%	0%	0%	14%	100%	
Total	40	23	2	1	0	0	4	70	100%
%	57%	33%	3%	1%	0%	0%	6%	100%	

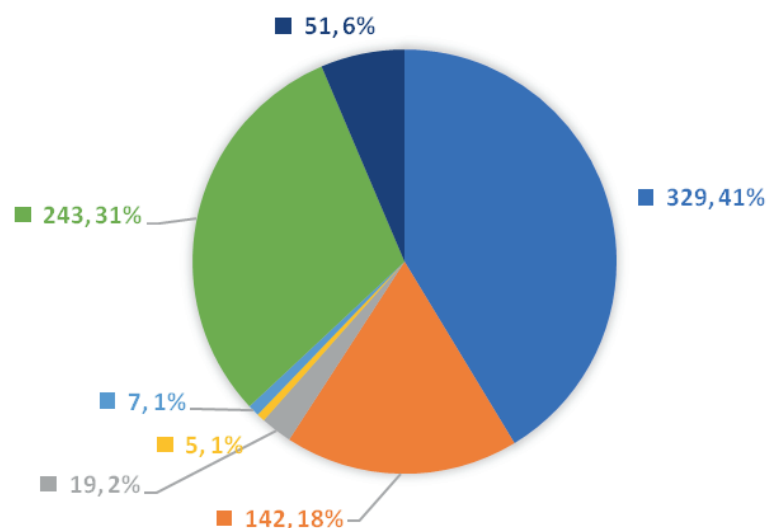


Annual Income of Family

Girls

41% i.e. 329 respondents informed that the annual income of the family was below Rs. 50000. Only 1% informed that the annual income was above 3 lakhs. However, 142 respondents have an annual family income between Rs. 50000 to Rs. 1 lakh. 243 respondents informed that the annual income was other. In NCR, 43 respondents informed that the annual income of the family was below Rs. 50000 followed closely by 42 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 14 respondents informed that the income was between 1,00,00- 2,50,000. 2 respondents informed that the income was between Rs. 2,50,000- 3,00,00 and 4 respondents informed that the income was above Rs. 3,00,000. In Karnataka, 18 respondents informed that the annual income of the family was below Rs. 50000 followed closely by 16 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 1 respondent informed that the income was between 1,00,00- 2,50,000 and the income was above Rs. 3,00,000 respectively. In Uttarakhand, 268 respondents informed that the annual income of the family was below Rs. 50000 followed by 142 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 4 respondents informed that the income was between 1,00,00- 2,50,000. 3 respondents informed that the income was between Rs. 2,50,000-3,00,00 and 2 respondents informed that the income was above Rs. 3,00,000. Therefore the analysis of the data shall reveal the KAP on MH amongst the marginalised communities in respondent states.

	Below INR 50,000	50,000- 1,00,000	1,00,000- 2,50,000	2,50,000- 3,00,00	Above 3,00,000	Other	Null	Total	%
NCR	43	42	14	2	4	18	9	132	17%
%	33	32%	11%	2%	3%	14%	7%	100%	
Karnataka	18	16	1	0	1	137	22	195	24%
%	9%	8%	1%	0%	1%	70%	11%	100%	
Uttarakhand	268	84	4	3	2	88	20	469	59%
%	57%	18%	1%	1%	0%	19%	4%	100 %	
Total	329	142	19	5	7	243	51	796	100%
%	41%	18%	2%	1%	1%	31%	6%	100 %	

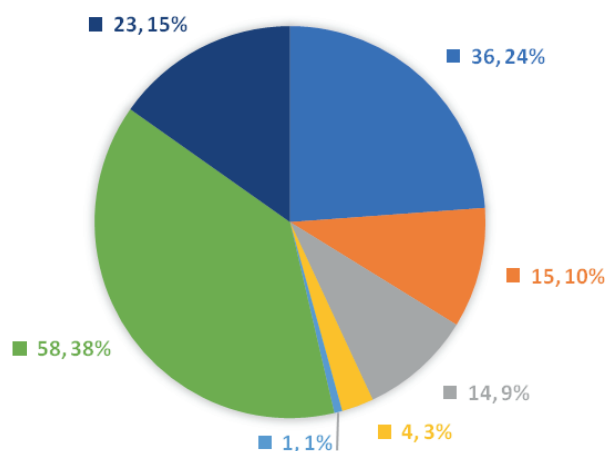


Boys

41% i.e. 329 respondents informed that the annual income of the family was below Rs. 50000. Only 1% informed that the annual income was above 3 lakhs. However, 142 respondents have an annual family income between Rs. 50000 to Rs. 1 lakh. 243 respondents informed that the annual income was other. In NCR, 43 respondents informed that the annual income of the family was below Rs. 50000 followed closely by 42 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 14 respondents informed that the income was between 1,00,00- 2,50,000. 2 respondents informed that the income was between Rs. 2,50,000- 3,00,00 and 4 respondents informed that the income was above Rs. 3,00,000. In Karnataka, 18 respondents informed that the annual income of the family was below Rs. 50000 followed closely by 16 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 1 respondent informed that the income was between 1,00,00- 2,50,000 and the income was above Rs. 3,00,000 respectively. In Uttarakhand, 268 respondents informed that the annual income of the family was below Rs. 50000 followed by 142 respondents informing that the income was in the bracket of Rs. 50,000-1,00,00. 4 respondents informed that the income was between 1,00,00- 2,50,000. 3 respondents informed that the income was between Rs. 2,50,000

3,00,00 and 2 respondents informed that the income was above Rs. 3,00,000. Therefore the analysis of the data shall reveal the KAP on MH amongst the marginalised communities in respondent states.

	Below INR 50,000	50,000- 1,00,000	1,00,000- 2,50,000	2,50,000- 3,00,00	Above 3,00,000	Other	Null	Total	%
NCR	32	7	14	2	0	17	10	82	54%
%	39%	9%	17%	2%	0%	21%	12%	100%	
Karnataka	3	6	0	2	1	41	12	65	43%
%	5%	9%	0%	3%	2%	63%	18%	100%	
Uttarakhand	1	2	0	0	0	0	1	4	3%
%	25%	50%	0%	0%	0%	0%	25%	100%	
Total	36	15	14	4	1	58	23	151	100%
%	24%	10%	9%	3%	1%	38%	15%	100%	

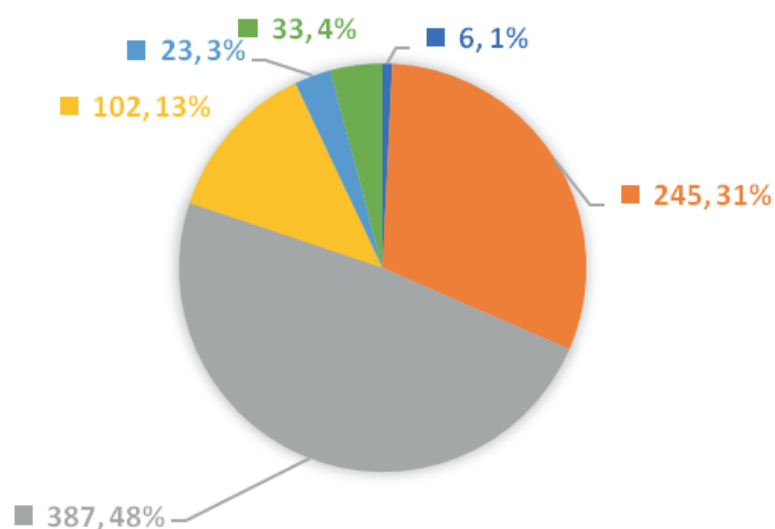


Members in Family

Girls

49% of the girls belonged to families with 5 to 6 members while 31% belonged to families with 2 to 4 members. Respondents residing with 8 and above family members was only 23 i.e. 3%. In NCR 57% girls resided with 5 to 6 members followed by 34 respondents residing with 2 to 4 family members. 14 respondents informed that they resided with 7 to 8 members. In Karnataka, 45% girls resided with 5 to 6 members followed by 70 respondents residing with 2 to 4 family members. 12 respondents informed that they resided with 7 to 8 members. In Uttarakhand, 48% girls i.e. 225 respondents resided with 5 to 6 members followed by 141 respondents residing with 2 to 4 family members. 76 respondents informed that they resided with 7 to 8 members while 14 respondents resided with 8 and more family members.

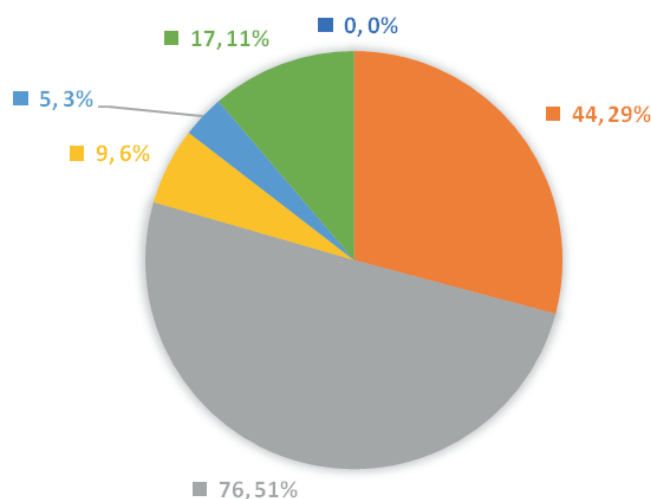
	Below 2	2 to 4	5 to 6	7 to 8	8 & Above	NULL	Total	%
NCR	0	34	75	14	6	3	132	17%
%	0%	26%	57%	11%	5%	2%	100%	
Karnataka	1	70	87	12	3	22	195	24%
%	1%	36%	45%	6%	2%	11%	100%	
Uttarakhand	5	141	225	76	14	8	469	59%
%	1%	30%	48%	16%	3%	2%	100%	
Total	6	245	387	102	23	33	796	100%
%	1%	31%	49%	13%	3%	4%	100%	



Boys

50% of the boys resided with 5 to 6 members while 29% belonged to families with 2 to 4 members. Respondents residing with 8 and above family members was only 5 respondents i.e. 3%. In NCR 55% boys resided with 5 to 6 members followed by 20 respondents residing with 2 to 4 family members. 7 respondents informed that they resided with 7 to 8 members. In Karnataka, 43% boys resided with 5 to 6 members followed by 23 respondents residing with 2 to 4 family members. 2 respondents informed that they resided with 7 to 8 members. In Uttarakhand, 75% boys resided with 5 to 6 members followed by 1 respondent residing with 2 to 4 family members.

	Below 2	2 to 4	5 to 6	7 to 8	8 & Above	NULL	Total	%
NCR	0	20	45	7	3	7	82	54%
%	0%	24%	55%	9%	4%	9%	100%	
Karnataka	0	23	28	2	2	10	65	43%
%	0%	35%	43%	3%	3%	15%	100%	
Uttarakhand	0	1	3	0	0	0	4	3%
%	0%	25%	75%	0%	0%	0%	100%	
Total	0	44	76	9	5	17	151	100%
%	0%	29%	50%	6%	3%	11%	100%	

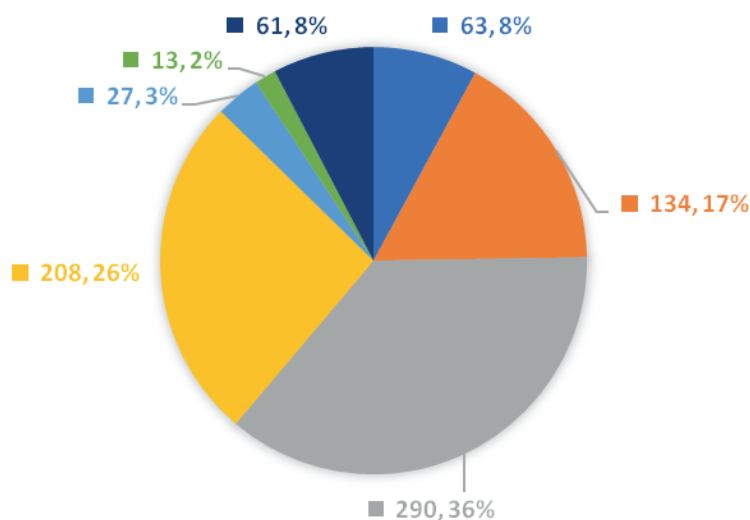


Parents Education (Father)

Girls

Overall the highest qualification of the respondents father was 10th pass with 36% followed by 12th pass with 26%. This trend was seen in all the states. The difference between fathers education from 10th pass to 12th pass was highest in Karnataka and lowest in NCR region. The respondents fathers education with no schooling was provided by 63 respondents with those with graduate and postgraduate degree was 27 respondent and 13 respondent respectively. In NCR no father held a postgraduate degree and only 3 respondents informed that their father held graduate degree. In comparison in Uttarakhand father holding graduate and postgraduate degree was informed by 18 respondent and 12 respondents respectively.

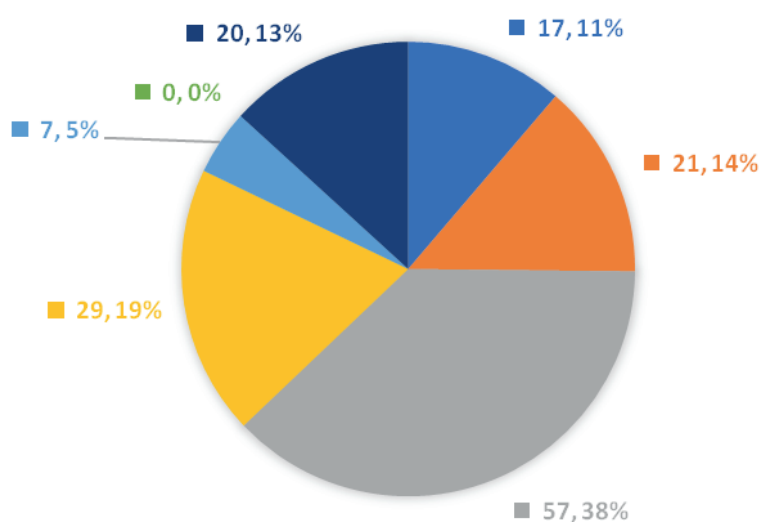
	No Schooling	5th Pass	10th Pass	12th Pass	Graduate	Post Graduate	Null	Total	%
NCR	14	26	45	38	3	0	6	132	17%
%	11%	20%	34%	29%	2%	0%	5%	100%	
Karnataka	40	35	68	19	6	1	26	195	24%
%	21%	18%	35%	10%	3%	1%	13%	100%	
Uttarakhand	9	73	177	151	18	12	29	469	59%
%	2%	16%	38%	32%	4%	3%	6%	100%	
Total	63	134	290	208	27	13	61	796	100%
%	8%	17%	36%	26%	3%	2%	8%	100%	



Boys

Overall the highest qualification of the respondents father was 10th pass with 38% followed by 12th pass with 19%. This trend was seen in all the states. The respondent's father's education with no schooling was provided by 17 respondents with those with graduate degree was 7. In NCR 13 respondents informed that their fathers has no schooling, 9 respondents informed their father's were 5th pass, 33 respondents informed their father's were 10th pass while 16 respondents informed that their father's were 12th pass. In Karnataka, 4 respondents informed that their fathers has no schooling, 11 respondents informed their father's were 5th pass, 23 respondents informed their father's were 10th pass while 12 respondents informed that their father's were 12th pass. In Uttarakhand, 1 respondent informed their father's were 5th pass, 1 respondent informed their father's were 10th pass and 1 respondent informed that their father's were 12th pass.

	No Schooling	5th Pass	10th Pass	12th Pass	Graduate	Post Graduate	Null	Total	%
NCR	13	9	33	16	4	0	7	82	54%
%	16%	11%	40%	20%	5%	0%	9%	100%	
Karnataka	4	11	23	12	3	0	12	65	43%
%	6%	17%	35%	18%	5%	0%	18%	100%	
Uttarakhand	0	1	1	1	0	0	1	4	3%
%	0%	25%	25%	25%	0%	0%	25%	100%	
Total	17	21	57	29	7	0	20	151	100%
%	11%	14%	38%	19%	5%	0%	13%	100%	

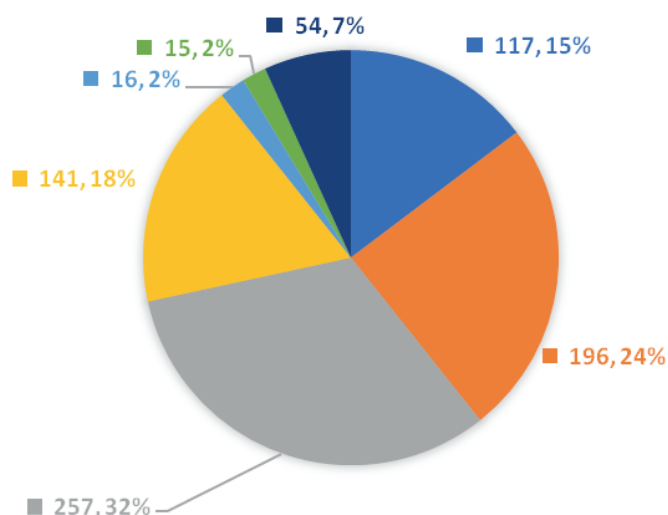


Parents Education (Mother)

Girls

Overall, the highest qualification of the respondents mother was 10th pass with 32% followed by 12th pass with 18%. This trend was seen in all the states. The difference between mother's education from 10th pass to 12th pass was highest in Karnataka and lowest in NCR region. The respondents mother education with no schooling was provided by 117 respondents. Mothers with graduate and postgraduate degree was 16 respondent and 15 respondents respectively. In NCR no mother held a postgraduate degree in NCR and Karnataka.

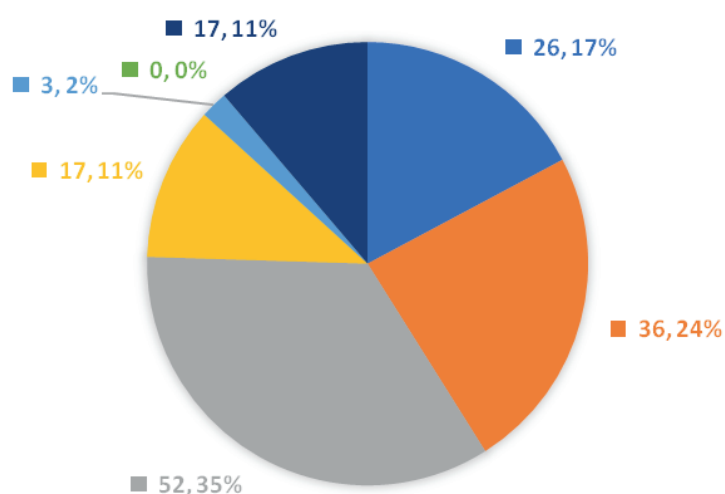
	No Schooling	5th Pass	10th Pass	12th Pass	Graduate	Post Graduate	Null	Total	%
NCR	35	30	38	22	1	0	6	132	17%
%	27%	23%	29%	17%	1%	0%	5%	100%	
Karnataka	56	31	63	13	2	0	30	195	24%
%	29%	16%	32%	7%	1%	0%	15%	100%	
Uttarakhand	26	135	156	106	13	15	18	469	59%
%	6%	29%	33%	23%	3%	3%	4%	100%	
Total	117	196	257	141	16	15	54	796	100%
%	15%	25%	32%	18%	2%	2%	7%	100%	



Boys

Overall the highest qualification of the respondents mothers was 10th pass with 34% followed by 5th pass with 24%. This trend was seen in NCR and Karnataka. The respondent's mother's education with no schooling was provided by 26 respondents with those with graduate degree was 3 respondents. In NCR, 18 respondents informed that their mothers had no schooling, 21 respondents informed their mother's were 5th pass, 24 respondents informed their mother's were 10th pass while 10 respondents informed that their mother's were 12th pass. In Karnataka, 8 respondents informed that their mothers had no schooling, 13 respondents informed their mother's were 5th pass, 26 respondents informed their mother's were 10th pass while 7 respondents informed that their mother's were 12th pass. In Uttarakhand, 2 respondents informed that their mother was 10th pass and 12th pass respectively.

	No Schooling	5th Pass	10th Pass	12th Pass	Graduate	Post Graduate	Null	Total	%
NCR	18	21	24	10	3	0	6	82	54%
%	22%	26%	29%	12%	4%	0%	7%	100%	
Karnataka	8	13	26	7	0	0	11	65	43%
%	12%	20%	40%	11%	0%	0%	17%	100%	
Uttarakhand	0	2	2	0	0	0	0	4	3%
%	0%	50%	50%	0%	0%	0%	0%	100%	
Total	26	36	52	17	3	0	17	151	100%
%	17%	24%	34%	11%	2%	0%	11%	100%	

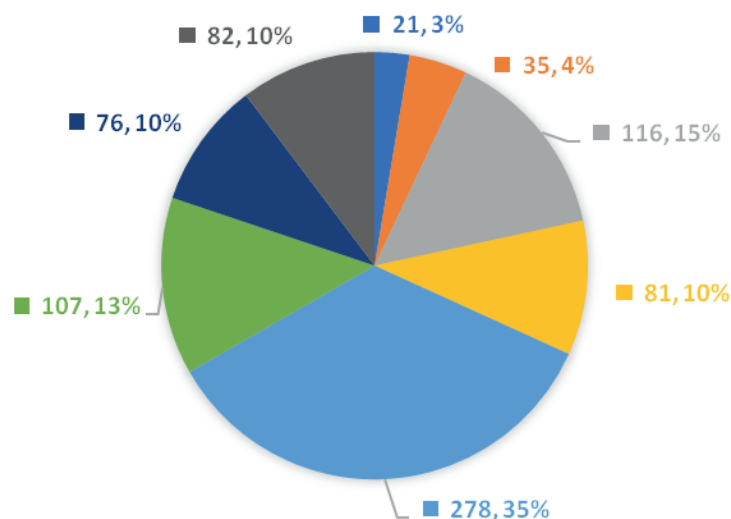


Parents Occupation (Father)

Girls

The respondents from NCR region informed that their fathers occupation was private job or day labourer with both around 14% of the total responses received. Around 11% i.e. 15 responses received informed that their father was occupied in agriculture. In Karnataka the main occupation on the father was day labourer followed by private job. In Uttarakhand the father were majorly occupied in agriculture with 51%. Private job and business were around 14% and 10% respectively. Of the total occupation listed, agriculture was the major occupation at 35%.

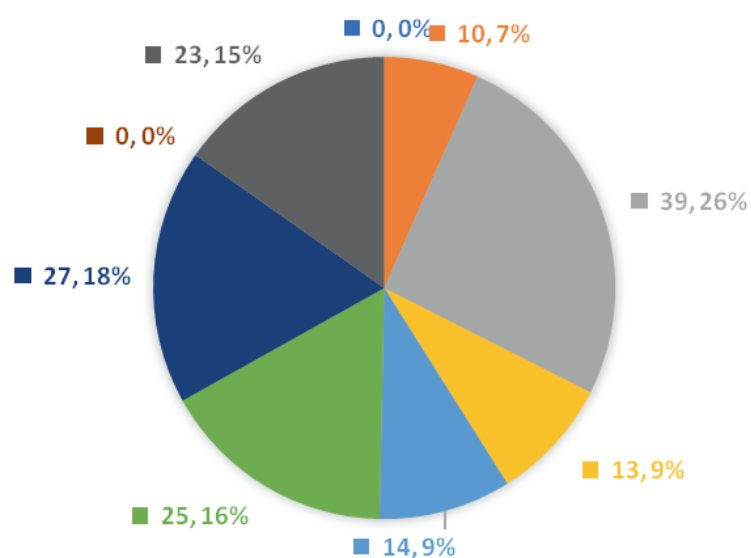
	Home Maker	Gov. Job	Private Job	Business/Shop	Agriculture	Day Labourer	Self-employed	Any other	Null	Total	%
NCR	3	4	19	10	15	19	14	0	48	132	17%
%	2%	3%	14%	8%	11%	14%	11%	0%	36%	100%	
Karnataka	5	5	32	26	24	63	22	0	18	195	24%
%	3%	3%	16%	13%	12%	32%	11%	0%	9%	100%	
Uttarakhand	13	26	65	45	239	25	40	0	16	469	59%
%	3%	6%	14%	10%	51%	5%	9%	0%	3%	100%	
Total	21	35	116	81	278	107	76	0	82	796	100%
%	3%	4%	15%	10%	35%	13%	10%	0%	10%	100%	



Boys

Overall, 26% of the respondents informed that their father was in a private job followed by 18% and 17% informing that their father were self-employed and day labourer respectively. None of the respondents father was a home maker. In NCR, the 30 respondents informed that their fathers occupation was private job. Around 9 responses informed that their father was Karnataka the main occupation on the father was self-employed followed by day labourer. In Uttarakhand the father were occupied in agriculture, Private job and government job.

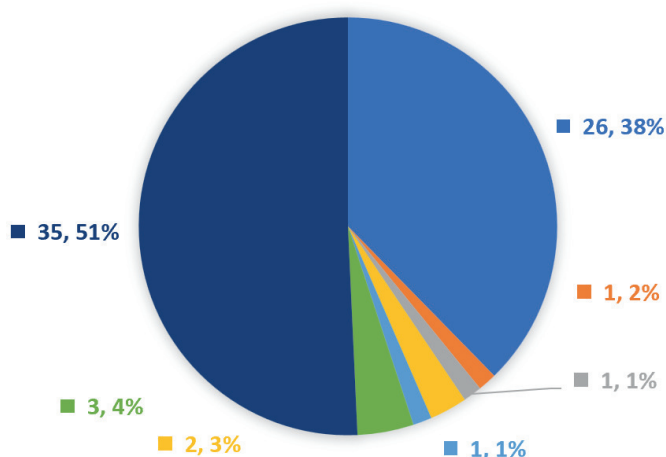
	Home Maker	Gov. Job	Private Job	Business/Shop	Agriculture	Day Labourer	Self-employed	Any other	Null	Total	%
NCR	0	7	30	8	9	11	6	0	11	82	54%
%	0%	9%	37%	10%	11%	13%	7%	0%	13%	100%	
Karnataka	0	2	9	5	4	14	20	0	11	65	43%
%	0%	3%	14%	8%	6%	22%	31%	0%	17%	100%	
Uttarakhand	0	1	0	0	1	0	1	0	1	4	3%
%	0%	25%	0%	0%	25%	0%	25%	0%	25%	100%	
Total	0	10	39	13	14	25	27	0	23	151	100%
%	0%	7%	26%	9%	9%	17%	18%	0%	15%	100%	



Teachers Education

51% of the respondents did not provide an answer to their question. Of the responses received, 38% respondents i.e. 26 respondents held a B.Ed, 4% held B.Sc. and 3% held MBA.

	B.Ed	B.Sc, B.Ed	B.Sc, M.Com ,B.Ed	MBA	M.Com	B.Sc	Null	Total	%
NCR	6	0	0	1	1	2	30	40	58%
%	15%	0%	0%	3%	3%	5%	75%	100%	
Uttarakhand	20	1	1	1	0	1	5	29	42%
%	69%	3%	3%	3%	0%	3%	17%	100%	
Total	26	1	1	12	1	3	35	69	100%
%	38%	1%	1%	3%	1%	4%	15%	100%	

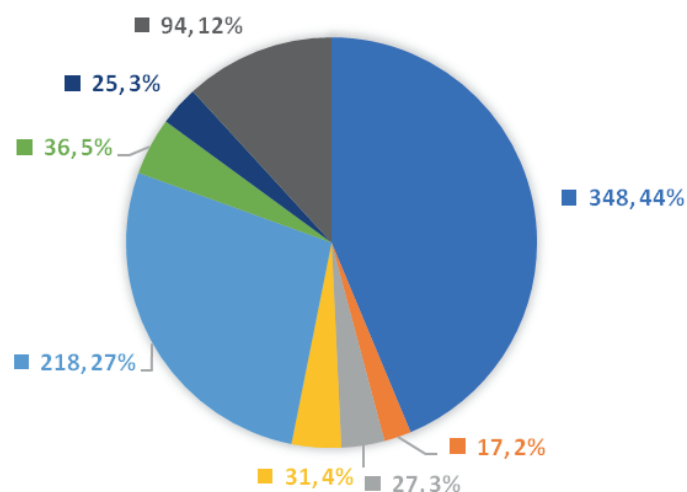


Parents Education (Mother)

Girls

Of all the responses received the major occupation listed for mothers was homemaker in all states. In Karnataka both agriculture and day labourer with 28 responses and 21 responses was listed. In Uttarakhand followed by homemaker around 40% of the responses informed that their mother was occupied in agriculture. The top three occupation for mother were homemaker, farmer and day labourer.

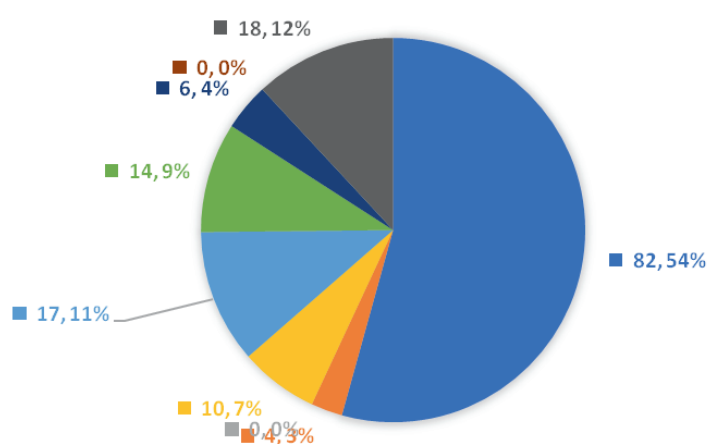
	Home Maker	Gov. Job	Private Job	Business/ Shop	Agriculture	Day Labourer	Self-employed	Any other	Null	Total	%
NCR	54	0	15	5	3	4	3	0	48	132	17%
%	41%	0%	11%	4%	2%	3%	2%	0%	36%	100%	
Karnataka	80	2	3	10	28	21	20	0	31	195	24%
%	41%	1%	2%	5%	14%	11%	10%	0%	16%	100%	
Uttarakhand	214	15	9	16	187	11	2	0	15	469	59%
%	46%	3%	2%	3%	40%	2%	0%	0%	3%	100%	
Total	348	17	27	31	218	36	25	0	94	796	100%
%	44%	2%	3%	4%	27%	5%	3%	0%	12%	100%	



Boys

Overall, 54% of the respondents informed that their mother was a homemaker followed by 11% informing that their mother was a farmer. In NCR, the 47 respondents informed that their mothers occupation was homemaker. Around 9 respondents informed that their mother was occupied business and 7 respondents informed that their mother was a agriculture worker and day labourer respectively. 2 respondents informed that their mother was in government job. . In Karnataka, the 34 respondents informed that their mothers occupation was homemaker. 1 respondent informed that their mother was occupied business and 7 respondents informed that their mother was a agriculture worker and day labourer respectively. 2 respondents informed that their mother was in government job. In Uttarakhand, 3 respondents informed that their mother was in agriculture.

	Home Maker	Gov. Job	Private Job	Business/ Shop	Agriculture	Day Labourer	Self-employed	Any other	Null	Total	%
NCR	47	2	0	9	7	7	3	0	7	82	54%
%	57%	2%	0%	11%	9%	9%	4%	0%	9%	100%	
Karnataka	34	2	0	1	7	7	3	0	11	65	43%
%	52%	3%	0%	2%	11%	11%	5%	0%	17%	100%	
Uttarakhand	1	0	0	0	3	0	0	0	0	4	3%
%	25%	0%	0%	0%	75%	0%	0%	0%	0%	100%	
Total	82	4	0	10	17	14	6	0	18	151	100%
%	54%	3%	0%	7%	11%	9%	4%	0%	12%	100%	

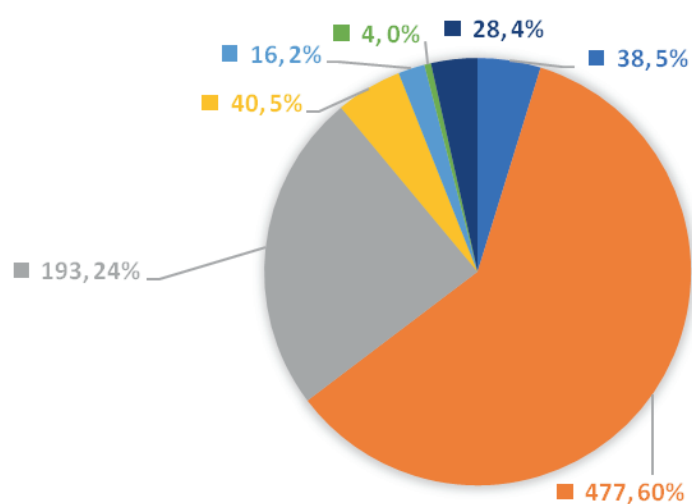


How many washrooms do you have in your house

Girls

In all states majority of the respondents had 1 washroom. 5% of the respondent informed that they did not have any washroom. In NCR 27 respondents, in Karnataka 39 respondents and in Uttarakhand 127 respondents informed they had 2 washrooms.

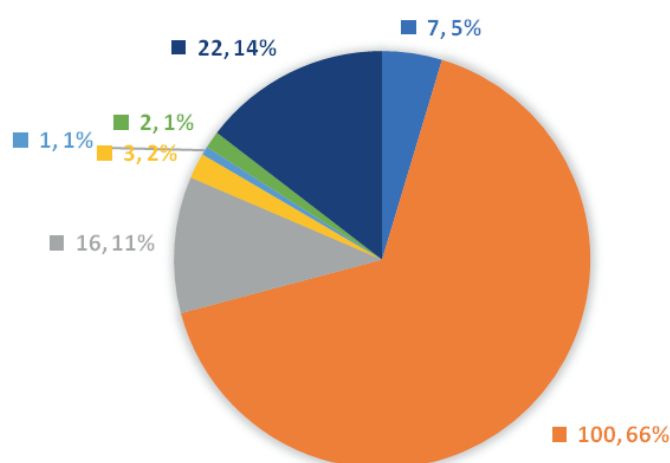
	0	1	2	3	4	More than 4	Null	Total	%
NCR	0	87	27	7	5	2	2	132	17%
%	2%	66%	20%	5%	4%	2%	2%	100%	
Karnataka	11	119	39	6	0	0	20	195	24%
%	6%	61%	20%	3%	0%	0%	10%	100%	
Uttarakhand	25	271	127	27	11	2	6	469	59%
%	5%	58%	27%	6%	2%	0%	1%	100%	
Total	38	477	193	40	16	4	28	796	100%
%	5%	60%	24%	5%	2%	1%	4%	100%	



Boys

In NCR and Karnataka majority of the respondents had 1 washroom. 5% of the respondent informed that they did not have any washroom. In NCR 12 respondents, in Karnataka 3 respondents and in Uttarakhand 1 respondent informed they had 2 washrooms. 3 respondents informed they had 3 washroom and 2 respondents informed that they had more than 4 washrooms.

	0	1	2	3	4	More than 4	Null	Total	%
NCR	6	51	12	2	1	1	9	82	54%
%	7%	62%	15%	2%	1%	1%	11%	100%	
Karnataka	0	48	3	1	0	0	13	65	43%
%	0%	74%	5%	2%	0%	0%	20%	100%	
Uttarakhand	1	1	1	0	0	1	0	4	3%
%	25%	25%	25%	0%	0%	25%	0%	100%	
Total	7	100	16	3	1	2	22	151	100%
%	5%	66%	11%	2%	1%	1%	15%	100%	

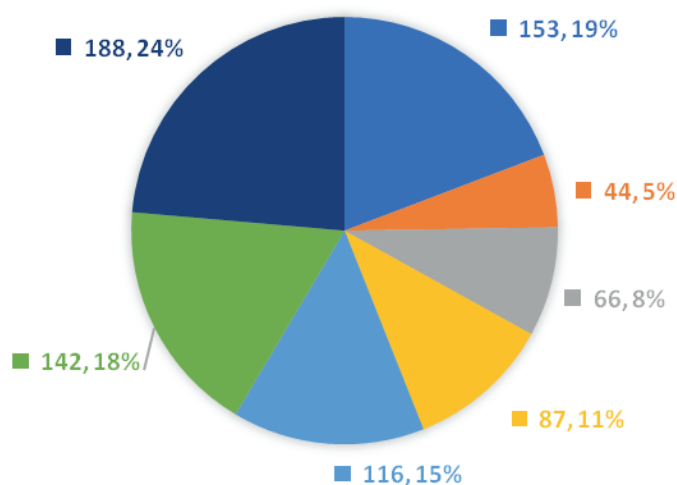


Type of Vehicle owned by your family

Girls

In NCR, 33% informed that their family owned a bike. In Karnataka 31% informed that they owned a cycle followed by scooter or scooty with 16% responses. In Uttarakhand 28% informed that they owned a car followed by cycle with 14%. Overall cycle was the major vehicle owned followed by car.

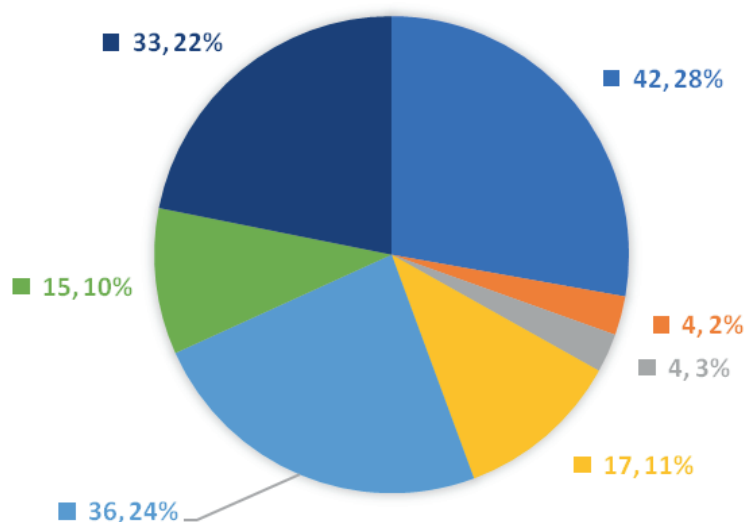
	Cycle	Rickshaw	Auto	Scooter/S cooty	Bike	Car	Null	Total	%
NCR	25	6	2	5	44	3	47	132	17%
%	19%	5%	2%	4%	33%	2%	36%	100%	
Karnataka	61	12	24	32	29	6	31	195	24%
%	31%	6%	12%	16%	15%	3%	16%	100%	
Uttarakhand	67	26	40	50	43	133	110	469	59%
%	14%	6%	9%	11%	9%	28%	23%	100%	
Total	153	44	66	87	116	142	188	796	100%
%	19%	6%	8%	11%	15%	18%	24%	100%	



Boys

In NCR, 27% informed that their family owned a cycle. In Karnataka 38% informed that they owned a bike followed cycle with 29% responses. In Uttarakhand 2 respondents informed that they owned a bike. Overall cycle was the major vehicle owned followed by bike.

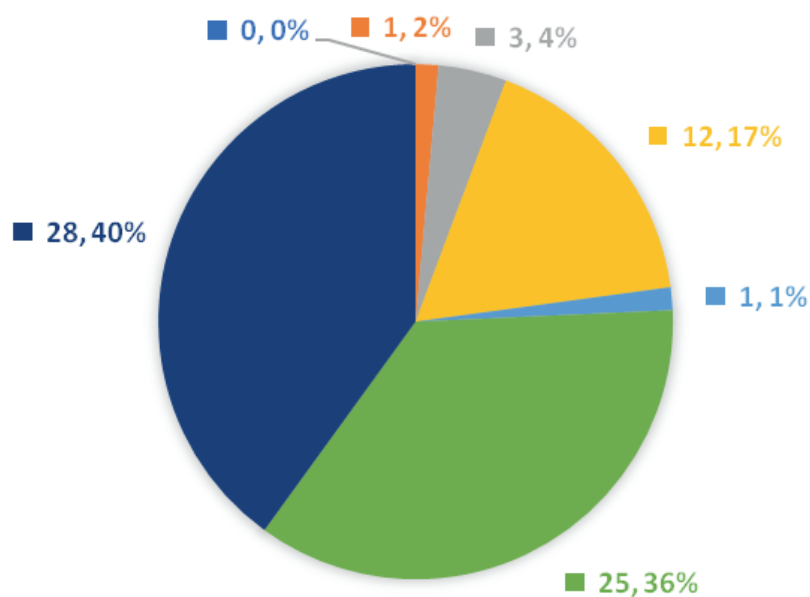
	Cycle	Rickshaw	Auto	Scooter/ Scooty	Bike	Car	Null	Total	%
NCR	22	4	4	11	9	12	20	82	54%
%	27%	5%	5%	13%	11%	15%	24%	100%	
Karnataka	19	0	0	6	25	2	13	65	43%
%	29%	0%	0%	9%	38%	3%	20%	100%	
Uttarakhand	1	0	0	0	2	1	0	4	3%
%	25%	0%	0%	0%	50%	25%	0%	100%	
Total	42	4	4	17	36	15	33	151	100%
%	28%	3%	3%	11%	24%	10%	22%	100%	



Teacher

Overall, 25 respondents informed that they owned a car while 12 respondents informed that they owned a scooter/scooty.

	Cycle	Rickshaw	Auto	Scooter/S cooty	Bike	Car	Null	Total	%
NCR	0	1	3	5	0	6	26	41	54%
%	0%	2%	7%	12%	0%	15%	63%	100%	
Uttarakhand	0	0	0	7	1	19	2	29	41%
%	0%	0%	0%	24%	3%	66%	7%	100%	
Total	0	1	3	12	1	25	28	70	100%
%	0%	1%	4%	17%	1%	36%	40%	100%	

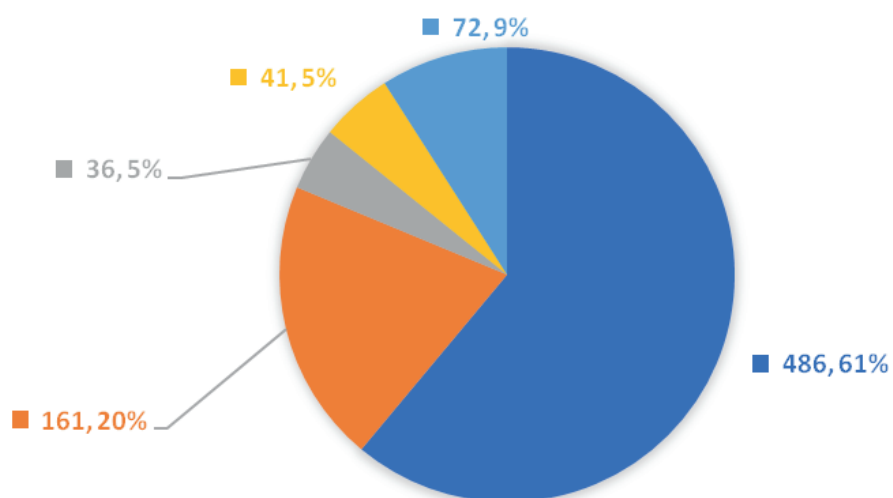


Water supply at home

Girls

In NCR 46 respondents informed that their home received regular water supply whereas 37 informed that they received Irregular i.e. particular time in a day. In Karnataka, 52% received regular whereas 22% received irregular water supply. In Uttarakhand 68% received regular water supply whereas, 17% received irregular water supply. Only 5% received no water supply with 11 responses in Karnataka and 28 responses in Uttarakhand informed the same.

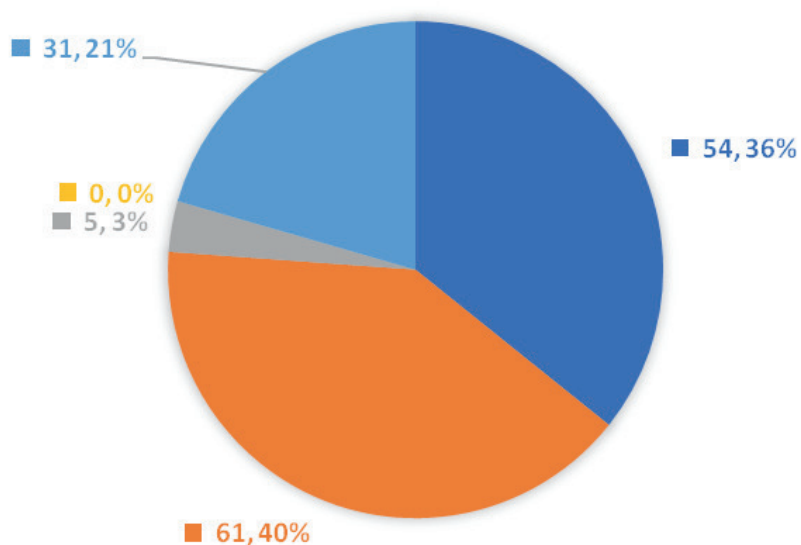
	Regular (Everyday)	Irregular (Particular time in a day)	Sometimes (Some days in a week)	No water Supply	Null	Total	%
NCR	46	37	1	2	46	132	17%
%	35%	28%	1%	2%	35%	100%	
Karnataka	120	42	3	11	19	195	24%
%	62%	22%	2%	6%	10%	100%	
Uttarakhand	320	82	32	28	7	469	159%
%	68%	17%	7%	6%	1%	100%	
Total	486	161	36	41	72	796	100%
%	61%	20%	5%	5%	9%	100%	



Boys

In NCR 41 respondents informed that their home received regular water supply whereas 22 informed that they received Irregular i.e. particular time in a day. In Karnataka, 58% received irregular whereas 18% received irregular water supply. In Uttarakhand 1 respondent received regular and irregular water supply respectively. None received no water supply. Overall, 61 respondents received irregular water supply whereas, 54 respondents received regular water supply.

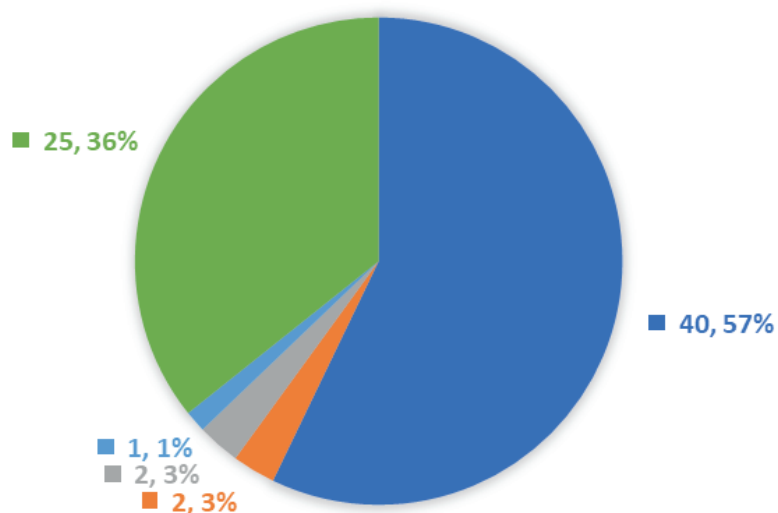
	Regular (Everyday)	Irregular (Particular time in a day)	Sometimes (Some days in a week)	No water Supply	Null	Total	%
NCR	41	22	2	0	17	82	54%
%	50%	27%	2%	0%	21%	100%	
Karnataka	12	38	3	0	12	65	43%
%	18%	58%	5%	0%	18%	100%	
Uttarakhand	1	1	0	0	2	4	3%
%	25%	25%	0%	0%	50%	100%	
Total	54	61	5	0	31	151	100%
%	36%	40%	3%	0%	21%	100%	



Type of water supply - Teacher

Overall, 57% of respondents has piped water supply while 3% respondents had borewell and public tap for water supply respectively. In NCR, 13 respondents informed that they had piped water supply while 2 respondents has borewell or pump water supply. 27 respondents in Uttarakhand had piped water supply while 2 Respondents has public tap as the water supply.

	Household water supply (piped)	Borewell/hand pump	Public tap	Open well	No direct water supply	Null	Total	%
NCR	13	2	0	0	1	25	41	59%
%	32%	5%	0%	0%	2%	61%	100%	
Uttarakhand	27	0	2	0	0	0	29	41%
%	93%	0%	7%	0%	0%	0%	100%	
Total	40	2	2	0	1	25	70	100%
%	57%	3%	3%	0%	1%	36%	100%	

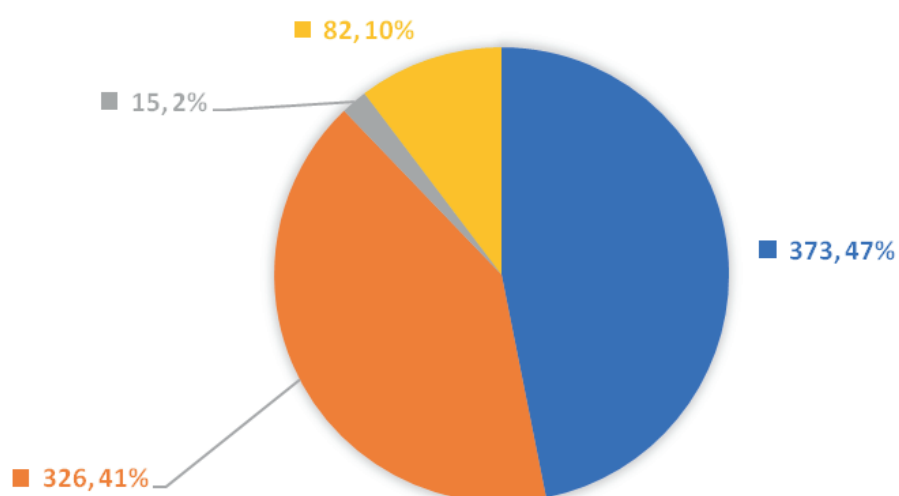


Type of toilet at home

Girls

In NCR and Uttarakhand more than 50% respondent informed that they had flush toilets in their home. However, in Karnataka 61% informed that they had pit/dry toilets. Only 2% i.e. 15 respondents informed that they did not have any facility and used open space.

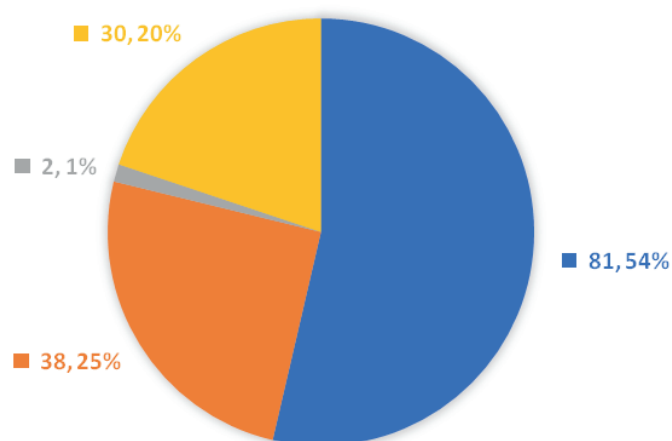
	Flush	Pit/dry	No facility/ open space	Null	Total	%
NCR	78	7	1	46	132	17%
%	59%	5%	1%	35%	100%	
Karnataka	55	118	5	17	195	24%
%	28%	61%	3%	9%	100%	
Uttarakhand	240	201	9	19	469	59%
%	51%	43%	2%	4%	100%	
Total	373	326	15	82	796	100%
%	47%	41%	2%	10%	100%	



Boys

Overall, 81 respondents have flush facility while 38 respondents pit/dry as type of toilet. In NCR 49% of respondents have flush facility while 26% of respondents have pit/dry toilet. 2 respondents informed that they did not have any facility. In Karnataka 58% of respondents have flush facility while 25% of respondents have pit/dry toilet. In Uttarakhand, 3 respondents have flush facility while 1 respondent has pit/dry toilet.

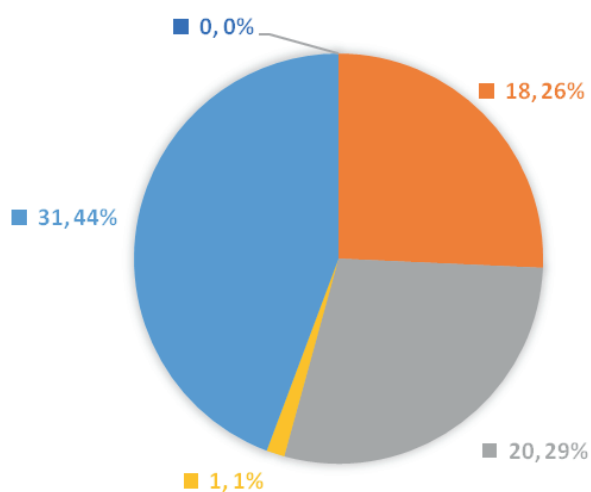
	Flush	Pit/dry	No facility/ open space	Null	Total	%
NCR	40	21	2	19	82	54%
%	49%	26%	2%	23%	100%	
Karnataka	38	16	0	11	65	43%
%	58%	25%	0%	17%	100%	
Uttarakhand	3	1	0	0	4	3%
%	75%	25%	0%	0%	100%	
Total	81	38	2	30	151	100%
%	54%	25%	1%	20%	100%	



Teacher

Overall, 18 respondents have other facility while 20 respondents pit/dry as type of toilet. In NCR 3 respondents pit/dry toilet and 9 respondents have other type of toilet. In Uttarakhand, 15 respondents pit/dry toilet and 11 respondents have other type of toilet. None have flush type of toilet at home.

	Flush	Pit/dry	No facility/ open space	Null	Total	%
NCR	0	3	1	28	41	59%
%	0%	7%	2%	68%	100%	
Uttarakhand	0	15	0	3	29	41%
%	0%	52%	0%	10%	100%	
Total	0	18	1	31	70	100%
%	0%	26%	1%	44%	100%	

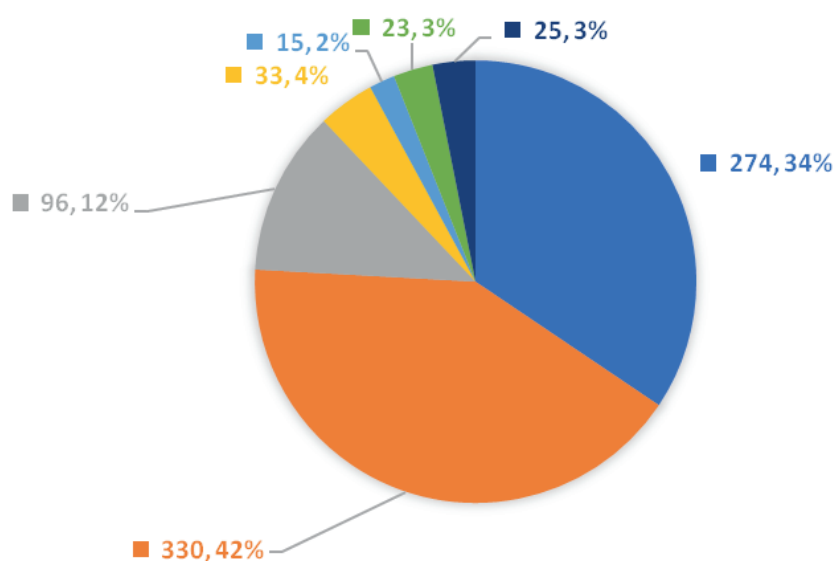


School travel time

Girls

In NCR 59% respondents informed that it took them 15 to 30 mins to reach school. Karnataka also saw the same trend with 44% informing the same. Whereas, in Uttarakhand 37% informed that it took them less than 15 mins and 36% informed it took them 15 to 30 minutes. 63 respondent in Uttarakhand and 26 in Karnataka informed that it took them 30 to 60 mins to reach school. Whereas, in NCR and Karnataka the number of respondents for more than 60 minutes is less, in Uttarakhand 62 respondents informed that it took them more than 60 minutes to arrive to school.

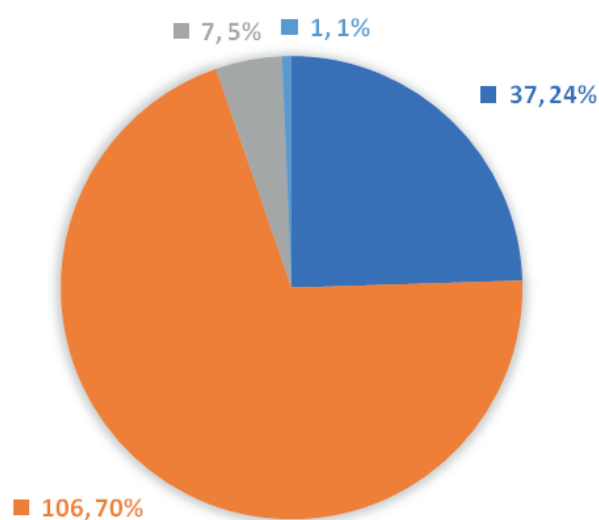
	Less than 15 mins	15 mins – 30 mins	30 min - 60 mins	60 mins – 90 mins	90 mins – 120 mins	More than 120 mins	Null	Total	%
NCR	39	78	7	0	1	0	7	132	17%
%	30%	59%	5%	0%	1%	0%	5%	100%	
Karnataka	62	85	26	6	0	2	14	195	24%
%	32%	44%	13%	3%	0%	1%	7%	100%	
Uttarakhand	173	167	63	27	14	21	4	469	59%
%	37%	36%	13%	6%	3%	4%	1%	100%	
Total	274	330	96	33	15	23	25	796	100%
%	34%	41%	12%	4%	2%	3%	3%	100%	



Boys

In NCR, 67% respondents informed that it took them 15 to 30 mins to reach school. Karnataka also saw the same trend with 74% informing the same. In Uttarakhand 3 respondents informed that it took them 15 to 30 minutes. 22 respondents in NCR and 14 respondents in Karnataka informed that it took them less than 15 mins to reach school. 5 respondents in NCR and 2 respondents in Karnataka informed that it took them 30 mins to 60 mins to reach school

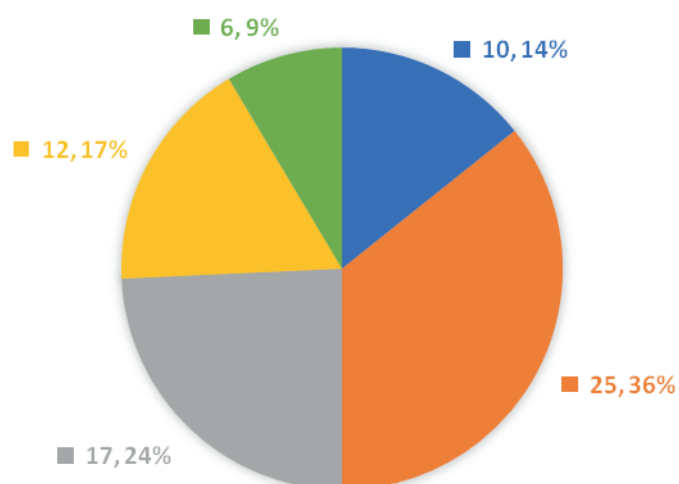
	Less than 15 mins	15 mins – 30 mins	30 min - 60 mins	60 mins – 90 mins	90 mins – 120 mins	More than 120 mins	Null	Total	%
NCR	22	55	5	0	0	0	0	82	54%
%	27%	67%	6%	0%	0%	0%	0%	100%	
Karnataka	14	48	2	0	1	0	0	65	43%
%	22%	74%	3%	0%	2%	0%	0%	100%	
Uttarakhand	1	3	0	0	0	0	0	4	3%
%	25%	75%	0%	0%	0%	0%	0%	100%	
Total	37	106	7	0	1	0	0	151	100%
%	25%	70%	5%	0%	1%	0%	0%	100%	



Teacher

In NCR, 39% respondents informed that it took them 15 to 30 mins to reach school. Uttarakhand also saw the same trend with 31% informing the same also, 9 respondents informed that it took them 30 to 60 mins to reach school. In Uttarakhand, 6 respondents informed that it took them 15 to 30 minutes, 3 respondents informed it took them 6- to 9- mins, and 2 respondents informed that it took them more than 120 mins to reach school. 4 respondents in NCR informed that it took them less than 15 mins to reach school. 8 respondents in NCR informed that it took them 30 mins to 60 mins to reach school. 9 respondents in NCR informed that it took them 60 mins to 90 mins to reach school. And 4 respondents in NCR informed that it took them more than 120 mins to reach school.

	Less than 15 mins	15 mins – 30 mins	30 min - 60 mins	60 mins – 90 mins	90 mins – 120 mins	More than 120 mins	Null	Total	%
NCR	4	16	8	9	0	4	0	41	59%
%	10%	39%	20%	22%	0%	10%	0%	100%	
Uttarakhand	6	9	9	3	0	2	0	29	41%
%	21%	31%	31%	10%	0%	7%	0%	100%	
Total	10	25	17	12	0	6	0	70	100%
%	14%	36%	24%	17%	0%	9%	0%	100%	

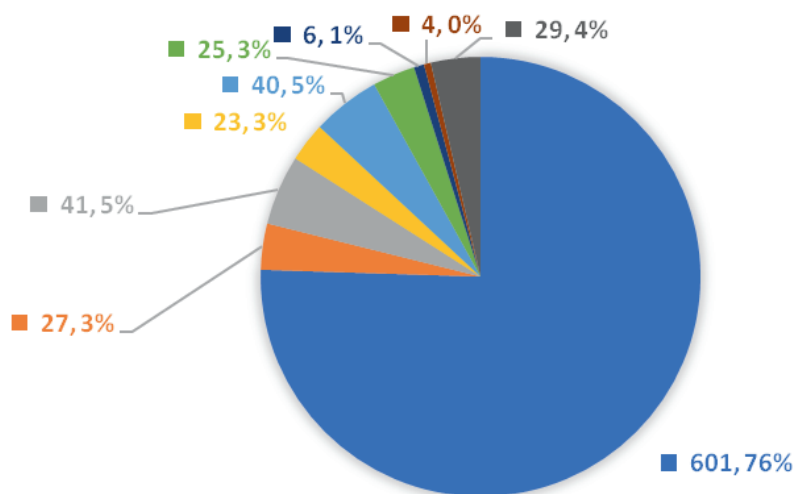


Mode of school travel

Girls

In NCR and Karnataka 58% walked to school while in NCR 14% cycled to school and in Karnataka 14% took the school bus. In Uttarakhand 88% walked to school whereas approximately 8 to 15 students either took rickshaw, school bus or public bus.

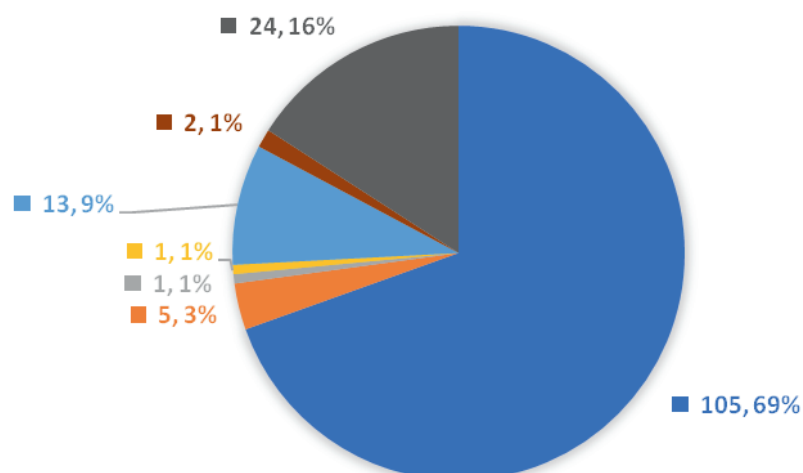
	Walking	Rickshaw	Cycle	Scooter/ Motorcycle	School Bus	Public Bus	Private Van	Car	Null	Total	%
NCR	76	11	18	12	4	3	4	1	3	132	17%
%	58%	8%	14%	9%	3%	2%	3%	1%	2%	100%	
Karnataka	114	6	10	11	28	13	0	0	13	195	24%
%	58%	3%	5%	6%	14%	7%	0%	0%	7%	100%	
Uttarakhand	411	10	13	0	8	9	2	3	13	469	59%
%	88%	2%	3%	0%	2%	2%	0%	1%	3%	100%	
Total	601	27	41	23	40	25	6	4	29	796	100%
%	76%	3%	5%	3%	5%	3%	1%	1%	4%	100%	



Boys

Overall, 70% of the respondents informed that they walked to school. While 9% informed that they took the school bus. In NCR, 56 respondents walked, 5 respondents took the rickshaw, 1 respondent used the scooter and car respectively and 9 respondents took the school bus. In Karnataka, 46 respondents walked, 1 respondent used the cycle and car respectively and 4 respondents took the school bus. In Uttarakhand, 3 respondents walked to school.

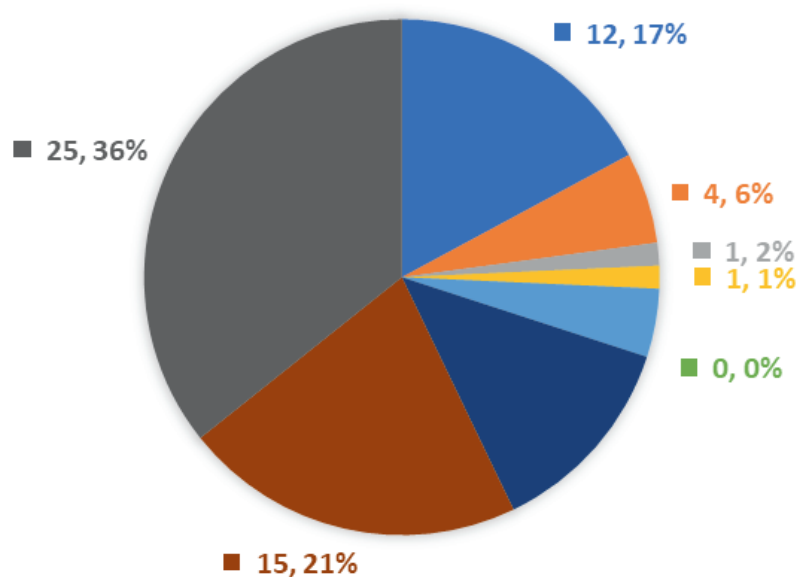
	Walking	Rickshaw	Cycle	Scooter/ Motorcycle	School Bus	Public Bus	Private Van	Car	Null	Total	%
NCR	56	5	0	1	9	0	0	1	10	82	54%
%	68%	6%	0%	1%	11%	0%	0%	1%	12%	100%	
Karnataka	46	0	1	0	4	0	0	1	13	65	43%
%	71%	0%	2%	0%	6%	0%	0%	2%	20%	100%	
Uttarakhand	3	0	0	0	0	0	0	0	1	4	3%
%	75%	0%	0%	0%	0%	0%	0%	0%	25%	100%	
Total	105	5	1	1	13	0	6	2	24	151	100%
%	70%	3%	1%	1%	9%	0%	0%	1%	16%	100%	



Teacher

Overall, 21% of the respondents used the car followed by 17 of the respondents walking and 13% of the respondents using a private van. In NCR, 1 respondent walked and used scooter respectively, 4 respondents used rickshaw, 2 respondents used the school bus, 3 respondents used the private car and 5 respondents used the car. In Uttarakhand, 11 respondent walked, 1 respondent used the school bus and cycled respectively, 6 respondents used the private car and 10 respondents used the car.

	Walking	Rickshaw	Cycle	Scooter/ Motorcycle	School Bus	Public Bus	Private Van	Car	Null	Total	%
NCR	1	4	0	1	2	0	3	5	25	41	59%
%	2%	10%	0%	2%	5%	0%	7%	12%	61%	100%	
Uttarakhand	11	0	1	0	1	0	6	10	0	29	41%
%	38%	0%	3%	0%	3%	0%	21%	34%	0%	100%	
Total	12	4	1	1	3	0	9	15	25	70	100%
%	17%	6%	1%	1%	4%	0%	13%	21%	36%	100%	

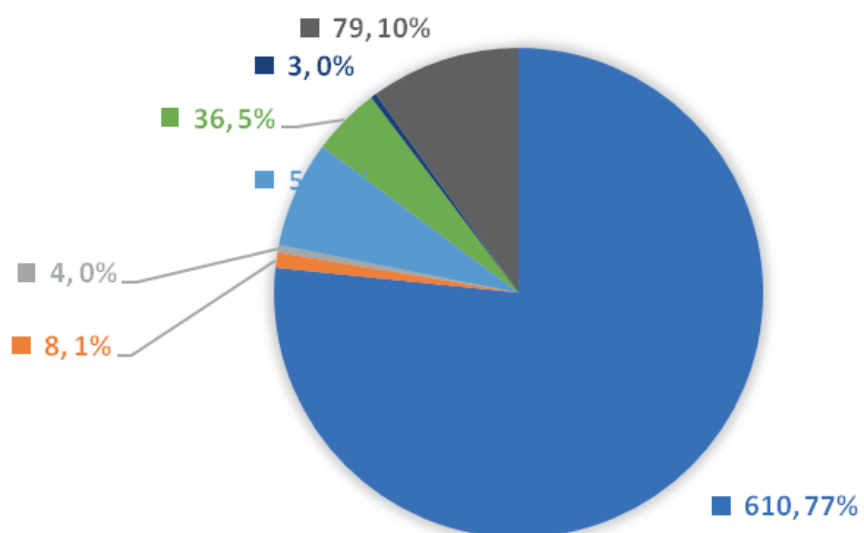


Disability

Girls

Overall, 77% of the respondents did not have any disability. Difficulty in speech was a major disability in Karnataka with 23 respondents informing the same. In Uttarakhand 32 informed they had difficulty in speech and 25 informed that they had difficulty in learning or understanding.

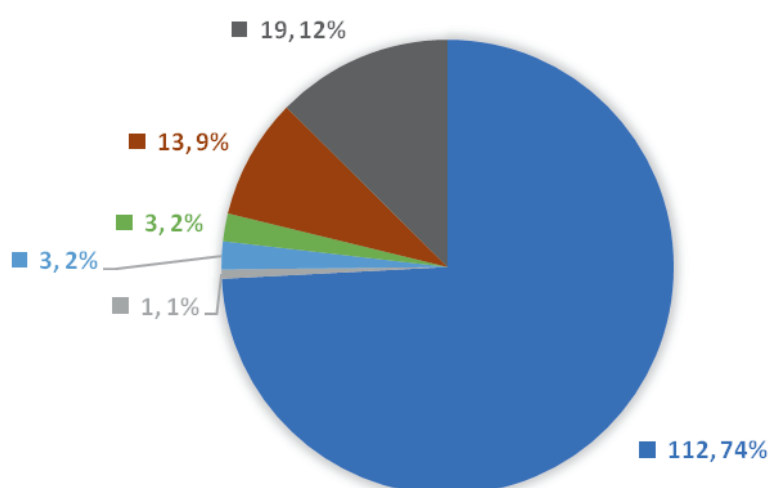
	None	Physically challenged	Mentally challenged	Hard of hearing	Difficulty in speech	Difficulty learning or understanding things	Weak eyesight	Other	Null	Total	%
NCR	78	2	0	0	1	3	1	0	47	132	17%
%	59%	2%	0%	0%	1%	2%	1%	0%	36%	100%	
Karnataka	145	1	1	0	23	8	0	0	17	195	24%
%	74%	1%	1%	0%	12%	4%	0%	0%	9%	100%	
Uttarakhand	387	5	3	0	32	25	2	0	15	469	59%
%	83%	1%	1%	0%	7%	5%	0%	0%	3%	100%	
Total	610	8	4	0	56	36	3	0	79	796	100%
%	77%	1%	1%	0%	7%	5%	0%	0%	10%	100%	



Boys

Overall, 74% of the respondents did not have any disability. 1 respondent in NCR informed that they were mentally challenged. 3 respondents of which 2 respondents in Delhi and 1 respondent in Uttarakhand had difficulty in speech. 3 respondents of which 2 respondents in Delhi and 1 respondent in Karnataka had difficulty in learning

	None	Physically challenged	Mentally challenged	Hard of hearing	Difficulty in speech	Difficulty learning or understanding things	Weak eyesight	Other	Null	Total	%
NCR	61	0	1	0	2	2	0	6	10	82	54%
%	74%	0%	1%	0%	2%	2%	0%	7%	12%	100%	
Karnataka	49	0	0	0	0	1	0	6	9	65	43%
%	75%	0%	0%	0%	0%	2%	0%	9%	14%	100%	
Uttarakhand	2	0	0	0	1	0	0	1	0	4	3%
%	50%	0%	0%	0%	25%	0%	0%	25%	0%	100%	
Total	112	0	1	0	3	3	0	13	19	151	100%
%	74%	0%	1%	0%	2%	2%	0%	9%	13%	100%	



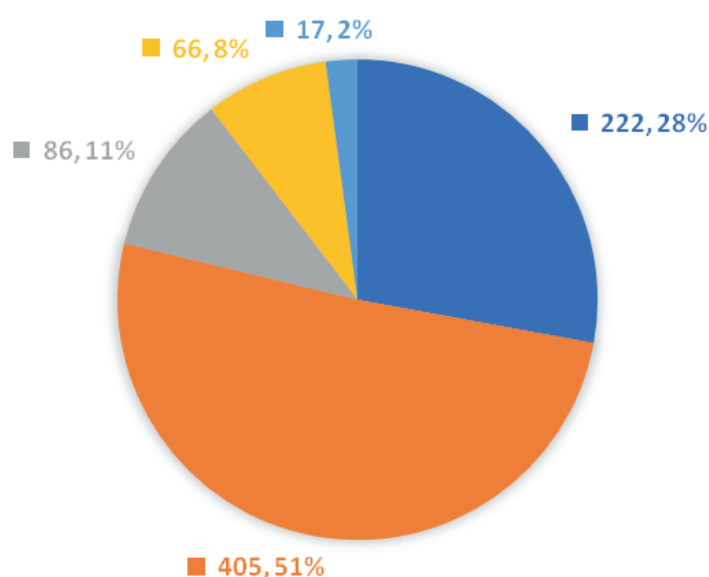
KNOWLEDGE

Do you know what menstruation/period is?

Girls

Overall, 51% informed that they had some knowledge and 28% informed that they know about mensuration. 86 respondents informed that they have only read or heard the word and 66 informed that they did not know what is period. In NCR, 31 respondents knew about menstruation, 55 respondents had some knowledge, 19 respondents had only heard the word and 20 respondents did not know. In Karnataka, 38 respondents knew about menstruation, 104 respondents had some knowledge, 36 respondents had only heard the word and 15 respondents did not know. In Uttarakhand, 153 respondents knew about menstruation, 246 respondents had some knowledge, 31 respondents had only heard the word and 31 respondents did not know.

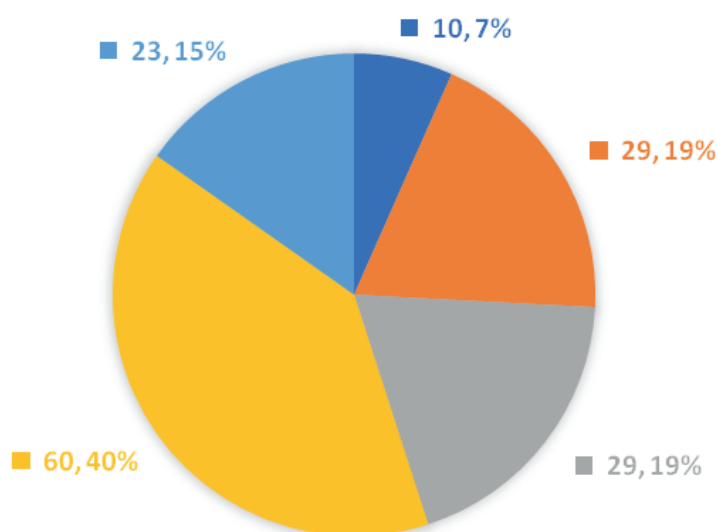
	Yes, know what is menstruation/period	Yes, have some knowledge on menstruation/period	No, have only read/heard the word menstruation/period	No, do not know about menstruation/period	Null	Total	%
NCR	31	55	19	20	7	132	17%
%	23%	42%	14%	15%	5%	100%	
Karnataka	38	104	36	15	2	195	24%
%	19%	53%	18%	8%	1%	100%	
Uttarakhand	153	246	31	31	8	469	59%
%	33%	52%	7%	7%	2%	100%	
Total	222	405	86	66	17	796	100%
%	28%	51%	11%	8%	2%	100%	



Boys

Overall, 19% informed that they had some knowledge and 7% informed that they know about mensuration. 29 respondents informed that they have only read or heard the word and 60 informed that they did not know what is period. In NCR, 9 respondents knew about menstruation, 16 respondents had some knowledge, 15 respondents had only heard the word and 35 respondents did not know. In Karnataka, no respondents knew about menstruation, 11 respondents had some knowledge, 13 respondents had only heard the word and 25 respondents did not know. In Uttarakhand, 1 respondents knew about menstruation, 2 respondents had some knowledge, 1 respondents had only heard the word.

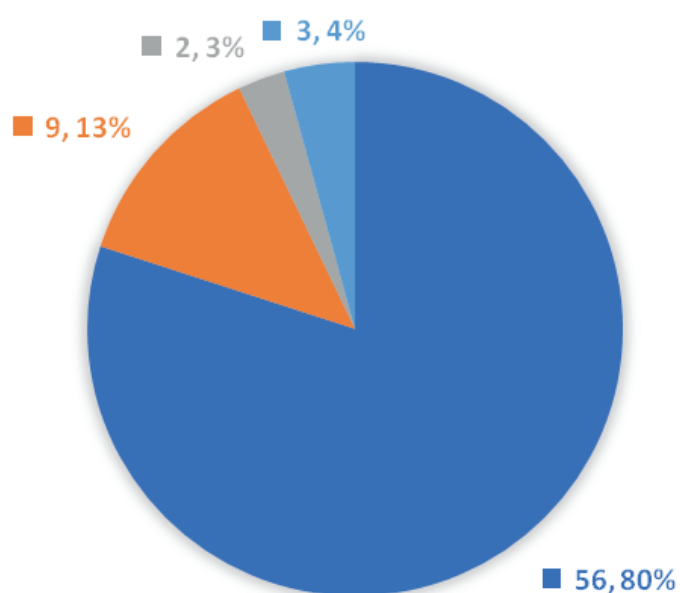
	Yes, know what is menstruation/period	Yes, have some knowledge on menstruation/period	No, have only read/heard the word menstruation/period	No, do not know about menstruation/period	Null	Total	%
NCR	9	16	15	35	7	82	54%
%	11%	20%	18%	43%	9%	100%	
Karnataka	0	11	13	25	16	65	43%
%	0%	17%	20%	38%	25%	100%	
Uttarakhand	1	2	1	0	0	4	3%
%	25%	50%	25%	0%	0%	100%	
Total	10	29	29	60	23	151	100%
%	7%	19%	19%	40%	15%	100%	



Teacher

Overall, 13% informed that they had some knowledge and 80% informed that they know about mensuration. 2 respondents informed that they have only read or heard the word. In NCR, 33 respondents knew about menstruation and 7 respondents had some knowledge. In Uttarakhand, 23 respondents knew about menstruation, 2 respondents had some knowledge, 2 respondents had only heard the word.

	Yes, I know what is menstruation	Yes, I have some knowledge on menstruation	No, I have only read/heard the word menstruation	No, I do not know about menstruation/period	Null	Total	%
NCR	33	7	0	0	1	41	59%
%	80%	17%	0%	0%	2%	100%	
Uttarakhand	23	2	2	0	2	29	41%
%	79%	7%	7%	0%	7%	100%	
Total	56	9	2	0	3	70	100%
%	80%	13%	3%	0%	4%	100%	

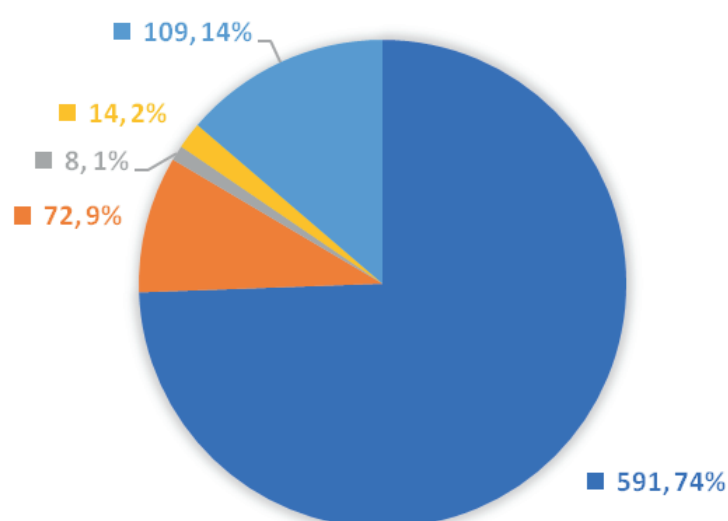


What do you think is the cause of period?

Girls

In NCR 52% informed that period was a natural process however, 64 respondents i.e. 48% did not provide any response. Overall 74% informed that period was a natural process. However, 72 respondents overall out of which 68 respondents from Uttarakhand and 4 respondents from Karnataka informed that period was a sin. 8 respondents overall informed that it was gods curse and 11 respondents in Uttarakhand and 3 in Karnataka informed that period was an illness.

	Natural Process	Sin	Gods Curse	Illness	Null	Total	%
NCR	68	0	0	0	64	132	17%
%	52%	0%	0%	0%	48%	100%	
Karnataka	159	4	3	3	26	195	24%
%	82%	2%	2%	2%	13%	100%	
Uttarakhand	364	68	5	11	21	469	59%
%	78%	14%	1%	2%	4%	100%	
Total	591	72	8	14	111	796	100%
%	74%	9%	1%	2%	14%	100%	

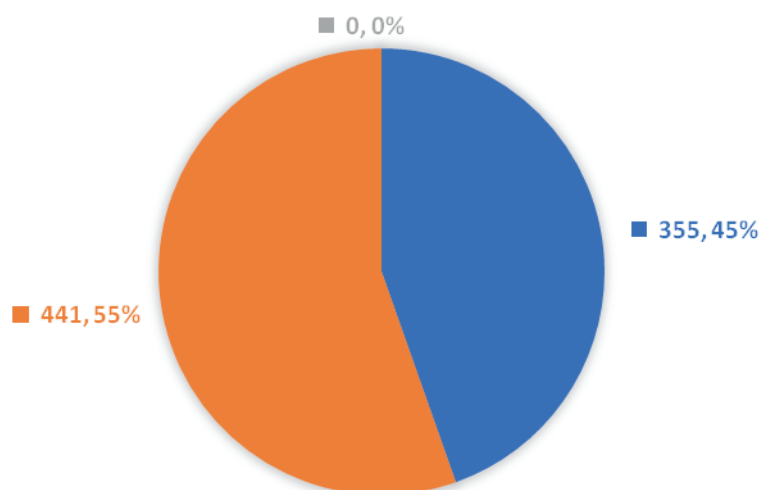


Do you know what is menopause?

Girls

In NCR 73% informed that they did not know what was menopause. In Karnataka 71% informed that they did not about menopause. However, in Uttarakhand 56% informed that they knew about menopause. Overall 55% did not have knowledge about menopause.

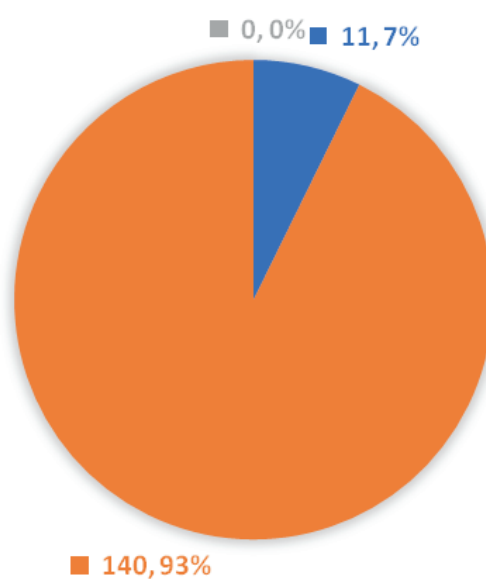
	Yes	No	Null	Total	%
NCR	36	96	0	132	17%
%	27%	73%	0%	100%	
Karnataka	56	139	0	195	24%
%	29%	71%	0%	100%	
Uttarakhand	263	206	0	469	59%
%	56%	44%	0%	100%	
Total	355	441	0	796	100%
%	45%	55%	0%	100%	



Boys

Overall, 93% of the respondents did know about menopause. In NCR, 75 respondents as compared to 7 respondents did not know about menopause. In Karnataka, 62 respondents as compared to 3 respondents did not know about menopause.

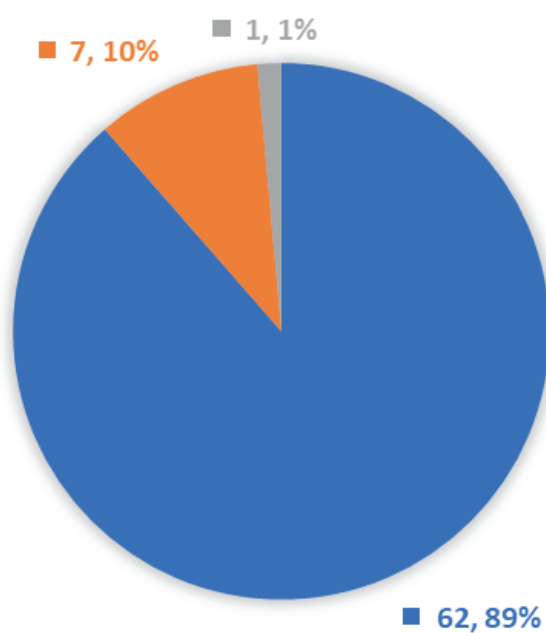
	Yes	No	Null	Total	%
NCR	7	75	0	82	54%
%	9%	91%	0%	100%	
Karnataka	3	62	0	65	43%
%	5%	95%	0%	100%	
Uttarakhand	1	3	0	4	3%
%	25%	75%	0%	100%	
Total	11	140	0	151	100%
%	7%	93%	0%	100%	



Teacher

Overall, 10% of the respondents did know about menopause while 62% knew about menopause. In NCR, 2 respondents as compared to 39 respondents did not know about menopause. In Uttarakhand, 5 respondents as compared to 23 respondents did not know about menopause.

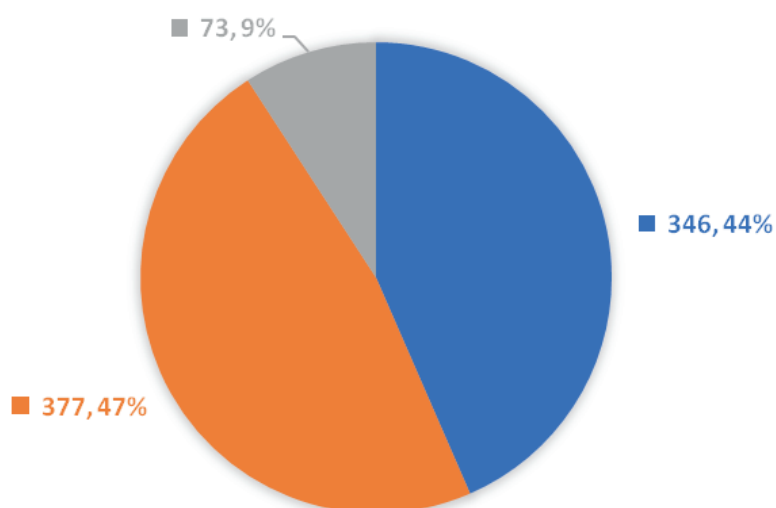
	Yes	No	Null	Total	%
NCR	39	2	0	41	59%
%	95%	5%	0%	100%	
Uttarakhand	23	5	1	29	41%
%	79%	17%	3%	100%	
Total	62	7	1	70	10%
%	89%	10%	1%	100%	



Do you know what is white discharge ?

In NCR 57% and in Karnataka 61% did not know about white discharge. However, in Uttarakhand 55% knew about white discharge. Overall 47% did not have knowledge about white discharge.

	Yes	No	Null	Total	%
NCR	34	75	23	132	17%
%	26%	57%	17%	100%	
Karnataka	52	118	25	195	24%
%	27%	61%	13%	100%	
Uttarakhand	260	184	25	469	59%
%	55%	39%	5%	100%	
Total	346	377	73	796	100%
%	43%	47%	9%	100%	

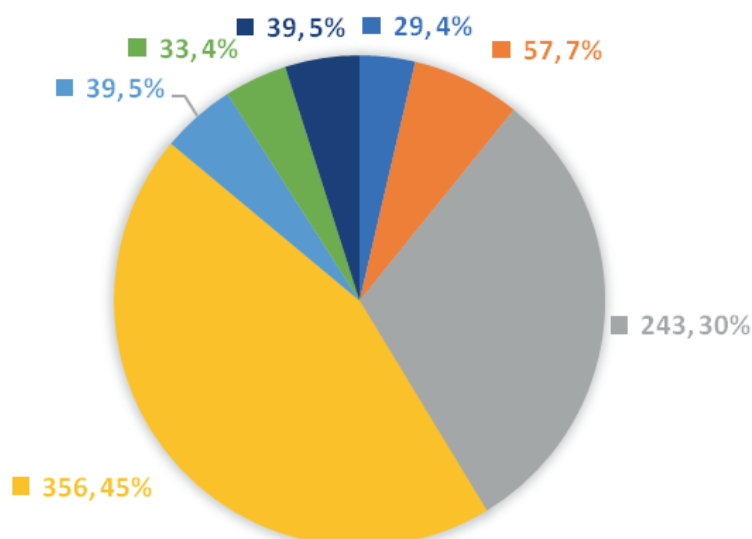


What age periods normally starts in girls?

Girls

In NCR 37% informed that periods start between 13 to 15 years and 27% informed that periods start between 10 to 13 years. Further, 15% i.e. 20 respondents informed that periods start between 8 to 10 years. In Karnataka 32% informed that periods start between 13 to 15 years and 33% informed that periods start between 10 to 13 years. Further, 9% i.e. 18 respondents informed that periods start between 8 to 10 years. In Uttarakhand 28% informed that periods start between 13 to 15 years and 55% informed that periods start between 10 to 13 years. Further, 4% i.e. 19 respondents informed that periods start between 8 to 10 years. Overall 29 respondents informed that periods normally start between 6 to 8 years in girls and 39 respondents out of which 38 respondents from Uttarakhand informed that periods normally start above 16 years in girls.

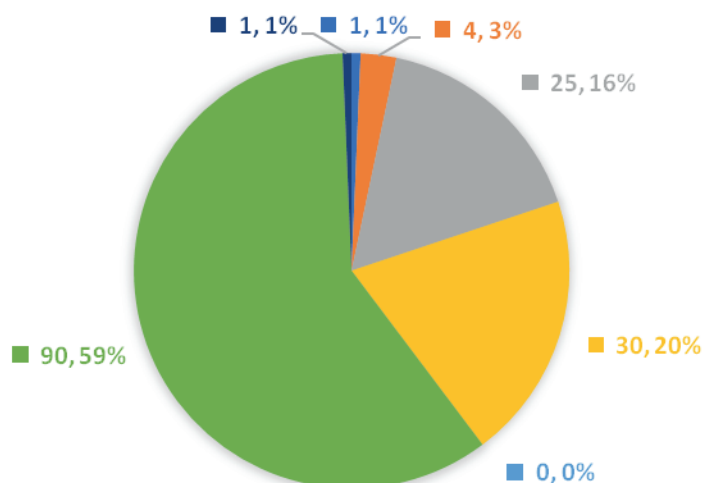
	6 to 8	8 to 10	10 to 13	13 to15	Above 16	Dont know	Null	Total	%
NCR	3	20	49	36	0	6	18	132	17%
%	2%	15%	37%	27%	0%	5%	14%	100%	
Karnataka	9	18	63	64	1	25	15	195	24%
%	5%	9%	32%	33%	1%	13%	8%	100%	
Uttarakhand	17	19	131	256	38	2	6	469	59%
%	4%	4%	28%	55%	8%	0%	1%	100%	
Total	29	57	243	356	39	33	39	796	100%
%	4%	7%	31%	45%	5%	4%	5%	100%	



Boys

In NCR 30% informed that periods start between 13 to 15 years and 22% informed that periods start between 10 to 13 years. Further, 4% i.e. 3 respondents informed that periods start between 8 to 10 years. Whereas, 34 respondents informed that they did not know. In Karnataka 3 respondents informed that periods start between 13 to 15 years and 7 respondents informed that periods start between 10 to 13 years. Whereas, 54 respondents (83%) informed that they did not know. In Uttarakhand 2 respondents informed that periods start between 13 to 15 years and 2 respondents informed that they did not know. Overall, 60% did not know at what age periods normally start in girls. 20% respondents informed that periods normally start between 13 to 15 years in girls and 17% respondents informed that periods start between 10 to 13 years.

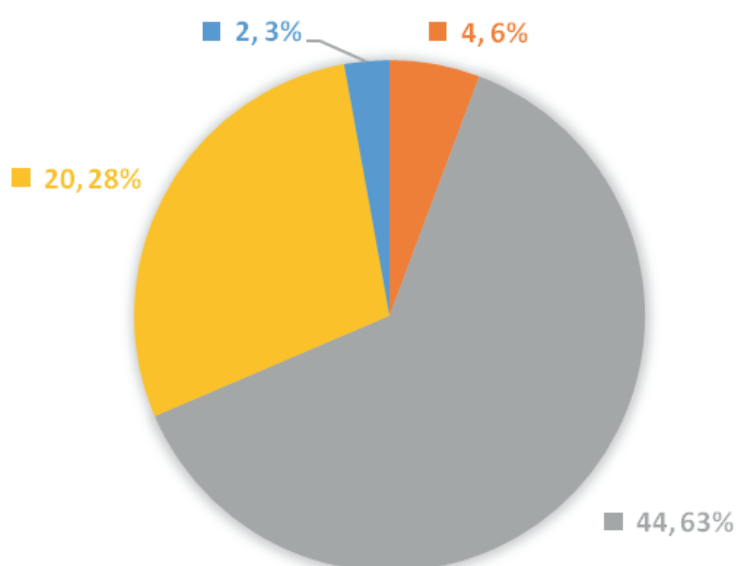
	6 to 8	8 to 10	13-10-2023	13-15	Above 16	Don't know	Null	Total	%
NCR	1	3	18	25	0	34	1	82	54%
%	1%	4%	22%	30%	0%	41%	1%	100%	
Karnataka	0	1	7	3	0	54	0	65	43%
%	0%	2%	11%	5%	0%	83%	0%	100%	
Uttarakhand	0	0	0	2	0	2	0	4	3%
%	0%	0%	0%	50%	0%	50%	0%	100%	
Total	1	4	25	30	0	90	1	151	100%
%	1%	3%	17%	20%	0%	60%	1%	100%	



Teacher

In NCR 6% informed that periods start between 13 to 15 years and 30% informed that periods start between 10 to 13 years. Further, 7% i.e. 3 respondents informed that periods start between 8 to 10 years. In Uttarakhand 14 respondents informed that periods start between 13 to 15 years and 14 respondents informed that periods start between 10 to 13 years. Overall, 29% respondents informed that periods normally start between 13 to 15 years in girls and 63% respondents informed that periods start between 10 to 13 years.

	6 to 8	8 to 10	10 to 13	13-15	Above years 16	Don't know	Null	Total	%
NCR	0	3	30	6	2	0	0	41	59%
%	0%	7%	73%	15%	5%	0%	0%	100%	
Uttarakhand	0	1	14	14	0	0	0	29	41%
%	0%	3%	48%	48%	0%	0%	0%	100%	
Total	0	4	44	20	2	0	0	70	100%
%	0%	6%	63%	29%	3%	0%	0%	100%	

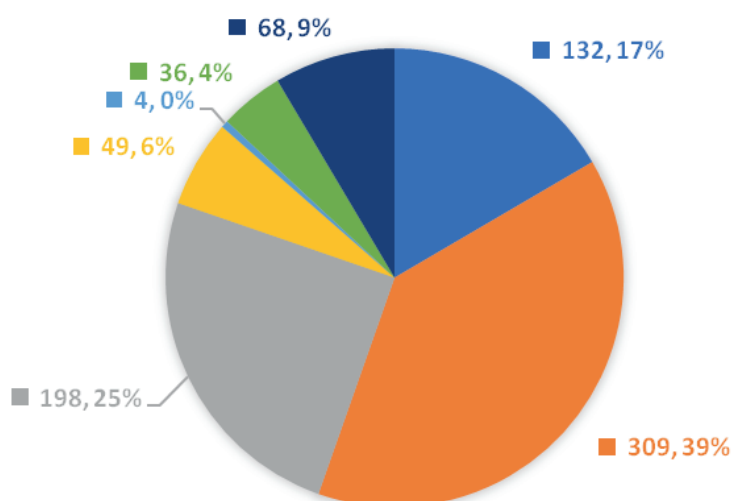


How long does periods last?

Girls

309 respondents from 769 respondents informed that periods last 4 to 5 days and 198 respondents informed that periods last 5 to 7 days. 49 respondents out of which 41 respondents from Uttarakhand informed that periods last 7 to 10 days. In NCR, 13 respondents informed that periods last 2 to 3 days, 61 respondents informed that periods last 4 to 5 days and 27 respondents informed that periods last 5 to 7 days. In Karnataka, 15 respondents informed that periods last 2 to 3 days, 62 respondents informed that periods last 4 to 5 days and 56 respondents informed that periods last 5 to 7 days. In Uttarakhand, 104 respondents informed that periods last 2 to 3 days, 186 respondents informed that periods last 4 to 5 days and 118 respondents informed that periods last 5 to 7 days.

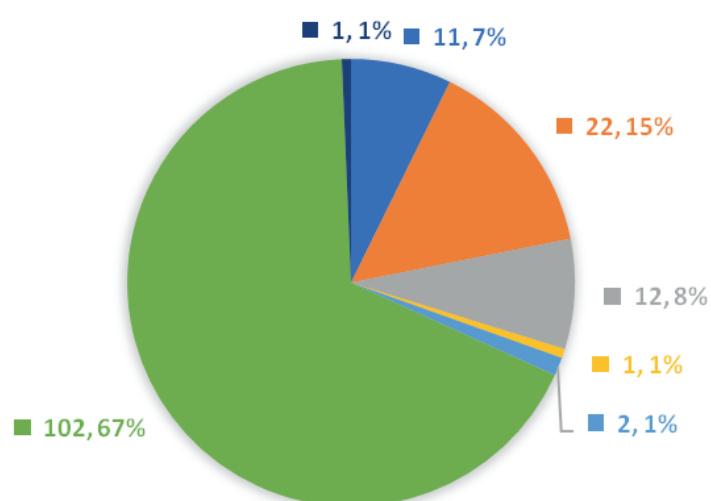
	2 to 3	4 to 5	5 to 7	7 to 10	More than 10	Don't know	Null	Total	%
NCR	13	61	24	2	2	6	24	132	17%
%	10%	46%	18%	2%	2%	5%	18%	100%	
Karnataka	15	62	56	6	0	26	30	195	24%
%	8%	32%	29%	3%	0%	13%	15%	100%	
Uttarakhand	104	186	118	41	2	4	14	469	59%
%	22%	40%	25%	9%	0%	1%	3%	100%	
Total	132	309	198	49	4	36	68	796	100%
	17%	39%	25%	6%	1%	5%	9%	100%	



Boys

102 respondents from 151 respondents informed that they did not know how long periods lasted. In NCR, 8 respondents informed that periods last 2 to 3 days, 17 respondents informed that periods last 4 to 5 days and 6 respondents informed that periods last 5 to 7 days. In Karnataka, 3 respondents informed that periods last 2 to 3 days, 5 respondents informed that periods last 4 to 5 days and 5 respondents informed that periods last 5 to 7 days. In Uttarakhand, 1 respondent informed that periods last 5 to 7 days.

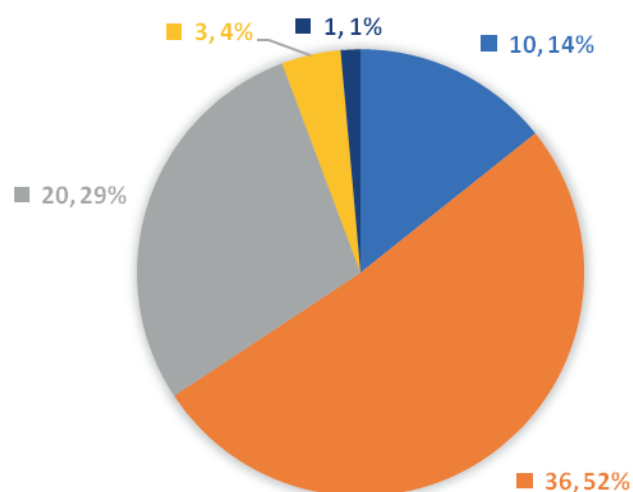
	2 to 3	4 to 5	5 to 7	7 to 10	More than 10	Don't know	Null	Total	%
NCR	8	17	6	1	2	47	1	82	54%
%	10%	21%	7%	1%	2%	57%	1%	100%	
Karnataka	3	5	5	0	0	52	0	65	43%
%	5%	8%	8%	0%	0%	80%	0%	100%	
Uttarakhand	0	0	1	0	0	3	0	4	3%
%	0%	0%	25%	0%	0%	75%	0%	100%	
Total	11	22	12	1	2	102	1	151	100%
%	7%	15%	8%	1%	1%	68%	1%	100%	



Teacher

In NCR, 10 respondents informed that periods last 2 to 3 days, 17 respondents informed that periods last 4 to 5 days and 12 respondents informed that periods last 5 to 7 days. In Uttarakhand, 19 respondents informed that periods last 4 to 5 days and 8 respondents informed that periods last 5 to 7 days. Overall, 51% of the respondents informed that the periods lasted for 4 to 5 days.

	2 to 3	4 to 5	5 to 7	7 to 10	More than 10	Don't know	Null	Total	%
NCR	10	17	12	1	0	0	1	41	59%
%	24%	41%	29%	2%	0%	0%	2%	100%	
Uttarakhand	0	19	8	2	0	0	0	29	41%
%	0%	66%	28%	7%	0%	0%	0%	100%	
Total	10	36	20	3	0	0	1	70	100%
%	14%	51%	29%	4%	0%	0%	1%	100%	

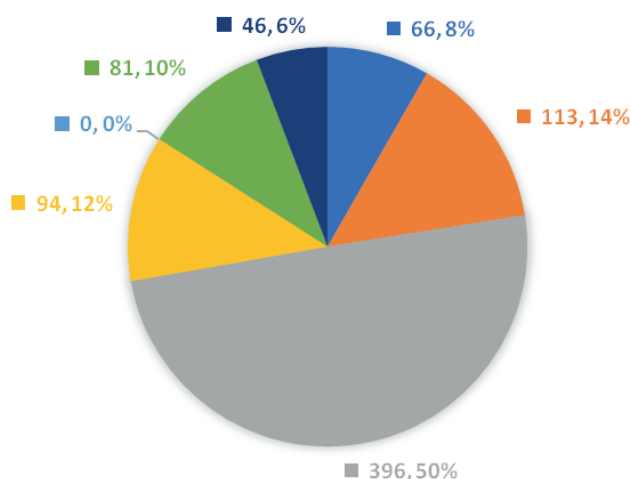


What is the time period between two consecutive menstruation cycles?

Girls

Overall, 8% respondents informed that 10 to 15 days is the time period, 14% informed that 15 to 21 days is the time period, 50% informed that 21 to 28 days is the time period and 12% informed that 21 to 35 days is the time period between two consecutive menstruation cycles. 81 respondents informed that they did not know the response. In NCR, 25 respondents informed that 10 to 15 days is the time period, 10 respondents informed that 15 to 21 days is the time period, 47 respondents informed that 21 to 28 days is the time period and 15 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles. In Karnataka, 17 respondents informed that 10 to 15 days is the time period, 46 respondents informed that 15 to 21 days is the time period, 50 respondents informed that 21 to 28 days is the time period and 31 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles. In Uttarakhand, 24 respondents informed that 10 to 15 days is the time period, 57 respondents informed that 15 to 21 days is the time period, 299 respondents informed that 21 to 28 days is the time period and 48 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles.

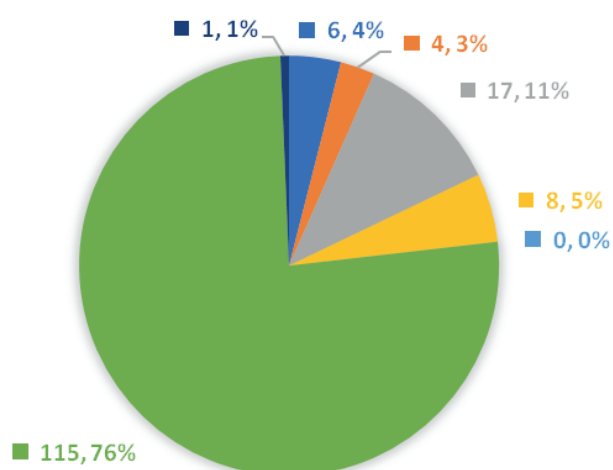
	10 to 15	15-21	21-28	21-35	Dont know	Null	Total	%
NCR	25	10	47	15	17	18	132	17%
%	19%	8%	36%	11%	13%	14%	100%	
Karnataka	17	46	50	31	33	18	195	24%
%	9%	24%	26%	16%	17%	9%	100%	
Uttarakhand	24	57	299	48	31	10	469	59%
%	5%	12%	64%	10%	7%	2%	100%	
Total	66	113	396	94	81	46	796	100%
%	8%	14%	50%	12%	10%	6%	100%	



Boys

Overall, 4% respondents informed that 10 to 15 days is the time period, 3% informed that 15 to 21 days is the time period, 11% informed that 21 to 28 days is the time period and 5% informed that 21 to 35 days is the time period between two consecutive menstruation cycles. However, 115 respondents informed that they did not know the response. In NCR, 5 respondents informed that 10 to 15 days is the time period, 3 respondents informed that 15 to 21 days is the time period, 14 respondents informed that 21 to 28 days is the time period and 4 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles. 67% informed that they did not know the response. In Karnataka, 1 respondents informed that 10 to 15 days is the time period, 1 respondents informed that 15 to 21 days is the time period, 3 respondents informed that 21 to 28 days is the time period and 4 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles. However, 86% informed that they did not know the response. In Uttarakhand, all the respondents did not know the response.

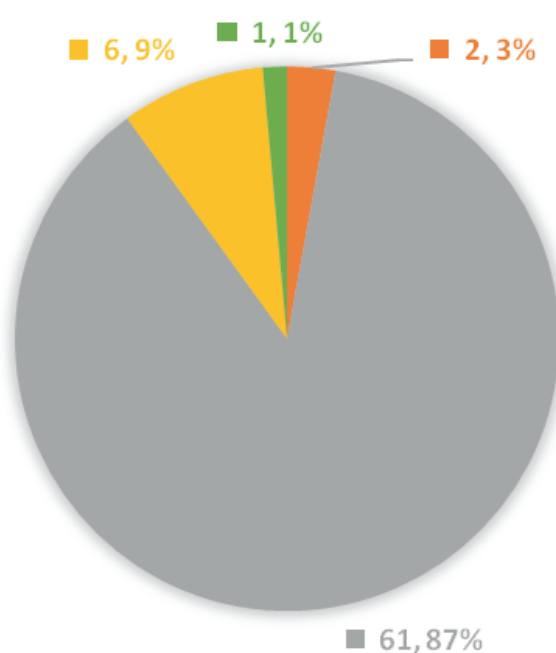
	10 to 15	15-21	21-28	21-35	Don't know	Null	Total	%
NCR	5	3	14	4	55	1	82	54%
%	6%	4%	17%	5%	67%	1%	100%	
Karnataka	1	1	3	4	56	0	65	43%
%	2%	2%	5%	6%	86%	0%	100%	
Uttarakhand	0	0	0	0	4	0	4	3%
%	0%	0%	0%	0%	100%	0%	100%	
Total	6	4	17	8	115	1	151	100%
%	4%	3%	11%	5%	76%	1%	100%	



Teacher

Overall, 3 % informed that 15 to 21 days is the time period, 87% informed that 21 to 28 days is the time period and 9% informed that 21 to 35 days is the time period between two consecutive menstruation cycles. In NCR, 1 respondent informed that 15 to 21 days is the time period, 35 respondents informed that 21 to 28 days is the time period and 5 respondents informed that 21 to 35 days is the time period between two consecutive menstruation cycles. In Uttarakhand, 1 respondent informed that 15 to 21 days is the time period, 26 respondents informed that 21 to 28 days is the time period and 1 respondent informed that 21 to 35 days is the time period between two consecutive menstruation cycles.

	10 to 15	15-21	21-28	21-35	Dont know	Null	Total	%
NCR	0	1	35	5	0	0	41	59%
%	0%	2%	85%	12%	0%	0%	100%	
Uttarakhand	0	1	26	1	1	0	29	41%
%	0%	3%	90%	3%	3%	0%	100%	
Total	0	2	61	6	1	0	70	100%
%	0%	3%	87%	9%	1%	0%	100%	

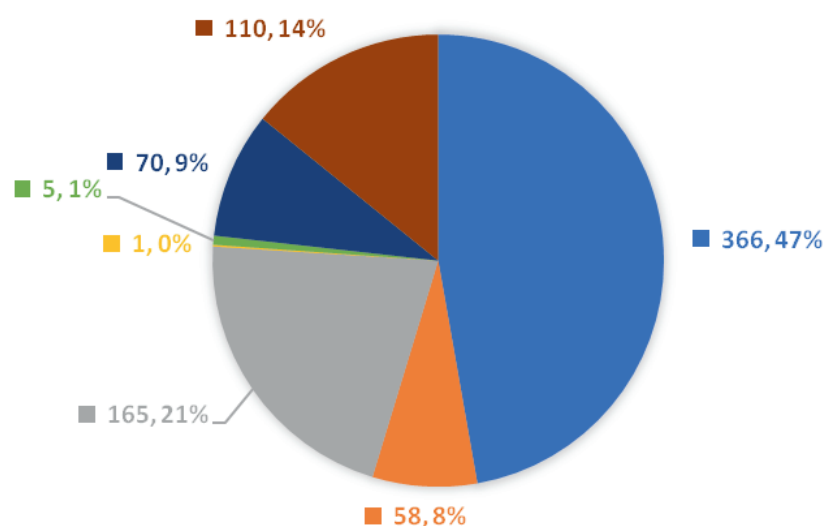


What are the types of absorbent?

Girls

Overall 46% informed that they only knew one time use sanitary pad or napkin as a type of absorbent and 21% informed that they know clean cotton cloth as the only type of absorbent. 58 respondents informed that they know of Multiple use or washable sanitary pad or napkin as a type of absorbent. 12 respondents in NCR identified both One time use sanitary pad/napkin and Clean Cotton Cloth as types of absorbent. Only 1 respondent knows of tampon as a type of absorbent. Whereas, knowledge of Silicone Menstrual Cup was low with only 7 respondents identifying it as a type of absorbent.

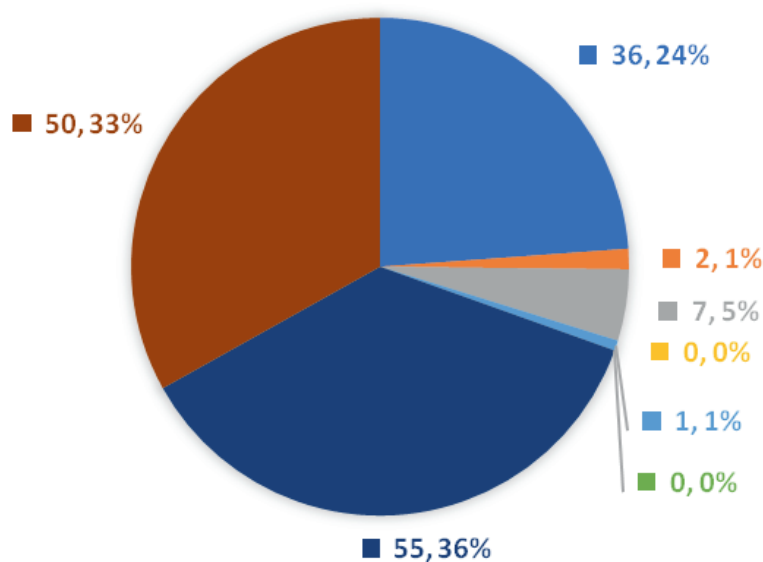
	One time use sanitary pad (A)	Multiple use sanitary pad (B)	Clean Cotton Cloth (C)	Rag (D)	Tam Pon (E)	Sili cone Mens trual Cup (F)	At Cc	AtB	Dont know	Null	Total	%
NCR	34	8	6	0	0	1	2	0	15	65	132	17%
%	26%	6%	5%	0%	0%	1%	2%	0%	11%	49%	100%	
Karnataka	74	23	27	0	0	1	0	1	43	26	195	24%
%	38%	12%	14%	0%	0%	1%	0%	0%	22%	13%	100%	
Uttarakhand	258	27	132	1	0	3	12	2	12	19	469	59%
%	55%	6%	28%	0%	0%	1%	3%	1%	3%	4%	100%	
Total	366	58	165	1	0	5	14	3	70	110	796	100%
%	46%	7%	21%	0%	0%	1%	2%	2%	9%	14%	100%	



Boys

Overall, 36% informed that they did not know the response to the question. Of the responses received, 24% identified One time use sanitary pad/napkin as a type of absorbent and 5% identified clean cotton cloth as a type absorbent. In NCR, 24 respondents identified One time use sanitary pad/napkin as a type of absorbent and 5 respondents identified clean cotton cloth as a try pe absorbent. 43 respondents identified One time use sanitary pad/napkin as a type of absorbent and 5 respondents identified clean cotton cloth as a try pe absorbent. 43 respondents (52%) did not know the response. In Karnataka, 10 respondents identified One time use sanitary pad/napkin as a type of absorbent and 12 respondents informed that they did not know the response. In Uttarakhand, 2 respondents identified One time use sanitary pad/napkin as a type of absorbent.

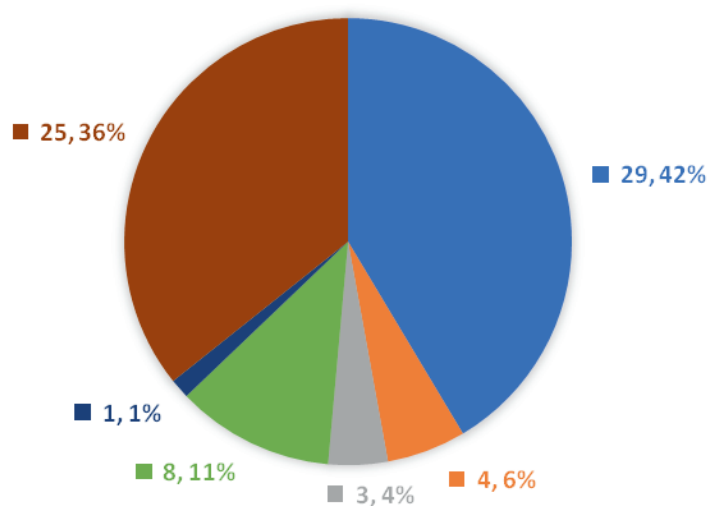
	One time use sanitary pad/napkin	Use iachle itary pad/napkin	Clean Cotton Cloth	Rag	Tampon	Silicone Menstrual Cup	Don't know	Null	Total	%
NCR	24	1	5	0	1	0	43	8	82	54%
%	29%	1%	6%	0%	1%	0%	52%	10%	100%	
Karnataka	10	1	0	0	0	0	12	42	65	43%
%	15%	2%	0%	0%	0%	0%	18%	65%	100%	
Uttarakhand	2	0	2	0	0	0	0	0	4	3%
%	50%	0%	50%	0%	0%	0%	0%	0%	100%	
Total	36	2	7	0	1	0	55	50	151	100%
%	24%	1%	5%	0%	1%	0%	36%	33%	100%	



Teacher

Overall, 41% informed that One time use sanitary pad/napkin as a type of absorbent, 6% identified Multiple use/washable sanitary pad/napkin and 4% clean cotton cloth as a type absorbent. 11% identified Silicone Menstrual Cup as an absorbent. In NCR, 10 respondents identified one time use sanitary pad/napkin as a type of absorbent and 2 respondents identified clean cotton cloth as a try pe absorbent. 4 respondents identified Silicone Menstrual Cup as type of absorbent. In Uttarakhand, 19 respondents identified One time use sanitary pad/napkin as a type of absorbent and 4 respondent identified Multiple use/washable sanitary pad/napkin. 3 respondents identified clean cotton cloth and 4 respondents identified menstrual cup as types of absorbents.

	One time use Sanitary Pad/napkin	Multiple use/washable sanitary pad/napkin	Clean Cotton Cloth	Rag	Tampon	Silicone Menstrual Cup	Dont know	Null	Total	%
NCR	10	0	2	0	0	4	0	25	41	59%
%	24%	0%	5%	0%	0%	10%	0%	61%	100%	
Uttarakhand	19	4	1	0	0	4	1	0	29	41%
%	66%	14%	3%	0%	0%	14%	3%	0%	100%	
Total	29	4	3	0	0	8	1	25	70	100%
%	41%	6%	4%	0%	0%	11%	1%	36%	100%	

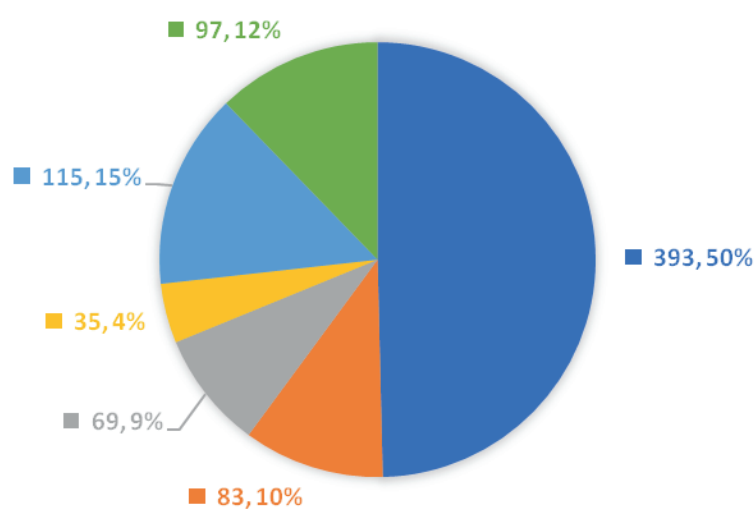


Why use any type of absorbent?

Girls

393 respondents informed that usage of absorbent is for managing blood flow and hygiene. However, 89 respondents out of which 53 respondents in Karnataka and 27 respondents in Uttarakhand informed that the use of absorbent was because their mother, sister or elder told them to use it. 69 respondents out of which 66 respondents informed that absorbent is used to control pain. 35 respondents out of which 26 respondents informed that absorbents are used to avoid taking a bath.

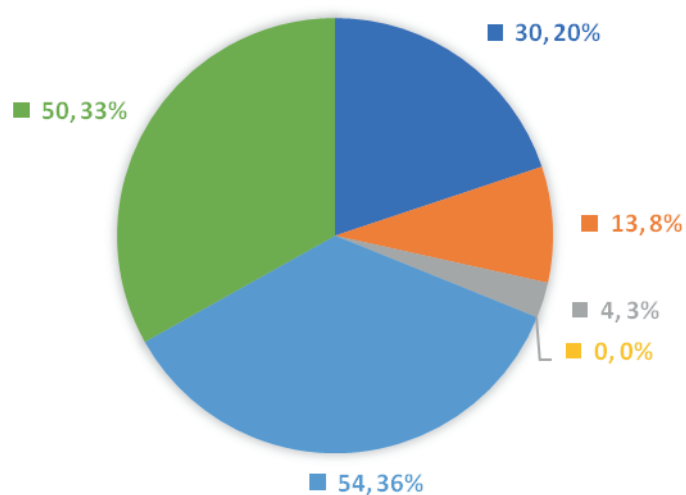
	To manage blood flow and hygiene	Because my mother/sister/elder use it	To control pain	To avoid taking bath	Dont know	Null	Blood flow and control pain	Control pain & mother Sister use it	Total	%
NCR	47	3	1	0	19	62	0	0	132	17%
%	36%	2%	1%	0%	14%	47%	0	0	100%	
Karnataka	50	53	2	9	60	21	0	0	195	24%
%	26%	27%	1%	5%	31%	11%	0	0	100%	
Uttarakhand	296	27	66	26	36	14	3	1	469	59%
%	63%	6%	14%	6%	8%	3%	1%	0%	100%	
Total	393	83	69	35	115	97	3	1	796	100%
%	49%	10%	9%	4%	14%	12%	1%	0%	100%	



Boys

Overall, 20% of the respondents informed that absorbents are used to manage blood flow and hygiene whereas, 36% informed that they did not know why an absorbent is used. 9% informed that an absorbent is used because my mother/sister/elder use it, while 3% informed that absorbents are used to control pain. In NCR, 23 respondents informed that absorbents are used to manage blood flow while 39 respondents informed that they did not know the reason. In Karnataka, 5 respondents informed that absorbents are used to manage blood flow, 15 respondents informed that they did not know the reason. In Uttarakhand, 2 respondents informed that absorbents are used to manage blood flow.

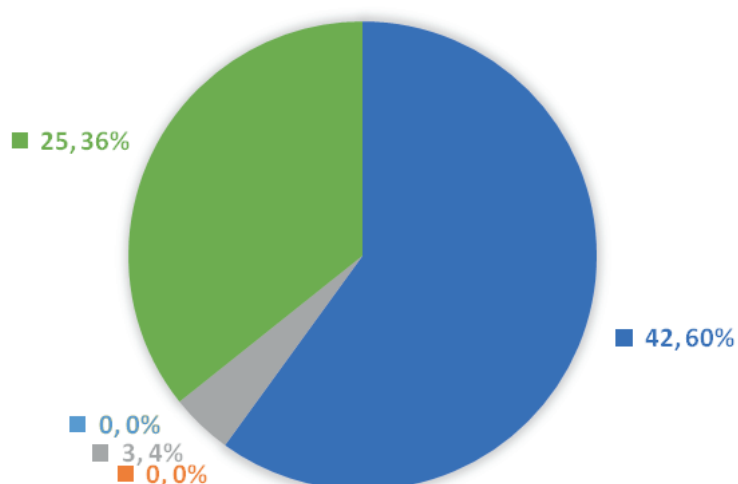
	To manage blood flow and hygiene	Because my mother/sister/elder use it	To control pain	To avoid taking bath	Don't know	Null	Total	%
NCR	23	8	2	0	39	10	82	54%
%	28%	10%	2%	0%	48%	12%	100%	
Karnataka	5	5	1	0	15	39	65	43%
%	8%	8%	2%	0%	23%	60%	100%	
Uttarakhand	2	0	1	0	0	1	4	3%
%	50%	0%	25%	0%	0%	25%	100%	
Total	30	13	4	0	54	50	151	100%
%	20%	9%	3%	0%	36%	33%	100%	



Teacher

Overall, 42 respondents informed that absorbents are used to manage blood flow and 4% informed that absorbents are used to control pain. In NCR, 15 respondents informed that absorbents are used to manage blood flow while in Uttarakhand, 27 respondents informed that absorbents are used to manage blood flow while 2 respondents informed that the absorbents are used to control pain.

	To manage blood flow and hygiene	Because my mother/ sister/ elder use it	To control pain	To avoid taking bath	Don't know	Null	Total	%
NCR	15	0	1	0	0	25	41	59%
%	37%	0%	2%	0%	0%	61%	100%	
Uttarakhand	27	0	2	0	0	0	29	41%
%	93%	0%	7%	0%	0%	0%	100%	
Total	42	0	3	0	0	25	70	100%
%	60%	0%	4%	0%	0%	36%	100%	

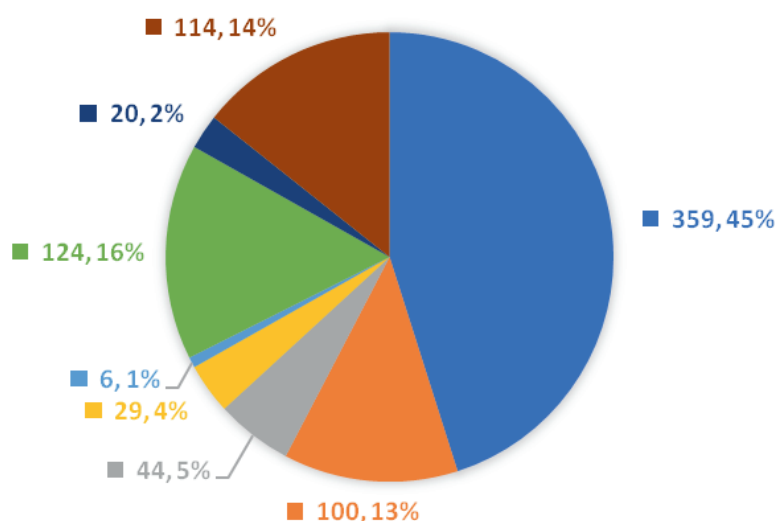


What is menstruation/period?

Girls

359 respondents i.e. 45% of the total respondents informed that period was hormonal changes in women's body. 100 respondents identified period as Cyclical normal bleeding. 44 respondents out of which 30 respondents from Uttarakhand and 14 from NCR informed that period was Monthly bleeding of dirty blood. 124 respondents informed that period was a Female Disease. 29 respondents in Karnataka, 5 respondents in NCR and 90 respondents in Uttarakhand identified period as Female Disease. 20 respondents with 12 respondents from Uttarakhand and 8 respondents from Karnataka even identified period as curse of God.

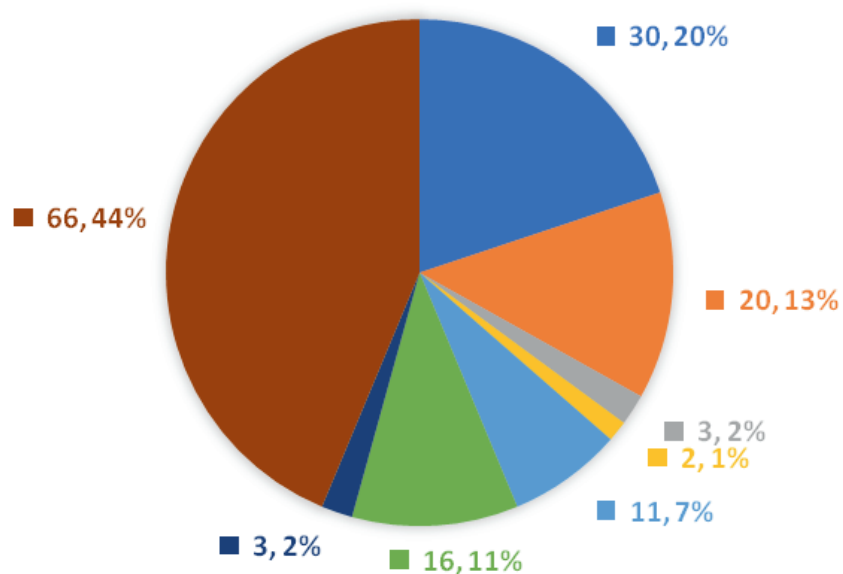
	Hormonal changes in womens body.	Cyclical normal bleeding	Monthly bleeding of dirty blood	Menstruation is the shedding and discharging of the uterine lining	Menstruation occurs after a woman ovulates and if she does not become pregnant	Female Disease	Curse of God	Null	Total	%
NCR	64	8	14	3	3	5	0	35	132	17%
%	48%	6%	11%	2%	2%	4%	0%	27%	100%	
Karnataka	54	47	0	3	0	29	8	54	195	24%
%	28%	24%	0%	2%	0%	15%	4%	28%	100%	
Uttarakhand	241	45	30	23	3	90	12	25	469	59%
%	51%	10%	6%	5%	1%	19%	3%	5%	100%	
Total	359	100	44	29	6	124	20	114	796	100%
%	45%	13%	6%	4%	1%	16%	3%	14%	100%	



Boys

Overall 30 respondents informed that period was hormonal changes in women's body and 20 respondents informed that period was cyclical normal bleeding. 16 respondents informed that period was female disease. And 11 respondents informed that Menstruation occurs after a woman ovulates and if she does not become pregnant.

	Hormonal changes in womens body.	Cyclical normal bleeding	Monthly bleeding of dirty blood	Menstruation is the shedding and discharging of the uterine lining	Menstruation occurs after a woman ovulates and if she does not become pregnant	Female Disease	Curse of God	Null	Total	%
NCR	26	15	3	2	11	13	3	9	82	54%
%	32%	18%	4%	2%	13%	16%	4%	11%	100%	
Karnataka	3	4	0	0	0	1	0	57	65	43%
%	5%	6%	0%	0%	0%	2%	0%	88%	100%	
Uttarakhand	1	1	0	0	0	2	0	0	4	3%
%	25%	25%	0%	0%	0%	50%	0%	0%	100%	
Total	30	20	3	2	11	16	3	66	151	100%
%	20%	13%	2%	1%	7%	11%	2%	44%	100%	

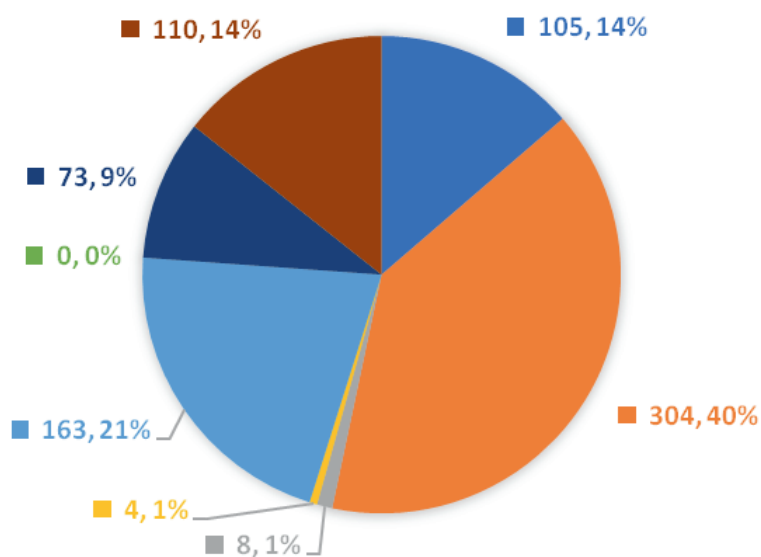


How can we dispose of used absorbent?

Girls

304 respondents informed that absorbent should be wrapped in paper and thrown in dustbin. 105 respondents out of which 7 respondents in NCR, 23 respondents in Karnataka and 75 respondents in Uttarakhand informed that used absorbent should be flushed in toilet for disposal. 163 respondents out of which 20 respondents in Karnataka and 142 respondents in Uttarakhand informed that used absorbent should be burned for disposal.

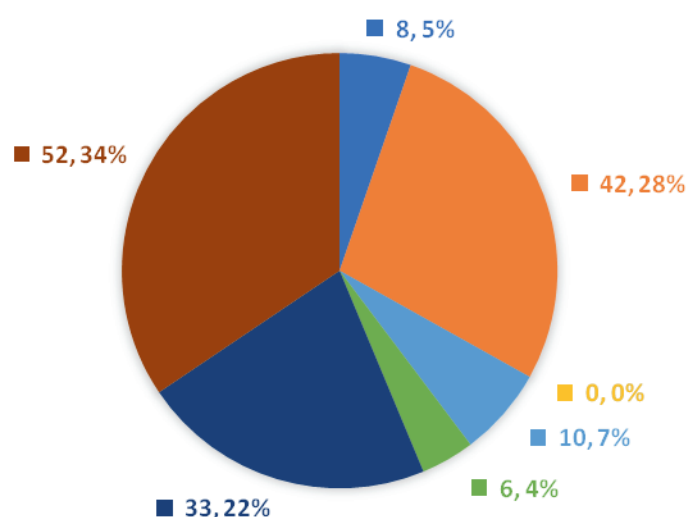
	Flush in the toilet (A)	Paper wrap and throw it in dustbin (B)	Throw it in river /pond/ lake/ any other water body (C)	Throw it in the open (D)	Burn it (E)	Bury it (F)	AtE	AtB	A+B +E	B+E	Don't know (G)	Null	Total	%
NCR	7	41	1	3	1	0	2	0	2	1	15	59	132	17%
%	5%	31%	1%	2%	1%	0%	1%	0%	1%	0%	11%	45%	100%	
BLR	23	66	3	0	20	0	0	0	1	0	52	30	195	24%
%	12%	34%	2%	0%	10%	0%	0%	0%	0%	0%	27%	15%	100%	
UKD	75	197	4	1	142	0	2	5	9	7	6	21	469	59%
%	16%	42%	1%	0%	30%	0%	0%	0%	2%	2%	1%	4%	100%	
Total	105	304	8	4	163	0	4	5	12	8	73	110	796	100%
%	13%	38%	1%	1%	20%	0%	1%	1%	1%	1%	9%	14%	100%	



Boys

Overall 22% informed that they did not know the answer to this questions. 28% informed that absorbents are disposed by wrapping it in paper and throwing it in dustbin. 5% informed that we should flush the absorbent in the toilet, 4% informed that we should bury it and 7% informed that we should burn it. In NCR, 32 respondents said that absorbent can be disposed by wrapping it in paper and throwing it in dustbin while 22 respondents informed that they did not know. 5 respondents informed that absorbent should be flushed in toilet, 8 respondents informed that it should be burned and 6 respondent informed that it should be buried. In Karnataka, 10 respondents said that absorbent can be disposed by wrapping it in paper and throwing it in dustbin while 10 respondents informed that they did not know. 10 respondents informed that absorbent should be flushed in toilet. In Uttarakhand 2 respondents informed that it should be burned.

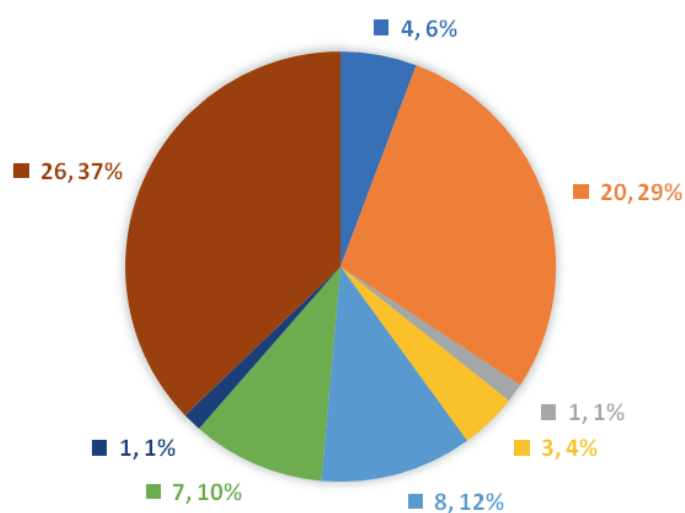
	Flush in the toilet	Paper wrap and throw it in dustbin	Throw it in river/pond/lake/ any other water body	Throw it in the open	Burn it	Bury it	Don't know	Null	Total	%
NCR	5	32	0	0	8	6	22	9	82	54%
%	6%	39%	0%	0%	10%	7%	27%	11%	100%	
Karnataka	3	10	0	0	0	0	10	42	65	43%
%	5%	15%	0%	0%	0%	0%	15%	65%	100%	
Uttarakhand	0	0	0	0	2	0	1	1	4	3%
%	0%	0%	0%	0%	50%	0%	25%	25%	100%	
Total	8	42	0	0	10	6	33	52	151	100%
%	5%	28%	0%	0%	7%	4%	22%	34%	100%	



Teacher

Overall 29% informed that absorbents are disposed by wrapping it in paper and throwing it in dustbin. 6% informed that we should flush the absorbent in the toilet, 10% informed that we should bury it and 11% informed that we should burn it. 4% informed that absorbents are disposed by throwing it in the open. In NCR, 7 respondents said that absorbent can be disposed by wrapping it in paper and throwing it in dustbin while 26 respondents did not answer. 2 respondents informed that it should be burned and buried respectively. In Uttarakhand, 13 respondents said that absorbent can be disposed by wrapping it in paper and throwing it in dustbin while 4 respondents informed that absorbent should be flushed in toilet. 6 and 5 respondents informed that it should be burned and buried respectively.

	Flush in the toilet	Paper wrap and throw it in dustbin	Throw it in river/pond/lake/any other water body	Throw it in the open	Burn it	Bury it	Don't know	Null	Total	%
NCR	0	7	1	3	2	2	0	26	41	59%
%	0%	17%	2%	7%	5%	5%	0%	63%	100%	
Uttarakhand	4	13	0	0	6	5	1	0	29	41%
%	14%	45%	0%	0%	21%	17%	3%	0%	100%	
Total	4	20	1	3	8	7	1	26	70	100%
%	6%	29%	1%	4%	11%	10%	1%	37%	100%	

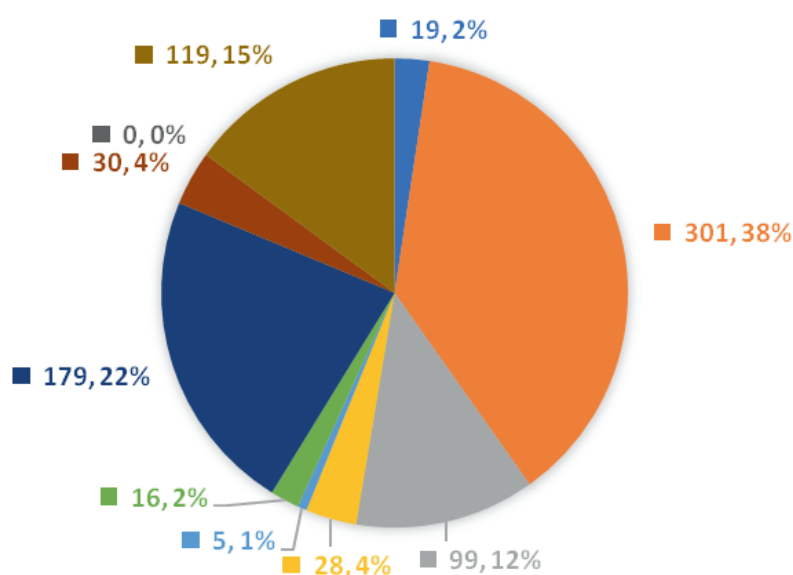


Who informed you about periods?

Girls

Overall respondents informed that their mother was the primary source of information about periods. However, in Uttarakhand 88 respondents informed that their sister informed them about periods while 5 respondents and 6 respondents in Karnataka and NCR informed the same. In Karnataka, 24 respondents out of the overall respondents of 28 informed that their father was the primary source of information on periods. 26 respondents in Karnataka and 151 i.e. 32% respondents in Uttarakhand informed that their friends informed them about periods. Overall only 4% of the respondents informed that the teacher provided them with information on periods.

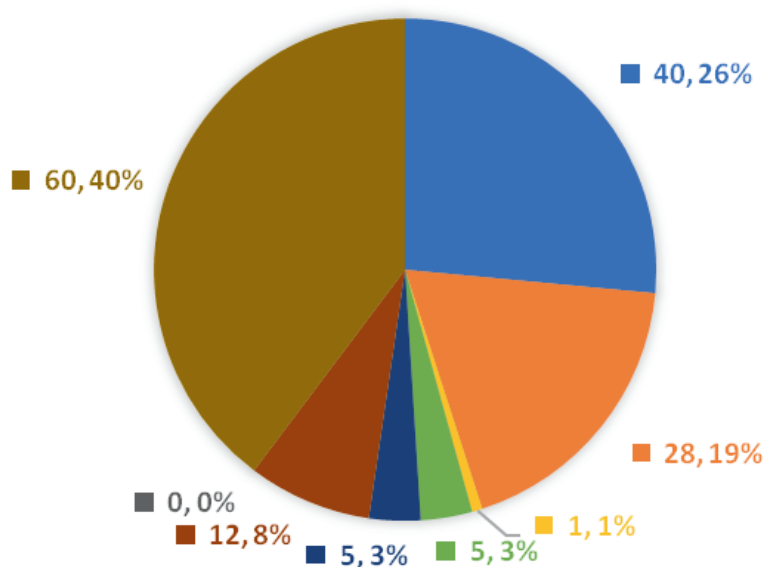
	No one	Mother	Sister	Father	Brother	Elder relative in family	Friend/s	Teacher	Other	Null	Total	%
NCR	3	40	6	2	0	0	2	11	0	68	132	17%
%	2%	30%	5%	2%	0%	0%	2%	8%	0%	52%	100%	
Karnataka	5	76	5	24	5	12	26	11	0	31	195	24%
%	3%	39%	3%	12%	3%	6%	13%	6%	0%	16%	100%	
Uttarakhand	11	185	88	2	0	4	151	8	0	20	469	59%
%	2%	39%	19%	0%	0%	1%	32%	2%	0%	4%	100%	
Total	19	301	99	28	5	16	179	30	0	119	796	100%
%	2%	38%	12%	4%	1%	2%	22%	4%	0%	15%	100%	



Boys

Overall, 26% informed that no one has informed them about periods., 19% informed that their mother told them about periods followed by 8% being informed by their teacher and 3% being informed by their friend or elder relative in family respectively. 40% did not answer the question of which 50 respondents were from Karnataka. In NCR, 38 respondents no one informed, 15 respondents were informed by their mother, 4 respondents were informed by their elder relative and friend respectively and 11 respondents were informed by their teacher. In Karnataka, 13 respondents were informed by their mother.

	No one	Mother	Sister	Father	Brother	Elder relative in family	Friend/s	Teacher	Other	Null	Total	%
NCR	38	15	0	1	0	4	4	11	0	9	82	54%
%	46%	18%	0%	1%	0%	5%	5%	13%	0%	11%	100%	
Karnataka	0	13	0	0	0	1	0	1	0	50	65	43%
%	0%	20%	0%	0%	0%	2%	0%	2%	0%	77%	100%	
Uttarakhand	2	0	0	0	0	0	1	0	0	1	4	3%
%	50%	0%	0%	0%	0%	0%	25%	0%	0%	25%	100%	
Total	40	28	0	1	0	5	5	12	0	60	151	100%
%	26%	19%	0%	1%	0%	3%	3%	8%	0%	40%	100%	

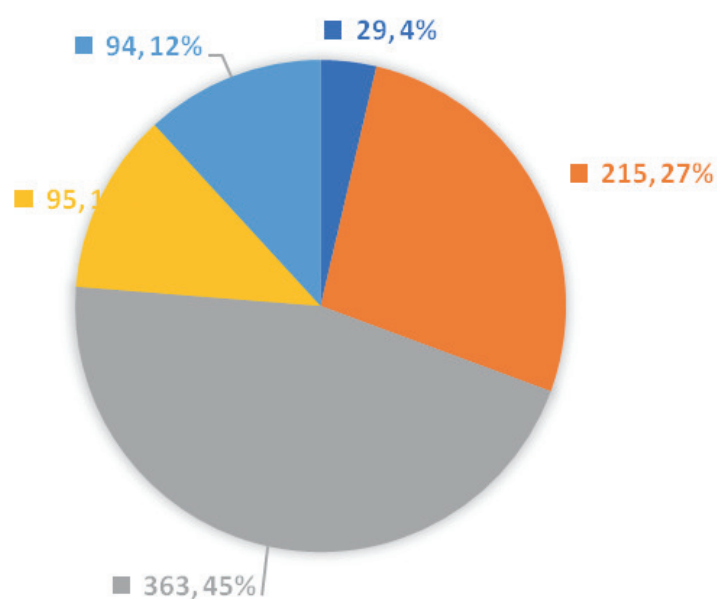


When did you come to know about periods?

Girls

In NCR and Karnataka 39% and 37% of the respondents came to know about periods around the age of 10 to 12 years. Whereas, in Uttarakhand 56% of the total respondents in Uttarakhand came to know about periods between 13 to 15 years.

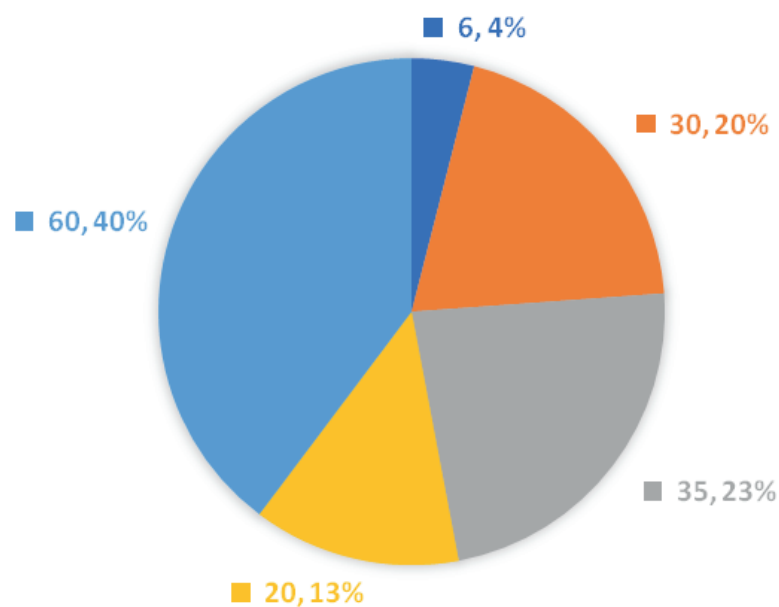
	Before completing 10 years	10-12 years	13 to 15 years	15-16 years	Null	Total	%
NCR	15	52	36	3	26	132	17%
%	11%	39%	27%	2%	20%	100%	
Karnataka	5	72	66	7	45	195	24%
%	3%	37%	34%	4%	23%	100%	
Uttarakhand	9	91	261	85	23	469	59%
%	2%	19%	56%	18%	5%	100%	
Total	29	215	363	95	94	796	100%
%	4%	27%	46%	12%	12%	100%	



Boys

Overall, 23% came to know between 13 to 15 years while 20% came to know between 10 to 12 years followed by 13% came to know between 15 to 16 years. 40% did not answer the question. In NCR, 30% came to know between 10 to 12 years while 24% came to know between 13 to 15 years. In Karnataka, 14 respondents came to know between 13 to 15 years and 5 respondents came to know between 10 to 12 years.

	Before completing 10 years	10 - 12 years	13 - 15	15 - 16	Null	Total	%
NCR	4	25	20	17	16	82	54%
%	5%	30%	24%	21%	20%	100%	
Karnataka	2	5	14	1	43	65	43%
%	3%	8%	22%	2%	66%	100%	
Uttarakhand	0	0	1	2	1	4	3%
%	0%	0%	25%	50%	25%	100%	
Total	6	30	35	20	60	151	100%
%	4%	20%	23%	13%	40%	100%	

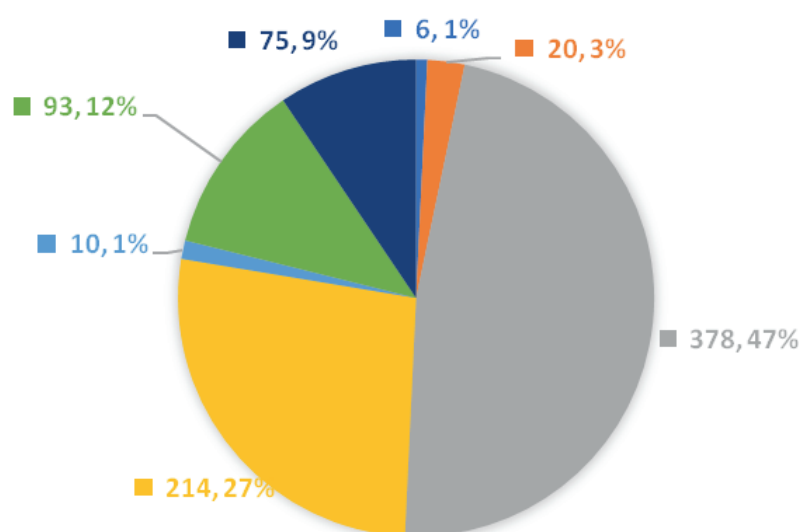


When does periods end in girls?

Girls

Overall 47% of the respondents informed that periods end at 45 years of age in which 54 respondents in NCR (41%), 42 respondents in Karnataka (22%) and 282 respondents in Uttarakhand (60%) gave this response. Overall 27% informed that periods end at 65 years of age.

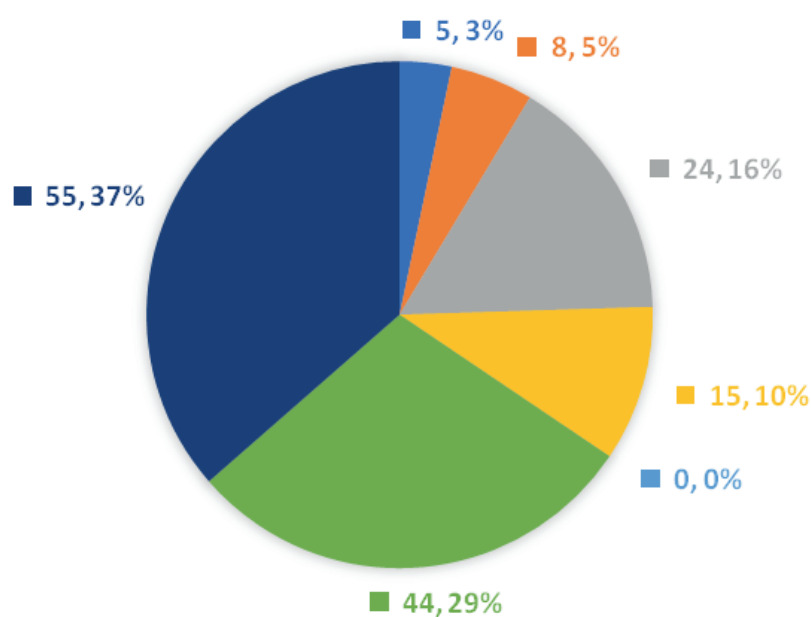
	18	35	45	65	80	Dont know	Null	Total	%
NCR	4	1	54	20	2	22	29	132	17%
%	3%	1%	41%	15%	2%	17%	22%	100%	
Karnataka	2	1	42	56	4	59	31	195	24%
%	1%	1%	22%	29%	2%	30%	16%	100%	
Uttarakhand	0	18	282	138	4	12	15	469	59%
%	0%	4%	60%	29%	1%	3%	3%	100%	
Total	6	20	378	214	10	93	75	796	100%
%	1%	3%	47%	27%	1%	12%	9%	100%	



Boys

Overall, 29% informed that they did not know the answer while 36% did not answer the questions. Of the responses received, 16% informed that periods end at 45 years followed by 15 respondents informing that periods end at 65 years. 5 respondents in which 4 respondents from NCR informed and 1 respondent from Karnataka informed that period end at 18 years. 8 respondents from NCR informed that period end at 35 years.

	18	35	45	65	80	Don't know	Null	Total	%
NCR	4	8	14	13	0	33	10	82	54%
%	5%	10%	17%	16%	0%	40%	12%	100%	
Karnataka	1	0	9	2	0	10	43	65	43%
%	2%	0%	14%	3%	0%	15%	66%	100%	
Uttarakhand	0	0	1	0	0	1	2	4	3%
%	0%	0%	25%	0%	0%	25%	50%	100%	
Total	5	8	24	15	0	44	55	151	100%
%	3%	5%	16%	10%	0%	29%	36%	100%	

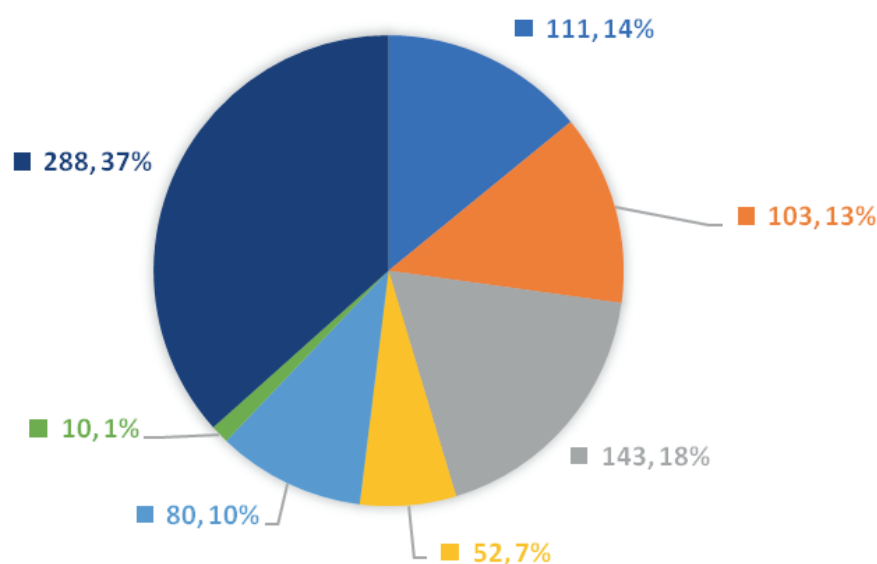


What is the physical change that a female body undergoes during periods ?

Girls

The number of no responses was 288 with 192 no response in Uttarakhand. From the responses received, 111 respondents informed that all the responses were the physical change that a female body undergoes during periods. 103 respondents informed that only breast and hip development was the the physical change that a female body undergoes during periods. But 143 respondents informed that they were not able to answer as they did not know the answer. 52 respondents informed that Growth of hair in underarms and private parts and 80 respondents informed that Pimples on face was the physical change.

	All of the above	Breast and hip development	Dont know/ Cant say	Growth of hair in underarms and private parts	Pimples on face	Sudden increase in height and weight	Null	Total	%
NCR	27	2	17	10	4	1	67	132	17%
%	20%	2%	13%	8%	3%	1%	51%	100%	
Karnataka	34	47	44	13	23	3	29	195	24%
%	17%	24%	23%	7%	12%	2%	15%	100%	
Uttarakhand	50	54	82	29	53	6	192	469	59%
%	11%	12%	17%	6%	11%	1%	41%	100%	
Total	111	103	143	52	80	10	288	796	100%
%	14%	13%	18%	7%	10%	1%	36%	100%	

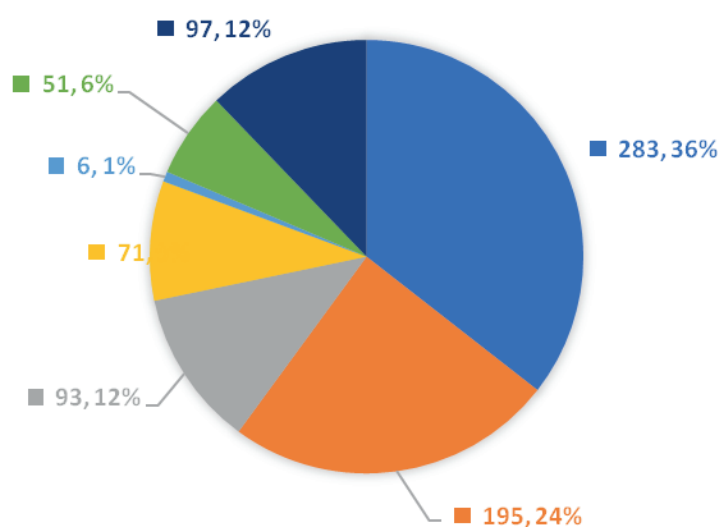


At what time interval do we have to change our pad?

Girls

35% of the respondents informed that the pad should be changed between 2 to 4 hours. 25% of the respondents informed that the pad should be changed between 5 to 7 hours. 93 respondents informed that pad should be changed between 7 to 9 hours. 71 respondents out of which 60 respondents from Uttarakhand informed that pad should be changed between 9 to 11 hours. 24 respondents in Karnataka and 18 respondents in Uttarakhand informed that the pad should be changed daily.

	2 to 4	5 to 7	7 TO 9	9 TO 11	More than 12	Daily	Null	Total	%
NCR	42	31	9	4	2	9	35	132	17%
%	32%	23%	7%	3%	2%	7%	27%	100%	
Karnataka	46	58	21	7	1	24	38	195	24%
%	24%	30%	11%	4%	1%	12%	19%	100%	
Uttarakhand	194	107	63	60	3	18	24	469	59%
%	41%	23%	13%	13%	1%	4%	5%	100%	
Total	282	196	93	71	6	51	97	796	100%
%	35%	25%	12%	9%	1%	6%	12%	100%	

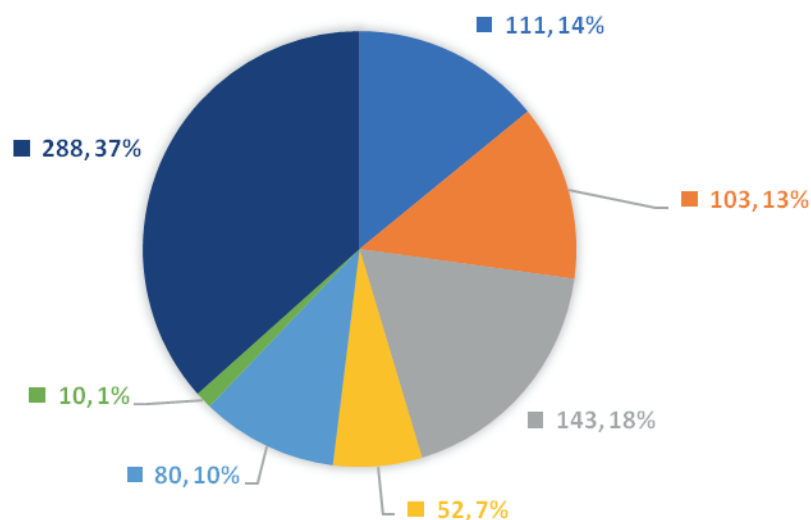


What should you do after changing the pad?

Girls

In NCR 73 respondents and in Karnataka 58 respondents informed that one should wash hands after changing the pad. However, in Uttarakhand 182 respondents informed that after changing a pad one should take a bath followed by 170 responses that one should wash their hands.

	Change your clothes	Take a bath	Wash your clothes	Wash your hands	Clean the toilet		Null	Total	%
NCR	1	24	3	73	2	0	29	132	17%
%	1%	18%	2%	55%	2%	0%	22%	100%	
Karnataka	15	18	8	58	40	0	56	195	24%
%	8%	9%	4%	30%	21%	0%	29%	100%	
Uttarakhand	8	182	42	170	29	0	38	469	59%
%	2%	39%	9%	36%	6%	0%	8%	100%	
Total	24	224	53	301	71	0	123	796	100%
%	3%	28%	7%	38%	9%	0%	15%	100%	



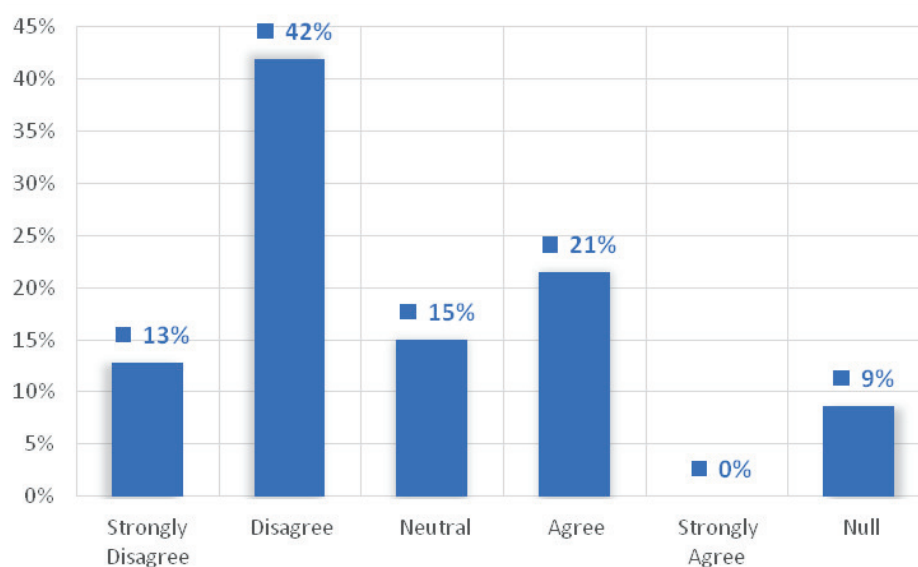
Attitude

Menstruation should be kept secret

Girls

334 respondents disagreed with the statement whereas 171 respondents agreed. 102 respondents expressed strong disagreement with the statement. Overall, 436 respondents (54%) of the respondents informed that menstruation should not be kept a secret. 120 respondents informed that they were neutral to the statement.

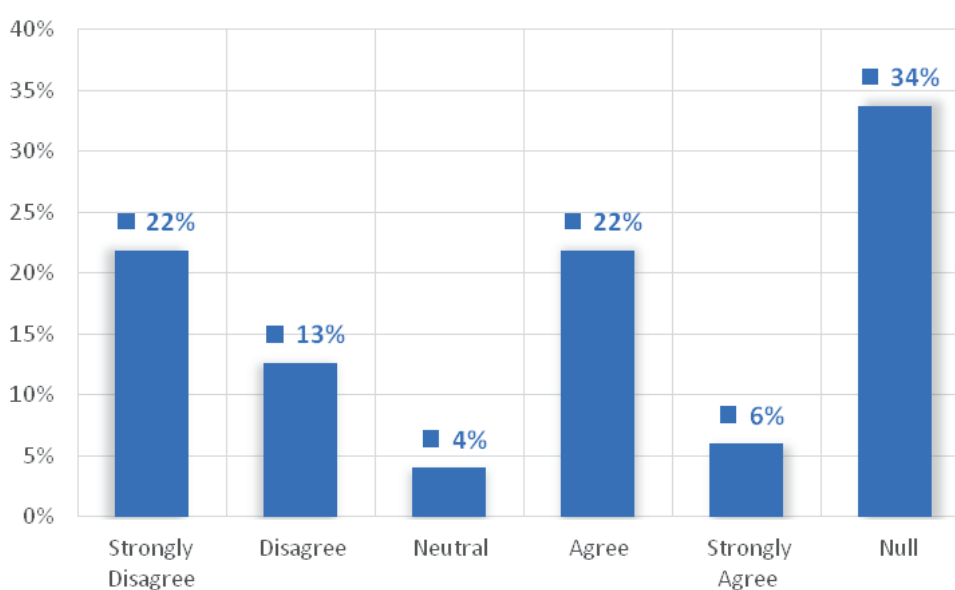
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	18	41	10	42	0	21	132	17%
%	14%	31%	8%	32%	0%	16%	100%	
Karnataka	38	35	27	61	0	34	195	24%
%	19%	18%	14%	31%	0%	17%	100%	
Uttarakhand	46	258	83	68	0	14	469	59%
%	10%	55%	18%	14%	0%	3%	100%	
Total	102	334	120	171	0	69	796	100%
%	13%	42%	15%	21%	0%	9%	100%	



Boys

In NCR a total of 21 respondents and 17 respondents disagreed strongly and disagreed with the statement while 24 respondents agreed and 9 respondents strongly agreed with the statement. In Karnataka, 10 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 8 respondents agreed with the statement. In Uttarakhand, 2 respondents strongly disagreed and 1 respondent disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

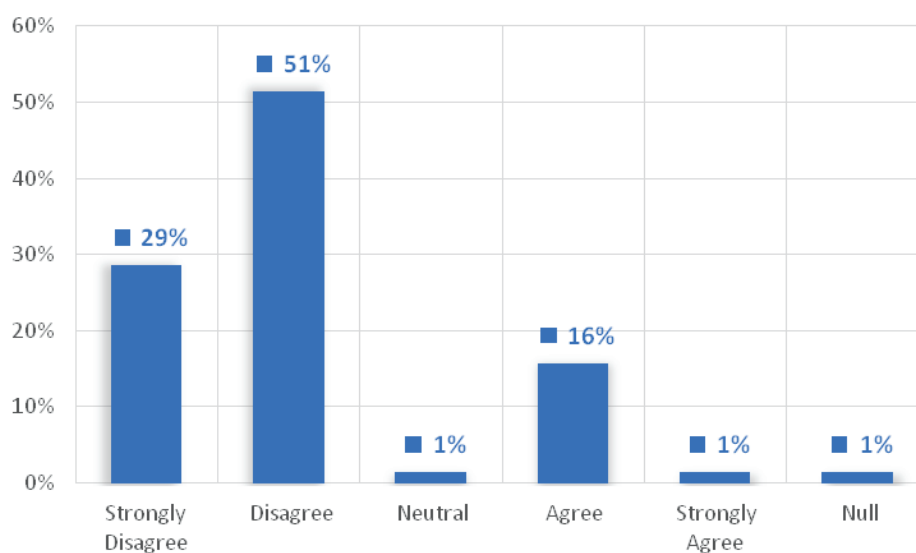
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	21	17	3	24	9	8	82	54%
%	26%	21%	4%	29%	11%	10%	100%	
Karnataka	10	1	3	8	0	43	65	43%
%	15%	2%	5%	12%	0%	66%	100%	
Uttarakhand	2	1	0	1	0	0	4	3%
%	50%	25%	0%	25%	0%	0%	100%	
Total	33	19	6	33	9	51	151	100%
%	22%	13%	4%	22%	6%	34%	100%	



Teacher

In NCR a total of 12 respondents strongly disagreed and 18 respondents disagreed with the statement while 8 respondents agreed and 1 respondent strongly agreed with the statement. In Uttarakhand, 8 respondents strongly disagreed and 18 disagreed with the statement. While 3 respondents agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	strongly agree	Null	Total	%
NCR	12	18	1	8	1	1	41	59%
%	29%	44%	2%	20%	2%	2%	100%	
Uttarakhand	8	18	0	3	0	0	29	41%
%	28%	62%	0%	10%	0%	0%	100%	
Total	20	36	1	11	1	1	70	100%
%	29%	51%	1%	16%	1%	1%	100%	

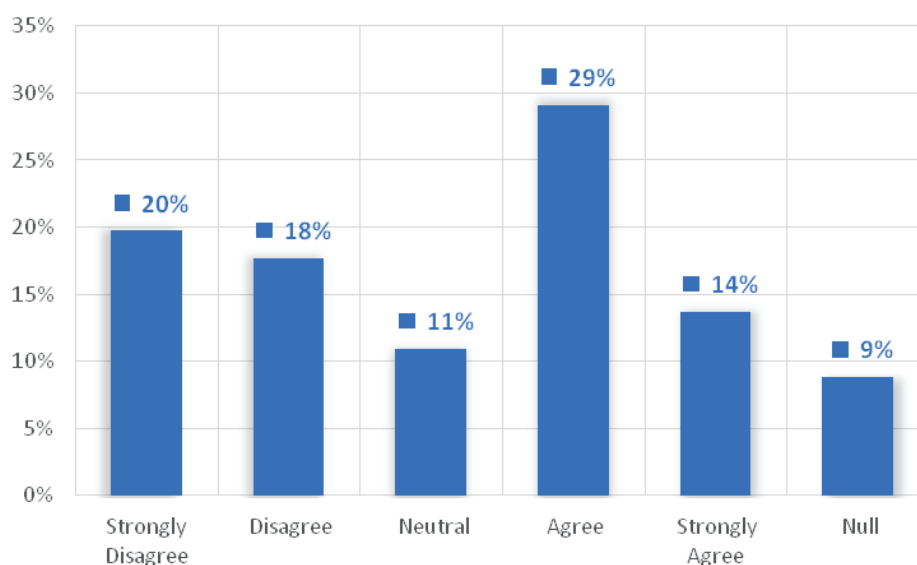


I can touch a menstruating woman & girl

Girls

29% agreed with the statement and 14% strongly agreed with the statement. 87 respondents informed that they were neutral to the statement. In Uttarakhand, 119 respondents strongly disagreed and 110 respondents disagreed which was 20% more than the agreed responses.

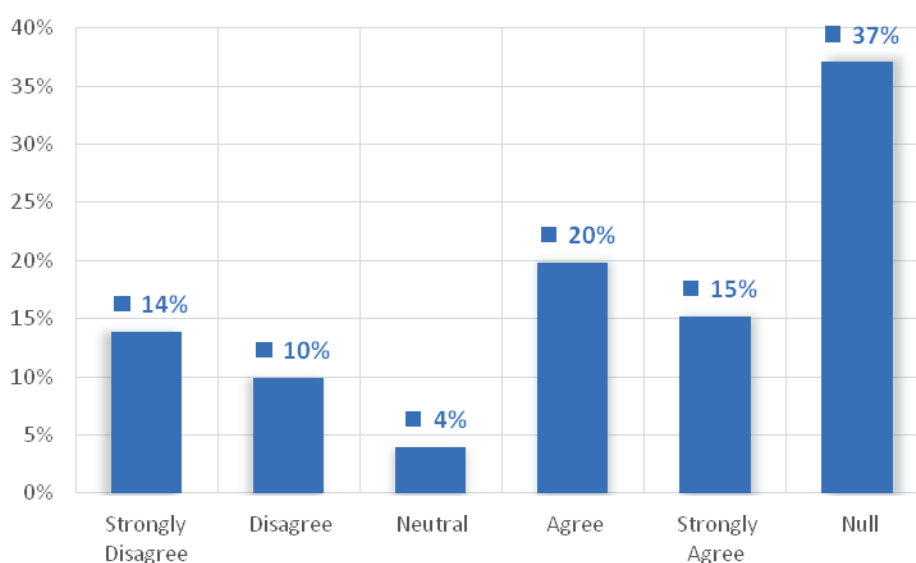
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	NULL	Total	%
NCR	6	11	5	55	30	25	132	17%
%	5%	8%	4%	42%	23%	19%	100%	
Karnataka	32	20	24	48	39	32	195	24%
%	16%	10%	12%	25%	20%	16%	100%	
Uttarakhand	119	110	58	129	40	13	469	59%
%	25%	23%	12%	28%	9%	3%	100%	
Total	157	141	87	232	109	70	796	100%
%	20%	18%	11%	29%	14%	9%	100%	



Boys

In NCR a total of 18 respondents strongly disagreed and 14 respondents disagreed with the statement while 25 respondents agreed and 13 respondents strongly agreed with the statement. In Karnataka, 1 respondent strongly disagreed and disagreed with the statement respectively. 4 respondents agreed with the statement and 9 respondents strongly agreed with the statement. 72% of the respondents did not answer the statement. In Uttarakhand, 2 respondents strongly disagreed. While 1 respondent agreed and strongly agreed with the statement. Overall, agreement with the statement was more.

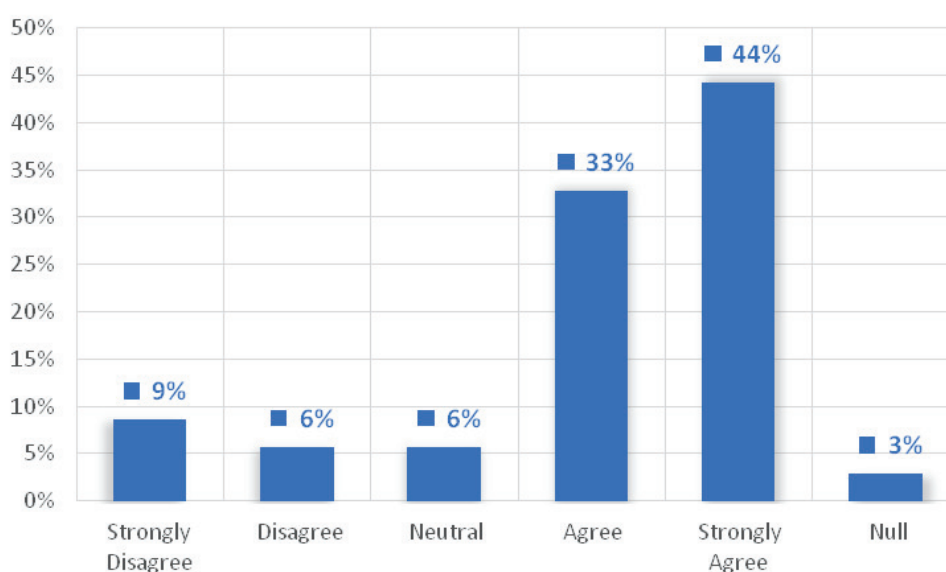
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	NULL	Total	%
NCR	18	14	3	25	13	9	82	54%
%	22%	17%	4%	30%	16%	11%	100%	
Karnataka	1	1	3	4	9	47	65	43%
%	2%	2%	5%	6%	14%	72%	100%	
Uttarakhand	2	0	0	1	1	0	4	3%
%	50%	0%	0%	25%	25%	0%	100%	
Total	21	15	6	30	23	56	151	100%
%	14%	10%	4%	20%	15%	37%	100%	



Teacher

In NCR a total of 3 respondents strongly disagreed and 1 respondent disagreed with the statement while 13 respondents agreed and 20 respondents strongly agreed with the statement. In Uttarakhand, 160 respondents strongly disagreed and 69 disagreed with the statement. While 137 respondents agreed and 59 respondents strongly agreed with the statement. Overall, agreement with the statement was more by 64 respondents as compared to disagreement with the statement.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	1	2	13	20	2	41	59%
%	7%	2%	5%	32%	49%	5%	100%	
Uttarakhand	3	3	2	10	11	0	29	41%
%	10%	10%	7%	34%	38%	0%	100%	
Total	6	4	4	23	31	2	70	100%
%	9%	6%	6%	33%	44%	3%	100%	

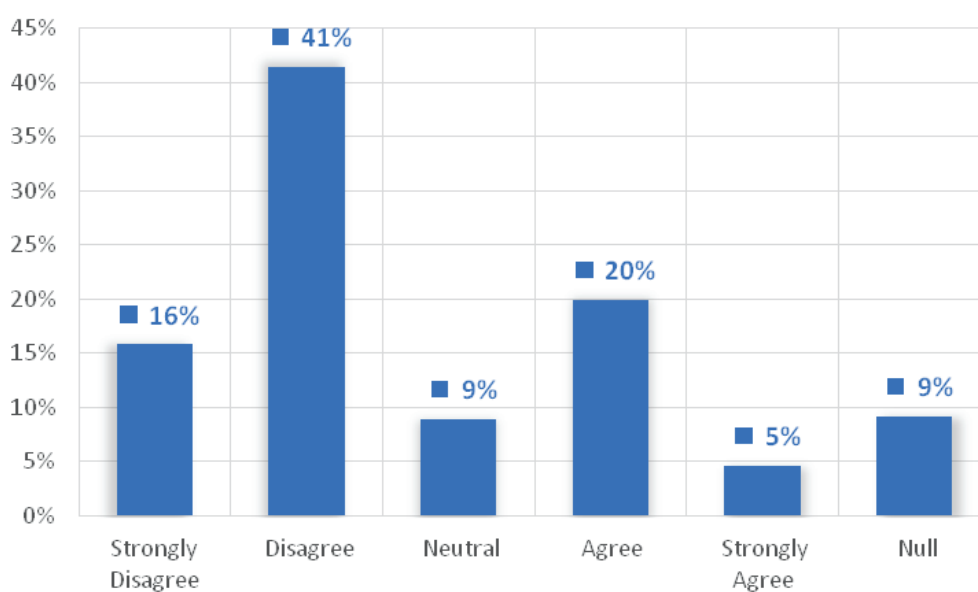


Women & girls must not enter the house while menstruating

Girls

The majority of the responses received disagreed with the statement. 330 respondents disagreed whereas, 126 respondent strongly disagreed with the statement. However, 159 respondents agreed with the statement of which 119 response were received from Uttarakhand and 37 respondents strongly agreed with 21 responses being received from Karnataka.

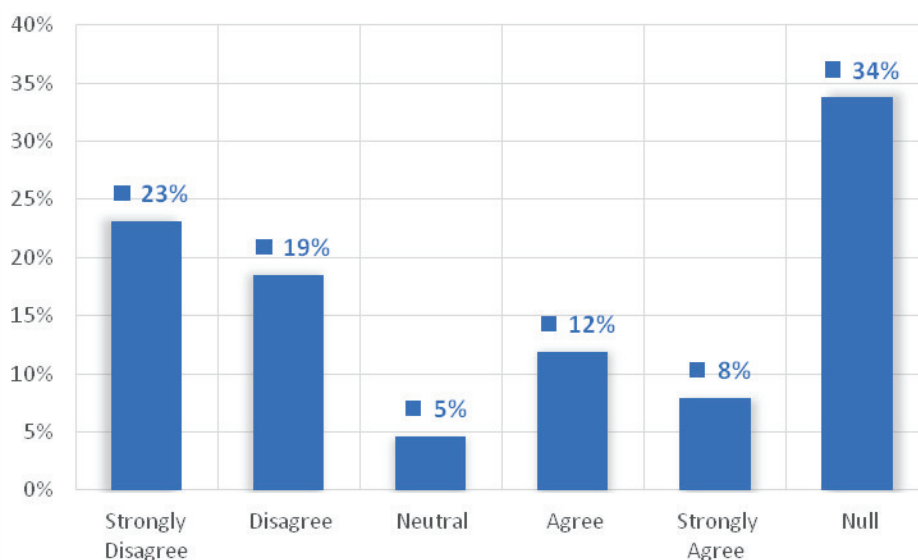
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	24	51	5	20	9	23	132	17%
%	18%	39%	4%	15%	7%	17%	100%	
Karnataka	56	42	21	20	21	35	195	24%
%	29%	22%	11%	10%	11%	18%	100%	
Uttarakhand	46	237	45	119	7	15	469	59%
%	10%	51%	10%	25%	1%	3%	100%	
Total	126	330	71	159	37	73	796	100%
%	16%	41%	9%	20%	5%	9%	100%	



Boys

In NCR a total of 25 respondents strongly disagreed and 24 respondents disagreed with the statement while 14 respondents agreed and 8 respondents strongly agreed with the statement. In Karnataka, 8 respondents and 3 respondents strongly disagreed and disagreed with the statement respectively. 3 respondents agreed with the statement and 4 respondents strongly agreed with the statement. 66% of respondents did not answer the statement. In Uttarakhand, 2 respondents strongly disagreed and 1 respondent disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

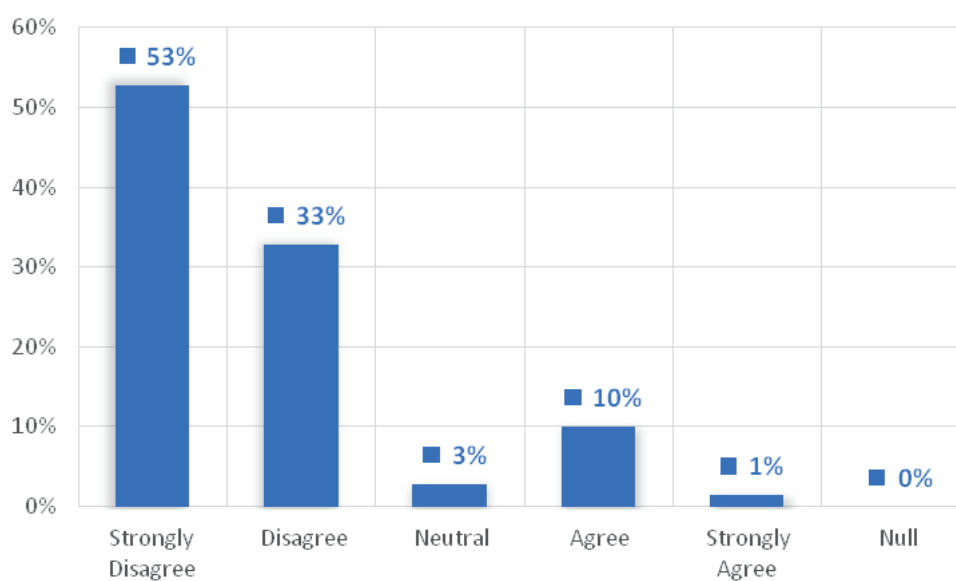
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	25	24	3	14	8	8	82	54%
%	30%	29%	4%	17%	10%	10%	100%	
Karnataka	8	3	4	3	4	43	65	43%
%	12%	5%	6%	5%	6%	66%	100%	
Uttarakhand	2	1	0	1	0	0	4	3%
%	50%	25%	0%	25%	0%	0%	100%	
Total	35	28	7	18	12	51	151	100%
%	23%	19%	5%	12%	8%	34%	100%	



Teacher

In NCR a total of 21 respondents strongly disagreed and 13 respondents disagreed with the statement while 6 respondents agreed and 1 respondent strongly agreed with the statement. In Uttarakhand, 16 respondents strongly disagreed and 10 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	21	13	0	6	1	0	41	59%
%	51%	32%	0%	15%	2%	0%	100%	
Uttarakhand	16	10	2	1	0	0	29	41%
%	55%	34%	7%	3%	0%	0%	100%	
Total	37	23	2	7	1	0	70	100%
%	53%	33%	3%	10%	1%	0%	100%	

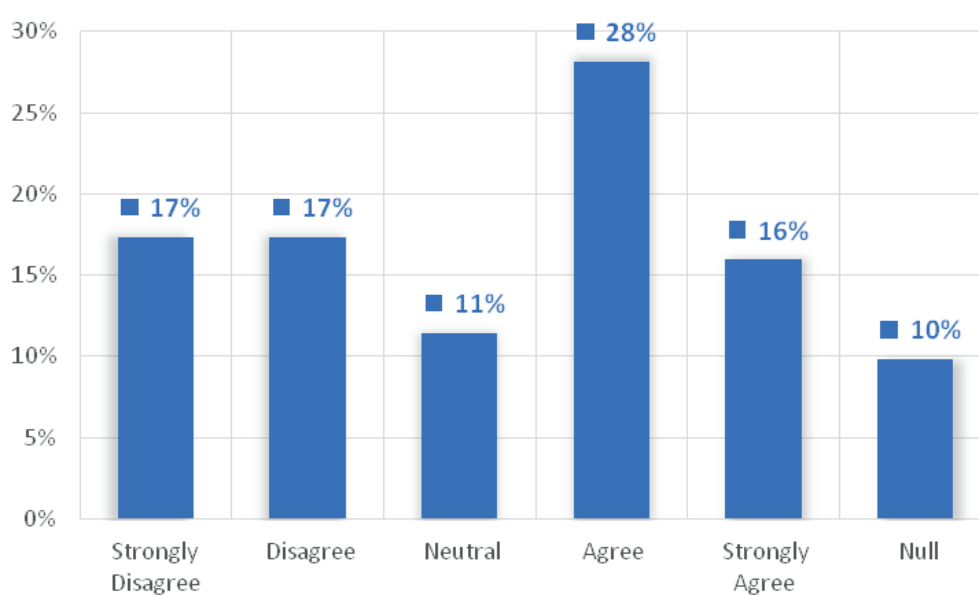


Menstruation is a sign of good health

Girls

224 respondents agreed with the statement and 127 respondents strongly agreed with the statement. However, 138 respondents disagreed and strongly disagreed respectively with the statement. In NCR 44% agreed with only 9% disagreeing. However, in Uttarakhand 29% agreed and 22% disagreed with the statement. Further, 25% strongly disagreed with the statement whereas, only 10% strongly agreed with the statement.

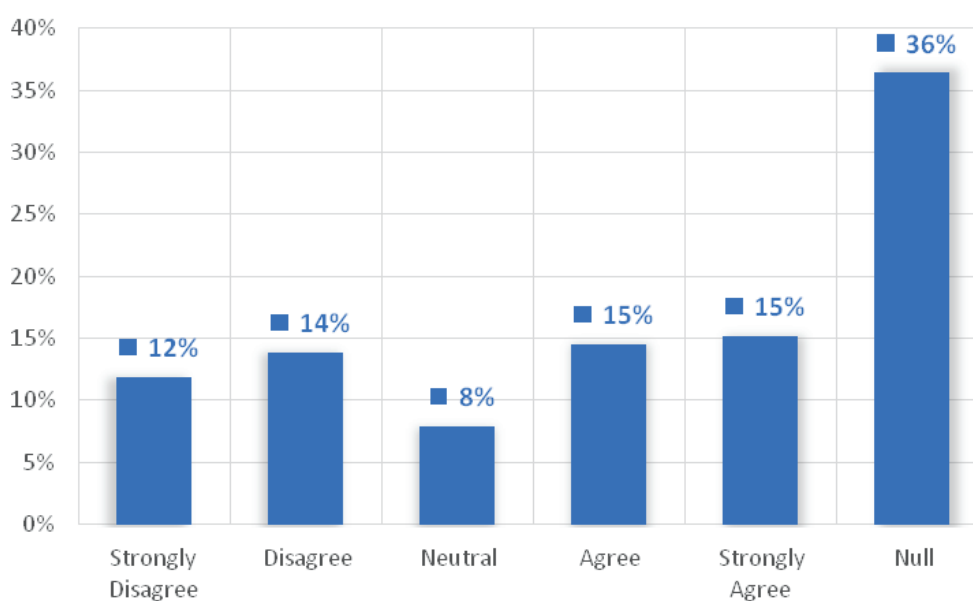
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	5	12	11	58	22	24	132	17%
%	4%	9%	8%	44%	17%	18%	100%	
Karnataka	16	24	30	31	57	37	195	24%
%	8%	12%	15%	16%	29%	19%	100%	
Uttarakhand	117	102	50	135	48	17	469	59%
%	25%	22%	11%	29%	10%	4%	100%	
Total	138	138	91	224	127	78	796	100%
%	17%	17%	11%	28%	16%	10%	100%	



Boys

In NCR a total of 15 respondents strongly disagreed and 19 respondents disagreed with the statement while 17 respondents agreed and 13 respondents strongly agreed with the statement. In Karnataka, 1 respondent and 2 respondents strongly disagreed and disagreed with the statement respectively. 3 respondents agreed with the statement and 10 respondents strongly agreed with the statement. 72% of the respondents did not answer the statement. In Uttarakhand, 2 respondents strongly disagreed while 2 respondents agreed with the statement. Overall, agreement with the statement was more by 4% only.

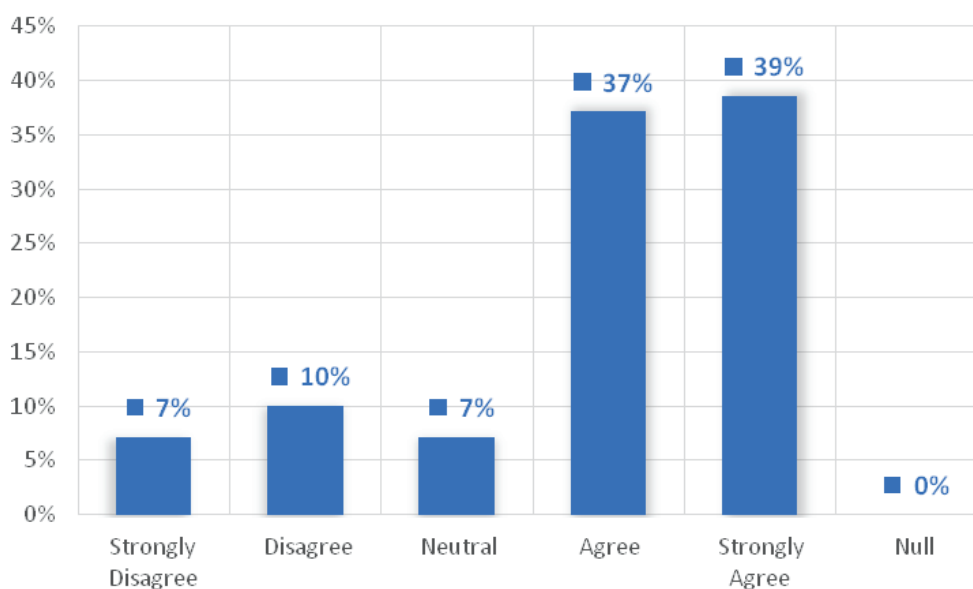
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	15	19	10	17	13	8	82	54%
%	18%	23%	12%	21%	16%	10%	100%	
Karnataka	1	2	2	3	10	47	65	43%
%	2%	3%	3%	5%	15%	72%	100%	
Uttarakhand	2	0	0	2	0	0	4	3%
%	50%	0%	0%	50%	0%	0%	100%	
Total	18	21	12	22	23	55	151	100%
%	12%	14%	8%	15%	15%	36%	100%	



Teacher

In NCR a total of 1 respondent strongly disagreed and 2 respondents disagreed with the statement while 20 respondents agreed and 16 respondents strongly agreed with the statement. In Uttarakhand, 4 respondents strongly disagreed and 5 respondents disagreed with the statement. While 6 respondents agreed and 11 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	1	2	2	20	16	0	41	59%
%	2%	5%	5%	49%	39%	0%	100%	
Uttarakhand	4	5	3	6	11	0	29	41%
%	14%	17%	10%	21%	38%	0%	100%	
Total	5	7	5	26	27	0	70	100%
%	7%	10%	7%	37%	39%	0%	100%	

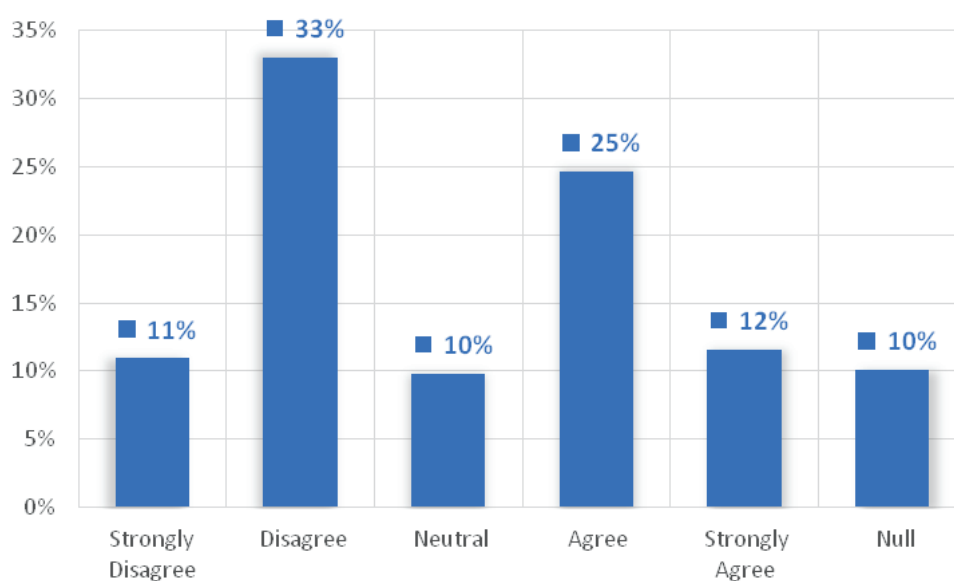


Women must not enter the temple while menstruating

Girls

350 respondents disagreed with the statement with 87 expressing strong disagreement. However, 288 respondents agreed with the statement with 92 expressing strong agreement. In NCR 31% of the respondents agreed with the statement. In Karnataka 33% of the respondents strongly agreed with the statement. In Uttarakhand 42% of the respondents disagreed with the statement.

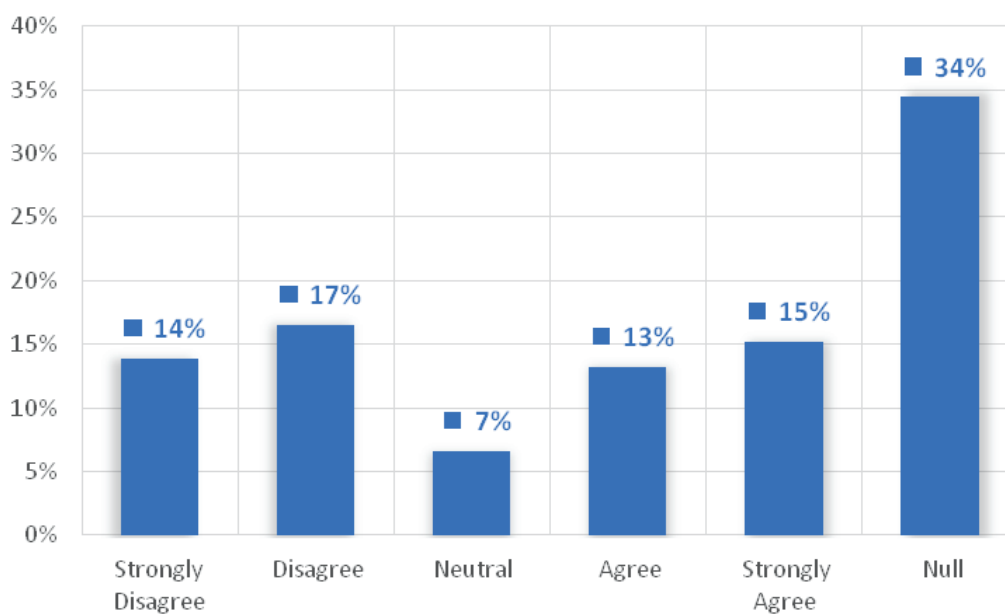
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	25	16	41	8	26	132	17%
%	12%	19%	12%	31%	6%	20%	100%	
Karnataka	8	39	19	29	64	36	195	24%
%	4%	20%	10%	15%	33%	18%	100%	
Uttarakhand	63	199	43	126	20	18	469	59%
%	13%	42%	9%	27%	4%	4%	100%	
Total	87	263	78	196	92	80	796	100%
%	11%	33%	10%	25%	12%	10%	100%	



Boys

In NCR a total of 18 respondents strongly disagreed and 20 respondents disagreed with the statement while 16 respondents agreed and 11 respondents strongly agreed with the statement. In Karnataka, 4 respondents disagreed with the statement. 4 respondents agreed with the statement and 12 respondents strongly agreed with the statement. In Uttarakhand, 3 respondents strongly disagreed and 1 respondent disagreed with the statement. Overall, disagreement with the statement was more by 3%.

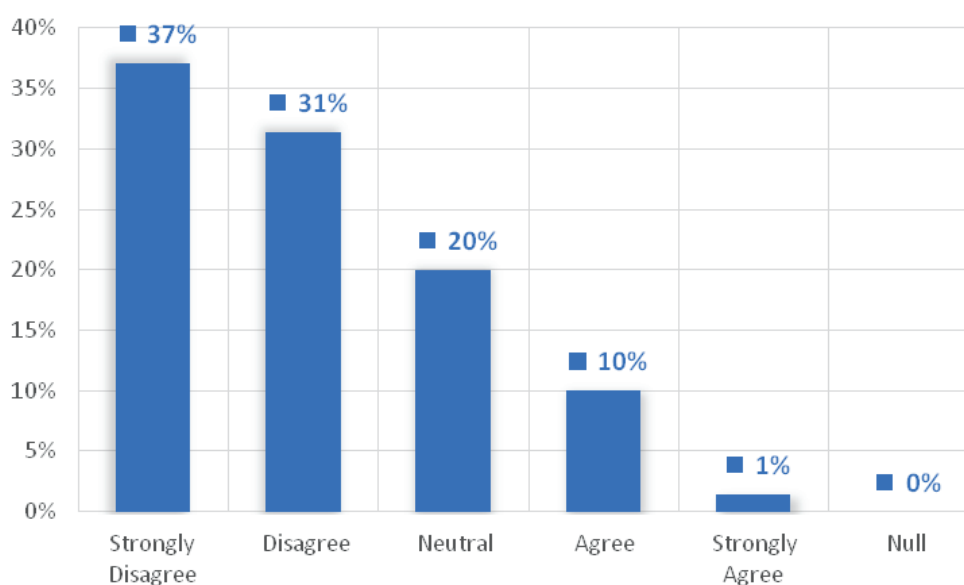
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	18	20	8	16	11	9	82	54%
%	22%	24%	10%	20%	13%	11%	100%	
Karnataka	0	4	2	4	12	43	65	43%
%	0%	6%	3%	6%	18%	66%	100%	
Uttarakhand	3	1	0	0	0	0	4	3%
%	75%	25%	0%	0%	0%	0%	100%	
Total	21	25	10	20	23	52	151	100%
%	14%	17%	7%	13%	15%	34%	100%	



Teacher

In NCR a total of 14 respondents strongly disagreed and 10 respondents disagreed with the statement while 5 respondents agreed and 1 respondent strongly agreed with the statement. In Uttarakhand, 12 respondents strongly disagreed and disagreed with the statement respectively. While 2 respondents agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	10	11	5	1	0	41	59%
%	34%	24%	27%	12%	2%	0%	100%	
Uttarakhand	12	12	3	2	0	0	29	41%
%	41%	41%	10%	7%	0%	0%	100%	
Total	26	22	14	7	1	0	70	100%
%	37%	31%	20%	10%	1%	0%	100%	

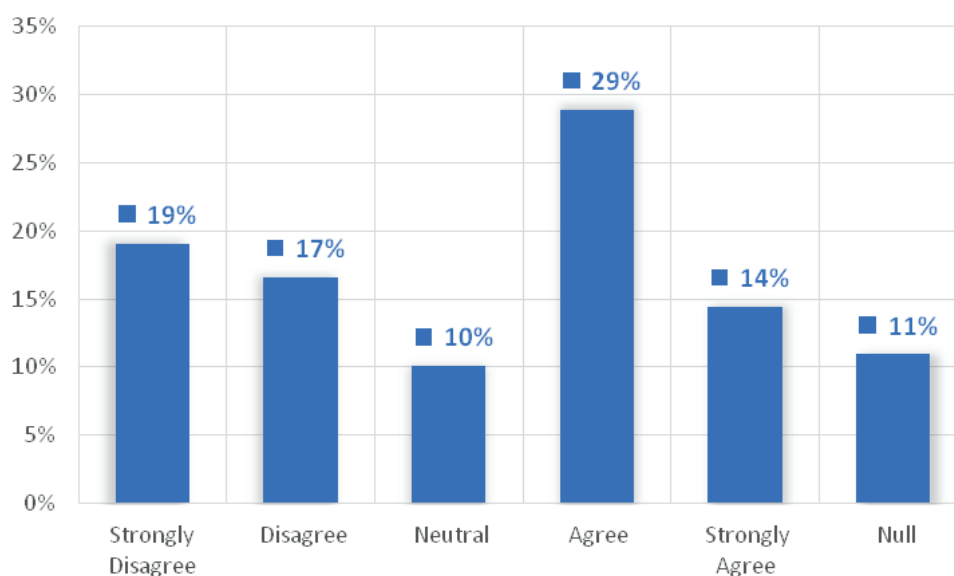


I should talk about menstruation with family members

Girls

In NCR, 70 respondents agreed with 16 strongly agreeing with the statement while 20 disagreed with 3 respondents strongly disagreeing. In Karnataka, 74 respondents agreed with 51 respondents strongly agreeing while 58 respondents disagreed with 41 respondents strongly disagreeing with the statement.

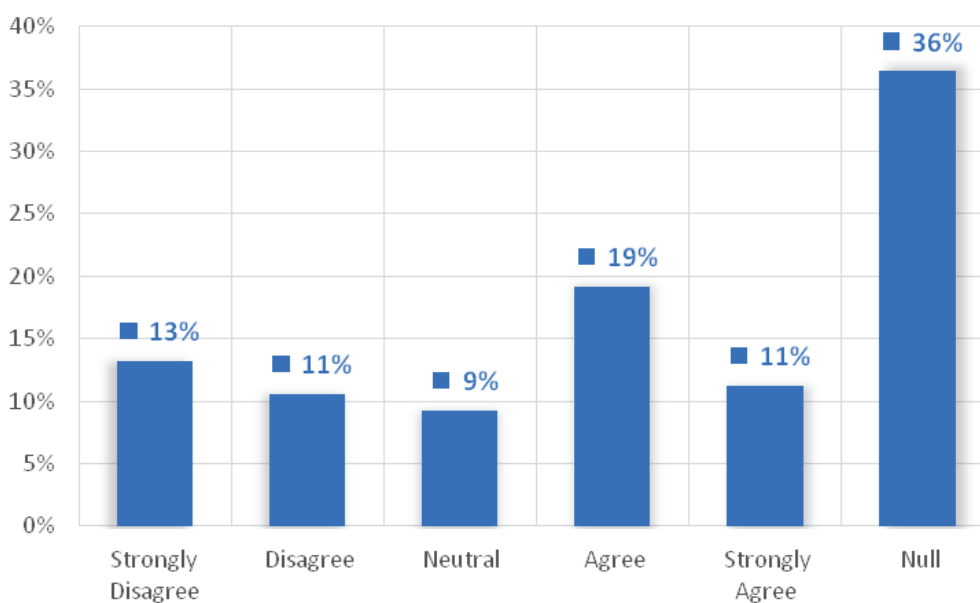
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	17	12	54	16	30	132	17%
%	2%	13%	9%	41%	12%	23%	100%	
Karnataka	41	17	24	23	51	39	195	24%
%	21%	9%	12%	12%	26%	20%	100%	
Uttarakhand	108	98	44	153	48	18	469	59%
%	23%	21%	9%	33%	10%	4%	100%	
Total	152	132	80	230	115	87	796	100%
%	19%	17%	10%	29%	14%	11%	100%	



Boys

In NCR a total of 14 respondents strongly disagreed and 12 respondents disagreed with the statement while 25 respondents agreed and 10 respondents strongly agreed with the statement. In Karnataka, 5 respondents and 3 respondents strongly disagreed and disagreed with the statement respectively. 2 respondents agreed with the statement and 7 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed and 1 respondent disagreed with the statement. While 2 respondents agreed with the statement.

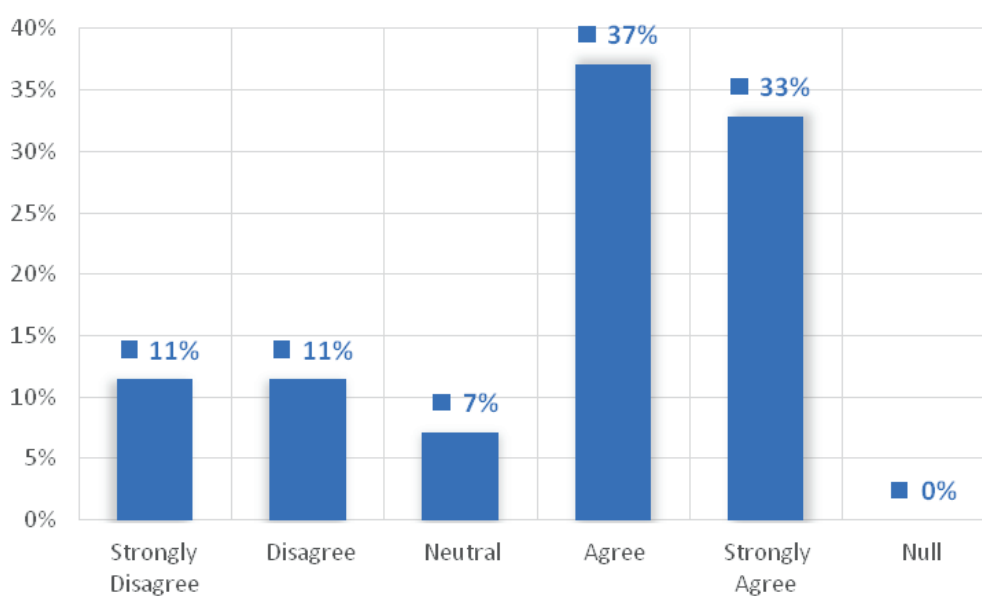
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	12	13	25	10	8	82	54%
%	17%	15%	16%	30%	12%	10%	100%	
Karnataka	5	3	1	2	7	47	65	43%
%	8%	5%	2%	3%	11%	72%	100%	
Uttarakhand	1	1	0	2	0	0	4	3%
%	25%	25%	0%	50%	0%	0%	100%	
Total	20	16	14	29	17	55	151	100%
%	13%	11%	9%	19%	11%	36%	100%	



Teacher

In NCR a total of 3 respondents strongly disagreed and 5 respondents disagreed with the statement while 20 respondents agreed and 10 respondents strongly agreed with the statement. In Uttarakhand, 5 respondents strongly disagreed and 3 respondents disagreed with the statement. While 6 respondents agreed and 13 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	5	3	20	10	0	41	59%
%	7%	12%	7%	49%	24%	0%	100%	
Uttarakhand	5	3	2	6	13	0	29	41%
%	17%	10%	7%	21%	45%	0%	100%	
Total	8	8	5	26	23	0	70	100%
%	11%	11%	7%	37%	33%	0%	100%	

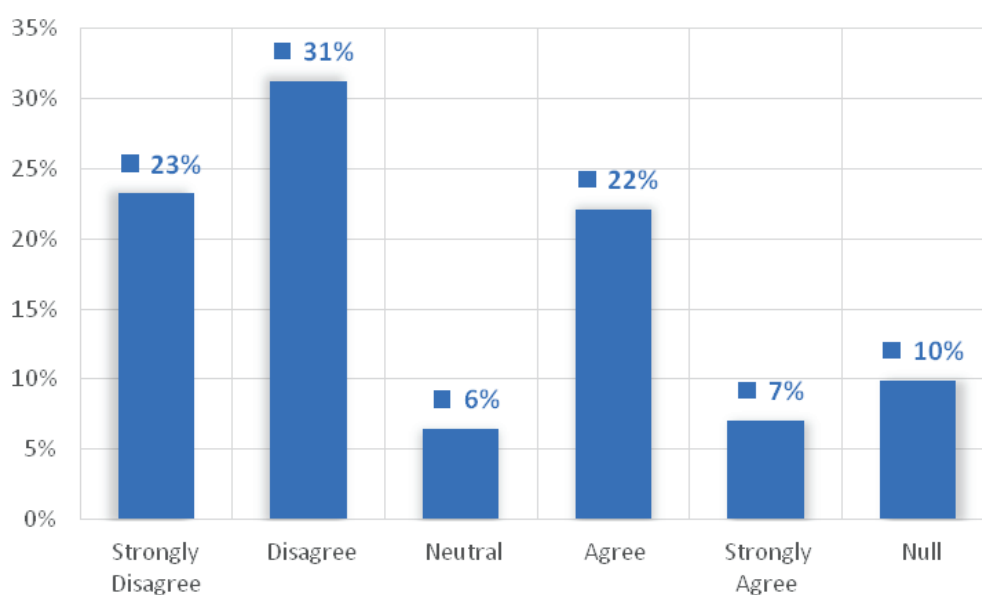


I should not talk about menstruation with other friends

Girls

Overall, 249 respondents disagreed with the statement and 185 respondents strongly disagreed with the statement. In NCR 40 respondents agreed as compared to 33 respondents disagreeing with the statement. In Karnataka 71 respondents strongly disagreed and 21 respondents disagreed with the statement while 24 respondents agreed and 26 respondents strongly agreed with the statement. In Uttarakhand, 195 respondents disagreed with 96 respondents strongly disagreeing. Further, 112 respondents agreed with 22 respondents strongly agreeing with the statement.

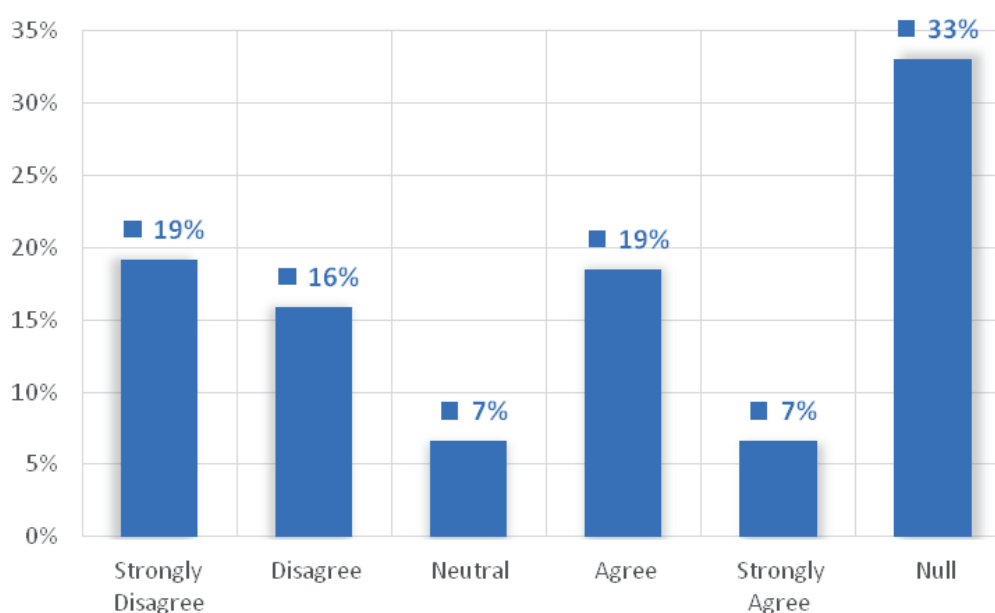
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	18	33	7	40	8	26	132	17%
%	14%	25%	5%	30%	6%	20%	100%	
Karnataka	71	21	19	24	26	34	195	24%
%	36%	11%	10%	12%	13%	17%	100%	
Uttarakhand	96	195	25	112	22	19	469	59%
%	20%	42%	5%	24%	5%	4%	100%	
Total	185	249	51	176	56	79	796	100%
%	23%	31%	6%	22%	7%	10%	100%	



Boys

In NCR a total of 17 respondents strongly disagreed and 20 respondents disagreed with the statement while 22 respondents agreed and 7 respondents strongly agreed with the statement. In Karnataka, 10 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 6 respondents agreed with the statement and 3 respondents strongly agreed with the statement. In Uttarakhand, 2 respondents strongly disagreed and 2 respondents disagreed with the statement. Overall, disagreement with the statement was more.

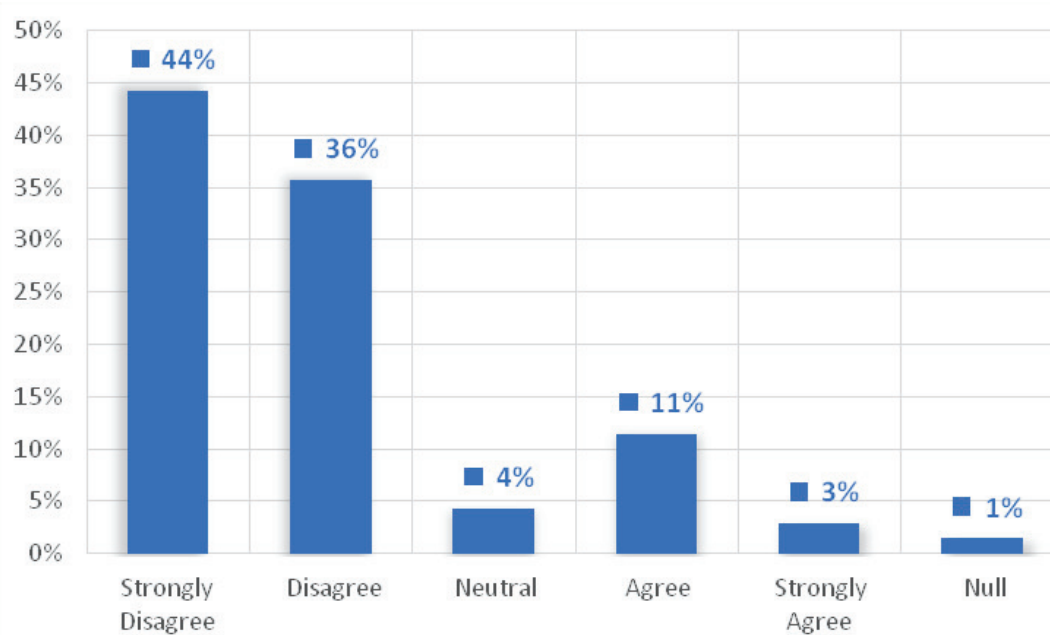
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	17	20	8	22	7	8	82	54%
%	21%	24%	10%	27%	9%	10%	100%	
Karnataka	10	2	2	6	3	42	65	43%
%	15%	3%	3%	9%	5%	65%	100%	
Uttarakhand	2	2	0	0	0	0	4	3%
%	50%	50%	0%	0%	0%	0%	100%	
Total	29	24	10	28	10	50	151	100%
%	19%	16%	7%	19%	7%	33%	100%	



Teacher

In NCR a total of 14 respondents strongly disagreed and 17 respondents disagreed with the statement while 6 respondents agreed and 1 respondent strongly agreed with the statement. In Uttarakhand, 17 respondents strongly disagreed and 8 respondents disagreed with the statement. While 2 respondents agreed and 1 respondent strongly agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	17	3	6	1	0	41	59%
%	34%	41%	7%	15%	2%	0%	100%	
Uttarakhand	17	8	0	2	1	1	29	41%
%	59%	28%	0%	7%	3%	3%	100%	
Total	31	25	3	8	2	1	70	100%
%	44%	36%	4%	11%	3%	1%	100%	

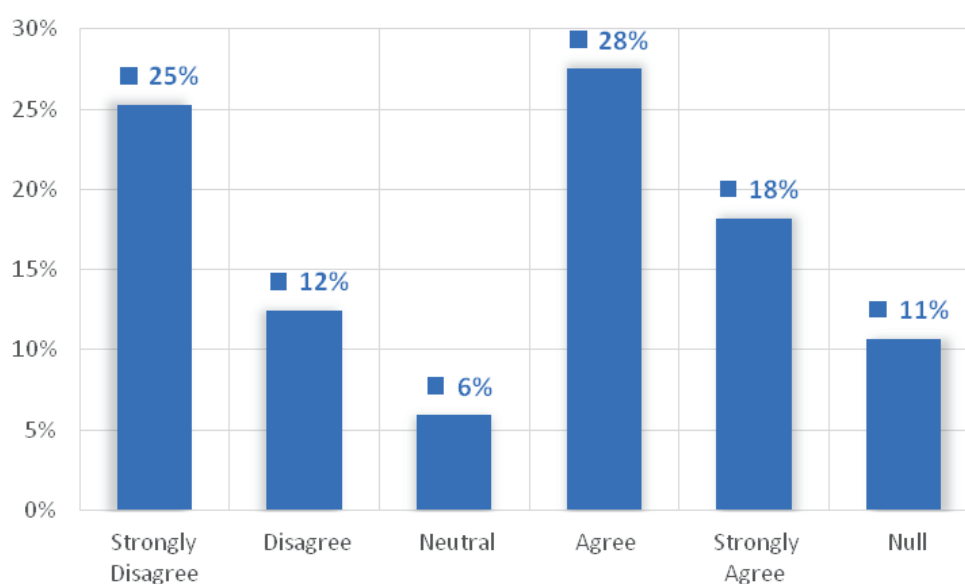


I can eat the food cooked by a menstruating woman.

Girls

In NCR a total of 16 respondents disagreed with the statement while 57 respondents agreed and 22 respondents strongly agreed with the statement. In Karnataka, 33 respondents and 22 respondents strongly disagreed and disagreed with the statement respectively. 25 respondents agreed with the statement and 64 respondents strongly agreed with the statement. In Uttarakhand, 160 respondents strongly disagreed and 69 disagreed with the statement. While 137 respondents agreed and 59 respondents strongly agreed with the statement. Overall, agreement with the statement was more by 64 respondents as compared to disagreement with the statement.

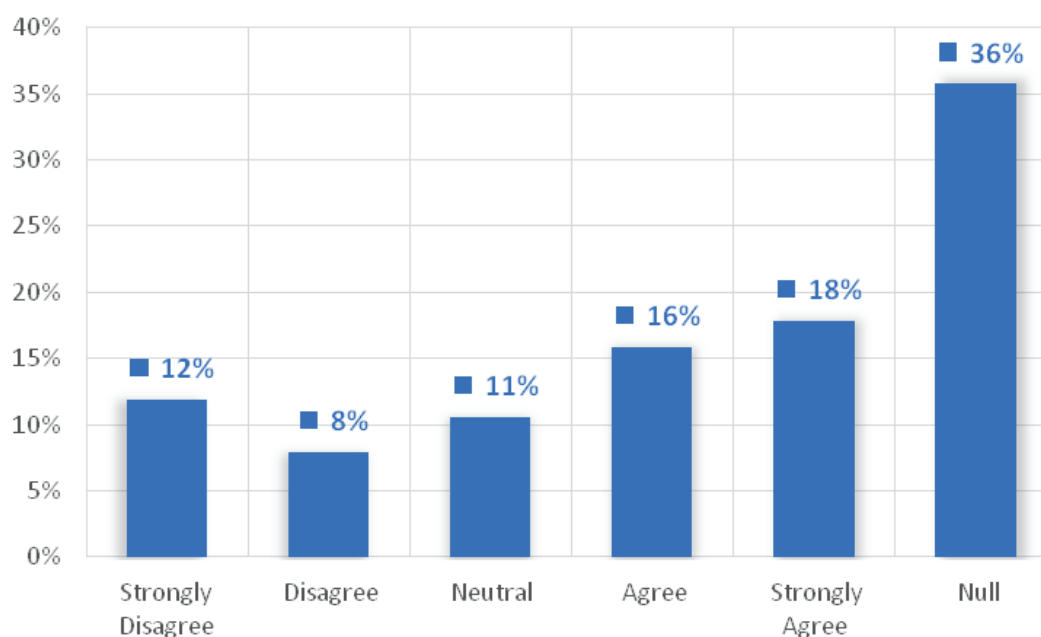
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	8	8	3	57	22	34	132	17%
%	6%	6%	2%	43%	17%	26%	100%	
Karnataka	33	22	14	25	64	37	195	24%
%	17%	11%	7%	13%	33%	19%	100%	
Uttarakhand	160	69	30	137	59	14	469	59%
%	34%	15%	6%	29%	13%	3%	100%	
Total	201	99	47	219	145	85	796	100%
%	25%	12%	6%	28%	18%	11%	100%	



Boys

In NCR a total of 13 respondents strongly disagreed and 10 respondents disagreed with the statement while 20 respondents agreed and 16 respondents strongly agreed with the statement. 15 respondents were neutral to the statement. In Karnataka, 1 respondent and 2 respondents strongly disagreed and disagreed with the statement respectively. 4 respondents agreed with the statement and 11 respondents strongly agreed with the statement. In Uttarakhand, 4 respondents strongly disagreed with the statement. Overall, agreement with the statement was more.

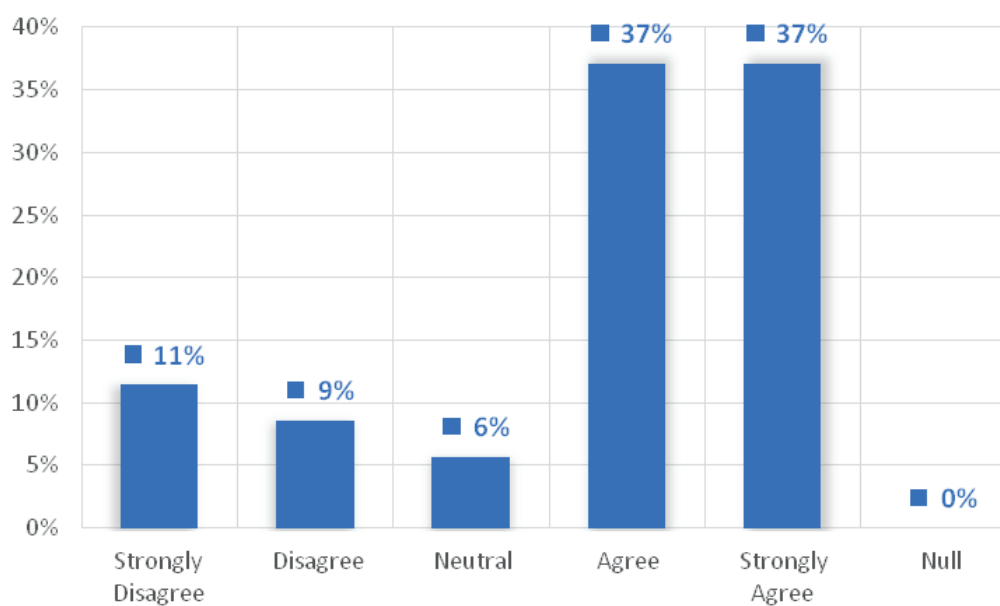
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	13	10	15	20	16	8	82	54%
%	16%	12%	18%	24%	20%	10%	100%	
Karnataka	1	2	1	4	11	46	65	43%
%	2%	3%	2%	6%	17%	71%	100%	
Uttarakhand	4	0	0	0	0	0	4	3%
%	100%	0%	0%	0%	0%	0%	100%	
Total	18	12	16	24	27	54	151	100%
%	12%	8%	11%	16%	18%	36%	100%	



Teacher

In NCR a total of 3 respondents strongly disagreed and 2 respondents disagreed with the statement while 16 respondents agreed and 17 respondents strongly agreed with the statement. In Uttarakhand, 5 respondents strongly disagreed and 4 respondents disagreed with the statement. While 10 respondents agreed and 9 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	2	3	16	17	0	41	59%
%	7%	5%	7%	39%	41%	0%	100%	
Uttarakhand	5	4	1	10	9	0	29	41%
%	17%	14%	3%	34%	31%	0%	100%	
Total	8	6	4	26	26	0	70	100%
%	11%	9%	6%	37%	37%	0%	100%	

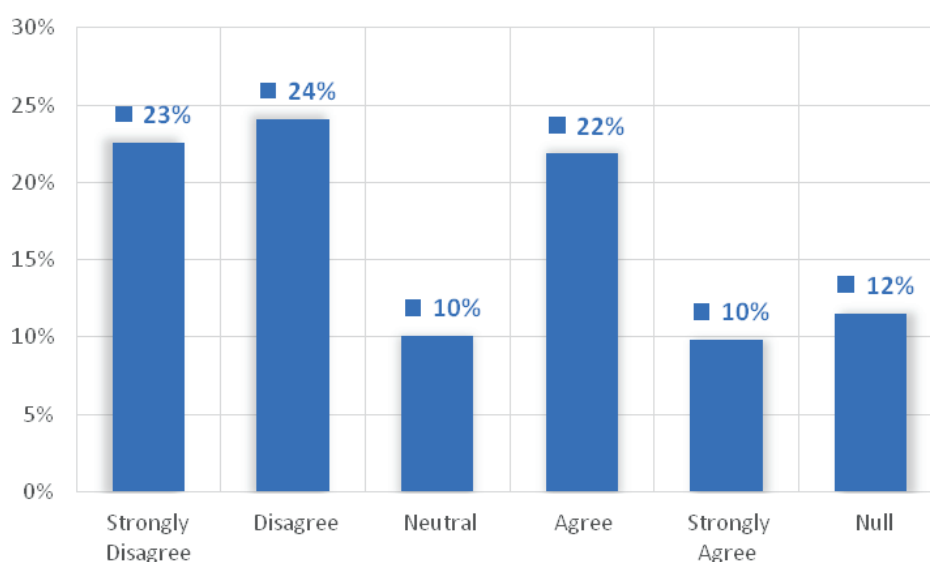


I can touch pickle during my periods

Girls

In NCR 39 respondents agreed while 9 respondents strongly agreed with the statement. 10 respondents strongly disagreed and 31 respondents disagreed with the statement. In Karnataka, 51 respondents strongly disagreed and 29 respondents disagreed with the statement, whereas, 22 respondents agreed and 25 respondents strongly agreed with the statement. In Uttarakhand, 119 respondents strongly disagreed and 132 respondents disagreed with the statement, whereas, 113 respondents agreed and 44 respondents strongly agreed with the statement. Overall, 180 respondents strongly disagreed and 192 respondents disagreed with the statement, whereas, 174 respondents agreed and 78 respondents strongly agreed with the statement. 10% of the respondents were neutral to the statement.

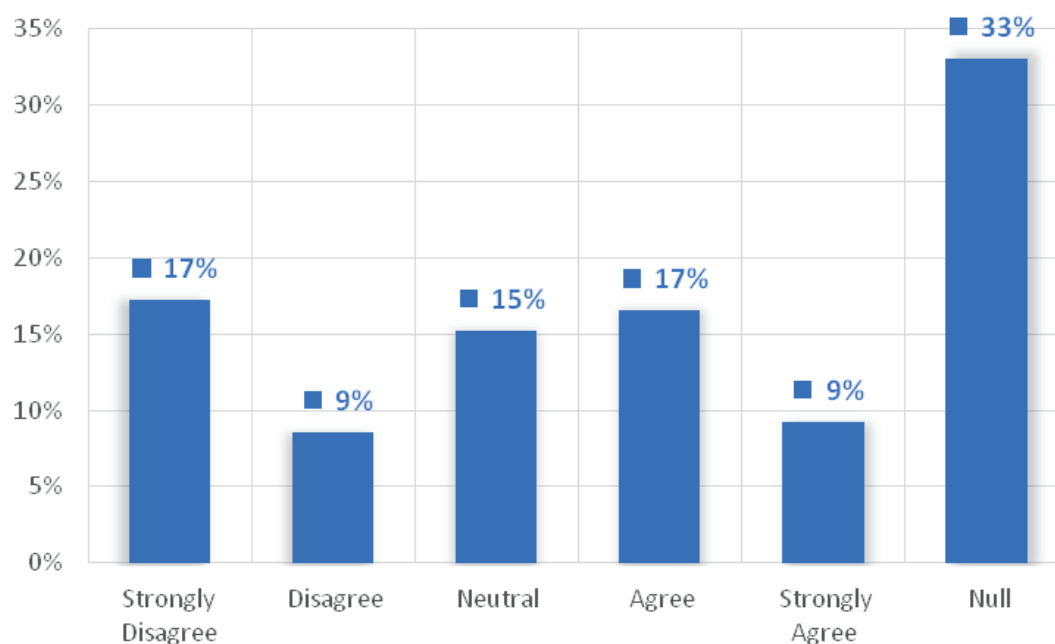
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	10	31	11	39	9	32	132	17%
%	8%	23%	8%	30%	7%	24%	100%	
Karnataka	51	29	30	22	25	38	195	24%
%	26%	15%	15%	11%	13%	19%	100%	
Uttarakhand	119	132	39	113	44	22	469	59%
%	25%	28%	8%	24%	9%	5%	100%	
Total	180	192	80	174	78	92	796	100%
%	23%	24%	10%	22%	10%	12%	100%	



Boys

In NCR a total of 19 respondents strongly disagreed and 11 respondents disagreed with the statement while 21 respondents agreed and 7 respondents strongly agreed with the statement. 16 respondents were neutral to the statement. In Karnataka, 5 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 3 respondents agreed with the statement and 6 respondents strongly agreed with the statement. 7 respondents were neutral to the statement. In Uttarakhand, 2 respondents strongly disagreed with the statement. While 1 respondent agreed and strongly agreed with the statement respectively. Overall, agreement and disagreement with the statement were equal.

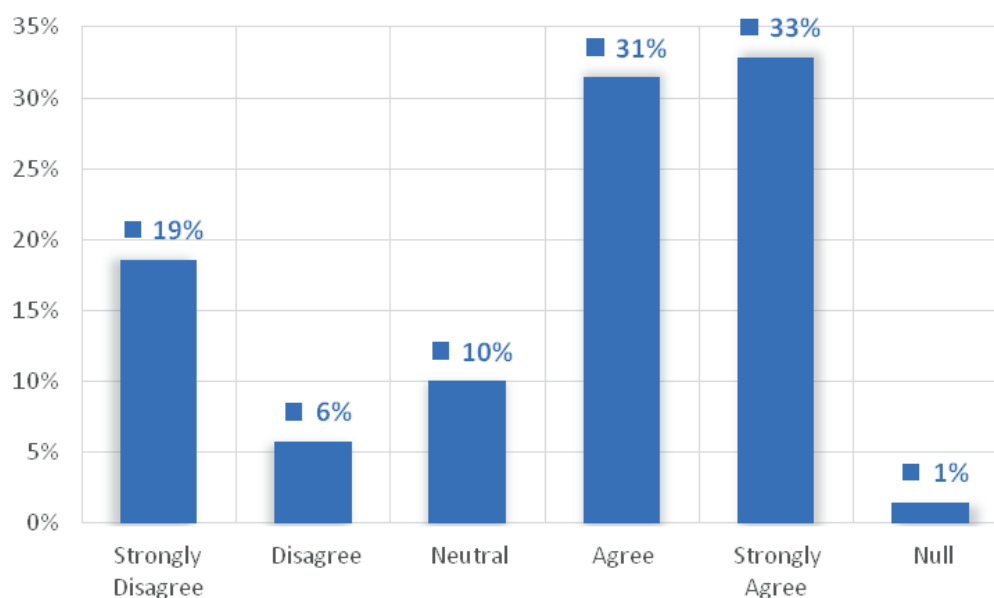
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	19	11	16	21	7	8	82	54%
%	23%	13%	20%	26%	9%	10%	100%	
Karnataka	5	2	7	3	6	42	65	43%
%	8%	3%	11%	5%	9%	65%	100%	
Uttarakhand	2	0	0	1	1	0	4	3%
%	50%	0%	0%	25%	25%	0%	100%	
Total	26	13	23	25	14	50	151	100%
%	17%	9%	15%	17%	9%	33%	100%	



Teacher

In NCR a total of 6 respondents strongly disagreed and 2 respondents disagreed with the statement while 11 respondents agreed and 15 respondents strongly agreed with the statement. In Uttarakhand, 7 respondents strongly disagreed and 2 respondents disagreed with the statement. While 22 respondents agreed and 23 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	6	2	7	11	15	0	41	59%
%	15%	5%	17%	27%	37%	0%	100%	
Uttarakhand	7	2	0	11	8	1	29	41%
%	24%	7%	0%	38%	28%	3%	100%	
Total	13	4	7	22	23	1	70	100%
%	19%	6%	10%	31%	33%	1%	100%	

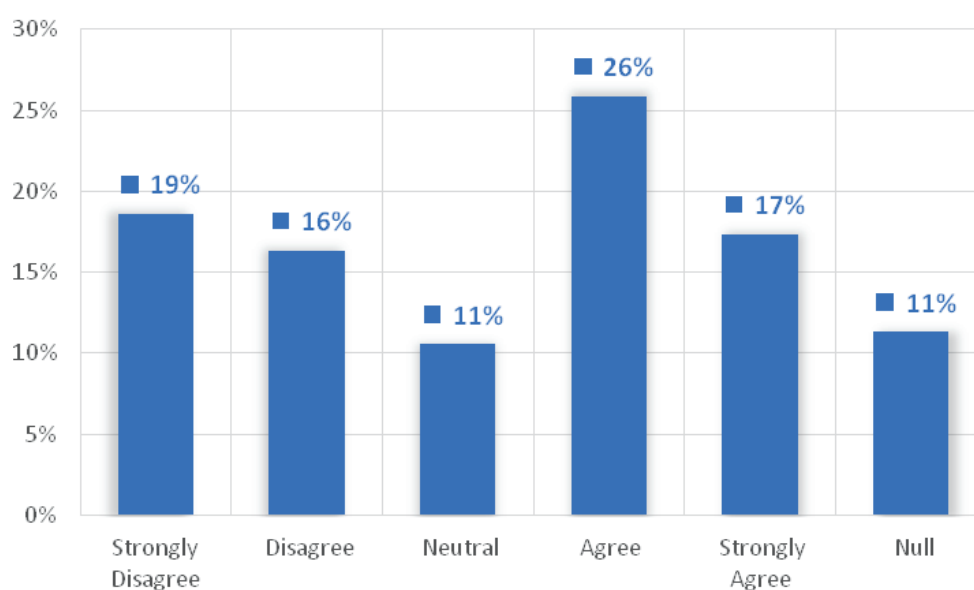


I should ask questions about menstruation with my teacher

Girls

In NCR 55 respondents agreed while 18 respondents strongly agreed with the statement. 8 respondents strongly disagreed and 11 respondents disagreed with the statement. In Karnataka, 21 respondents strongly disagreed and 23 respondents disagreed with the statement, whereas, 19 respondents agreed and 69 respondents strongly agreed with the statement. In Uttarakhand, 119 respondents strongly disagreed and 96 respondents disagreed with the statement, whereas, 132 respondents agreed and 51 respondents strongly agreed with the statement. Overall, 148 respondents strongly disagreed and 130 respondents disagreed with the statement, whereas, 206 respondents agreed and 138 respondents strongly agreed with the statement. 11% of the respondents were neutral to the statement.

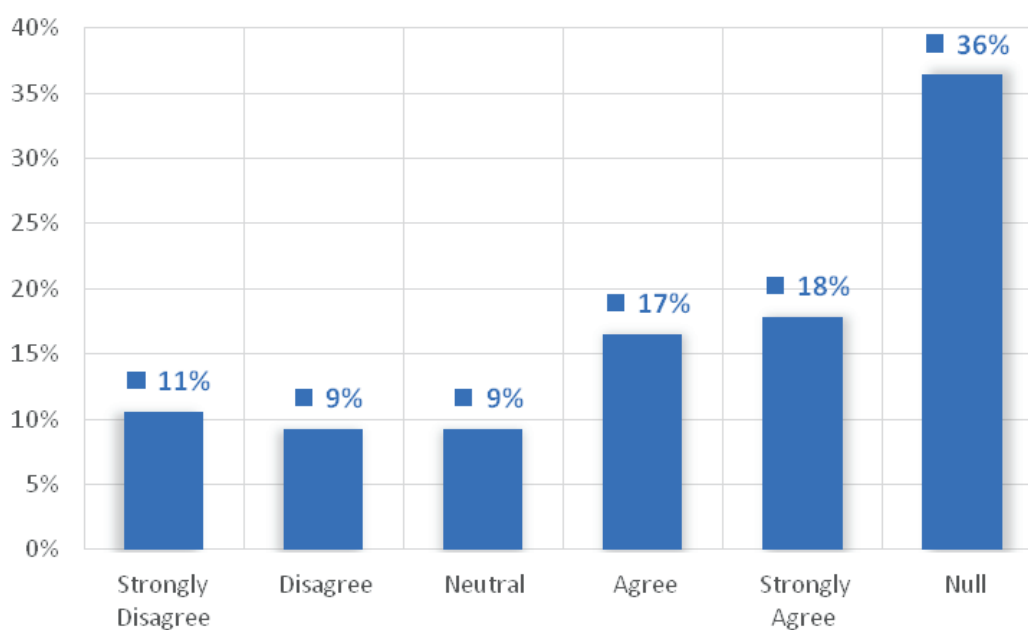
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	8	11	8	55	18	32	132	17%
%	6%	8%	6%	42%	14%	24%	100%	
Karnataka	21	23	26	19	69	37	195	24%
%	11%	12%	13%	10%	35%	19%	100%	
Uttarakhand	119	96	50	132	51	21	469	59%
%	25%	20%	11%	28%	11%	4%	100%	
Total	148	130	84	206	138	90	796	100%
%	19%	16%	11%	26%	17%	11%	100%	



Boys

In NCR a total of 14 respondents strongly disagreed and 11 respondents disagreed with the statement while 23 respondents agreed and 15 respondents strongly agreed with the statement. In Karnataka, 2 respondents disagreed with the statement. 1 respondent agreed with the statement and 12 respondents strongly agreed with the statement. In Uttarakhand, 2 respondents strongly disagreed and 1 respondent disagreed with the statement. While 1 respondent agreed with the statement. Overall, agreement with the statement was more.

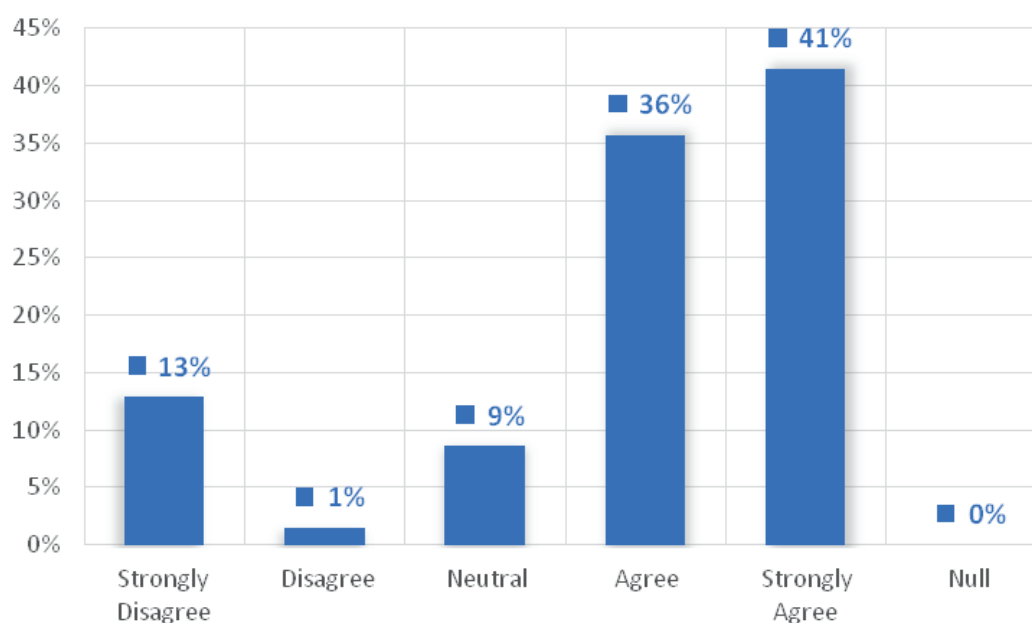
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	11	11	23	15	8	82	54%
%	17%	13%	13%	28%	18%	10%	100%	
Karnataka	0	2	3	1	12	47	65	43%
%	0%	3%	5%	2%	18%	72%	100%	
Uttarakhand	2	1	0	1	0	0	4	3%
%	50%	25%	0%	25%	0%	0%	100%	
Total	16	14	14	25	27	55	151	100%
%	11%	9%	9%	17%	18%	36%	100%	



Teacher

In NCR a total of 2 respondents strongly disagreed with the statement while 18 respondents agreed and 17 respondents strongly agreed with the statement. In Uttarakhand, 7 respondents strongly disagreed and 1 respondent disagreed with the statement. While 7 respondents agreed and 12 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	2	0	4	18	17	0	41	59%
%	5%	0%	10%	44%	41%	0%	100%	
Uttarakhand	7	1	2	7	12	0	29	41%
%	24%	3%	7%	24%	41%	0%	100%	
Total	9	1	6	25	29	0	70	100%
%	13%	1%	9%	36%	41%	0%	100%	

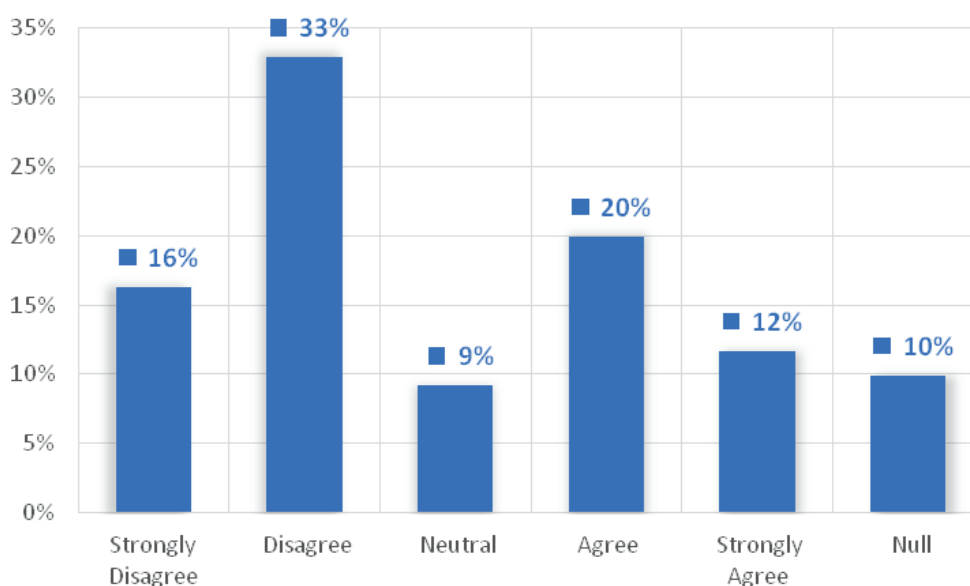


I feel uncomfortable reading about menstruation

Girls

In NCR 30 respondents agreed while 8 respondents strongly agreed with the statement. 21 respondents strongly disagreed and 36 respondents disagreed with the statement. In Karnataka, 26 respondents strongly disagreed and 25 respondents disagreed with the statement, whereas, 37 respondents agreed and 58 respondents strongly agreed with the statement. In Uttarakhand, 83 respondents strongly disagreed and 201 respondents disagreed with the statement, whereas, 92 respondents agreed and 27 respondents strongly agreed with the statement. Overall, 130 respondents strongly disagreed and 262 respondents disagreed with the statement, whereas, 159 respondents agreed and 93 respondents strongly agreed with the statement. 9% of the respondents were neutral to the statement.

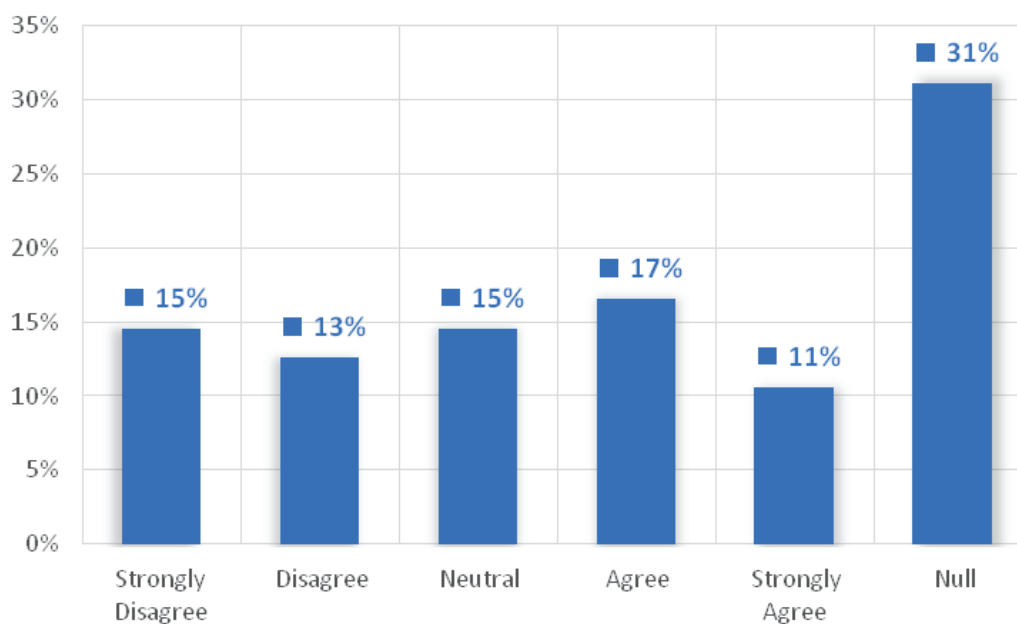
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	21	36	8	30	8	29	132	17%
%	16%	27%	6%	23%	6%	22%	100%	
Karnataka	26	25	15	37	58	34	195	24%
%	13%	13%	8%	19%	30%	17%	100%	
Uttarakhand	83	201	50	92	27	16	469	59%
%	18%	43%	11%	20%	6%	3%	100%	
Total	130	262	73	159	93	79	796	100%
%	16%	33%	9%	20%	12%	10%	100%	



Boys

In NCR a total of 14 respondents strongly disagreed and 16 respondents disagreed with the statement while 18 respondents agreed and 10 respondents strongly agreed with the statement. 18 respondents were neutral to the statement. In Karnataka, 6 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 6 respondents agreed with the statement and 6 respondents strongly agreed with the statement. In Uttarakhand, 2 respondents strongly disagreed and 1 respondent disagreed with the statement. While 1 respondent agreed with the statement. Overall, agreement with the statement was more.

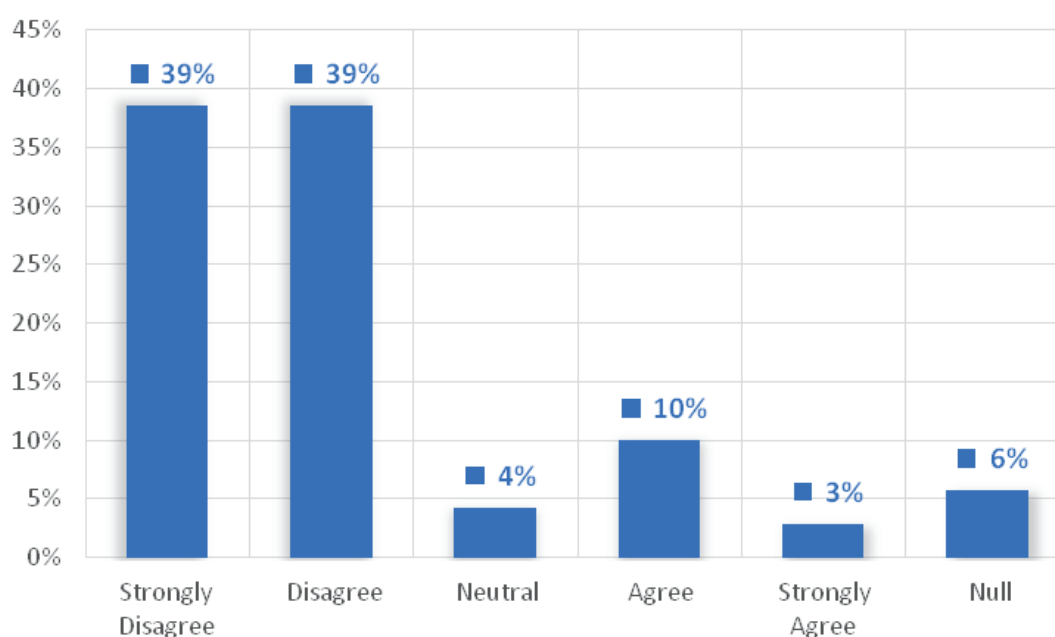
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	16	16	18	10	8	82	54%
%	17%	20%	20%	22%	12%	10%	100%	
Karnataka	6	2	6	6	6	39	65	43%
%	9%	3%	9%	9%	9%	60%	100%	
Uttarakhand	2	1	0	1	0	0	4	3%
%	50%	25%	0%	25%	0%	0%	100%	
Total	22	19	22	25	16	47	151	100%
%	15%	13%	15%	17%	11%	31%	100%	



Teacher

In NCR a total of 16 respondents strongly disagreed and 14 respondents disagreed with the statement while 5 respondents agreed and 2 respondents strongly agreed with the statement. In Uttarakhand, 11 respondents strongly disagreed and 13 respondents disagreed with the statement. While 2 respondents agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	14	2	5	2	2	41	59%
%	39%	34%	5%	12%	5%	5%	100%	
Uttarakhand	11	13	1	2	0	2	29	41%
%	38%	45%	3%	7%	0%	7%	100%	
Total	27	27	3	7	2	4	70	100%
%	39%	39%	4%	10%	3%	6%	100%	

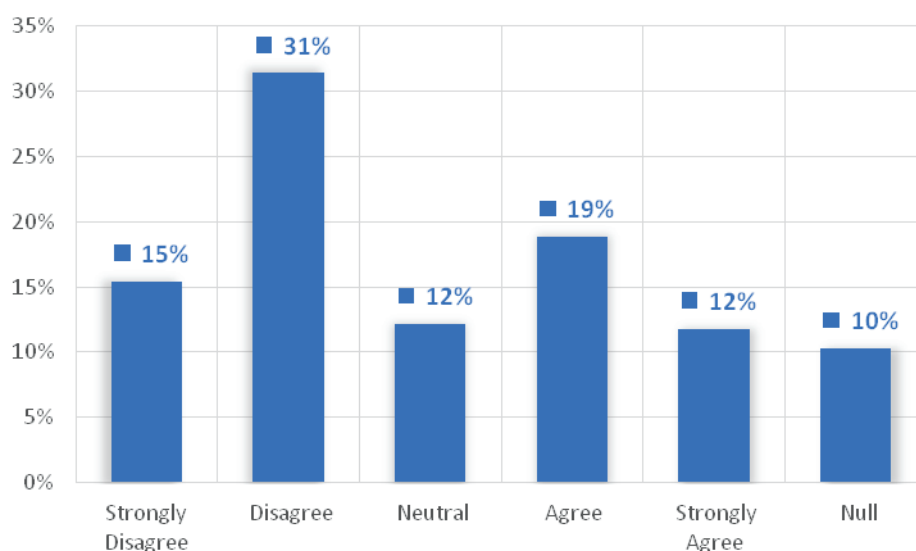


I feel uncomfortable talking about menstruation

Girls

In NCR 27 respondents agreed while 7 respondents strongly agreed with the statement. 18 respondents strongly disagreed and 40 respondents disagreed with the statement. In Karnataka, 23 respondents strongly disagreed and 20 respondents disagreed with the statement, whereas, 30 respondents agreed and 61 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 82 respondents strongly disagreed and 190 respondents disagreed with the statement, whereas, 93 respondents agreed and 26 respondents strongly agreed with the statement. 63 respondents were neutral to the statement Overall, 123 respondents strongly disagreed and 250 respondents disagreed with the statement, whereas, 150 respondents agreed and 94 respondents strongly agreed with the statement. 12% of the respondents were neutral to the statement.

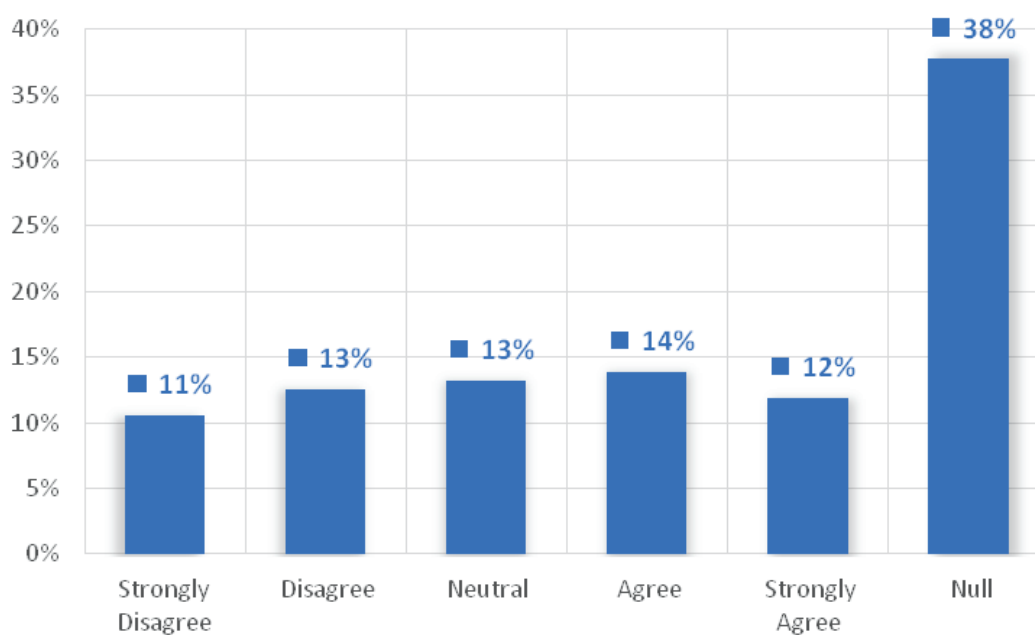
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	18	40	11	27	7	29	132	17%
%	14%	30%	8%	20%	5%	22%	100%	
Karnataka	23	20	23	30	61	38	195	24%
%	12%	10%	12%	15%	31%	19%	100%	
Uttarakhand	82	190	63	93	26	15	469	59%
%	17%	41%	13%	20%	6%	3%	100%	
Total	123	250	97	150	94	82	796	100%
%	15%	31%	12%	19%	12%	10%	100%	



Boys

In NCR a total of 13 respondents strongly disagreed and 15 respondents disagreed with the statement while 18 respondents agreed and 9 respondents strongly agreed with the statement. 18 respondents were neutral to the statement. In Karnataka, 3 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 2 respondents agreed with the statement and 9 respondents strongly agreed with the statement. In Uttarakhand, 3 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, agreement with the statement was more.

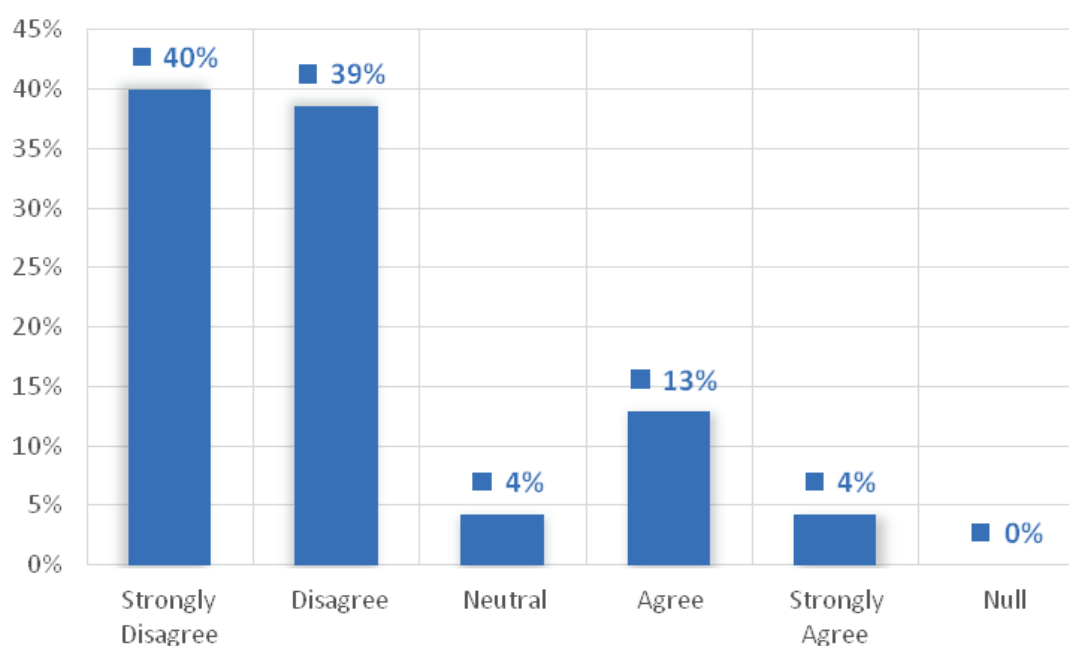
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	13	15	18	18	9	9	82	54%
%	16%	18%	22%	22%	11%	11%	100%	
Karnataka	3	1	2	2	9	48	65	43%
%	5%	2%	3%	3%	14%	74%	100%	
Uttarakhand	0	3	0	1	0	0	4	3%
%	0%	75%	0%	25%	0%	0%	100%	
Total	16	19	20	21	18	57	151	100%
%	11%	13%	13%	14%	12%	38%	100%	



Teacher

In NCR a total of 14 respondents strongly disagreed and disagreed with the statement respectively while 8 respondents agreed and 3 respondents strongly agreed with the statement. In Uttarakhand, 14 respondents strongly disagreed and 13 respondent disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	14	2	8	3	0	41	59%
%	34%	34%	5%	20%	7%	0%	100%	
Uttarakhand	14	13	1	1	0	0	29	41%
%	48%	45%	3%	3%	0%	0%	100%	
Total	28	27	3	9	3	0	70	100%
%	40%	39%	4%	13%	4%	0%	100%	

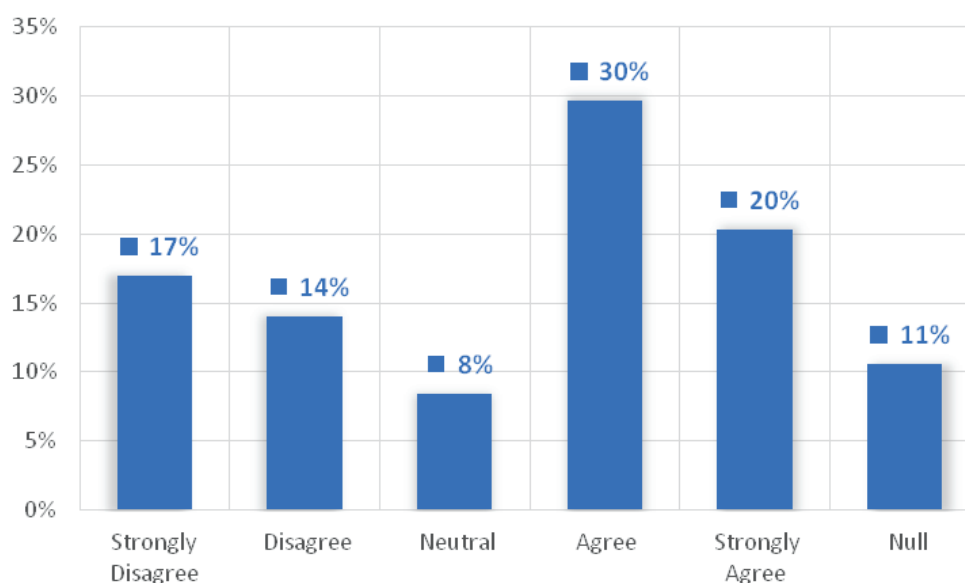


I would like to have more information on menstruation.

Girls

In NCR 61 respondents agreed while 23 respondents strongly agreed with the statement. 8 respondents strongly disagreed and 7 respondents disagreed with the statement. In Karnataka, 17 respondents strongly disagreed and 25 respondents disagreed with the statement, whereas, 22 respondents agreed and 74 respondents strongly agreed with the statement. 19 respondents were neutral to the statement. In Uttarakhand, 110 respondents strongly disagreed and 80 respondents disagreed with the statement, whereas, 153 respondents agreed and 65 respondents strongly agreed with the statement. 42 respondents were neutral to the statement Overall, 135 respondents strongly disagreed and 112 respondents disagreed with the statement, whereas, 236 respondents agreed and 162 respondents strongly agreed with the statement. 8% of the respondents were neutral to the statement.

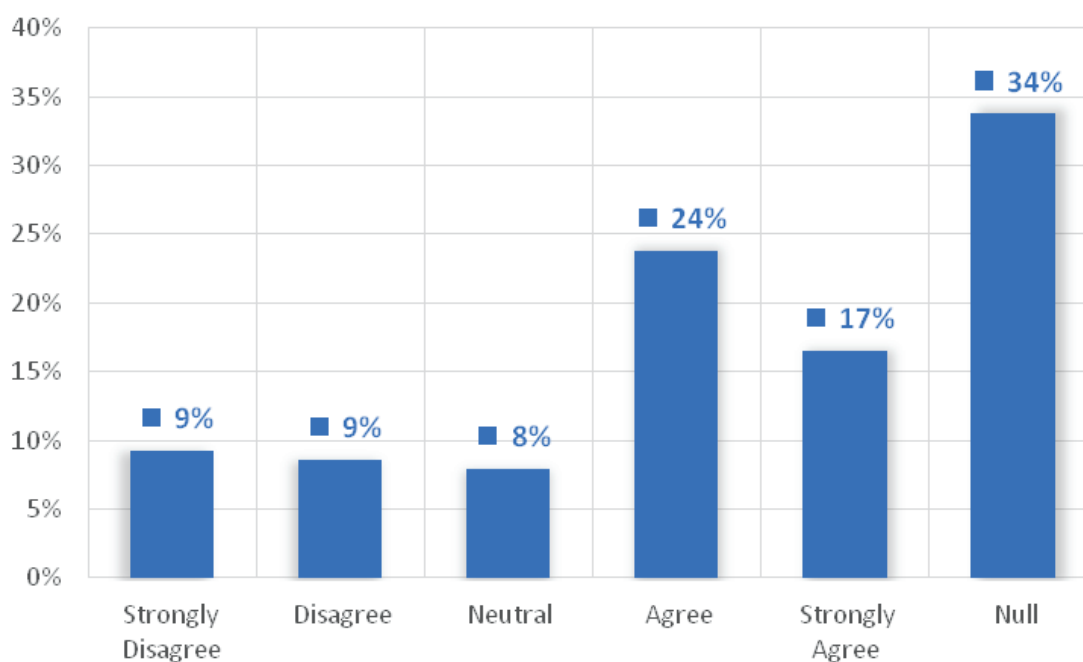
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	8	7	6	61	23	27	132	17%
%	6%	5%	5%	46%	17%	20%	100%	
Karnataka	17	25	19	22	74	38	195	24%
%	9%	13%	10%	11%	38%	19%	100%	
Uttarakhand	110	80	42	153	65	19	469	59%
%	23%	17%	9%	33%	14%	4%	100%	
Total	135	112	67	236	162	84	796	100%
%	17%	14%	8%	30%	20%	11%	100%	



Boys

In NCR a total of 10 respondents strongly disagreed and 13 respondents disagreed with the statement while 24 respondents agreed and 16 respondents strongly agreed with the statement. In Karnataka, 3 respondents strongly disagreed with the statement. 9 respondents agreed and strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed while 3 respondents agreed with the statement. Overall, agreement with the statement was more.

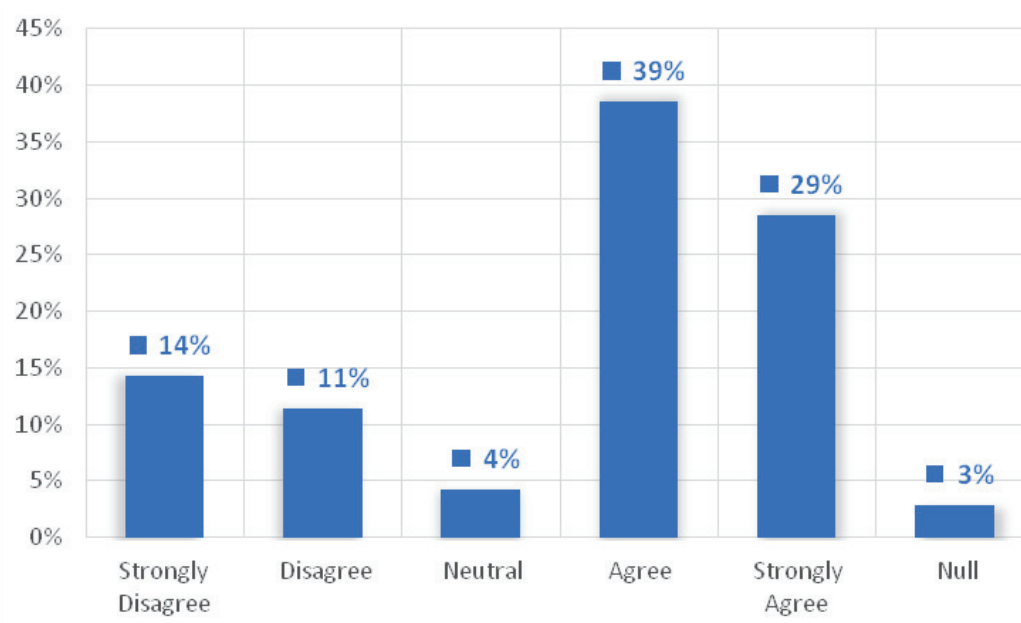
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	10	13	10	24	16	9	82	54%
%	12%	16%	12%	29%	20%	11%	100%	
Karnataka	3	0	2	9	9	42	65	43%
%	5%	0%	3%	14%	14%	65%	100%	
Uttarakhand	1	0	0	3	0	0	4	3%
%	25%	0%	0%	75%	0%	0%	100%	
Total	14	13	12	36	25	51	151	100%
%	9%	9%	8%	24%	17%	34%	100%	



Teacher

In NCR a total of 2 respondents strongly disagreed and 6 respondents disagreed with the statement while 20 respondents agreed and 9 respondents strongly agreed with the statement. In Uttarakhand, 8 respondents strongly disagreed and 2 respondents disagreed with the statement. While 7 respondents agreed and 11 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	2	6	3	20	9	1	41	59%
%	5%	15%	7%	49%	22%	2%	100%	
Uttarakhand	8	2	0	7	11	1	29	41%
%	28%	7%	0%	24%	38%	3%	100%	
Total	10	8	3	27	20	2	70	100%
%	14%	11%	4%	39%	29%	3%	100%	

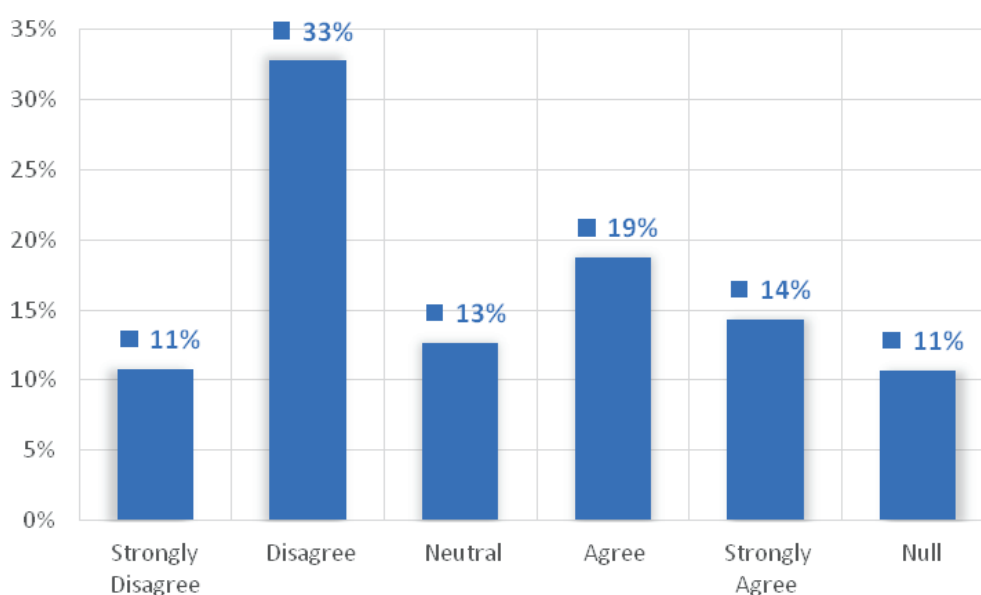


Men should not know when girls are on periods

Girls

Overall, 86 respondents strongly disagreed and 261 respondents disagreed with the statement, whereas, 149 respondents agreed and 114 respondents strongly agreed with the statement. 13% which is 101 respondents were neutral to the statement. In NCR 26 respondents agreed while 3 respondents strongly agreed with the statement. 16 respondents strongly disagreed and 41 respondents disagreed with the statement. In Karnataka, 9 respondents strongly disagreed and 26 respondents disagreed with the statement, whereas, 23 respondents agreed and 77 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 61 respondents strongly disagreed and 194 respondents disagreed with the statement, whereas, 100 respondents agreed and 34 respondents strongly agreed with the statement. 60 respondents were neutral to the statement.

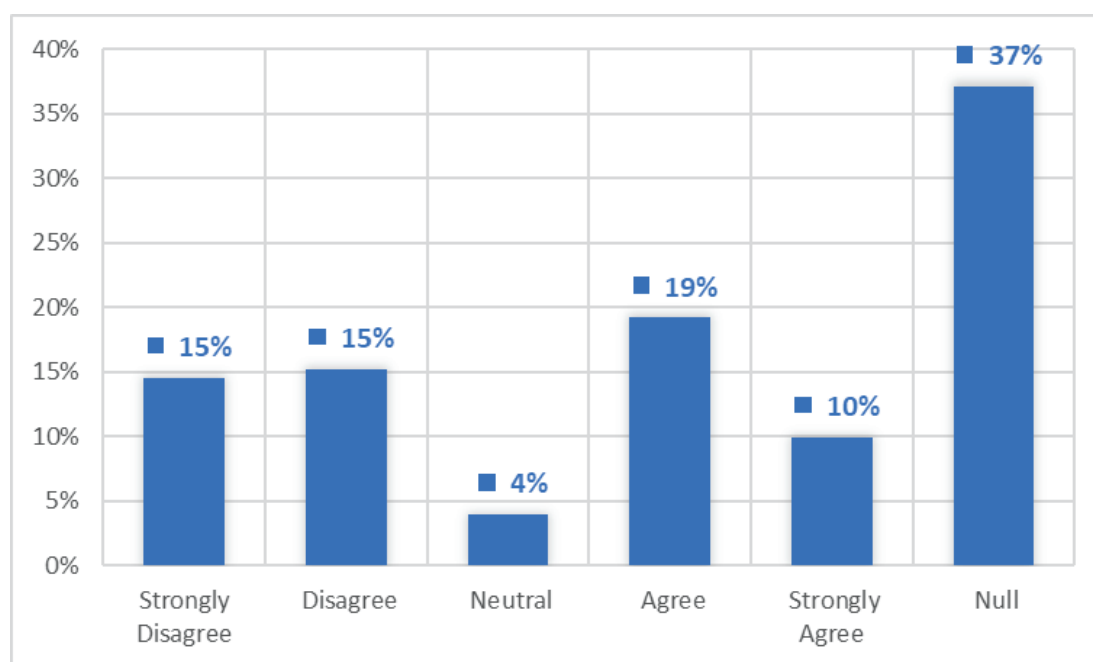
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	41	18	26	3	28	132	17%
%	12%	31%	14%	20%	2%	21%	100%	
Karnataka	9	26	23	23	77	37	195	24%
%	5%	13%	12%	12%	39%	19%	100%	
Uttarakhand	61	194	60	100	34	20	469	59%
%	13%	41%	13%	21%	7%	4%	100%	
Total	86	261	101	149	114	85	796	100%
%	11%	33%	13%	19%	14%	11%	100%	



Boys

In NCR a total of 16 respondents strongly disagreed and 21 respondents disagreed with the statement while 21 respondents agreed and 10 strongly agreed with the statement. In Karnataka, 6 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 5 respondents agreed with the statement and 5 respondents strongly agreed with the statement. In Uttarakhand, 3 respondents agreed with the statement. Overall, disagreement with the statement was more by 1%.

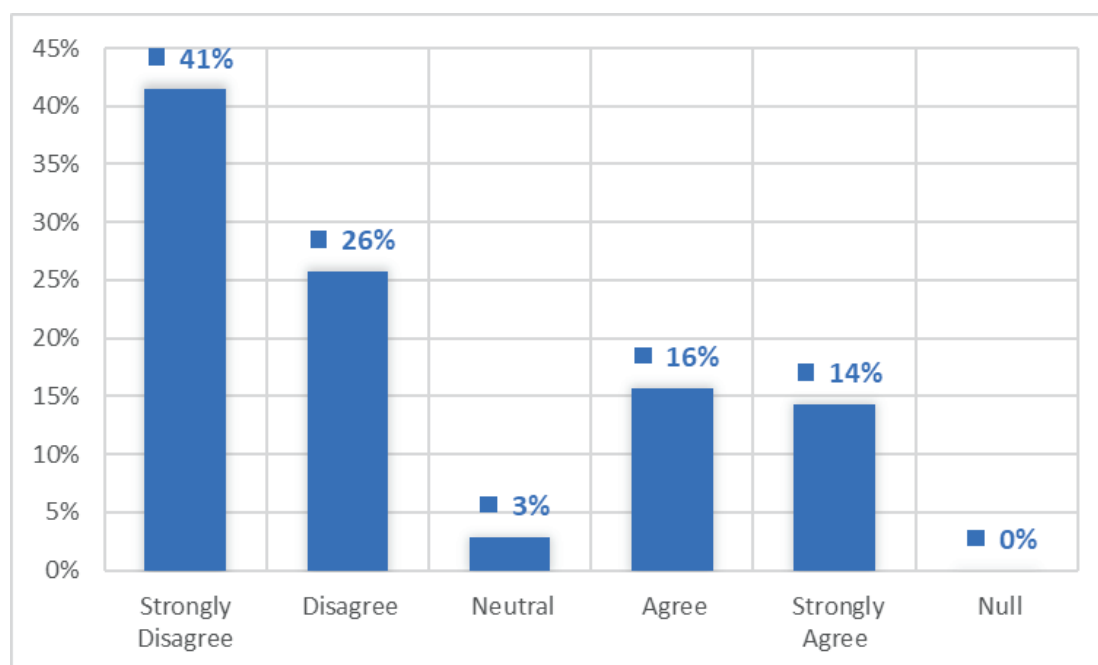
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	21	5	21	10	9	82	54%
%	20%	26%	6%	26%	12%	11%	100%	
Karnataka	6	2	1	5	5	46	65	43%
%	9%	3%	2%	8%	8%	71%	100%	
Uttarakhand	0	0	0	3	0	1	4	3%
%	0%	0%	0%	75%	0%	25%	100%	
Total	22	23	6	29	15	56	151	100%
%	15%	15%	4%	19%	10%	37%	100%	



Teacher

In NCR a total of 14 respondents strongly disagreed and 8 respondents disagreed with the statement while 9 respondents agreed and 8 respondents strongly agreed with the statement. In Uttarakhand, 15 respondents strongly disagreed and 10 respondents disagreed with the statement. While 2 respondents agreed and strongly agreed with the statement respectively. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	8	2	9	8	0	41	59%
%	34%	20%	5%	22%	20%	0%	100%	
Uttarakhand	15	10	0	2	2	0	29	41%
%	52%	34%	0%	7%	7%	0%	100%	
Total	29	18	2	11	10	0	70	100%
%	41%	26%	3%	16%	14%	0%	100%	

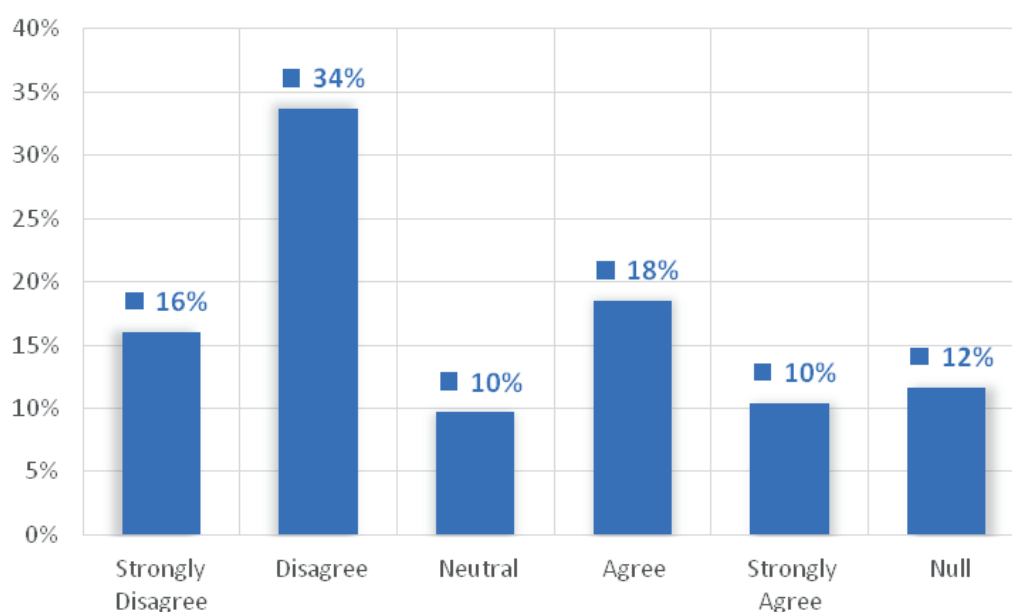


Women must not enter the kitchen while menstruating

Girls

In NCR 29 respondents agreed while 4 respondents strongly agreed with the statement. 22 respondents strongly disagreed and 45 respondents disagreed with the statement. In Karnataka, 40 respondents strongly disagreed and 28 respondents disagreed with the statement, whereas, 18 respondents agreed and 44 respondents strongly agreed with the statement. 21 respondents were neutral to the statement. In Uttarakhand, 66 respondents strongly disagreed and 195 respondents disagreed with the statement, whereas, 100 respondents agreed and 35 respondents strongly agreed with the statement. 51 respondents were neutral to the statement. Overall, 128 respondents strongly disagreed and 268 respondents disagreed with the statement, whereas, 147 respondents agreed and 83 respondents strongly agreed with the statement. 10% of the respondents were neutral to the statement.

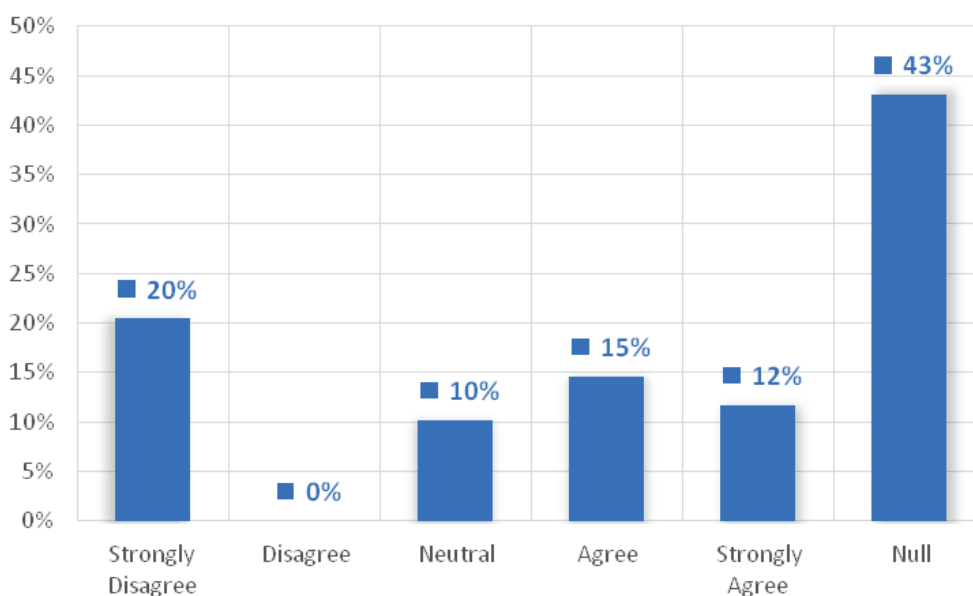
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	22	45	5	29	4	27	132	17%
%	17%	34%	4%	22%	3%	20%	100%	
Karnataka	40	28	21	18	44	44	195	24%
%	21%	14%	11%	9%	23%	23%	100%	
Uttarakhand	66	195	51	100	35	22	469	59%
%	14%	42%	11%	21%	7%	5%	100%	
Total	128	268	77	147	83	93	796	100%
%	16%	34%	10%	18%	10%	12%	100%	



Boys

In NCR a total of 22 respondents strongly disagreed with the statement while 18 respondents agreed and 10 respondents strongly agreed with the statement. In Karnataka, 5 respondents strongly disagreed with the statement. 6 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed while 2 respondents agreed with the statement. Overall, agreement with the statement was more.

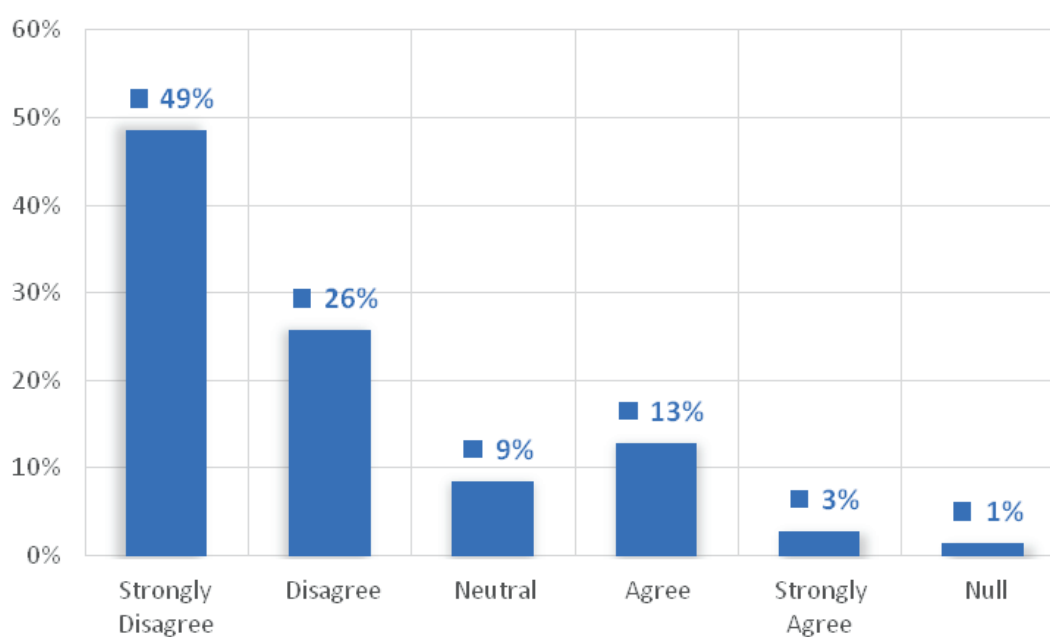
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	22	0	12	18	10	10	72	53%
%	31%	0%	17%	25%	14%	14%	100%	
Karnataka	5	0	2	0	6	49	62	45%
%	8%	0%	3%	0%	10%	79%	100%	
Uttarakhand	1	0	0	2	0	0	3	2%
%	33%	0%	0%	67%	0%	0%	100%	
Total	28	0	14	20	16	59	137	100%
%	20%	0%	10%	15%	12%	43%	100%	



Teacher

In NCR a total of 18 respondents strongly disagreed and 7 respondents disagreed with the statement while 8 respondents agreed and 2 respondents strongly agreed with the statement. In Uttarakhand, 16 respondents strongly disagreed and 11 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	18	7	5	8	2	1	41	59%
%	44%	17%	12%	20%	5%	2%	100%	
Uttarakhand	16	11	1	1	0	0	29	41%
%	55%	38%	3%	3%	0%	0%	100%	
Total	34	18	6	9	2	1	70	100%
%	49%	26%	9%	13%	3%	1%	100%	

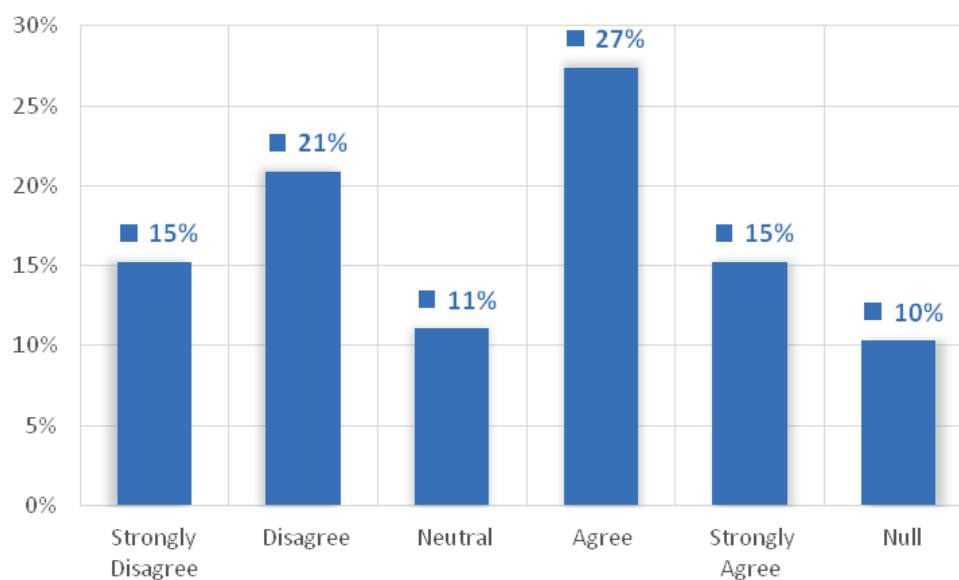


Menstruation is a girl-only topic

Girls

Overall, 121 respondents strongly disagreed and 166 respondents disagreed with the statement, whereas, 218 respondents agreed and 121 respondents strongly agreed with the statement. 11% which is 88 respondents were neutral to the statement. In NCR 49 respondents agreed while 10 respondents strongly agreed with the statement. 10 respondents strongly disagreed and 23 respondents disagreed with the statement. In Karnataka, 23 respondents strongly disagreed and 18 respondents disagreed with the statement, whereas, 33 respondents agreed and 66 respondents strongly agreed with the statement. 20 respondents were neutral to the statement. In Uttarakhand, 88 respondents strongly disagreed and 125 respondents disagreed with the statement, whereas, 136 respondents agreed and 45 respondents strongly agreed with the statement. 58 respondents were neutral to the statement.

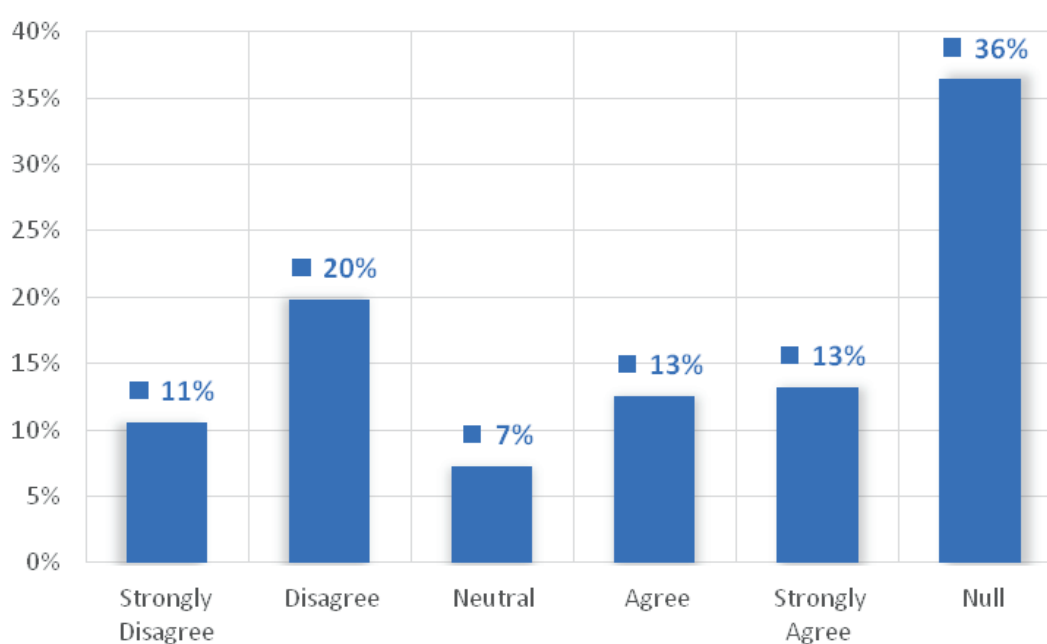
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	10	23	10	49	10	30	132	17%
%	8%	17%	8%	37%	8%	23%	100%	
Karnataka	23	18	20	33	66	35	195	24%
%	12%	9%	10%	17%	34%	18%	100%	
Uttarakhand	88	125	58	136	45	17	469	59%
%	19%	27%	12%	29%	10%	4%	100%	
Total	121	166	88	218	121	82	796	100%
%	15%	21%	11%	27%	15%	10%	100%	



Boys

In NCR a total of 14 respondents strongly disagreed and 27 respondents disagreed with the statement while 14 respondents agreed and 11 respondents strongly agreed with the statement. In Karnataka, 1 respondent and 2 respondents strongly disagreed and disagreed with the statement respectively. 4 respondents agreed with the statement and 9 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed and disagreed with the statement respectively. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

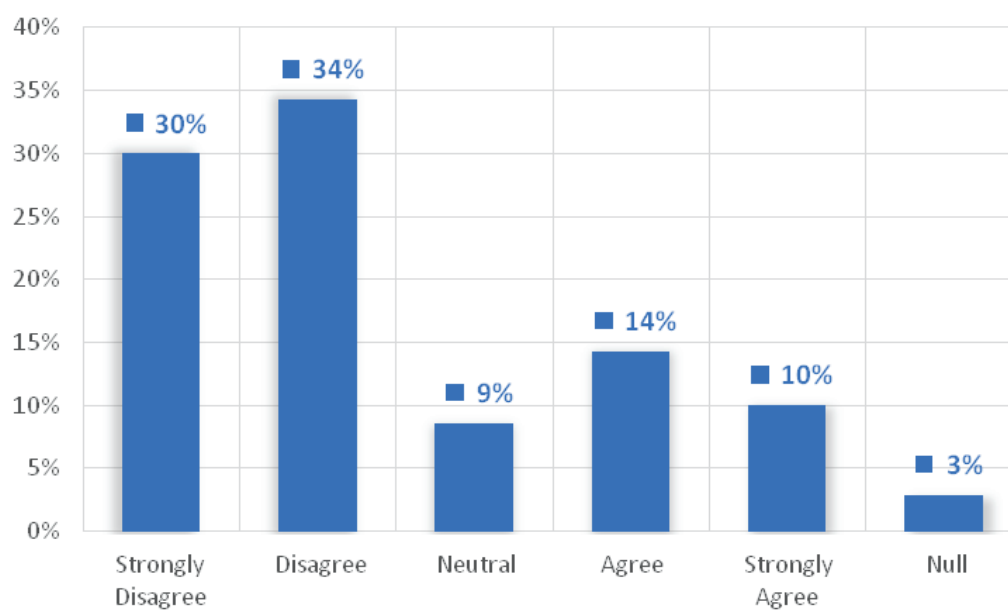
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	27	6	14	11	10	82	54%
%	17%	33%	7%	17%	13%	12%	100%	
Karnataka	1	2	4	4	9	45	65	43%
%	2%	3%	6%	6%	14%	69%	100%	
Uttarakhand	1	1	1	1	0	0	4	3%
%	25%	25%	25%	25%	0%	0%	100%	
Total	16	30	11	19	20	55	151	100%
%	11%	20%	7%	13%	13%	36%	100%	



Teacher

In NCR a total of 13 respondents strongly disagreed and 9 respondents disagreed with the statement while 7 respondents agreed and 5 respondents strongly agreed with the statement. In Uttarakhand, 8 respondents strongly disagreed and 15 respondents disagreed with the statement. While 3 respondents agreed and 2 respondents strongly agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	13	9	6	7	5	1	41	59%
%	32%	22%	15%	17%	12%	2%	100%	
Uttarakhand	8	15	0	3	2	1	29	41%
%	28%	52%	0%	10%	7%	3%	100%	
Total	21	24	6	10	7	2	70	100%
%	30%	34%	9%	14%	10%	3%	100%	

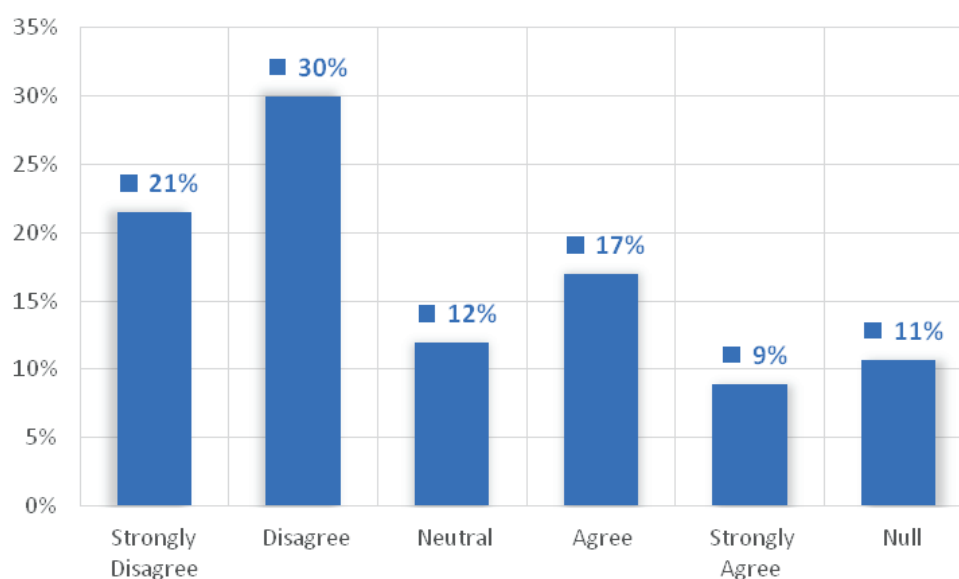


Men can tease a girl who is menstruating

Girls

In NCR 18 respondents agreed while 3 respondents strongly agreed with the statement. 24 respondents strongly disagreed and 36 respondents disagreed with the statement. In Karnataka, 57 respondents strongly disagreed and 26 respondents disagreed with the statement, whereas, 21 respondents agreed and 34 respondents strongly agreed with the statement. 26 respondents were neutral to the statement. In Uttarakhand, 90 respondents strongly disagreed and 177 respondents disagreed with the statement, whereas, 96 respondents agreed and 34 respondents strongly agreed with the statement. 51 respondents were neutral to the statement. Overall, 171 respondents strongly disagreed and 239 respondents disagreed with the statement, whereas, 135 respondents agreed and 71 respondents strongly agreed with the statement. 12% of the respondents were neutral to the statement.

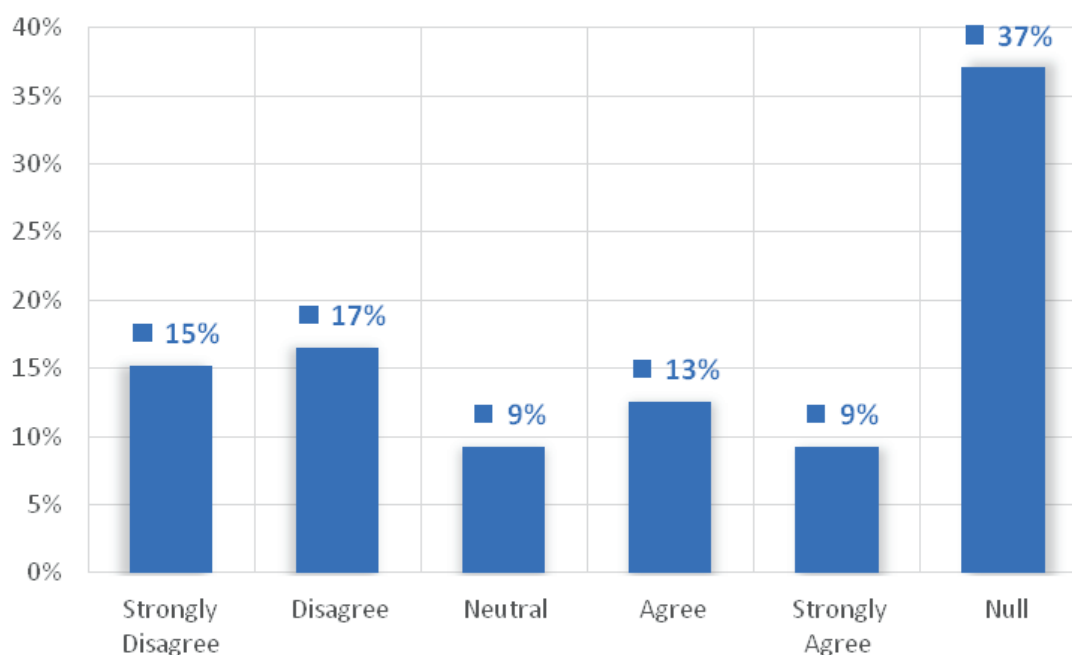
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	24	36	18	18	3	33	132	17%
%	18%	27%	14%	14%	2%	25%	100%	
Karnataka	57	26	26	21	34	31	195	24%
%	29%	13%	13%	11%	17%	16%	100%	
Uttarakhand	90	177	51	96	34	21	469	59%
%	19%	38%	11%	20%	7%	4%	100%	
Total	171	239	95	135	71	85	796	100%
%	21%	30%	12%	17%	9%	11%	100%	



Boys

In NCR a total of 13 respondents strongly disagreed and 20 respondents disagreed with the statement while 16 respondents agreed and 13 respondents strongly agreed with the statement. In Karnataka, 10 respondents and 3 respondents strongly disagreed and disagreed with the statement respectively. 2 respondents agreed with the statement and 1 respondent strongly agreed with the statement. In Uttarakhand, 2 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

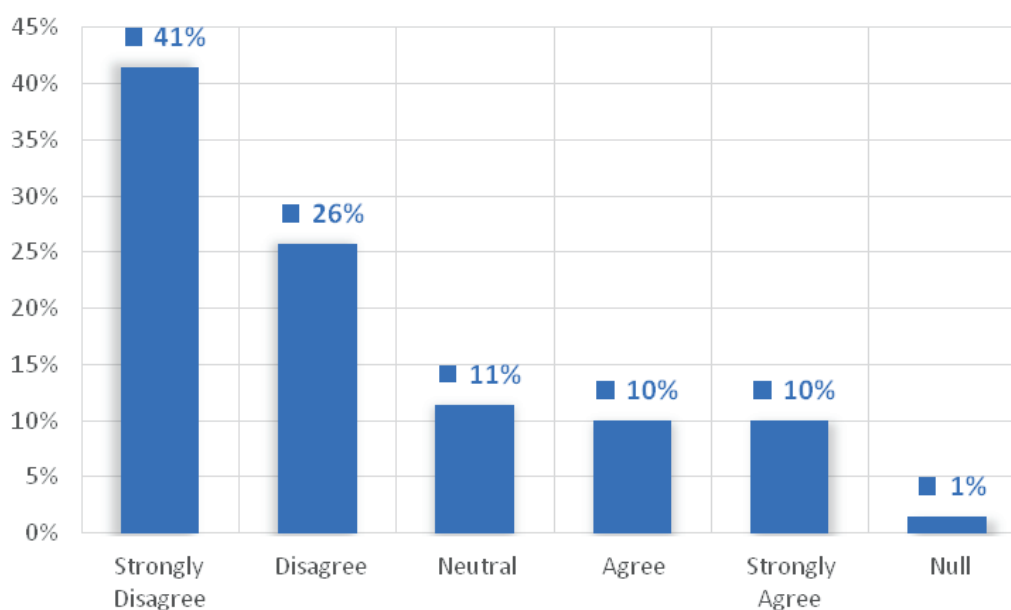
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	13	20	12	16	13	8	82	54%
%	16%	24%	15%	20%	16%	10%	100%	
Karnataka	10	3	1	2	1	48	65	43%
%	15%	5%	2%	3%	2%	74%	100%	
Uttarakhand	0	2	1	1	0	0	4	3%
%	0%	50%	25%	25%	0%	0%	100%	
Total	23	25	14	19	14	56	151	100%
%	15%	17%	9%	13%	9%	37%	100%	



Teacher

In NCR a total of 16 respondents strongly disagreed and 8 respondents disagreed with the statement while 6 respondents agreed and 3 respondents strongly agreed with the statement. In Uttarakhand, 13 respondents strongly disagreed and 10 respondents disagreed with the statement. While 1 respondent agreed and 4 respondents strongly agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	8	7	6	3	1	41	59%
%	39%	20%	17%	15%	7%	2%	100%	
Uttarakhand	13	10	1	1	4	0	29	41%
%	45%	34%	3%	3%	14%	0%	100%	
Total	29	18	8	7	7	1	70	100%
%	41%	26%	11%	10%	10%	1%	100%	

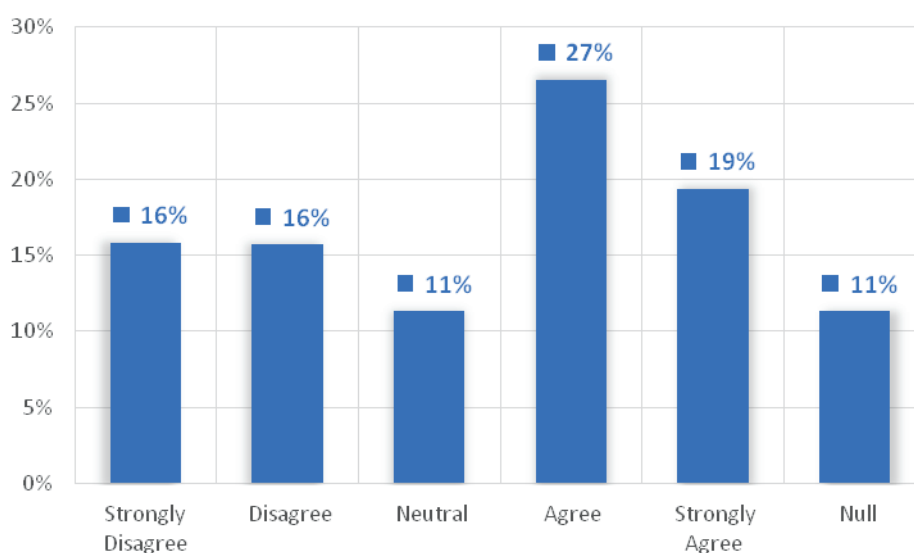


I should help a girl or women friend/stranger who is menstruating

Girls

In NCR 53 respondents agreed while 23 respondents strongly agreed with the statement. 4 respondents strongly disagreed and 8 respondents disagreed with the statement. In Karnataka, 11 respondents strongly disagreed and 22 respondents disagreed with the statement, whereas, 27 respondents agreed and 77 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 111 respondents strongly disagreed and 95 respondents disagreed with the statement, whereas, 131 respondents agreed and 54 respondents strongly agreed with the statement. 57 respondents were neutral to the statement. Overall, 126 respondents strongly disagreed and 125 respondents disagreed with the statement, whereas, 211 respondents agreed and 154 respondents strongly agreed with the statement. 11% of the respondents were neutral to the statement.

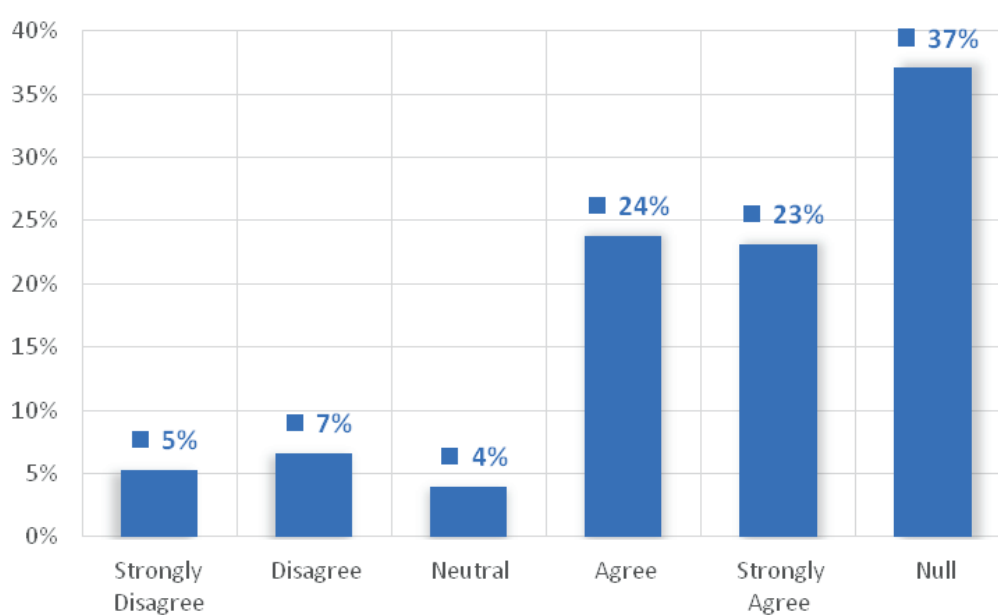
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	4	8	10	53	23	34	132	17%
%	3%	6%	8%	40%	17%	26%	100%	
Karnataka	11	22	23	27	77	35	195	24%
%	6%	11%	12%	14%	39%	18%	100%	
Uttarakhand	111	95	57	131	54	21	469	59%
%	24%	20%	12%	28%	12%	4%	100%	
Total	126	125	90	211	154	90	796	100%
%	16%	16%	11%	27%	19%	11%	100%	



Boys

In NCR a total of 13 respondents strongly disagreed and 9 respondents disagreed with the statement while 24 respondents agreed and 19 respondents strongly agreed with the statement. In Karnataka, 1 respondent strongly disagreed with the statement. 3 respondents agreed with the statement and 12 respondents strongly agreed with the statement. In Uttarakhand, 4 respondents agreed with the statement. Overall, agreement with the statement was more.

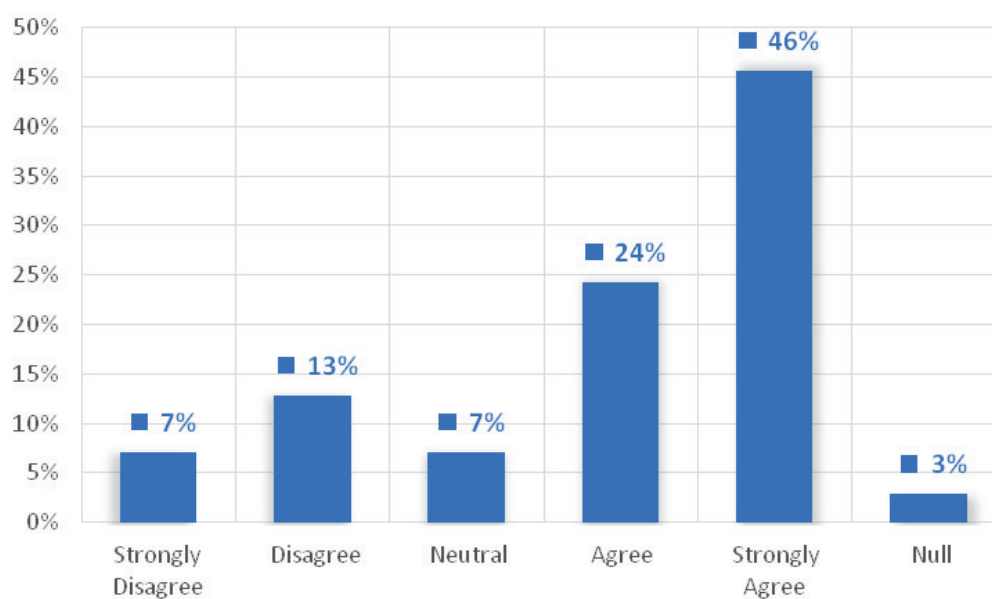
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	5	10	4	31	23	9	82	54%
%	6%	12%	5%	38%	28%	11%	100%	
Karnataka	2	0	2	3	11	47	65	43%
%	3%	0%	3%	5%	17%	72%	100%	
Uttarakhand	1	0	0	2	1	0	4	3%
%	25%	0%	0%	50%	25%	0%	100%	
Total	8	10	6	36	35	56	151	100%
%	5%	7%	4%	24%	23%	37%	100%	



Teacher

In NCR a total of 3 respondents strongly disagreed and 3 respondents disagreed with the statement while 11 respondents agreed and 19 respondents strongly agreed with the statement. In Uttarakhand, 2 respondents strongly disagreed and 6 respondents disagreed with the statement. While 6 respondents agreed and 13 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	3	4	11	19	1	41	59%
%	7%	7%	10%	27%	46%	2%	100%	
Uttarakhand	2	6	1	6	13	1	29	41%
%	7%	21%	3%	21%	45%	3%	100%	
Total	5	9	5	17	32	2	70	100%
%	7%	13%	7%	24%	46%	3%	100%	

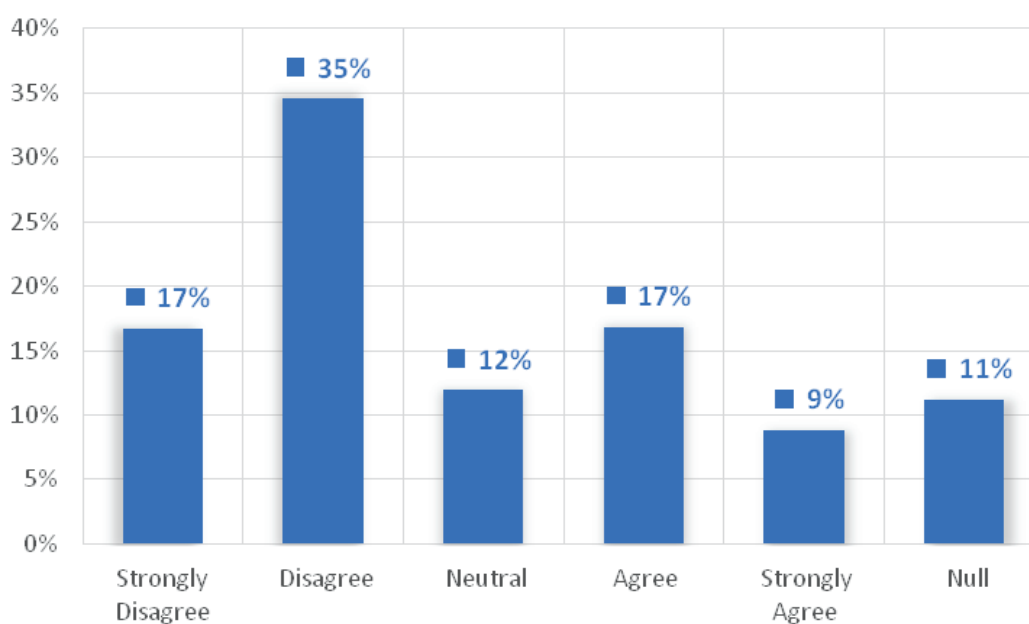


Menstruating women should be kept in a separate room

Girls

Overall, 133 respondents strongly disagreed and 275 respondents disagreed with the statement, whereas, 134 respondents agreed and 70 respondents strongly agreed with the statement. 12% which is 95 respondents were neutral to the statement. In NCR 14 respondents agreed while 6 respondents strongly agreed with the statement. 26 respondents strongly disagreed and 42 respondents disagreed with the statement. In Karnataka, 45 respondents strongly disagreed and 28 respondents disagreed with the statement, whereas, 24 respondents agreed and 35 respondents strongly agreed with the statement. 25 respondents were neutral to the statement. In Uttarakhand, 62 respondents strongly disagreed and 205 respondents disagreed with the statement, whereas, 96 respondents agreed and 29 respondents strongly agreed with the statement. 58 respondents were neutral to the statement.

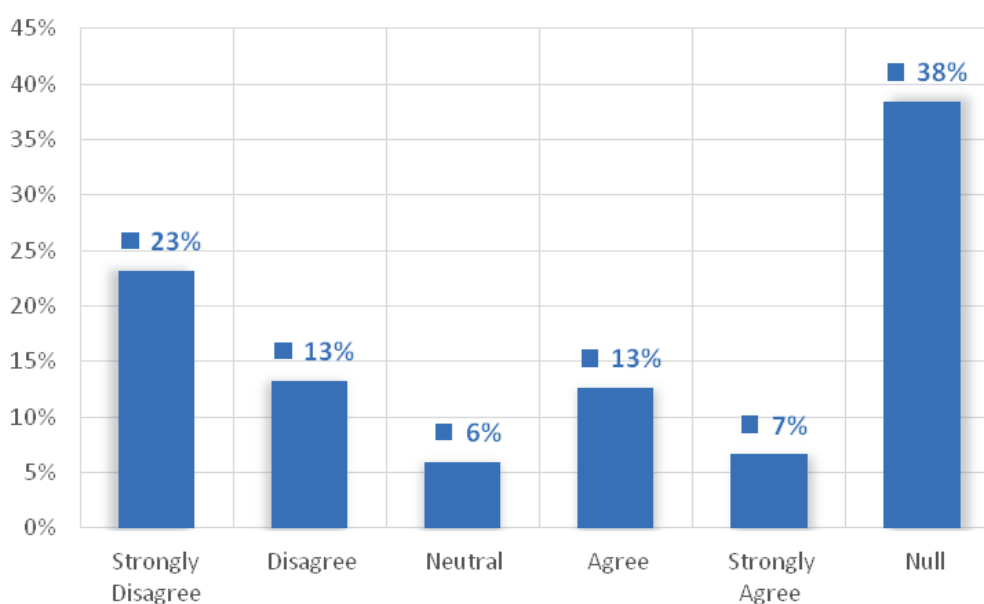
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	26	42	12	14	6	32	132	17%
%	20%	32%	9%	11%	5%	24%	100%	
Karnataka	45	28	25	24	35	38	195	24%
%	23%	14%	13%	12%	18%	19%	100%	
Uttarakhand	62	205	58	96	29	19	469	59%
%	13%	44%	12%	20%	6%	4%	100%	
Total	133	275	95	134	70	89	796	100%
%	17%	35%	12%	17%	9%	11%	100%	



Boys

In NCR a total of 28 respondents strongly disagreed and 17 respondents disagreed with the statement while 15 respondents agreed and 6 respondents strongly agreed with the statement. In Karnataka, 7 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 2 respondents agreed with the statement and 4 respondents strongly agreed with the statement. In Uttarakhand, 2 respondents disagreed and agreed with the statement respectively. Overall, disagreement with the statement was more.

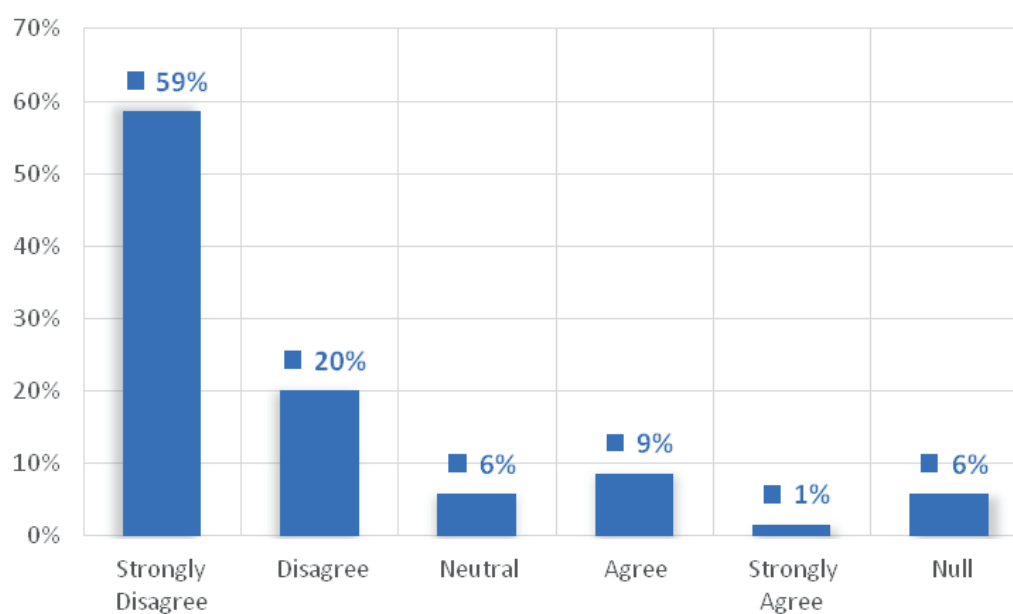
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	28	17	7	15	6	9	82	54%
%	34%	21%	9%	18%	7%	11%	100%	
Karnataka	7	1	2	2	4	49	65	43%
%	11%	2%	3%	3%	6%	75%	100%	
Uttarakhand	0	2	0	2	0	0	4	3%
%	0%	50%	0%	50%	0%	0%	100%	
Total	35	20	9	19	10	58	151	100%
%	23%	13%	6%	13%	7%	38%	100%	



Teacher

In NCR a total of 24 respondents strongly disagreed and 5 respondents disagreed with the statement while 5 respondents agreed and 1 respondent strongly agreed with the statement. In Uttarakhand, 17 respondents strongly disagreed and 9 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	24	5	4	5	1	2	41	59%
%	59%	12%	10%	12%	2%	5%	100%	
Uttarakhand	17	9	0	1	0	2	29	41%
%	59%	31%	0%	3%	0%	7%	100%	
Total	41	14	4	6	1	4	70	100%
%	59%	20%	6%	9%	1%	6%	100%	

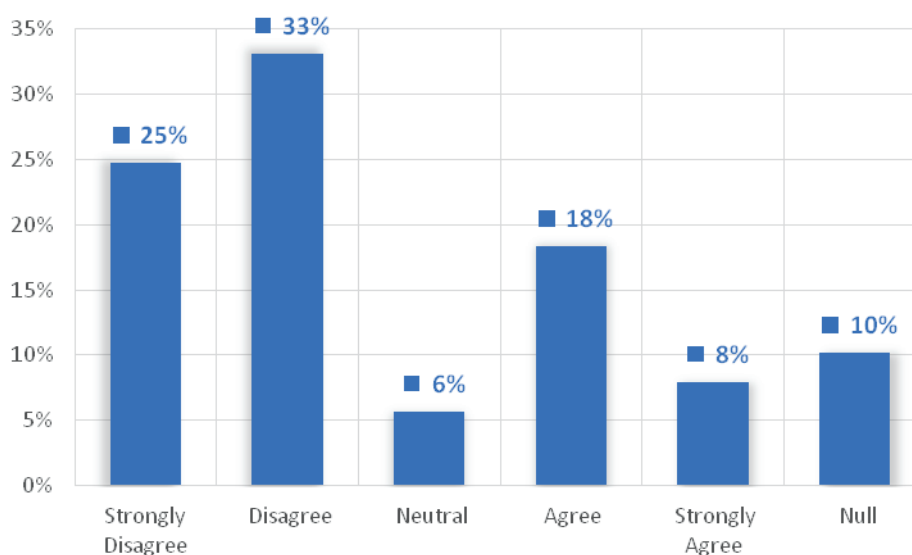


Menstruating girls should miss school because it's a holy place

Girls

In NCR 19 respondents agreed while 8 respondents strongly agreed with the statement. 33 respondents strongly disagreed and 35 respondents disagreed with the statement. In Karnataka, 69 respondents strongly disagreed and 25 respondents disagreed with the statement, whereas, 24 respondents agreed and 21 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 95 respondents strongly disagreed and 204 respondents disagreed with the statement, whereas, 103 respondents agreed and 34 respondents strongly agreed with the statement. 17 respondents were neutral to the statement. Overall, 197 respondents strongly disagreed and 264 respondents disagreed with the statement, whereas, 146 respondents agreed and 63 respondents strongly agreed with the statement. 6% of the respondents were neutral to the statement.

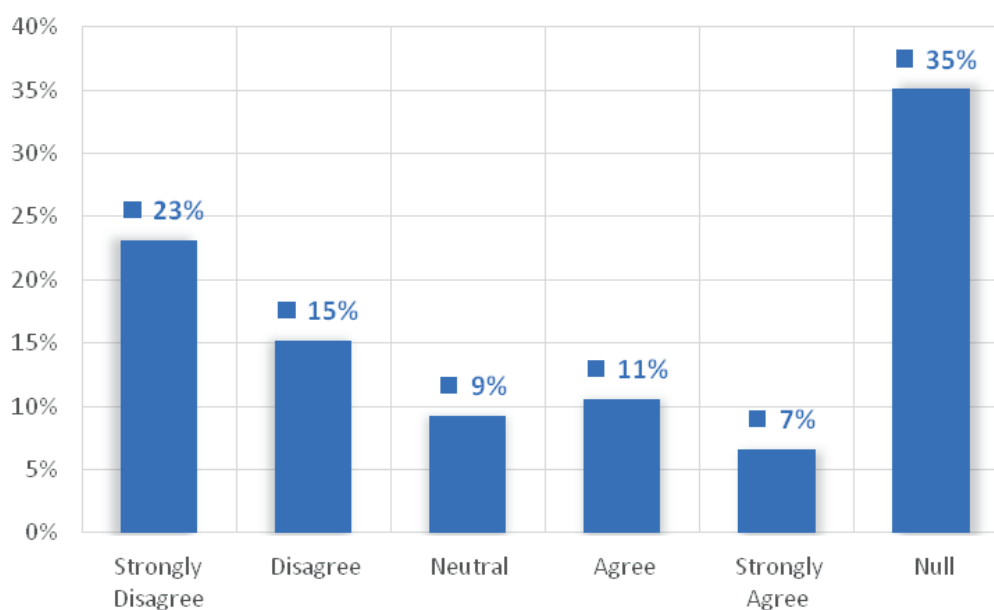
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	33	35	5	19	8	32	132	17%
%	25%	27%	4%	14%	6%	24%	100%	
Karnataka	69	25	23	24	21	33	195	24%
%	35%	13%	12%	12%	11%	17%	100%	
Uttarakhand	95	204	17	103	34	16	469	59%
%	20%	43%	4%	22%	7%	3%	100%	
Total	197	264	45	146	63	81	796	100%
%	25%	33%	6%	18%	8%	10%	100%	



Boys

In NCR a total of 25 respondents strongly disagreed and 21 respondents disagreed with the statement while 10 respondents agreed and 8 respondents strongly agreed with the statement. In Karnataka, 9 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 4 respondents agreed with the statement and 2 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed and disagreed with the statement respectively. While 2 respondents agreed with the statement. Overall, disagreement with the statement was more.

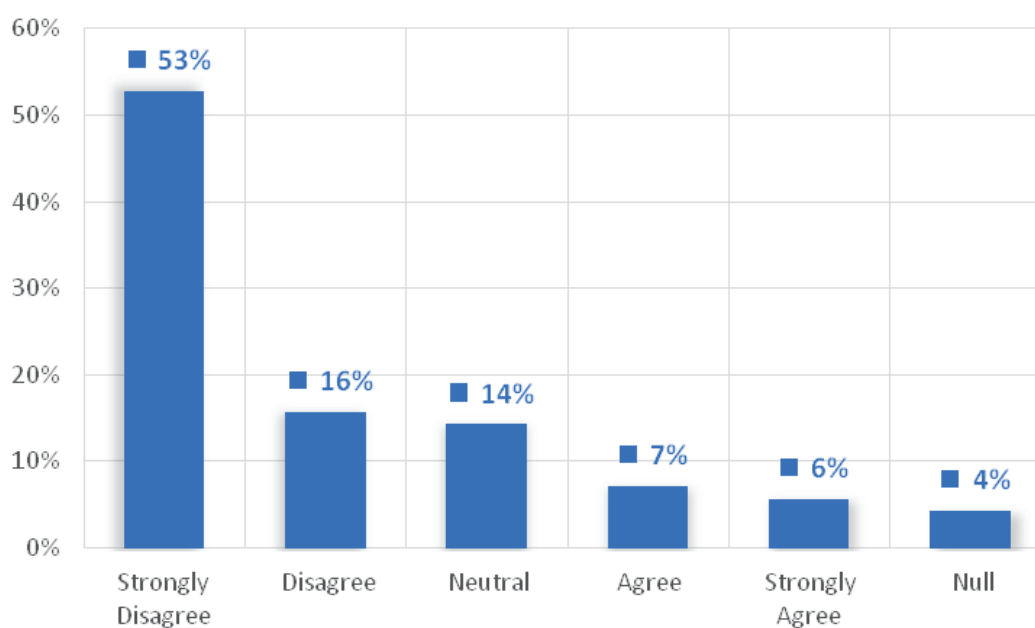
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	25	21	10	10	8	8	82	54%
%	30%	26%	12%	12%	10%	10%	100%	
Karnataka	9	1	4	4	2	45	65	43%
%	14%	2%	6%	6%	3%	69%	100%	
Uttarakhand	1	1	0	2	0	0	4	3%
%	25%	25%	0%	50%	0%	0%	100%	
Total	35	23	14	16	10	53	151	100%
%	23%	15%	9%	11%	7%	35%	100%	



Teacher

In NCR a total of 19 respondents strongly disagreed and 5 respondents disagreed with the statement while 4 respondents agreed and 3 respondents strongly agreed with the statement. 8 respondents were neutral to the statement. In Uttarakhand, 18 respondents strongly disagreed and 6 respondents disagreed with the statement. While 1 respondent agreed and strongly agreed with the statement respectively. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	19	5	8	4	3	2	41	59%
%	46%	12%	20%	10%	7%	5%	100%	
Uttarakhand	18	6	2	1	1	1	29	41%
%	62%	21%	7%	3%	3%	3%	100%	
Total	37	11	10	5	4	3	70	100%
%	53%	16%	14%	7%	6%	4%	100%	

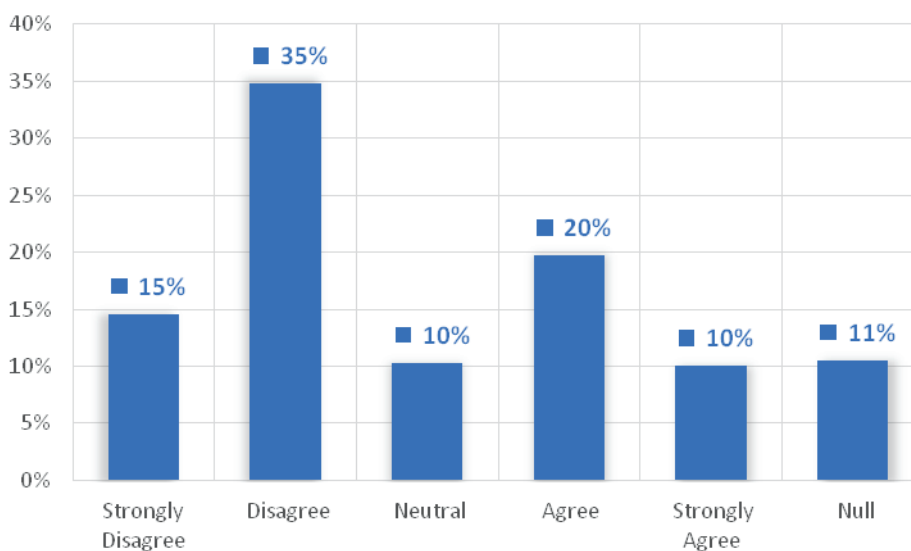


Menstruation is embarrassing for girls

Girls

Overall, 116 respondents strongly disagreed and 277 respondents disagreed with the statement, whereas, 157 respondents agreed and 80 respondents strongly agreed with the statement. 10% which is 80 respondents were neutral to the statement. In NCR 18 respondents agreed while 8 respondents strongly agreed with the statement. 26 respondents strongly disagreed and 40 respondents disagreed with the statement. In Karnataka, 36 respondents strongly disagreed and 33 respondents disagreed with the statement, whereas, 22 respondents agreed and 46 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 54 respondents strongly disagreed and 204 respondents disagreed with the statement, whereas, 117 respondents agreed and 26 respondents strongly agreed with the statement. 49 respondents were neutral to the statement.

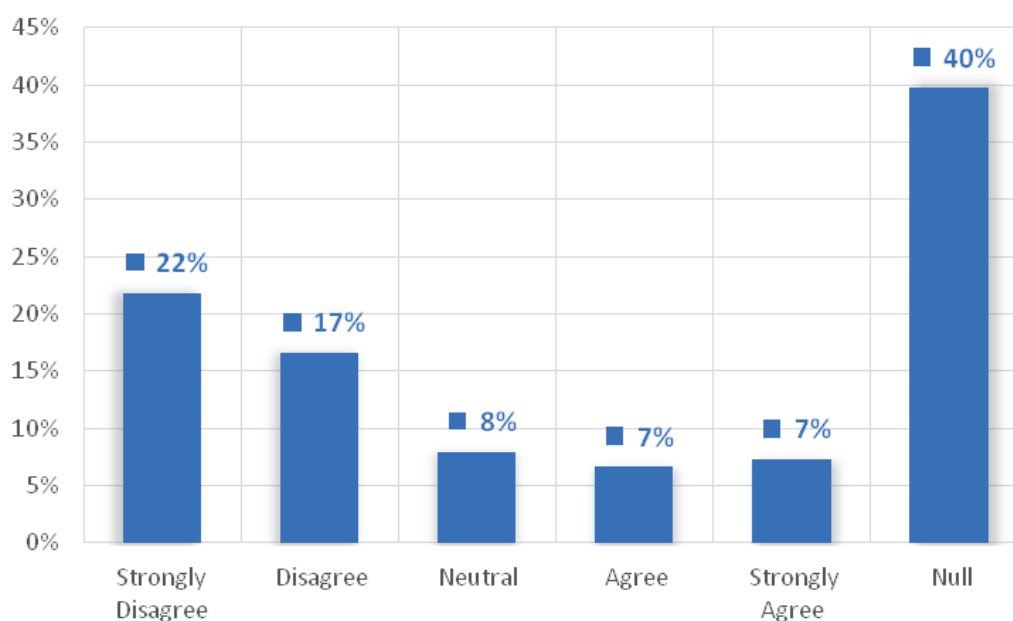
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	26	40	10	18	8	30	132	17%
%	20%	30%	8%	14%	6%	23%	100%	
Karnataka	36	33	23	22	46	35	195	24%
%	18%	17%	12%	11%	24%	18%	100%	
Uttarakhand	54	204	49	117	26	19	469	59%
%	12%	43%	10%	25%	6%	4%	100%	
Total	116	277	82	157	80	84	796	100%
%	15%	35%	10%	20%	10%	11%	100%	



Boys

In NCR a total of 21 respondents strongly disagreed and disagreed with the statement respectively while 8 respondents agreed and 9 respondents strongly agreed with the statement. In Karnataka, 11 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 1 respondent agreed with the statement and 2 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed and 2 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

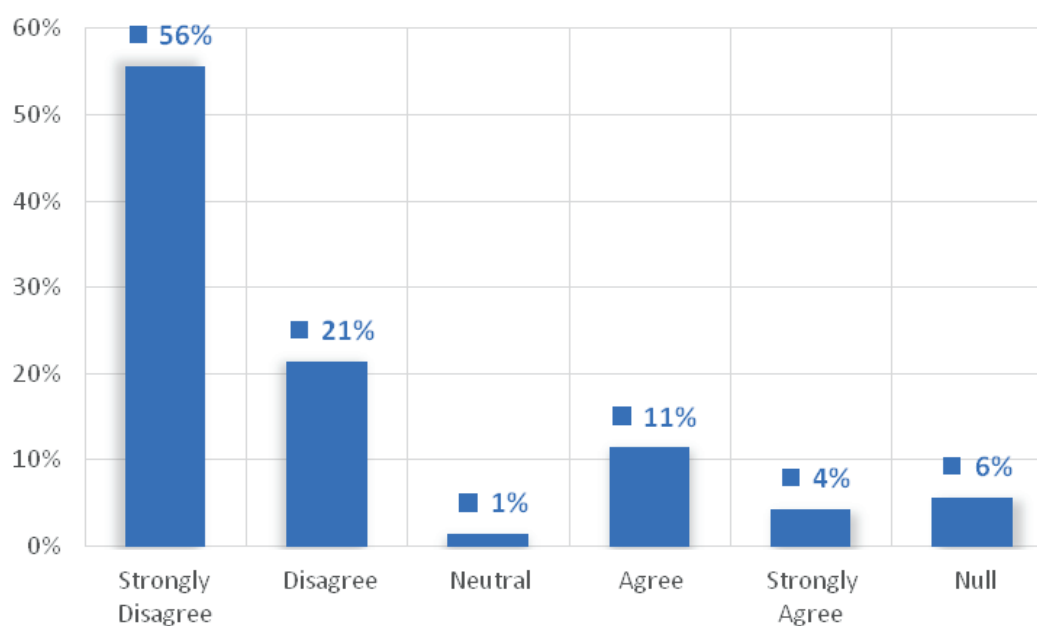
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	21	21	11	8	9	12	82	54%
%	26%	26%	13%	10%	11%	15%	100%	
Karnataka	11	2	1	1	2	48	65	43%
%	17%	3%	2%	2%	3%	74%	100%	
Uttarakhand	1	2	0	1	0	0	4	3%
%	25%	50%	0%	25%	0%	0%	100%	
Total	33	25	12	10	11	60	151	100%
%	22%	17%	8%	7%	7%	40%	100%	



Teacher

In NCR a total of 24 respondents strongly disagreed and 6 respondents disagreed with the statement while 7 respondents agreed and 2 respondents strongly agreed with the statement. In Uttarakhand, 15 respondents strongly disagreed and 9 respondent disagreed with the statement. While 1 respondent agreed and strongly agreed with the statement respectively. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	24	6	0	7	2	2	41	59%
%	59%	15%	0%	17%	5%	5%	100%	
Uttarakhand	15	9	1	1	1	2	29	41%
%	52%	31%	3%	3%	3%	7%	100%	
Total	39	15	1	8	3	4	70	100%
%	56%	21%	1%	11%	4%	6%	100%	

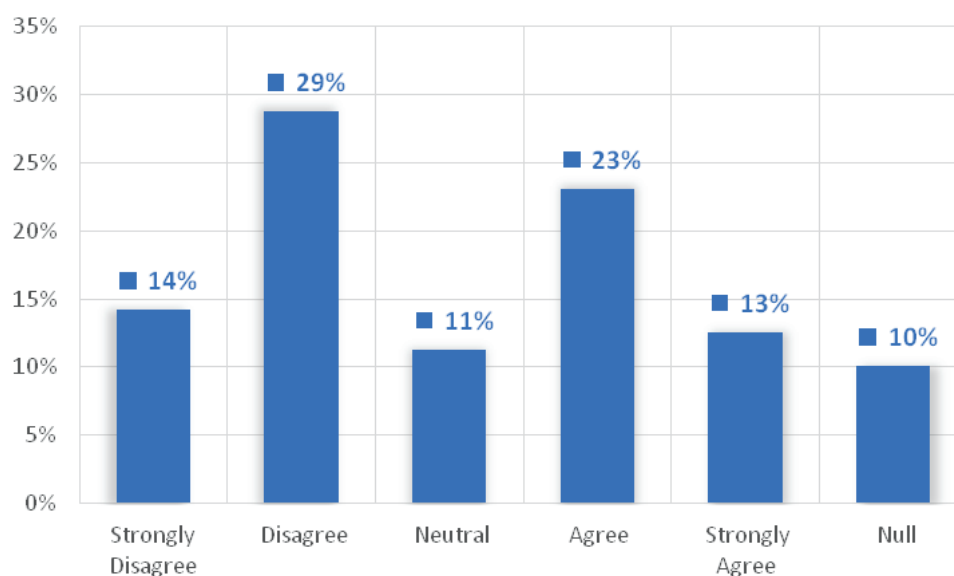


Women become impure during menstruation

Girls

Overall, 113 respondents strongly disagreed and 229 respondents disagreed with the statement, whereas, 184 respondents agreed and 100 respondents strongly agreed with the statement. 11% which is 90 respondents were neutral to the statement. In NCR 42 respondents agreed while 7 respondents strongly agreed with the statement. 16 respondents strongly disagreed and 26 respondents disagreed with the statement. In Karnataka, 30 respondents strongly disagreed and 24 respondents disagreed with the statement, whereas, 24 respondents agreed and 56 respondents strongly agreed with the statement. 28 respondents were neutral to the statement. In Uttarakhand, 67 respondents strongly disagreed and 179 respondents disagreed with the statement, whereas, 184 respondents agreed and 100 respondents strongly agreed with the statement. 54 respondents were neutral to the statement.

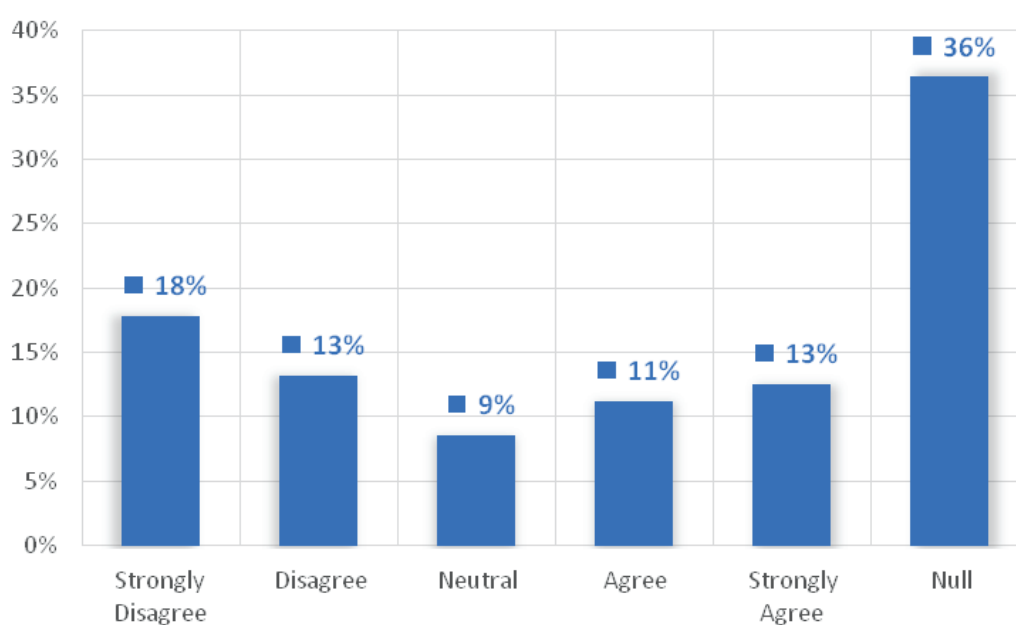
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	26	8	42	7	33	132	17%
%	12%	20%	6%	32%	5%	25%	100%	
Karnataka	30	24	28	24	56	33	195	24%
%	15%	12%	14%	12%	29%	17%	100%	
Uttarakhand	67	179	54	118	37	14	469	59%
%	14%	38%	12%	25%	8%	3%	100%	
Total	113	229	90	184	100	80	796	100%
%	14%	29%	11%	23%	13%	10%	100%	



Boys

In NCR a total of 23 respondents strongly disagreed and 17 respondents disagreed with the statement while 12 respondents agreed and 9 respondents strongly agreed with the statement. In Karnataka, 3 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 4 respondents agreed with the statement and 10 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent strongly disagreed and 2 respondents disagreed with the statement. While 1 respondent agreed with the statement. Overall, disagreement with the statement was more.

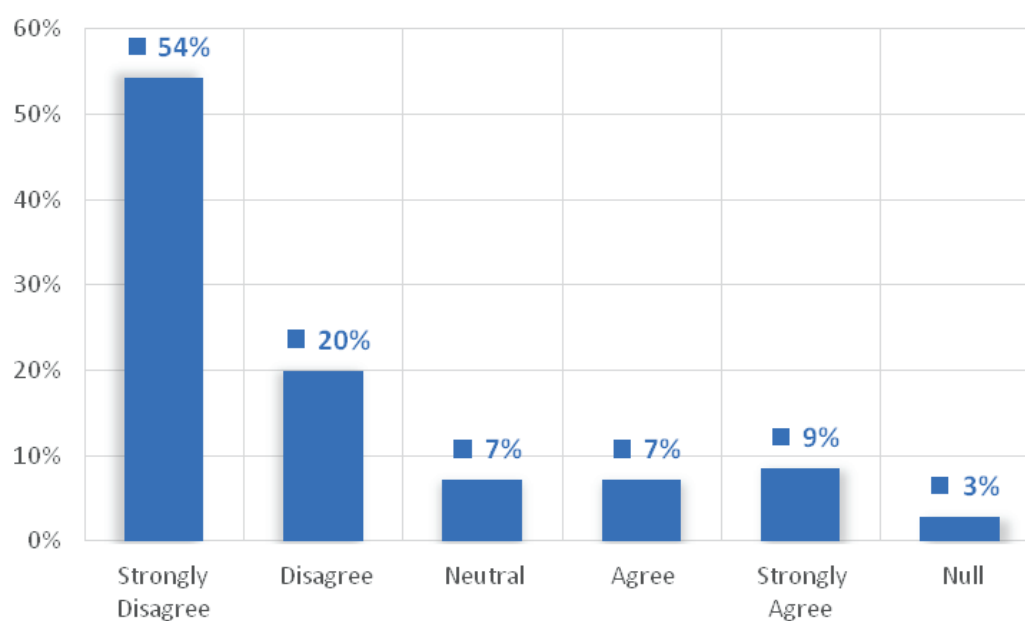
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	23	17	12	12	9	9	82	54%
%	28%	21%	15%	15%	11%	11%	100%	
Karnataka	3	1	1	4	10	46	65	43%
%	5%	2%	2%	6%	15%	71%	100%	
Uttarakhand	1	2	0	1	0	0	4	3%
%	25%	50%	0%	25%	0%	0%	100%	
Total	27	20	13	17	19	55	151	100%
%	18%	13%	9%	11%	13%	36%	100%	



Teacher

In NCR a total of 23 respondents strongly disagreed and 4 respondents disagreed with the statement while 3 respondents agreed and 6 respondents strongly agreed with the statement. In Uttarakhand, 15 respondents and 10 respondents strongly disagreed and disagreed with the statement respectively. 2 respondents agreed with the statement. Overall, disagreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	23	4	4	3	6	1	41	59%
%	56%	10%	10%	7%	15%	2%	100%	
Uttarakhand	15	10	1	2	0	1	29	41%
%	52%	34%	3%	7%	0%	3%	100%	
Total	38	14	5	5	6	2	70	100%
%	54%	20%	7%	7%	9%	3%	100%	

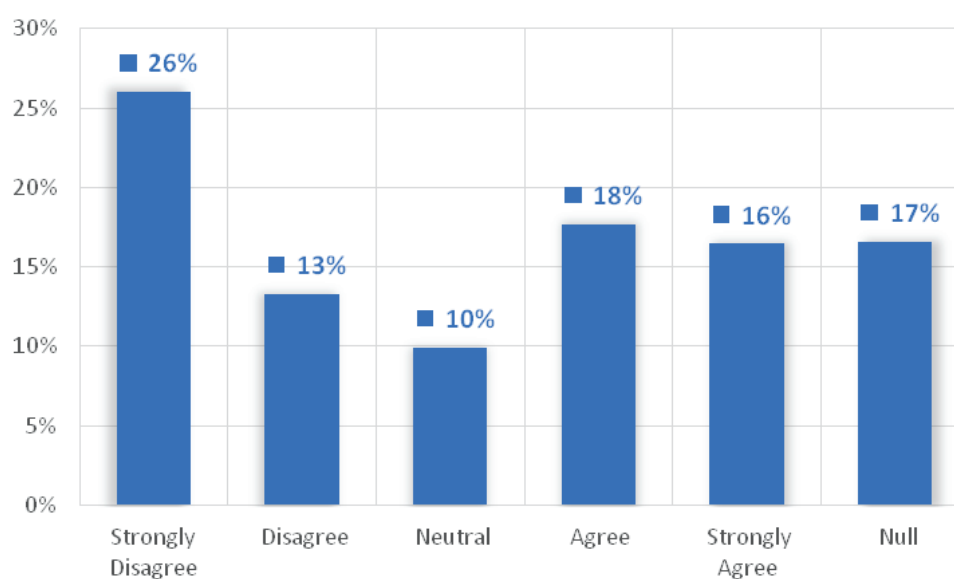


Women should have special food during menstruation

Girls

The null responses were 17% of the total responses. Out of the responses received, overall, 207 respondents strongly disagreed and 106 respondents disagreed with the statement, whereas, 141 respondents agreed and 131 respondents strongly agreed with the statement. 10% which is 79 respondents were neutral to the statement. In NCR 41 respondents agreed while 11 respondents strongly agreed with the statement. 14 respondents strongly disagreed and 15 respondents disagreed with the statement. In Karnataka, 52 respondents strongly disagreed and 18 respondents disagreed with the statement, whereas, 14 respondents agreed and 37 respondents strongly agreed with the statement. 23 respondents were neutral to the statement. In Uttarakhand, 141 respondents strongly disagreed and 73 respondents disagreed with the statement, whereas, 86 respondents agreed and 83 respondents strongly agreed with the statement. 44 respondents were neutral to the statement.

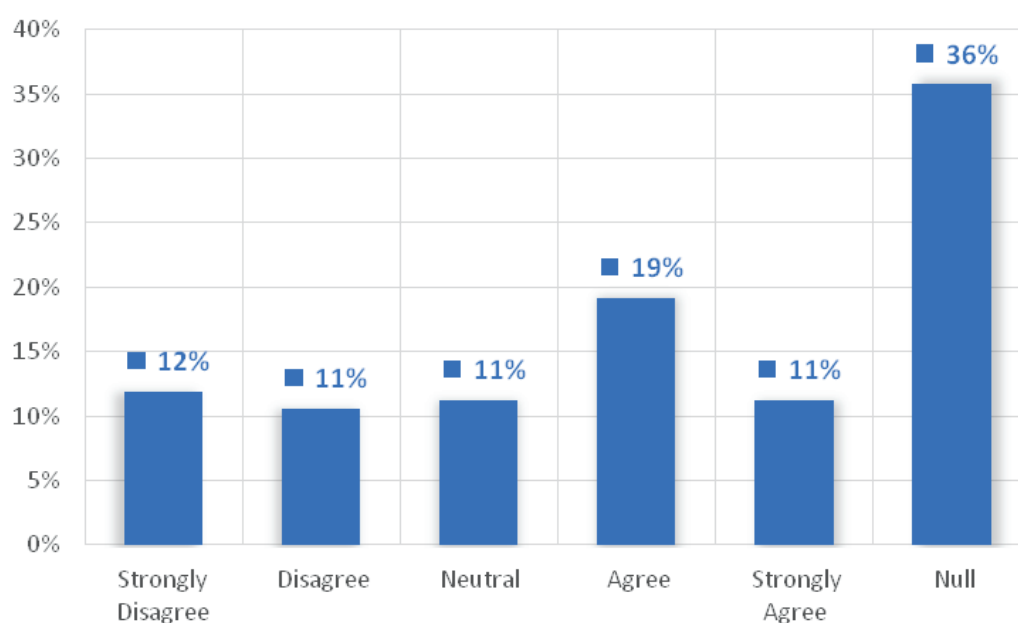
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	15	12	41	11	39	132	17%
%	11%	11%	9%	31%	8%	30%	100%	
Karnataka	52	18	23	14	37	51	195	24%
%	27%	9%	12%	7%	19%	26%	100%	
Uttarakhand	141	73	44	86	83	42	469	59%
%	30%	16%	9%	18%	18%	9%	100%	
Total	207	106	79	141	131	132	796	100%
%	26%	13%	10%	18%	16%	17%	100%	



Boys

In NCR a total of 14 respondents strongly disagreed and 14 respondents disagreed with the statement while 24 respondents agreed and 10 respondents strongly agreed with the statement. In Karnataka, 4 respondents and 1 respondent strongly disagreed and disagreed with the statement respectively. 3 respondents agreed with the statement and 7 respondents strongly agreed with the statement. In Uttarakhand, 1 respondent disagreed with the statement. While 2 respondents agreed with the statement. Overall, agreement with the statement was more.

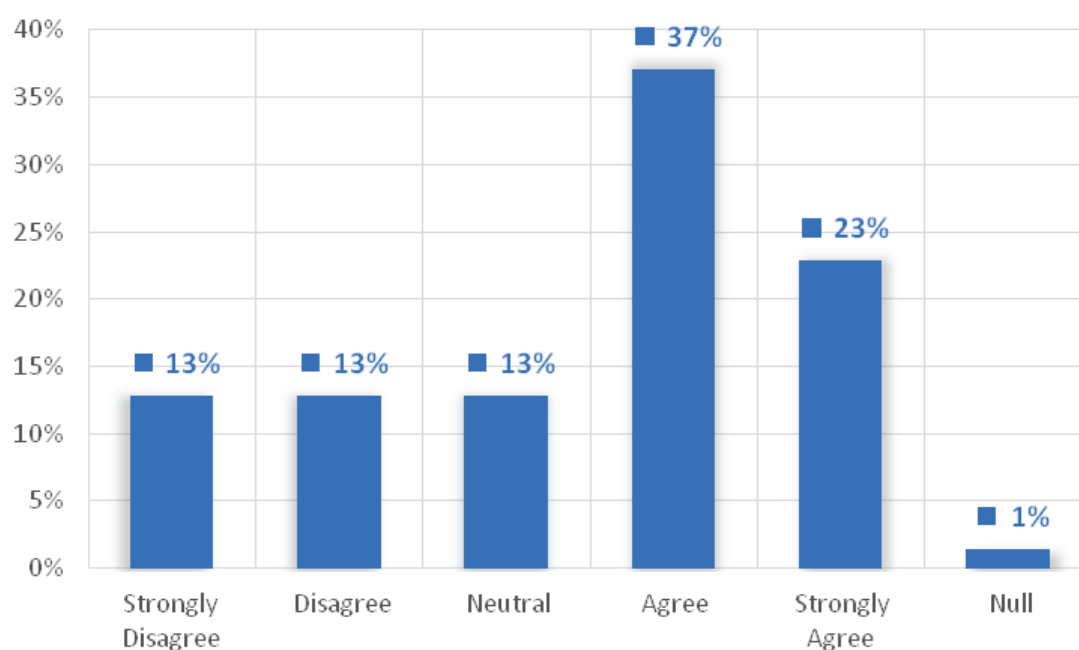
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	14	12	24	10	8	82	54%
%	17%	17%	15%	29%	12%	10%	100%	
Karnataka	4	1	4	3	7	46	65	43%
%	6%	2%	6%	5%	11%	71%	100%	
Uttarakhand	0	1	1	2	0	0	4	3%
%	0%	25%	25%	50%	0%	0%	100%	
Total	18	16	17	29	17	54	151	100%
%	12%	11%	11%	19%	11%	36%	100%	



Teacher

In NCR a total of 5 respondents strongly disagreed and 3 respondents disagreed with the statement while 17 respondents agreed and 7 respondents strongly agreed with the statement. In Uttarakhand, 4 respondents strongly disagreed and 6 respondents disagreed with the statement. While 9 respondents agreed and strongly agreed with the statement respectively. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	5	3	8	17	7	1	41	59%
%	12%	7%	20%	41%	17%	2%	100%	
Uttarakhand	4	6	1	9	9	0	29	41%
%	14%	21%	3%	31%	31%	0%	100%	
Total	9	9	9	26	16	1	70	100%
%	13%	13%	13%	37%	23%	1%	100%	

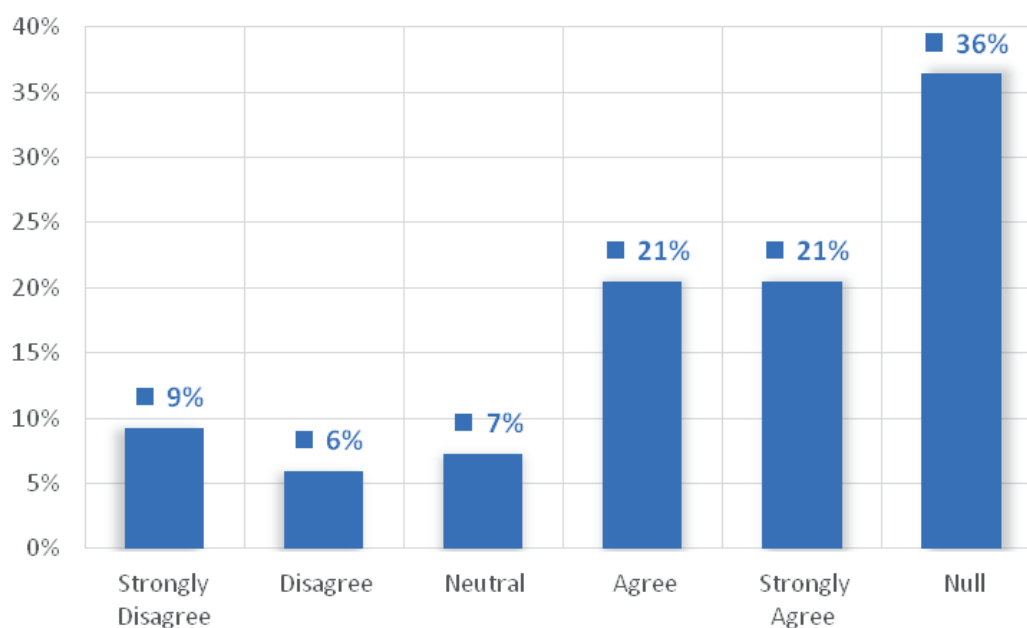


I should help when girls are on menses

Girls

In NCR a total of 13 respondents strongly disagreed and 9 respondents disagreed with the statement while 24 respondents agreed and 19 respondents strongly agreed with the statement. In Karnataka, 1 respondent strongly disagreed with the statement. 3 respondents agreed with the statement and 12 respondents strongly agreed with the statement. In Uttarakhand, 4 respondents agreed with the statement. Overall, agreement with the statement was more.

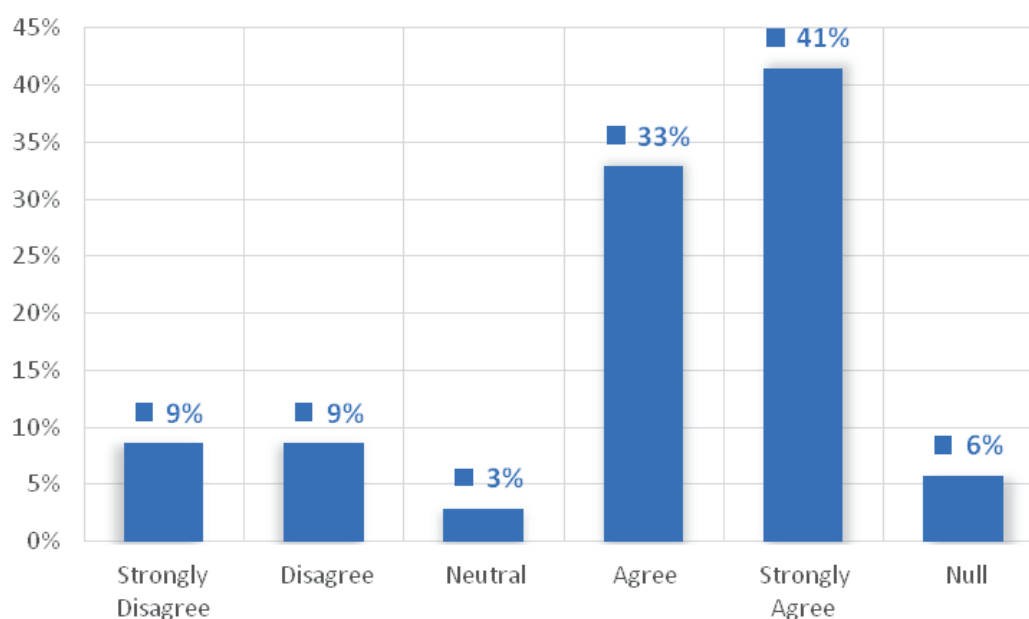
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	13	9	9	24	19	8	82	54%
%	16%	11%	11%	29%	23%	10%	100%	
Karnataka	1	0	2	3	12	47	65	43%
%	2%	0%	3%	5%	18%	72%	100%	
Uttarakhand	0	0	0	4	0	0	4	3%
%	0%	0%	0%	100%	0%	0%	100%	
Total	14	9	11	31	31	55	151	100%
%	9%	6%	7%	21%	21%	36%	100%	



Teacher

In NCR a total of 3 respondents strongly disagreed with the statement while 17 respondents agreed and 16 respondents strongly agreed with the statement while 17 respondents strongly agreed with the statement. In Uttarakhand, 3 respondents strongly disagreed and 6 respondents disagreed with the statement. While 7 respondents agreed and 12 respondents strongly agreed with the statement. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	3	0	2	16	17	3	41	59%
%	7%	0%	5%	39%	41%	7%	100%	
Uttarakhand	3	6	0	7	12	1	29	41%
%	10%	21%	0%	24%	41%	3%	100%	
Total	6	6	2	23	29	4	70	100%
%	9%	9%	3%	33%	41%	6%	100%	

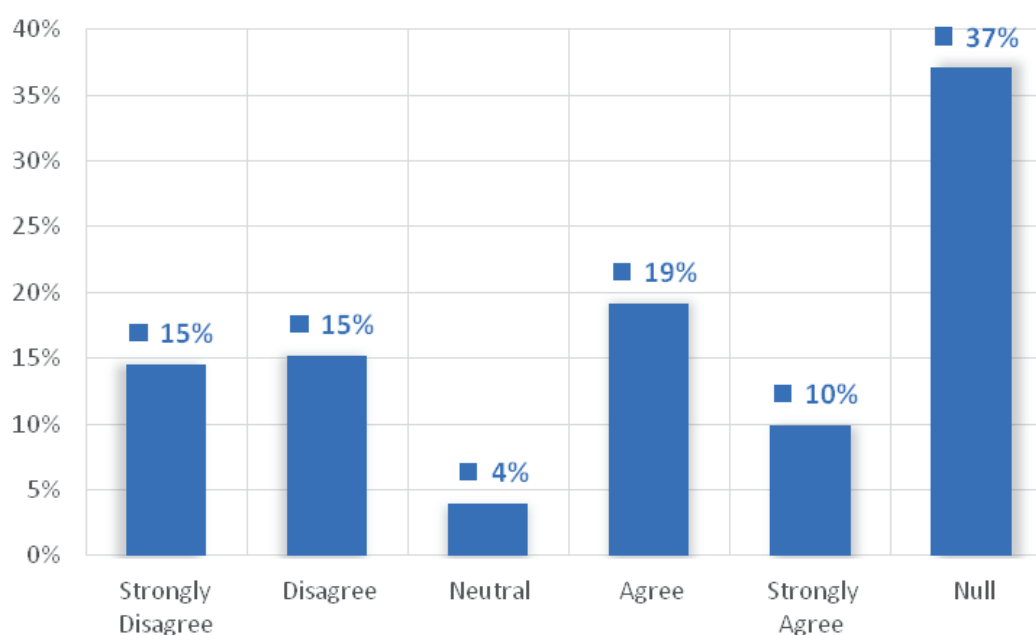


Men should not know when girls on menses

Boys

In NCR a total of 16 respondents strongly disagreed and 21 respondents disagreed with the statement while 21 respondents agreed and 10 respondents strongly agreed with the statement. In Karnataka, 6 respondents and 2 respondents strongly disagreed and disagreed with the statement respectively. 5 respondents agreed with the statement and 5 respondents strongly agreed with the statement. In Uttarakhand, 3 respondents agreed with the statement. Overall, disagreement with the statement was more by 1%.

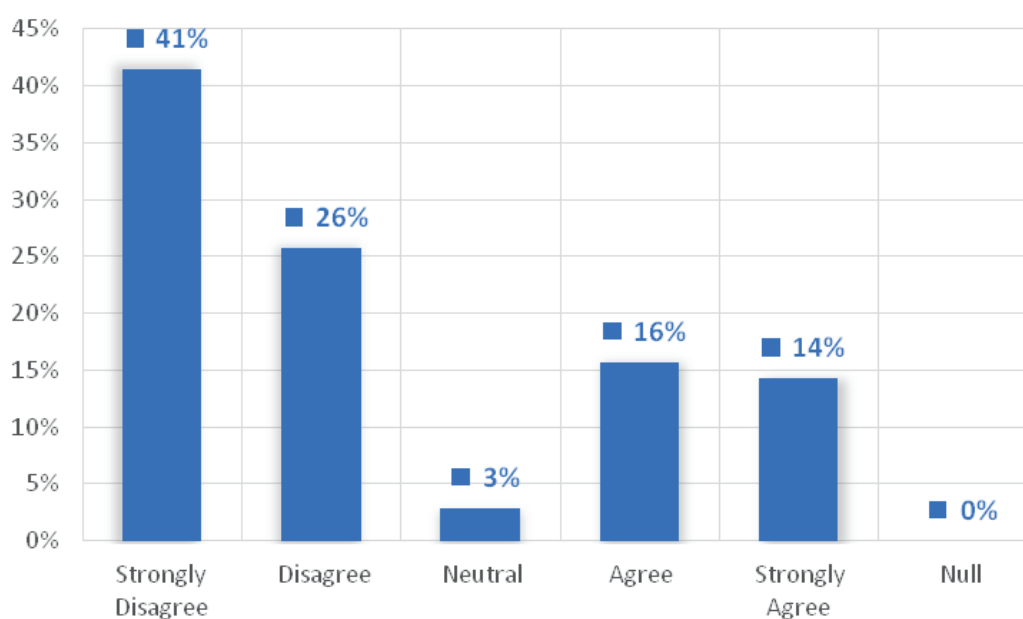
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	16	21	5	21	10	9	82	54%
%	20%	26%	6%	26%	12%	11%	100%	
Karnataka	6	2	1	5	5	46	65	43%
%	9%	3%	2%	8%	8%	71%	100%	
Uttarakhand	0	0	0	3	0	1	4	3%
%	0%	0%	0%	75%	0%	25%	100%	
Total	22	23	6	29	15	56	151	100%
%	15%	15%	4%	19%	10%	37%	100%	



Teacher

In NCR a total of 14 respondents strongly disagreed with the statement while 8 respondents agreed and 9 respondents strongly agreed with the statement and 8 respondents strongly agreed with the statement. In Uttarakhand, 15 respondents strongly disagreed and 10 respondents disagreed with the statement. While 2 respondents agreed and strongly agreed with the statement respectively. Overall, agreement with the statement was more.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Null	Total	%
NCR	14	8	2	9	8	0	41	59%
%	34%	20%	5%	22%	20%	0%	100%	
Uttarakhand	15	10	0	2	2	0	29	41%
%	52%	34%	0%	7%	7%	0%	100%	
Total	29	18	2	11	10	0	70	100%
%	41%	26%	3%	16%	14%	0%	100%	



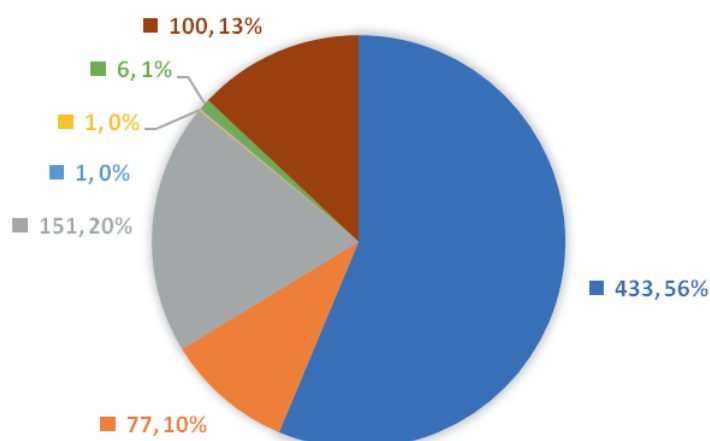
Practice

Adolescent Girls

What kind of absorbent do you use

Overall, 54% of the respondents informed that they used one time use sanitary pad/napkin. In NCR 72 respondents, in Karnataka 84 respondents and in Uttarakhand 277 respondents used one time use sanitary pad. The second most used absorbent was clean cotton cloth with 6 respondents in NCR 28 respondents, in Karnataka and 117 respondents in Uttarakhand. However, in Karnataka the second most used absorbent is Multiple use/washable sanitary pad/napkin. Menstrual cup was used by 5 respondents with 1 respondent in NCR, 3 respondents in Karnataka and 3 respondents in Uttarakhand. 100 respondents gave no response to the question. 5 respondents in NCR and 7 respondents in Uttarakhand informed that they used either One time use sanitary pad/napkin or Clean Cotton Cloth.

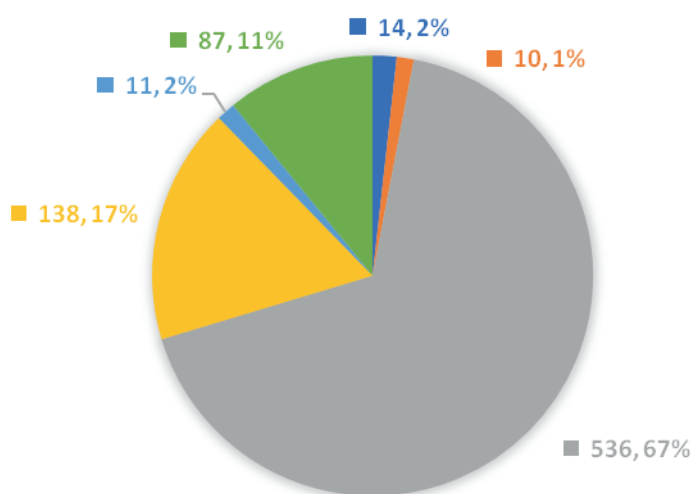
	One time use sanitary pad (A)	Multiple use sanitary pad (B)	Clean Cotton Cloth (C)	Rag (D)	Tampon (E)	Silicone Menstrual Cup (F)	B+C	A+C	A+B	Dont know	Null	Total	%
NCR	72	6	6	0	0	1	0	5	3	0	37	132	17%
%	55%	5%	5%	0%	0%	1%	0%	3%	2%	0%	28%	100%	
Karnataka	84	36	28	0	0	3	1	0	1	0	42	195	24%
%	43%	18%	14%	0%	0%	2%	0%	0%	0%	0%	22%	100%	
Uttarakhand	277	35	117	1	1	2	4	7	2	0	21	469	59%
%	59%	7%	25%	0%	0%	0%	0%	1%	0%	0%	4%	100%	
Total	433	77	151	1	1	6	5	12	5	0	100	796	100%
%	54%	10%	19%	0%	0%	1%	0%	1%	0%	0%	13%	100%	



Where do you get your absorbent?

Overall, 67% i.e. 536 respondents informed that they got their absorbent from the market followed by 17% of the respondents getting it from the pharmacy. In Karnataka, 106 respondents informed that they got it from the pharmacy as compared to 44 respondents getting the absorbent from the market. 14 respondents and 10 respondents respectively informed that their mother made the absorbent or they made the absorbent respectively. 11 respondents informed that they got their absorbent from both the market and the pharmacy.

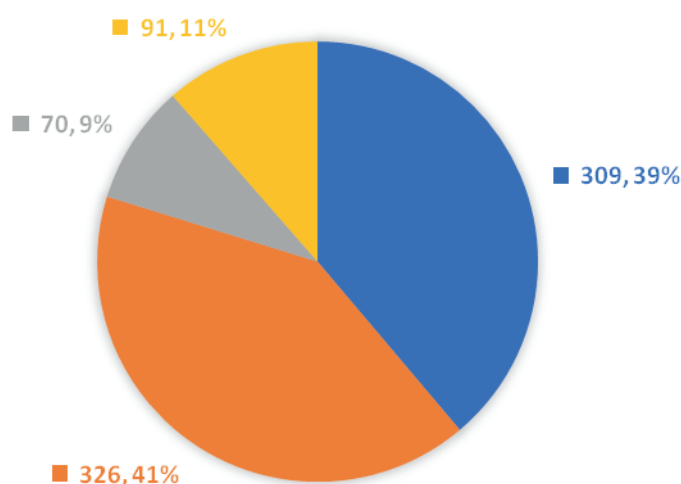
	Homemade-Mother/elder in your family makes it	Make it on your own	Market	Pharmacy	Market, Pharmacy	Null	Total	%
NCR	1	1	71	23	7	29	132	17%
%	1%	1%	54%	17%	5%	22%	100%	
Karnataka	7	1	44	106	0	37	195	24%
%	4%	1%	23%	54%	0%	19%	100%	
Uttarakhand	6	8	421	9	4	21	469	59%
%	1%	2%	90%	2%	1%	4%	100%	
Total	14	10	536	138	11	87	796	100%
%	2%	1%	67%	17%	1%	11%	100%	



Do you use reusable (cloth) absorbent?

Overall, 41% which is 326 respondents informed that they do not use reusable cloth whereas 309 respondents informed that they use reusable cloth. 70 respondents informed that sometimes used a reusable cloth. In Uttarakhand 252 respondents used reusable cloth compared to 169 respondents that did not use it. In NCR and Karnataka, the respondents not using cloth was higher than those that used reusable cloth.

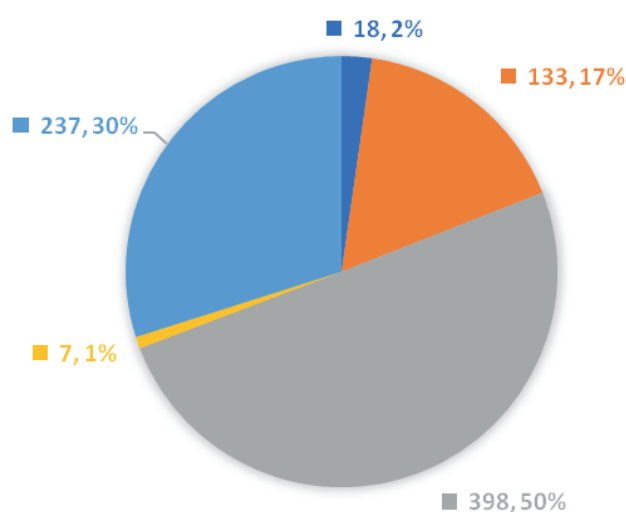
	Yes	No	Sometimes	Null	Total	%
NCR	7	83	16	26	132	17%
%	27%	63%	12%	20%	100%	
Karnataka	50	74	33	38	195	24%
%	26%	38%	17%	19%	100%	
Uttarakhand	252	169	21	27	469	59%
%	54%	36%	4%	6%	100%	
Total	309	326	70	91	796	100%
%	39%	41%	9%	11%	100%	



How do you clean your multiple-use absorbent?

Overall, 50% respondents informed that they used water and soap to clean the multiple use absorbent followed by 133 respondents only using water to clean. In NCR 37 respondents used water and soap, 21 respondents used only water and 6 respondents used ash and water. In Karnataka, 90 respondents used water and soap, 28 respondents used only water and 3 respondents used ash and water. In Uttarakhand, 271 respondents used water and soap, 84 respondents used only water and 9 respondents used ash and water. 30% of the responses were no responses

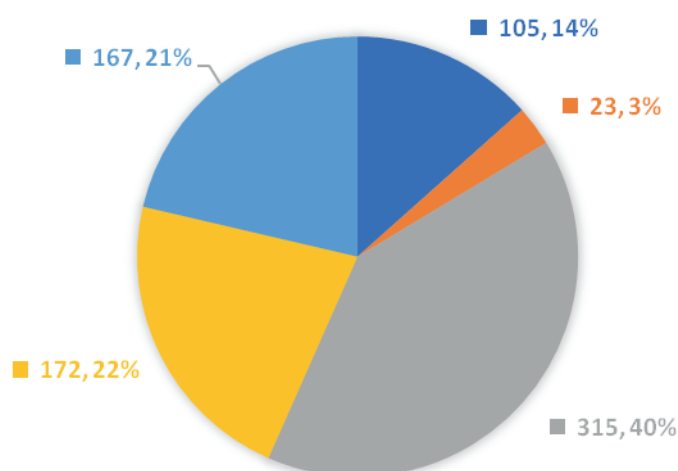
	Ash and Water	Water	Water and Soap	Other	Null	Total	Throw it.
NCR	6	21	37	6	62	132	0
%	5%	16%	28%	5%	47%	100%	#DIV/0!
Karnataka	3	28	90	0	74	195	0
%	2%	14%	46%	0%	38%	100%	#DIV/0!
Uttarakhand	9	84	271	1	101	469	3
%	2%	18%	58%	0%	22%	100%	#DIV/0!
Total	18	133	398	7	237	796	3
%	2%	17%	50%	1%	30%	100%	#DIV/0!



How do you Dry your multiple-use absorbent?

Overall, 40% respondents informed that they dried the absorbent outside in the sun followed by 105 respondents drying it inside bathroom. In NCR 18 respondents dried inside bathroom, 1 respondent inside room, 26 respondents outside in the sun, 12 respondents' others and 1 respondent outside in the dark. In Karnataka, 10 respondents dried inside bathroom, 11 respondents inside room, 54 respondents outside in the sun, 54 respondents' others and 5 respondents outside in the dark. In Uttarakhand, 77 respondents dried inside bathroom, 11 respondents inside room, 235 respondents outside in the sun, 106 respondents' others and 8 respondents outside in the dark.

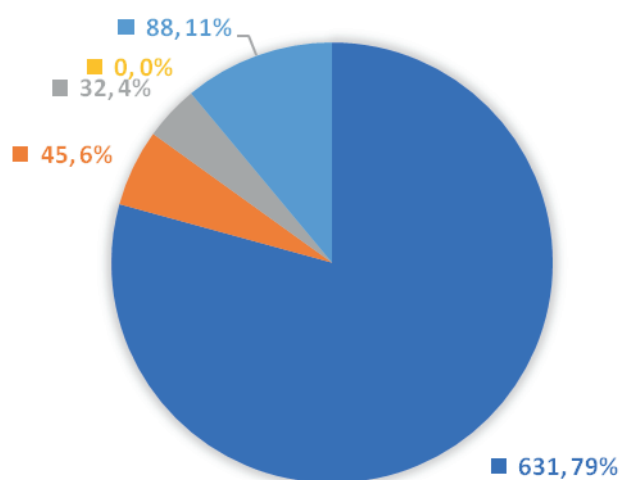
	Inside bathroom	Inside room	Outside in sun	Other	Null	Total	Outside in dark
NCR	18	1	26	12	74	132	1
%	14%	1%	20%	9%	56%	100%	#DIV/O!
Karnataka	10	11	54	54	61	195	5
%	5%	6%	28%	28%	31%	100%	#DIV/O!
Uttarakhand	77	11	235	106	32	469	8
%	16%	2%	50%	23%	7%	100%	#DIV/O!
Total	105	23	315	172	167	796	14
%	13%	3%	40%	22%	21%	100%	#DIV/O!



Do you come to school during your periods

Overall, 79% respondents informed that come to school as compared to 6% who do not come to school during their periods. 11% of the respondents did not respond to the question. 81 respondents in NCR, 115 respondents in Karnataka and 435 respondents in Uttarakhand came to school during their periods. 7 respondents in NCR, 29 respondents in Karnataka and 9 respondents in Uttarakhand did not come to school during their periods.

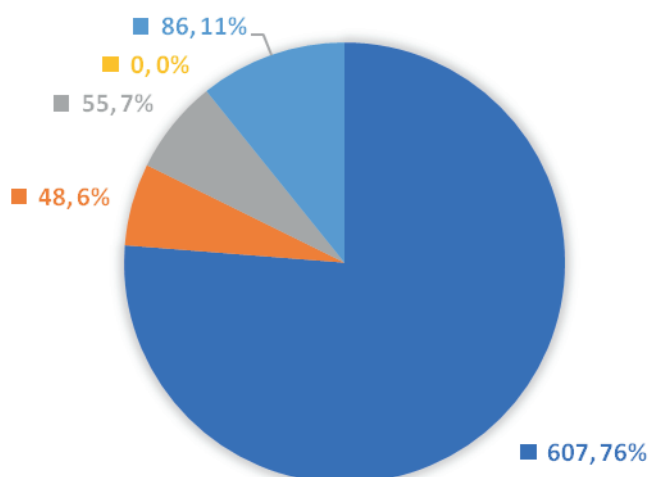
	Yes	No	Dont know	Null	Total
NCR	81	7	13	31	132
%	61%	5%	10%	23%	100%
Karnataka	115	29	17	34	195
%	59%	15%	9%	17%	100%
Uttarakhand	435	9	2	23	469
%	93%	2%	0%	5%	100%
Total	631	45	32	88	796
%	79%	6%	4%	11%	100%



Do your friends attend school during periods

Overall, 76% respondents informed that their friends attended school as compared to 6% who do not come to school during their periods. 11% of the respondents did not respond to the question. 82 respondents in NCR, 103 respondents in Karnataka and 422 respondents in Uttarakhand informed that their friends came to school during their periods. 6 respondents in NCR, 31 respondents in Karnataka and 11 respondents in Uttarakhand did not come to school during their periods.

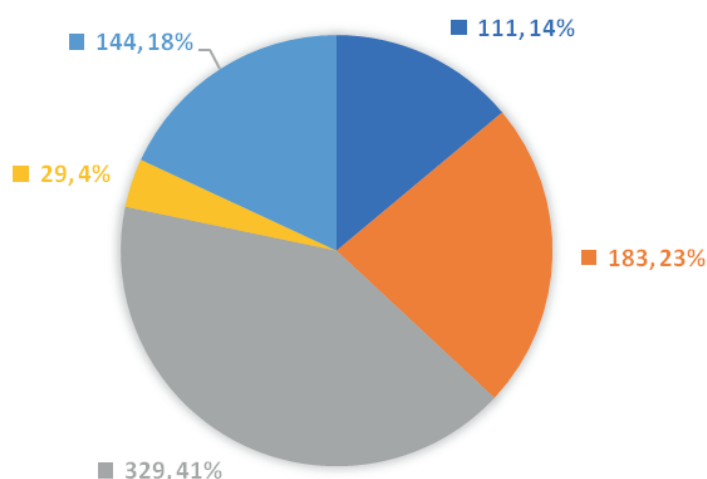
	Yes	No	Don't Know	Null	Total
NCR	82	6	16	28	132
%	62%	5%	12%	21%	100%
Karnataka	103	31	28	33	195
%	53%	16%	14%	17%	100%
Uttarakhand	422	11	11	25	469
%	90%	2%	2%	5%	100%
Total	607	48	55	86	796
%	76%	6%	7%	11%	100%



What can you do to relieve period pain

Overall, 41% of the respondents informed that they did not have an idea on how to relieve period pain. 23% informed that they took prescribed medicine while 14% informed that they took home remedies to relieve period pain. 18% did not respond to the question. 18 respondents in NCR, 47 respondents in Karnataka and 46 respondents in Uttarakhand informed that they took home remedies. 7 respondents in NCR, 74 respondents in Karnataka and 102 respondents in Uttarakhand took prescribed medicine.

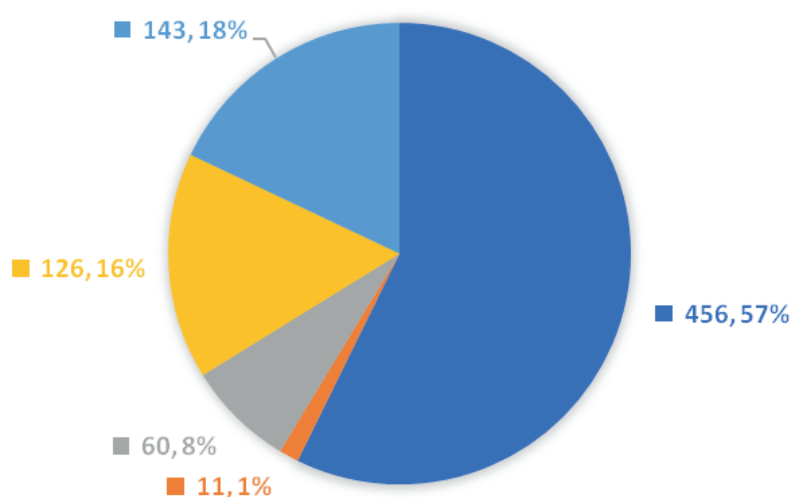
	Eat home remedies	Eat prescribed medicine	Dont know anything	Eat self-prescribed medicine	Null	Total
NCR	18	7	25	4	78	132
%	14%	5%	19%	3%	59%	100%
Karnataka	47	74	23	4	47	195
%	24%	38%	12%	2%	24%	100%
Uttarakhand	46	102	281	21	19	469
%	10%	22%	60%	4%	4%	100%
Total	111	183	329	29	144	796
%	14%	23%	41%	4%	18%	100%



Where do you stay during your periods in your house

Overall 57% respondents informed that stayed in their own room as usual. 45 respondents in NCR, 96 respondents in Karnataka and 315 respondents in Uttarakhand informed that they stayed in their own room. 1 respondent in NCR, 5 respondents in Karnataka and 5 respondents in Uttarakhand informed that they stayed on the floor. 5 respondents in NCR, 22 respondents in Karnataka and 33 respondents in Uttarakhand informed that they stayed outside their home. 5 respondents in NCR, 33 respondents in Karnataka and 88 respondents in Uttarakhand informed that stayed in separate room.

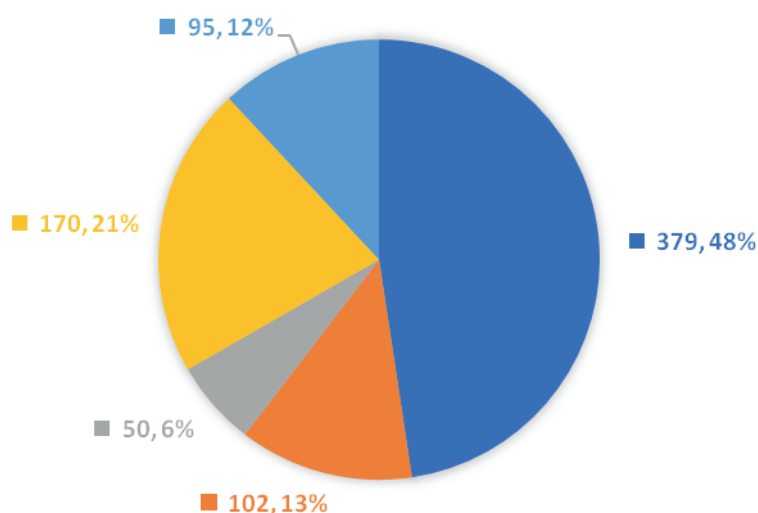
	My own room as usual	On floor	Outside home	Separate room	Null	Total
NCR	45	1	5	5	76	132
%	34%	1%	4%	4%	58%	100%
Karnataka	96	5	22	33	39	195
%	49%	3%	11%	17%	20%	100%
Uttarakhand	315	5	33	88	28	469
%	67%	1%	7%	19%	6%	100%
Total	456	11	60	126	144	796
%	57%	1%	8%	16%	18%	100%



Do you talk to your friends and parents about periods

Overall 49% respondents informed that they talk to their friends and parents about periods. 45 respondents in NCR, 47 respondents in Karnataka and 287 respondents in Uttarakhand informed that they talk to their friends and parents about periods. 18 respondent in NCR, 14 respondents in Karnataka and 70 respondents in Uttarakhand informed that they do not talk to their friends and parents about periods. 7 respondents in NCR, 28 respondents in Karnataka and 15 respondents in Uttarakhand informed that they could not answer the question. 26 respondents in NCR, 71 respondents in Karnataka and 73 respondents in Uttarakhand informed that they sometimes talk to their friends and parents about periods.

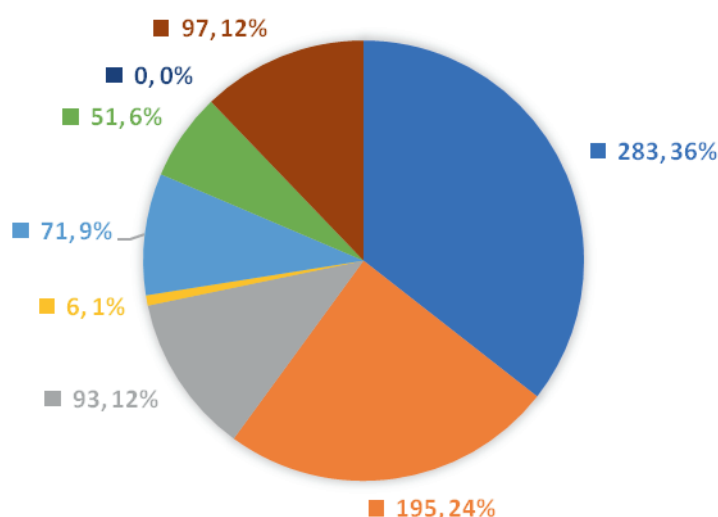
	Yes	No	Don't know	Sometimes	Null	Total
NCR	45	18	7	26	36	132
%	34%	14%	5%	20%	27%	100%
Karnataka	47	14	28	71	35	195
%	24%	7%	14%	36%	18%	100%
Uttarakhand	287	70	15	73	24	469
%	61%	15%	3%	16%	5%	100%
Total	379	102	50	170	95	796
%	48%	13%	6%	21%	12%	100%



At what time interval do you change your absorbent?

Overall 36% respondents informed that they change their absorbents in 2 to 4 hours followed by 24% respondents changing absorbents in 5 to 7 hours. 93 respondents changed in 7 to 9 hours whereas, 71 respondents changed in every 9 to 11 hours. 51 respondents changed their pads daily. 42 respondents in NCR, 46 respondents in Karnataka and 195 respondents in Uttarakhand changed absorbents in 2 to 4 hours. 31 respondents in NCR, 58 respondents in Karnataka and 106 respondents in Uttarakhand changed absorbents in 5 to 7 hours. 9 respondents in NCR, 21 respondents in Karnataka and 63 respondents in Uttarakhand changed absorbents in 7 to 9 hours. 4 respondents in NCR, 7 respondents in Karnataka and 60 respondents in Uttarakhand changed absorbents in 9 to 11 hours. 9 respondents in NCR, 24 respondents in Karnataka and 18 respondents in Uttarakhand changed absorbents daily.

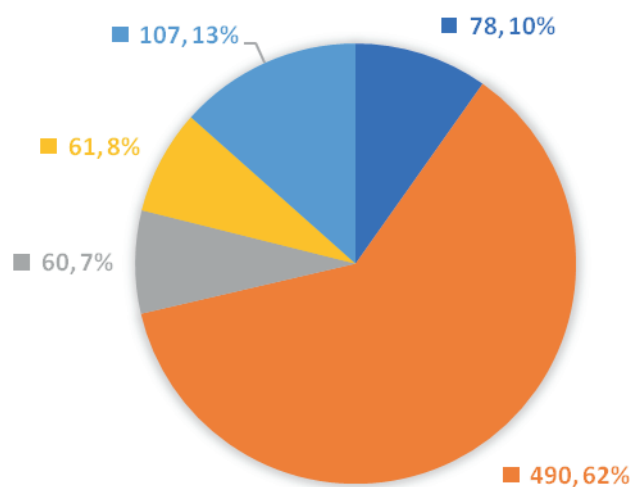
	2 to 4	5 to 7	7 TO 9	More than 12	9 TO 11	Daily	NullLL	Total	%
NCR	42	31	9	2	4	9	35	132	17%
%	32%	23%	7%	2%	3%	7%	27%	100%	
Karnataka	46	58	21	1	7	24	38	195	24%
%	24%	30%	11%	1%	4%	12%	19%	100%	
Uttarakhand	195	106	63	3	60	18	24	469	59%
%	42%	23%	13%	1%	13%	4%	5%	100%	
Total	283	195	93	6	71	51	97	796	100%
%	36%	24%	12%	1%	9%	6%	12%	100%	



How often do you take a bath when on your periods?

Overall, 62% respondents took bath daily followed by 10% respondents taking bath after third day. 8% respondents took bath every alternative day and did not take a bath respectively. 76 respondents in NCR, 124 respondents in Karnataka and 290 respondents in Uttarakhand took bath daily. 4 respondents in NCR, 1 respondent in Karnataka and 73 respondents in Uttarakhand took bath after third day. 6 respondents in NCR, 6 respondents in Karnataka and 48 respondents in Uttarakhand took bath every alternative day and 8 respondents in NCR, 24 respondents in Karnataka and 29 respondents in Uttarakhand did not take bath.

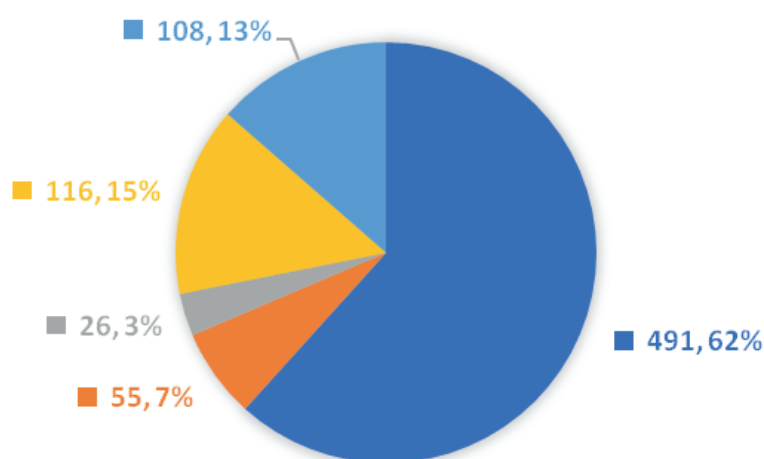
	Take bath after third day	Everyday	Every alternative day	I do not take a bath	Null	Total
NCR	4	76	6	8	38	132
%	3%	58%	5%	6%	29%	100%
Karnataka	1	124	6	24	40	195
%	1%	64%	3%	12%	21%	100%
Uttarakhand	73	290	48	29	29	469
%	16%	62%	10%	6%	6%	100%
Total	78	490	60	61	107	796
%	10%	62%	8%	8%	13%	100%



Do you clean your genital areas?

Overall, 62% respondents informed that they cleaned their genital areas with 55 respondents informing that they do not and 26 respondents informing that they avoid cleaning during their periods. 15% respondents which is 116 respondents informed that they cleaned their genital areas sometimes. 14% of the respondents did not give a response. In Karnataka 64 respondents sometimes cleaned their genital areas while 65 respondents cleaned their genital areas.

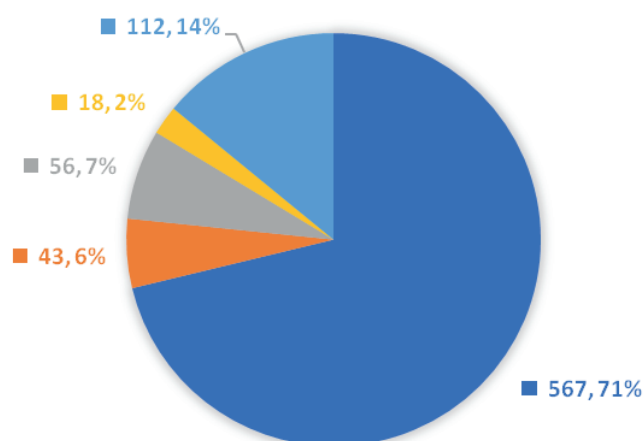
	Yes	No	I avoid it during my periods	Sometimes	Null	Total
NCR	72	14	1	8	37	132
%	55%	11%	1%	6%	28%	100%
Karnataka	65	11	8	64	47	195
%	33%	6%	4%	33%	24%	100%
Uttarakhand	354	30	17	44	24	469
%	75%	6%	4%	9%	5%	100%
Total	491	55	26	116	108	796
%	62%	7%	3%	15%	14%	100%



Do you face any restrictions within your home during periods?

Overall, 42% respondents informed that did experience restriction at home during periods whereas, 33% informed that they did not experience any restriction. 18 respondents in NCR, 51 respondents in Karnataka and 263 respondents in Uttarakhand experience restrictions. 57 respondents in NCR, 35 respondents in Karnataka and 169 respondents in Uttarakhand did not experience restrictions. 19 respondents in NCR, 68 respondents in Karnataka and 11 respondents in Uttarakhand experienced restrictions sometimes.

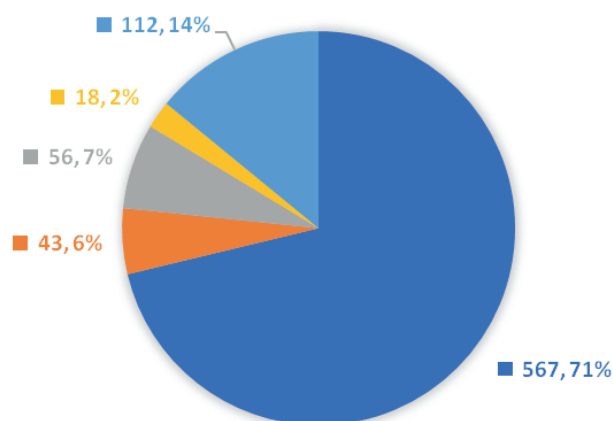
	Yes	No	Sometimes	Null	Total
NCR	18	57	19	38	132
%	14%	43%	14%	29%	100%
Karnataka	51	35	68	41	195
%	26%	18%	35%	21%	100%
Uttarakhand	263	169	11	26	469
%	56%	36%	2%	6%	100%
Total	332	261	98	105	796
%	42%	33%	12%	13%	100%



Where do you go to change your absorbents during school hours

71% respondents informed that they changed their absorbent in the school toilet during school hours. 94 respondents in NCR, 91 respondents in Karnataka and 382 respondents in Uttarakhand changed absorbent in school toilet during school hours. 2 respondents in NCR, 20 respondents in Karnataka and 21 respondents in Uttarakhand changed absorbent at home during school hours. 2 respondents in NCR, 36 respondents in Karnataka and 18 respondents in Uttarakhand changed absorbent behind school during school hours. 1 respondent in NCR, 8 respondents in Karnataka and 9 respondents in Uttarakhand changed absorbent outside in open space during school hours.

	School toilet	Go back home	Behind school	Outside in open space/jungle	Null	Total
NCR	94	2	2	1	33	132
%	71%	2%	2%	1%	25%	100%
Karnataka	91	20	36	8	40	195
%	47%	10%	18%	4%	21%	100%
Uttarakhand	382	21	18	9	39	469
%	81%	4%	4%	2%	8%	100%
Total	567	43	56	18	112	796
%	71%	5%	7%	2%	14%	100%

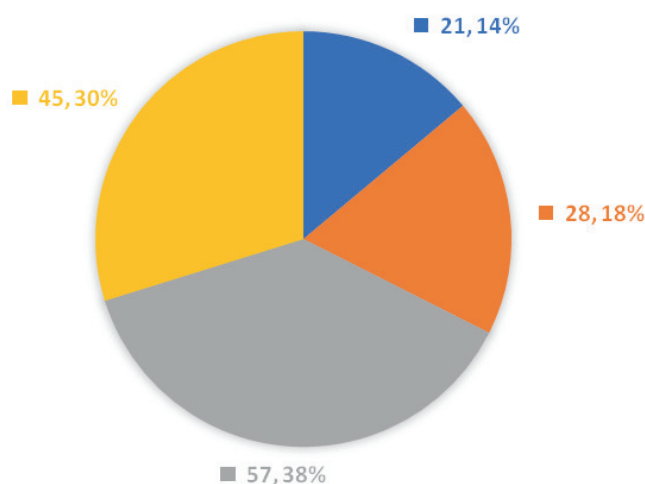


Adolescent Boys

Do you think boys should talk about menstruation

Overall, 14% informed that boys should not talk about menstruation while 19% informed that boys should. 38% did not know whether boys should talk about menstruation. In NCR, 12 respondents informed that boys should not talk about menstruation while 25 respondents informed that boys should talk about menstruation. 37 respondents informed that they did not know the answer. In Karnataka, 7 respondents informed that boys should not talk about menstruation while 3 respondents informed that boys should talk about menstruation. 19 respondents informed that they did not know the answer. In Uttarakhand, 2 respondents informed that boys should not talk and 1 respondent informed that he did not know.

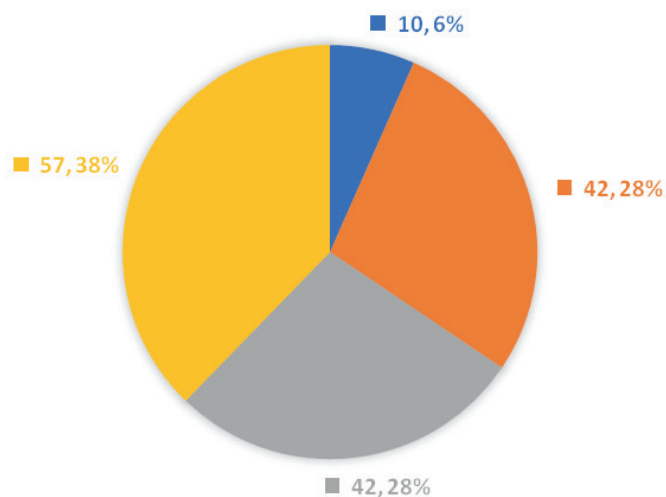
	No, boys should not talk about menstruation	Yes, boys should talk about menstruation	No, I do not know	Null	Total	%
NCR	12	25	37	8	82	54%
%	15%	30%	45%	10%	100%	
Karnataka	7	3	19	36	65	43%
%	11%	5%	29%	55%	100%	
Uttarakhand	2	0	1	1	4	3%
%	50%	0%	25%	25%	100%	
Total	21	28	57	45	151	100%
%	14%	19%	38%	30%	100%	



Do you think boys need to help female family members during menstruation

Overall, 7% informed that boys should not help female family members during menstruation, while 28% informed that boys should help. 28% informed that they did not know. In NCR, 8 respondents informed that boys should not help female family members during menstruation, while 31 respondents informed that boys should help. 35 respondents informed that they did not know. In Karnataka, 1 respondent informed that boys should not help female family members during menstruation, while 9 respondents informed that boys should help. 6 respondents informed that they did not know. In Uttarakhand, 1 respondent informed that boys should not help female family members during menstruation, while 2 respondents informed that boys should help. 1 respondent informed that they did not know.

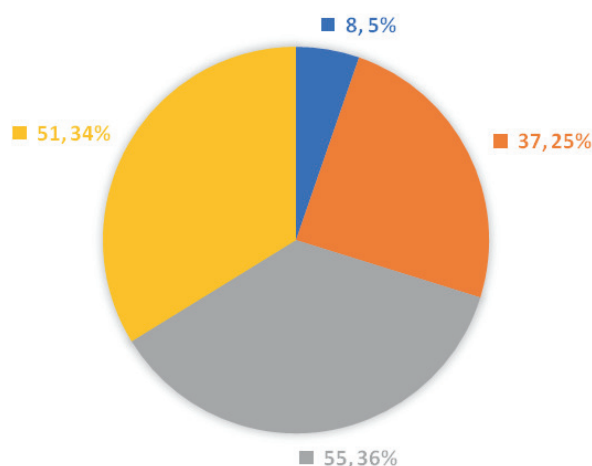
	No, boys should not help female family members during menstruation	Yes, boys should help female family members during menstruation	No, do not know.	Null	Total	%
NCR	8	31	35	8	82	54%
%	10%	38%	43%	10%	100%	
Karnataka	1	9	6	49	65	43%
%	2%	14%	9%	75%	100%	
Uttarakhand	1	2	1	0	4	3%
%	25%	50%	25%	0%	100%	
Total	10	42	42	57	151	100%
%	7%	28%	28%	38%	100%	



Do you think men should buy sanitary pads for girls

Overall, 5% informed that boys should not buy sanitary pads for girls, while 25% informed that boys should buy sanitary pads for girls. 36% informed that they did not know. In NCR, 5 respondents informed that boys should not buy sanitary pads for girls, while 30 respondents informed that boys should buy sanitary pads for girls. 39 respondents informed that they did not know. In Karnataka, 3 respondents informed that boys should not buy sanitary pads for girls, while 7 respondents informed that boys should buy sanitary pads for girls. 13 respondents informed that they did not know. In Uttarakhand, 3 respondents informed that they did not know.

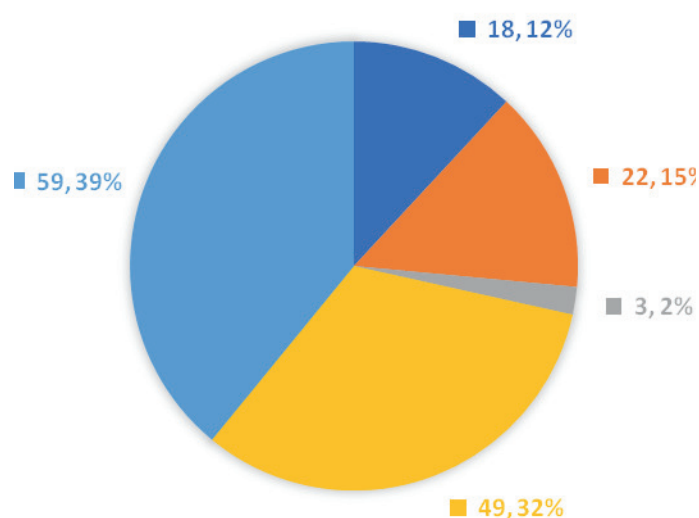
	No, boys should not buy sanitary pads for girls	Yes, boys should buy sanitary pads for girls	No, I do not know	Null	Total	%
NCR	5	30	39	8	82	54%
%	6%	37%	48%	10%	100%	
Karnataka	3	7	13	42	65	43%
%	5%	11%	20%	65%	100%	
Uttarakhand	0	0	3	1	4	3%
%	0%	0%	75%	25%	100%	
Total	8	37	55	51	151	100%
%	5%	25%	36%	34%	100%	



What do you think is the role of males during menstrual time

Overall, 12% informed that the role of males was to support females psychologically, 15% informed that it was to arrange nutritious food for females on periods and 32% informed that they did not know. In NCR, 16 respondents informed that the role of males was to support females psychologically and to arrange nutritious food for females on periods respectively. 3 respondents informed that it was to restrict their activities while 39 respondents informed that they did not know. In Karnataka, 1 respondent informed that the role of males was to support females psychologically, 6 respondents informed that it was to arrange nutritious food for females on periods. 7 respondents informed that they did not know. In Uttarakhand, 3 respondents informed that they did not know.

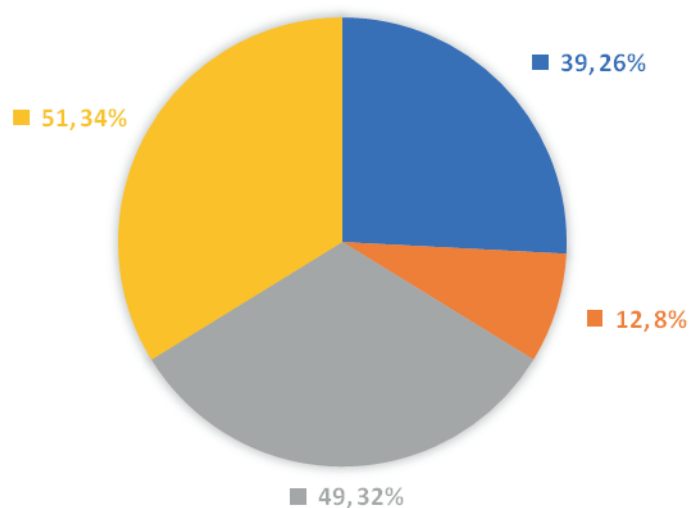
	Support females psychologically	Arrange nutritious food for females on periods	Restrict their activities	Don't know	Null	Total	%
NCR	16	16	3	39	8	82	54%
%	20%	20%	4%	48%	10%	100%	
Karnataka	1	6	0	7	51	65	43%
%	2%	9%	0%	11%	78%	100%	
Uttarakhand	1	0	0	3	0	4	3%
%	25%	0%	0%	75%	0%	100%	
Total	18	22	3	49	59	151	100%
%	12%	15%	2%	32%	39%	100%	



Do girls on periods come to school

32% informed that they did not know while 26% informed that girls came to school during periods. While 8% informed that they did not know. In NCR, 29 respondents answered yes, 11 respondents answered no and 34 respondents answered that they did not know. In Karnataka, 8 respondents answered yes, 1 respondent answered no and 14 respondents answered that they did not know. In Uttarakhand, 2 respondents answered yes, and 1 respondent answered that they did not know.

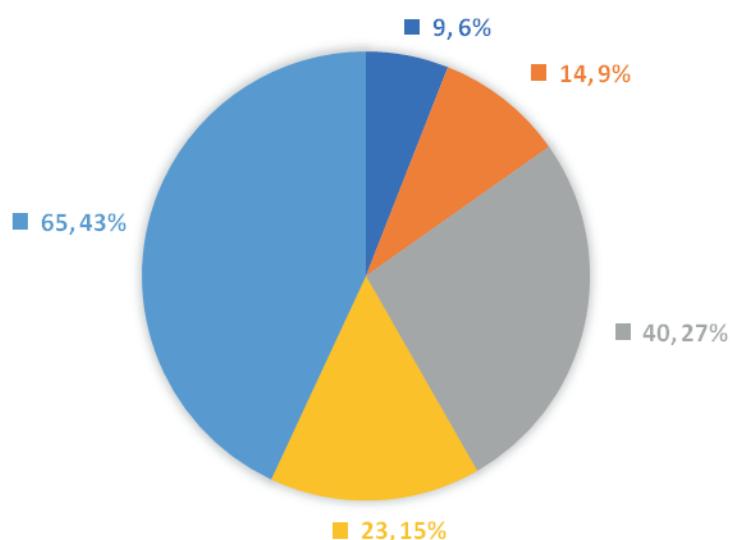
	Yes	No	Don't know	Null	Total	%
NCR	29	11	34	8	82	54%
%	35%	13%	41%	10%	100%	
Karnataka	8	1	14	42	65	43%
%	12%	2%	22%	65%	100%	
Uttarakhand	2	0	1	1	4	3%
%	50%	0%	25%	25%	100%	
Total	39	12	49	51	151	100%
%	26%	8%	32%	34%	100%	



What can girls do to relieve period pains

6% informed that they can eat self-prescribed medicine, 9% informed that they can take home remedies, 20% informed that they should not do anything and 15% informed that they can take prescribed medicine. 43% did not answer the question of which 56 respondents were from Karnataka. In NCR, 8 respondents informed that they can eat self-prescribed medicine, 14 respondents informed that they can take home remedies, 30 respondents informed that they should not do anything and 21 respondents informed that they can take prescribed medicine. In Karnataka, 7 respondents informed that they should not do anything and 2 respondents informed that they can take prescribed medicine. In Uttarakhand 3 respondents informed that they should do nothing.

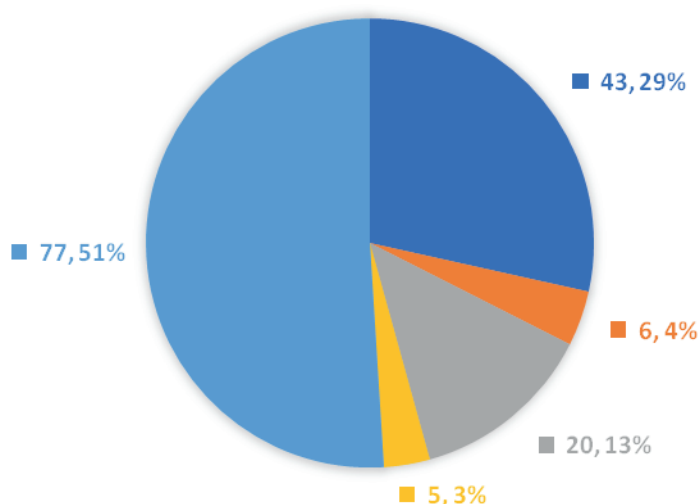
	Eat self-prescribed medicine	Eat home remedies	Don't do anything	Eat prescribed medicine	Null	Total	%
NCR	8	14	30	21	9	82	54%
%	10%	17%	37%	26%	11%	100%	
Karnataka	0	0	7	2	56	65	43%
%	0%	0%	11%	3%	86%	100%	
Uttarakhand	1	0	3	0	0	4	3%
%	25%	0%	75%	0%	0%	100%	
Total	9	14	40	23	65	151	100%
%	6%	9%	26%	15%	43%	100%	



Where do girls on periods stay during their periods in your house

28% informed that girls on their periods stay in their own room, 4% informed that they stay outside of home and 13% informed that they stay in separate room. 3% informed that they stay on the floor. In NCR, 38 respondents informed that girls on their periods stay in their own room, 5 respondents informed that they stay outside of home and 12 respondents informed that they stay in separate room. 4 respondents informed that they stay on the floor. In Karnataka, 3 respondents informed that girls on their periods stay in their own room, 1 respondent informed that they stay outside of home and 7 respondents informed that they stay in separate room. 1 respondent informed that they stay on the floor

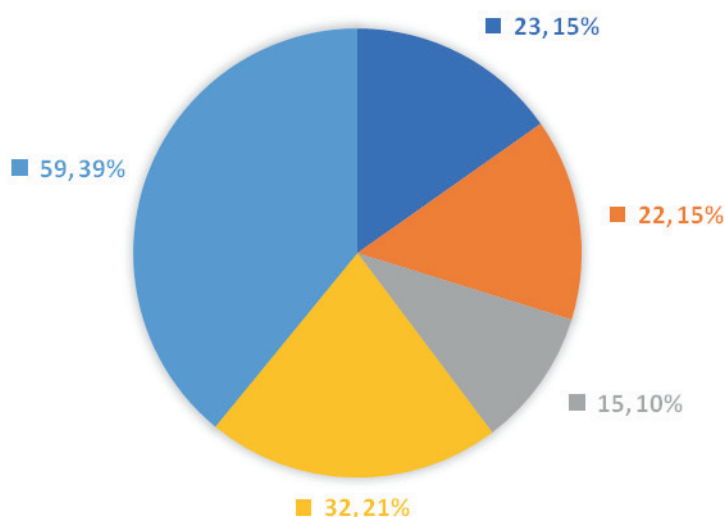
	Their own room as usual	Outside home	Separate room	On floor	Null	Total	%
NCR	38	5	12	4	23	82	54%
%	46%	6%	15%	5%	28%	100%	
Karnataka	3	1	7	1	53	65	43%
%	5%	2%	11%	2%	82%	100%	
Uttarakhand	2	0	1	0	1	4	3%
%	50%	0%	25%	0%	25%	100%	
Total	43	6	20	5	77	151	100%
%	28%	4%	13%	3%	51%	100%	



Do you talk to your parents/friends about menses

15% informed yes and no respectively while 10% informed that they sometimes talk. 21% informed that they did not know. In NCR, 15 respondents informed yes and 22 respondents informed no while 14 respondents informed that they sometimes talk. 23 respondents informed that they did not know. In Karnataka, 6 respondents informed yes while 1 respondent informed that they sometimes talk. 8 respondents informed that they did not know. In Uttarakhand, 2 respondents informed that they talked about periods while 1 respondent informed that they did not know.

	Yes	No	Sometimes	Don't know	Null	Total	%
NCR	15	22	14	23	8	82	54%
%	18%	27%	17%	28%	10%	100%	
Karnataka	6	0	1	8	50	65	43%
%	9%	0%	2%	12%	77%	100%	
Uttarakhand	2	0	0	1	1	4	3%
%	50%	0%	0%	25%	25%	100%	
Total	23	22	15	32	59	151	100%
%	15%	15%	10%	21%	39%	100%	

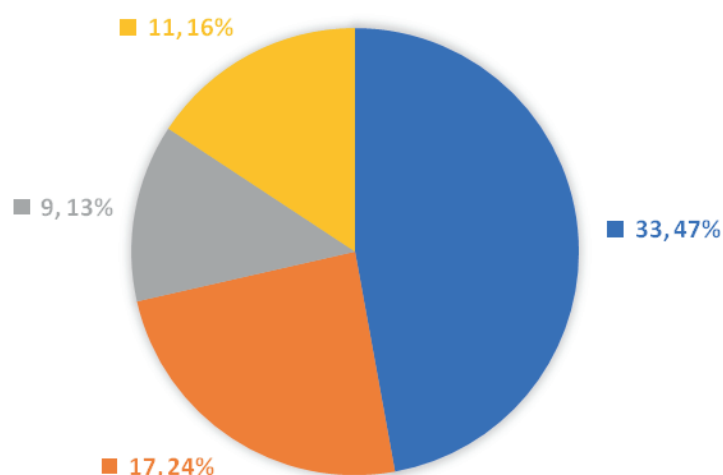


Teachers Perspective

Are there any IEC/BCC materials used for MHM training in your school?

Overall, 47% informed that there were IEC materials used for MHM training while 24% informed that such material was not used. 13% informed that they did not know. In NCR, 24 respondents informed that there were IEC materials used for MHM training while 7 respondents informed that such material was not used. 5 respondents informed that they did not know. In Uttarakhand, 9 respondents informed that there were IEC materials used for MHM training while 10 respondents informed that such material was not used. 4 respondents informed that they did not know.

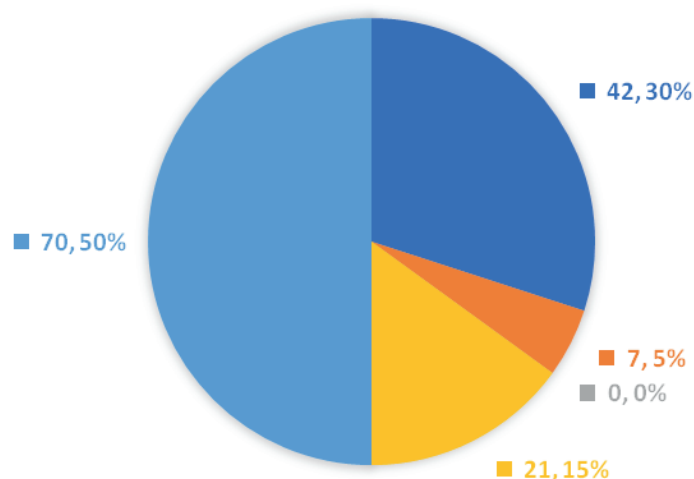
	Yes	No	Dont know	Null	Total	%
NCR	24	7	5	5	41	59%
%	59%	17%	12%	12%	100%	
Uttarakhand	9	10	4	6	29	41%
%	31%	34%	14%	21%	100%	
Total	33	17	9	11	70	100%
%	47%	24%	13%	16%	100%	



Was there any education class/orientation/training conducted focussing on menstrual hygiene management in your school?

Overall, 60% informed that there was an education class/orientation/training conducted focussing on menstrual hygiene management in their school while 10% informed that no such training was conducted. In NCR, 33 respondents informed that there was an education class/orientation/training conducted focussing on menstrual hygiene management in their school while 6 respondents informed that no such training was conducted. In Uttarakhand, 9 respondents informed that there was an education class/orientation/training conducted focussing on menstrual hygiene management in their school while 1 respondent informed that no such training was conducted.

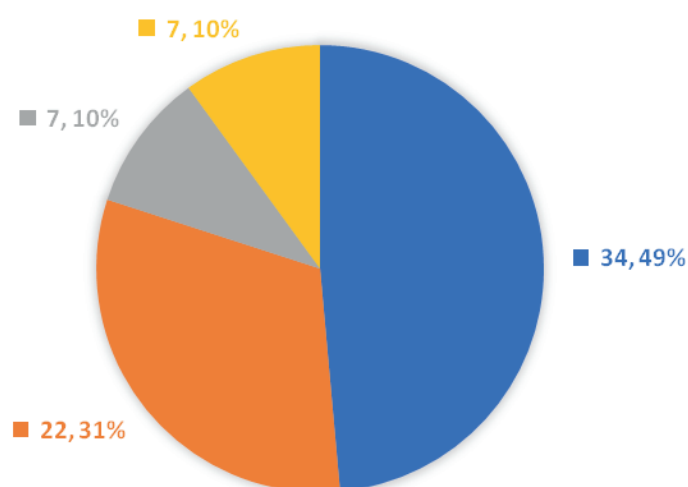
	Yes	No	Dont know	Null	Total	%
NCR	33	6	0	2	41	59%
%	80%	15%	0%	5%	100%	
Uttarakhand	9	1	0	19	29	41%
%	31%	3%	0%	66%	100%	
Total	42	7	0	21	70	100%
%	60%	10%	0%	30%	100%	



Is there any specific person responsible for conducting MHM activities in school?

Overall, 49% informed that there was specific person responsible for conducting MHM activities in school while 31% informed that there was no specific person. 10% informed that they did not know. In NCR, 22 respondents informed that there was specific person responsible for conducting MHM activities in school while 10 respondents informed that there was no specific person. 6 respondents informed that they did not know. In Uttarakhand, 12 respondents informed that there was specific person responsible for conducting MHM activities in school while 12 respondents informed that there was no specific person. 1 respondent informed that they did not know.

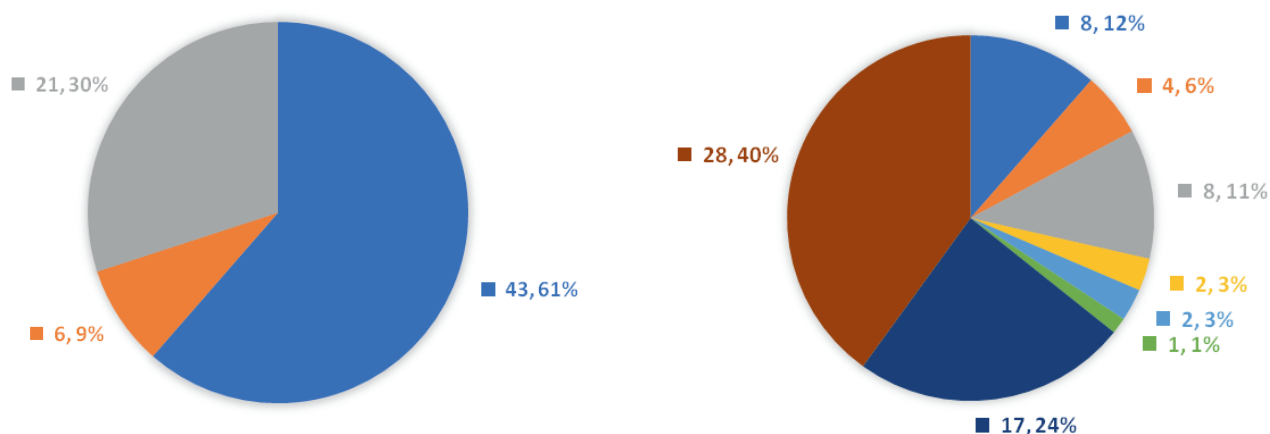
	Yes	No	Dont know	Null	Total	%
NCR	22	10	6	3	41	59%
%	54%	24%	15%	7%	100%	
Uttarakhand	12	12	1	4	29	41%
%	41%	41%	3%	14%	100%	
Total	34	22	7	7	70	100%
%	49%	31%	10%	10%	100%	



Do school girls share their problems relating to period conditions? If yes, list some of the problems they share

31% informed that girls do share their problems while 4% informed that they do not. In NCR, 29 respondents informed that girls share their problems while 3 respondents informed that they do not. In Uttarakhand, 14 respondents informed girls share their problems while 3 respondents informed that they did not. Of the responses who stated that girls shared, backache, stomach ache and headache were the problems that they shared. 4 respondents also share that they had fever while 2 respondents informed that they asked for sanitary pads.

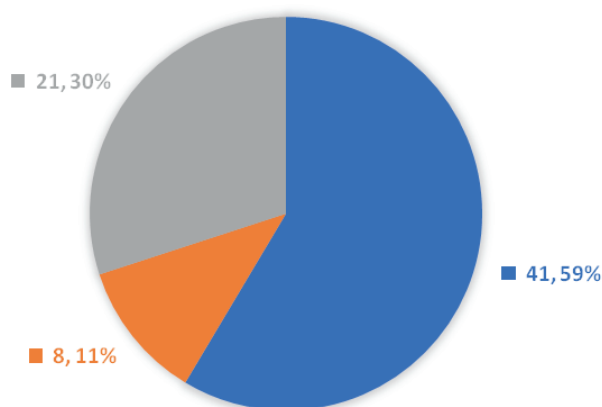
	Yes	No	Back ache & stomach ache	Back ache & fever	Back ache and headache	sanitary	Stomach ache Vomit	Vomit Fever Back pain	NA	Null	Null	Total	%
NCR	29	3	2	4	5	1	2	1	14	9	12	82	59%
%	35%	4%	2%	5%	6%	1%	34%	1%	17%	11%	15%	100%	
Uttarakhand	14	3	6	0	3	1	0	0	3	12	16	58	41%
%	24%	5%	10%	0%	5%	2%	0%	0%	5%	21%	28%	100%	
Total	43	6	8	4	8	2	2	1	17	21	28	140	100%
%	31%	4%	6%	3%	6%	1%	%	1%	12%	15%	20%	100%	



Do girl's periods come to school? If not then why do they not come to school?

Overall, 59% informed that girls do come to school while 11% informed that they do not. In NCR 28 respondents informed that girls came to school. In Uttarakhand, 13 respondents informed that girls came to school. Both in NCR and Uttarakhand 4 respondents informed that they did not come to school. The reasons cited for the girls not coming to school in NCR are backache and other symptoms and in Uttarakhand are backache, nausea, fatigue. One respondent informed that girls do not come as they do not have access to sanitary pad and they fear getting their clothes soiled due to blood stain.

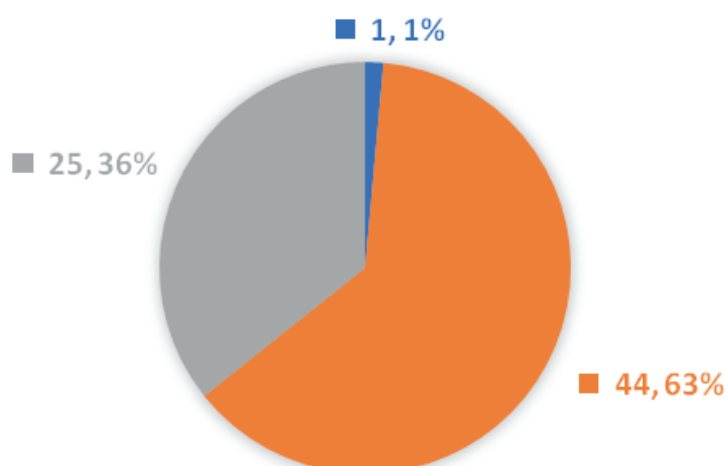
	Yes	No	Null	Total	%
NCR	28	4	9	41	59%
%	68%	10%	22%	100%	
Uttarakhand	13	4	12	29	41%
%	45%	14%	41%	100%	
Total	41	8	21	70	100%
%	59%	11%	30%	100%	



Have girls in the school dropped out? Inform the number of girls who dropped out and the reasons for dropping out of school?

Overall, 63% of the respondents informed that girls in the school have not dropped out while 36% of the respondents did not respond to the question.

	Don't know	No	Null	Total	%
NCR	1	27	13	41	59%
%	2%	66%	32%	100%	
Uttarakhand	0	17	12	29	41%
%	0%	59%	41%	100%	
Total	1	44	25	70	100%
%	1%	63%	36%	100%	





CHAPTER 5

55.1%

Of the respondent informed that the annual family income was below one lakh rupees.





45.4%

of the respondents informed that the mother's occupation was homemaker whereas



30.8%

of the respondents informed that their father's occupation was agriculture

FINDINGS

Socio-economic demographic

- In NCR and Karnataka, for adolescent girls and boys as well as teachers the majority of the participants resided in both urban and rural areas. However, in Uttarakhand, 94% of the girls' respondents resided in rural areas while among boy respondents, all the four respondents resided in rural areas. Among the teacher respondents, in Uttarakhand, 52% informed that they resided in rural area which seven respondents informing that they resided in urban and semiurban areas respectively. In girls. Karnataka saw one respondent from tribal area while in Uttarakhand three respondents were from tribal areas. In boys' respondents, NCR saw three respondents from tribal area. Overall only 0.7% respondents were from tribal areas. In NCR and Karnataka, the respondents came from urban and rural areas. But in Uttarakhand majority of the respondents were from rural areas. 6% of the respondents were from semi urban areas in which 16% teachers resided in semi urban area
- 94% in girls' respondents and 96% in boys' respondents and 97% in teachers' respondents identified as Hindus. Muslims respondents are only 1.7% of the population. Therefore, primarily the respondents were all Hindus.
- 22.8% of the population informed that they belonged to schedule caste, 6.2% of the population belonged to scheduled tribe with Karnataka being the state with higher number of scheduled tribes. OBC where 2.8% of the population with Karnataka again, having more OBCs than other states. Among teachers, schedule caste where 32% while OBC where 22%. Therefore, representation of different caste amongst teachers was higher than among students.
- Overall, 57% of teachers informed that they were married followed by 33% teachers, informing that they were married with children.

- Analysis of the annual income of family of the respondent reveals that the population drastically decreases as we move to higher income brackets. 38.5% had an annual family income below Rs.50,000, whereas 16.5% had an annual family income between Rs.50,000 to Rs.1 lakh. Therefore 55.1% of the respondent informed that the annual family income was below one lakh rupees. Hence, the analysis of the data reveals that the present study was conducted among the marginalised communities in the respondent states.
- The number of members in a family have an impact on the accessibility of wash facilities at home. 48.8% of the respondents lived with 5 to 6 family members. While 30.5% of the respondents lived with 2 to 5 family members. Data analysed reveals that 4.2% of the respondents in Delhi lived with eight and above family members. Overall, 11.7% of the respondents lived with 7 to 8 family members.
- Majority of the respondents informed that their father's highest qualification was 10th pass which was 36.6% followed by 12th pass, which was 25%. Amongst girl respondents, 3% and 2% of the respondent's father, were holders of graduate and post graduate degree respectively. Amongst the boys' respondents, 5% of the respondents fathers were holders of graduate degree. However, none of the respondents' fathers had completed post-graduation. 8.4% of the respondent's father did not have any schooling while 16.3% of the respondent's father were just 5th pass.
- Majority of the respondents informed that their mother's education was 10th pass (32.6%) followed by 24.4% being 5th pass. 15.1% of the respondent's mother did not have any schooling. This is 2 times, the respondents whose father did not have any schooling. 16.68% of the respondents informed that their mother is 12th pass which is 8.32% less than the respondents whose father had a similar degree. Further, even the respondents whose mothers held post graduate and graduate degree, is the less compared to the respondents whose father's held similar degree.
- 30.8% of the respondents informed that their father's occupation was agriculture which was followed by 16.1%, informing that the father's was in a private job. Further 13.9% of the respondents informed that their father's occupation was a day labourer. Among the girls' respondents, agriculture was the major occupation of the fathers at 35% which was followed by private job at 15%. In NCR and Karnataka, the girl respondents informed that day labourer was the major occupation while in Uttarakhand the major occupation was agriculture. Among the boy respondents in NCR, the major occupation was private job and the major occupation in Karnataka was being self-employed. The second occupation in both the states was of day labourer. 26% of the boy's respondent informed that the father was in private job followed by 18% and 17% informing that the father was self-employed and day labourer respectively.
- 38% of the respondents' teachers held a B.Ed degree while 4% and 3% held BSc and MBA degree respectively. Even the teacher holding BSc and MBA degrees had completed their B.Ed. degree. Therefore the primary and major degree held by all teachers was B.Ed.
- 45.4% of the respondents informed that the mother's occupation was homemaker while 24.8% of the respondents informed that the mothers were occupied in agriculture. Therefore, the major occupation of the respondents' mothers was either a homemaker or a farmer.

- 60.9% of the respondents informed that they had one washroom in their house. 22% of the population informed that they had two washrooms in the house. 4.7% of the respondents informed that they did not have any washrooms in their house. Therefore, a majority of the respondents had at least one washroom.
- 19.1% of the respondents informed that their family owned a cycle. 17.8% of the respondents informed that the family owned a car while 15% of the respondents informed that the family owned a bike. 36% of the respondent teachers informed that they owned cars and in Uttarakhand 30.4% of the population owned a car. 35.3% of the respondents in Karnataka, either owned a Scooty or a bike.
- 57% of the respondents informed that they had regular water supply at home while 23.4% of the respondents inform that they had irregular supply i.e. particular time in a day water. 82 respondents informed that they did not have any water supply and sometimes supply i.e. water supply on some days in a week (8.6%). Even though the majority of the respondents informed that they had regular water supply, 28.3% of the respondents informed that they did not have regular water supply at home.
- Overall, 57% of the respondents had piped water supply while 3% of the respondents had borewell and public tap for water supply respectively.
- Both girl, respondents and boy respondents informed that majority of them had flush toilets at home. However, analysis of the teacher's data revealed that, no teacher had flush toilet at home. Instead, 26% of the teachers informed that they had pit dry toilets at home. In NCR in Uttarakhand, amongst the girl respondents more than 50% of the respondents informed that they had flush toilets in their home. However, in Karnataka 61% of the girl respondents informed that they had pit dry toilets.
- Overall, 45% of the respondents informed that it took them 15 to 30 minutes to reach the school. Further, 31.5% respondents informed that it took them less than 15 minutes to reach the school. Among the respondent 36% teachers informed that it took them 15 to 30 minutes to reach school while 24% informed that it took them 30 to 60 minutes to reach school. Overall, 0.8% of the respondents travel time to school was longer than 60 minutes. Analysis shows that students lived closer to the school than teachers.
- 76% of the girls' respondents and 70% of boy's respondents informed that their preferred mode of school travel was walking. Comparison of the mode of travel of students and teachers reveals that majority students walk to school while majority of the teachers came to school by car.
- More than 75% of the students did not have any disability. Of the respondents who informed that they had a certain type of disability 6.2% informed that they had difficulty in speech while 4.1% informed that they had difficulty in learning or understanding things.

42%

of the respondent came to know about periods between the age of 13 to 15 years.



Knowledge

- Among the girls' respondents, 51% informed that they had some knowledge of mensuration and 28% informed that they only knew about mensuration. 40% of the boy respondents inform that they did not know about mensuration while 19% informed that they had some knowledge, or they had only heard about mensuration respectively. Among the teacher respondents 80% informed that they knew about mensuration. Overall, 43.5% of the respondents had some knowledge on mensuration, whereas 28.3% knew what is mensuration however, 28.8% had only read or heard the word mensuration or did not know about mensuration at all. Therefore, it reveals that among the boys and girls' respondents more information around mensuration is required.
- 74% of the girl respondents informed that period was a natural process. However, 72 respondents overall informed that period was a sin while eight respondents informed that it was gods curse and 14 respondents informed that it was an illness. Therefore 11.8% of the girl respondents did not see mensuration as a natural process.
- Among the girls, 55% of the respondents did not have any knowledge about menopause while 93% of the boys respondents did not have any knowledge about menopause. Conversely 89% of the teacher respondents had knowledge about menopause. Overall, 57.8% of the respondents did not know what is menopause. Further 47% of the girl respondents did not have any knowledge about white discharge. Therefore, there is lack of knowledge around different menstrual hygiene management, terms and natural body process.
- 30.6% of the respondents informed that periods normally start in girls between the age of 10 to 13 years while 39.9% of the respondents informed that period start in girls between the age of 13 to 15 years. 29.4% of the respondents informed that periods start either before the age of 10 or after the age of 15 in girls. Amongst the girls, 45% informed that period normally starts between 13 years to 15 years while 31% informed that period normally starts between 10 to 13 years of age. 33 respondents among the girls did not know when periods normally start in girls. 57 respondents informed that periods start between 8 to 10 years of age. Therefore, 15% of the girl respondents informed that periods start either before the age of 10 or after 15 years of age. Among the boy respondents 60% did not know at what age periods normally start in girls. 20% respondents informed that periods normally start between 13 to 15 years of age and girls and 17% respondents inform that period start between 10 to 13 years of age. Among the teachers 29% respondents informed that periods normally start between 13 to 15 years of age in girls and 63% respondents informed that periods start between 10 to 13 years of age. Therefore, there is lack of knowledge on the age of periods normally starting in girls amongst the boys while majority of the teachers had knowledge.
- 39% of the girls' respondents informed that periods last between 4 to 5 days, whereas 25% of the girl's respondents informed the periods last between 5 to 7 days. Among boy respondents, 15% informed that period last between 4 to 5 days while 8% informed that period last between 5 to 7 days. 68% of the boy respondents informed that they did not know how long periods last. Among teachers, 51% informed that period last between 4 to 5 days whereas 29% informed that periods last between 5 to 7 days. Overall, 36% informed that period last between 4 to 5 days and 22.6% informed that period last between 5 to 7 days. 41.29% informed that periods last less than 4 and more than 7 days of which 32.8% informed that they did not know how long periods last in girls.

- Among girls, 50% of the respondents informed that the time period between two consecutive menstrual cycles was between 21 to 28 days. Among boys 11% of the respondents informed that the time period between two consecutive menstrual cycles, was between 21 to 28 days. However, 76% of the respondents informed that they did not know the answer. Among teachers, 87% of the respondents informed that the time period between two consecutive menstrual cycles was between 21 to 28 days. Overall, 19.3% of the respondents did not know the answer. 46.6% of the respondents informed that the time period between two consecutive menstruation cycles was between 21 to 28 days. Whereas 41.9% of the respondents gave answers other than 21 to 28 days.
- 46% of the girl respondents and informed that they only knew about one time use sanitary pad or napkin as a type of absorbent and 21% informed that they knew clean cloth as the only type of absorbent. 70 girl respondents informed that they did not know about any type of absorbent. Among boys 36% of the boy respondent informed that they did not know about any type of absorbent. 24% of the boy respondents identified one time use sanitary pad or napkin as a type of respondent and 5% identified clean cotton cloth as a type of absorbent. 41% of the teachers informed that one time use sanitary napkin was a type of observant, 6% identified multiple use or washable sanitary pad or napkin and 4% identify clean cotton cloth as a type of absorbent. 11% identified silicon, menstrual cup as an absorbent. Overall, 42.37% knew of sanitary napkins, whereas 17.2%, knew of clean cotton cloth as an absorbent. 12.3% did not know about any type of absorbent. Therefore, it is revealed that information on multiple use sanitary pad, tampon and silicon menstrual cup is less among the adolescent boys and girls.
- Among girls, 49% of the girl respondents informed that absorbents are used to manage blood flow and hygiene, whereas 14% (115) respondent informed that they did not know why absorbents are used. Among boys, 20% informed that absorbents are used to manage blood flow, whereas 36% informed that they did not know why absorbents were used. 60% of the teachers informed that absorbents are used to manage blood flow and hygiene. Overall, 45.7% of the respondents informed that absorbents were used to manage blood flow while 16.6% informed that they did not know why absorbents were used.
- 19.1% of the respondents informed that their family owned a cycle. 17.8% of the respondents informed that the family owned a car while 15% of the respondents informed that the family owned a bike. 36% of the respondent teachers informed that they owned cars and in Uttarakhand 30.4% of the population owned a car. 35.3% of the respondents in Karnataka, either owned a Scooty or a bike.



41%

Respondents informed that they did not know what to do to relieve period pain.

- Among girls, 45 respondents informed that menstruation or period was hormonal change in a woman's body, 13% informed that it was cyclical normal bleeding. However, 16% of the girl's respondent informed that menstruation period was female disease while 3% inform that it was curse of God. Among boys, 20% informed that menstruation was hormonal change in woman's body and 13% informed that it was cyclical normal bleeding. However, 11% of the boy respondents informed that it was female disease whereas 2% informed that it was curse of God. Overall, 41% informed that menstruation was hormonal change in woman's body while 12.6% informed it was cyclical normal bleeding. 14.7% of the respondents said that it was a female disease while 2.4% of the respondent informed it was curse of God.
- 17.7% of respondents informed that used absorbent should be disposed by burning it, of which 30% of the girls in Uttarakhand informed that used absorbent can be disposed by burning. 11.5% of the respondents informed that used absorbent can be disposed of by flushing it in the toilet while 35.9% of the respondents informed that used absorbent should be wrapped in paper and thrown in the dustbin. 22% of the boys informed that they did not know how a used absorbent should be disposed. While 29% of the teachers informed that used absorbent should be wrapped in paper and thrown in dustbin and 11% informed that the used absorbent should be burned. Among the girl respondents, 20% of the girls informed that used absorbent should be burned.
- Girls informed that the major source of information about periods for them was either their mother or friends. Majority of the boys informed that no one gave them information about periods followed by 19% informing that their mother was the source of information about periods. None of the boys informed that either their sister or brother a source of information for periods. Among girls, in Karnataka, fathers were a major source of information about periods.
- Overall, 25.8% of the respondents came to know about periods between the age of 10 to 12 years. While 42% of the respondents came to know about periods between the age of 13 to 15 years. Therefore 10 to 15 years is the major years within which adolescent girls and boys receive information about periods.
- 42.4% of the respondents informed that period ends in girls by the age of 45 years, whereas 24.18% informed that periods end in girls by the age of 65 years. 14.4% of the respondents did not know when periods end in girls with boy respondents' number being more than the girl respondents.
- 18% (143) respondents among girls did not know about the physical change that a female body undergoes during periods.
- It is usually advised that sanitary pads should be changed once every four hours. Only 35% of the respondents informed that pads should be changed between 2 to 4 hours. 25% of the respondents informed that pads should be changed between 5 to 7 hours while 12% of the respondents informed that pads should be changed between 7 to 9 hours. 13.9% of the respondents informed that pad should be changed after more than nine hours.
- 38% of the respondents informed that one should wash their hands after changing a pad. However, 53 respondents informed that one should wash the clothes after changing a pad and 71 respondents informed that one should clean the toilet after changing the pad. 28% of the respondents informed that one should take a bath after changing a pad.

Attitude

- Majority of the respondents informed that menstruation should not be kept a secret. Girls and teachers' respondents saw higher disagreement. While amongst boys, there was a higher strong disagreement with the statement. However, among girls, 171 respondents that is 21% girls agreed with the statement. Amongst boys 41 respondents agreed with the statement. 33% of the girls disagreed that men should not know when girls are on periods. However, 19% agreed and 14% strongly agreed with the statement. Among the boy's disagreement with the statement was more by 1% in comparison to the agreement with the statement. Among the teachers 41% of the respondents strongly disagreed while 26% disagreed with the statement. With regards to menstruation being a girl only topic, among the girls agreement with the statement was higher. 27% of the respondents agreed with the statement while 21% disagreed with the statement. Among the boys and teachers' disagreement with the statement was higher. Among the teacher's, disagreement to the statement that men should not know when girls are on periods was high. Among the boy's agreement was slightly higher than the agreement with the statement.
- Majority of the respondents agreed that they can touch a menstruating woman and girl. However, among girls 20% respondents strongly disagreed while 18% of the respondents disagreed with the statement. Among boys, 14% of the respondents strongly disagreed and 10% of the respondents disagreed with the statement. Agreement was majorly recorded for the statement that respondents can eat the food cooked by menstruating women. 28% of the girls agreed with the statement while 18% of the boys strongly agreed with the statement and 37% of the teachers both agreed and strongly agreed with the statement. However, 29% of the girls strongly disagreed with the statement and 12% of the boys strongly disagreed with the statement. This reveals that among girls, the notion that food cooked by menstruating women should not be eaten is largely prevalent.
- In terms of girls' attitudes, the prevalence of disagreement with the notion that women and girls should be prohibited from entering the house during menstruation was higher than the prevalence of strong disagreement. Conversely, both boys and teachers exhibited a higher prevalence of strong disagreement compared to simple disagreement with the statement. Among adolescent girls, 20% agreed with the statement, while the corresponding figures were 12% for adolescent boys and 10% for teachers. Furthermore, a majority of respondents disagreed with the idea that women should be prohibited from entering the temple during menstruation. However, among girls, 25% agreed and 12% strongly agreed with this statement. Among boys, 13% agreed and 15% strongly agreed. Similarly, the majority of respondents disagreed with the statement that women should be prohibited from entering the kitchen while menstruating. Specifically, 34% of the girls disagreed, while 49% of the teachers strongly disagreed. Regarding the statement suggesting that menstruating women should be kept in a separate room, respondents generally disagreed. However, 17% of the girls and 13% of the boys agreed with this statement. In terms of girls attending school during menstruation, the teachers strongly disagreed with the notion that girls should not come to school because it is considered a holy place. However, among the girls, 33% disagreed and 25% strongly disagreed with this statement. Nonetheless, 18% of the girls agreed with it. Overall, the analysis of the aforementioned statements reveals that although there is disagreement with imposing movement restrictions on menstruating women, there continues to be a prevalent attitude, particularly among girls, that such restrictions should be in place.

- Majority of the respondents agreed that menstruation is a sign of good health with 28% of the girls agreeing, 15% of the boys agreeing and 37% of the teachers agreeing to the statement. However, adolescent girls expressed strong disagreement and disagreement at 17%, respectively.
- When asked about discussing menstruation with family members, the majority of respondents agreed with this statement. Specifically, 29% of the girls and 37% of the teachers agreed. However, 19% of the girls strongly disagreed, and 17% disagreed with the statement. Among boys and teachers, disagreement with the statement was around 11%. Regarding the statement suggesting that respondents should not discuss menstruation with friends, the majority of respondents disagreed. However, 22% of the girls and 19% of the boys agreed with this statement. When asked if they could ask questions about menstruation to teachers, 26% of the respondents agreed. However, 19% of the girls strongly disagreed, and 16% disagreed with the statement. Among boys, agreement with the statement was slightly higher than disagreement. Among teachers, agreement with the statement was overwhelmingly high compared to disagreement. In terms of feeling uncomfortable when reading about menstruation, the majority of respondents disagreed with this statement, with teachers exhibiting a significantly higher level of disagreement. However, among girls, 20% agreed and 12% strongly agreed with the statement. Among boys, 17% agreed, which was higher than the prevalence of strong disagreement. Regarding the statement that respondents would like to have more information about menstruation, the majority agreed. Among girls, 31% disagreed, 19% agreed, and 12% strongly agreed with the statement. Once again, teachers exhibited a higher level of disagreement, with 40% strongly disagreeing and 39% disagreeing with the statement. Overall, the analysis indicates that a majority of respondents express a desire for more information on menstruation, while attitudes towards discussing menstruation with family members, friends, and teachers vary among different groups.
- The analysis reveals that a majority of the respondents agreed with the notion that menstruating women can touch pickles during their periods. Specifically, 22% of the girls, 17% of the boys, and 31% of the teachers agreed with this statement. Additionally, 33% of the teachers strongly agreed with the statement. However, among the girls, 23% strongly disagreed and 24% disagreed with the statement. Therefore, the prevalence of agreement among girls was higher compared to the agreement with the statement that they could touch pickles during their periods. Among boys, a higher percentage (17%) strongly disagreed with the statement compared to the percentage (9%) that strongly agreed. Among the teachers, 15% strongly disagreed with the statement. This analysis suggests that while a majority of respondents agree that menstruating women can touch pickles during their periods, there are variations in agreement levels among different groups, with stronger disagreement observed among girls and a higher proportion of strong disagreement among boys and teachers.
- Largely the respondents disagreed with the statement that men can tease a girl who is menstruating. Among the girls 30% of the girls disagreed with the statement while among the teachers, 41% of the teacher strongly disagreed with the statement.
- Majority of the respondents agreed with the statement that they should help a girl or woman, friend or strangers, who is menstruating. However, among the girls 16% strongly disagreed and disagreed with the statement respectively. The boys and the teacher's agreement with the statement was higher than their disagreement. Among adolescent boys and teacher majority agreed with the statement that they should help girls on their periods.

- Largely, the respondents disagreed with the statement that menstruation is embarrassing for girls. Further, majority of the respondents disagreed with the statement that women become impure during menstruation with 54% of the teachers strongly disagree with the statement. However, 23% of the girl respondents agreed with the statement as compared to 29% of the girl respondents disagreeing with the statement. Therefore, disagreement with the statement among the girls and boy's respondent was marginally higher. Hence, even though menstruation is not considered embarrassing for girls, the prevalent notion among adolescent boys and girls is that girls become impure during menstruation.
- Boys and the teachers agreed with the statement that women should have special food during menstruation. However, majority of the girls disagreed with the statement with 26% expressing strong disagreement with the statement.

Practice

- Among girls, 54% of the respondents informed that they use one-time use sanitary pad or napkin while 19% informed that they use clean cotton cloth. 10% (77) respondents informed that they used multiple use or washable sanitary pad. Overall, 67% of the respondents informed that they got the absorbent from the market followed by 17% of the respondents getting it from the pharmacy in Karnataka. 54% of the respondents informed that they got it from the pharmacy as compared to 23% respondents getting them from the market. Overall, 41% (326) respondents informed that they do not use reusable cloth, whereas 39% respondents informed that they used reusable cloth. Therefore, it is revealed that one time sanitary pad, multiple use washable sanitary pad and clean cotton cloth were the popular choices of absorbent among girls. With regards to cleaning of multi-use absorbent, 50% of the girl respondent informed that they used water and soap, whereas 17% of the respondents informed that they used only water. Overall, 40% respondents informed that they dried the absorbent outside in the sun followed by 13% respondents drying the absorbent inside the bathroom.
- 79% of the respondents informed that they come to school as compare to 6% who inform that they do not come to school during the periods. With regards to friends attending school during periods, 76% of the respondents informed that the friends did attend school as compared to 6% who informed that the friend did not come to school during the periods. In comparison 32% of the boy, respondents did not know whether girls on periods came to school. However, 26% of the boy respondents, informed that girls do come to school on their periods.
- 41% respondents informed that they did not know what to do to relieve period pain. 23% of the respondents informed that they take prescribed medicine while 14% informed that they take home remedies to relieve period pain. 26% of the boys' respondents informed that girl shouldn't do anything to relieve period pains while 9% informed that girl should have home remedies and 6 persons informed that they should eat prescribed medicines.

- 57% of the girl respondents informed that they stayed in their own room as usual during their periods in their house. Whereas 24.7% of the respondents informed that they did not stay in the room, but they stayed either on the floor, outside the house or in a separate room. In comparison, 28% of the respondents informed that the girls on the period stay in their own room, 4%, informed that they stay outside of home and 13% informed that they stayed in separate room. Therefore 20.5% of the boy respondents informed that the girls did not stay in their room during their periods at their house.
- 42% of the respondents informed that they face restrictions within their homes during periods, whereas 12% of the respondents informed that they faced restrictions sometime during the periods. Therefore, 54% of the respondents faced some kind of restrictions during their period at their home.
- Overall, 49% of the girl respondents informed that they talk to their friends and parents about periods. 15% of the boy respondent informed that they do talk to their parents or friends about menstruation while 15% of the respondents informed that they do not talk to their parents about menstruation. However, 21% of the boy respondents informed that they don't know whether they should talk to the parents or friends about menstruation.
- 36% of the respondents informed that they change their absorbent between 2 to 4 hours, whereas 24% of the respondents informed that they changed the absorbent between 5 to 7 hours. However, 27.7% of the respondents informed that they changed their absorbent after more than seven hours. This is a major concern as using soiled absorbent for more than four hours can be critical for the adolescent girls health and hygiene. 62% of the respondents informed that they took a bath every day whereas 8% (61) respondents informed that they do not take a bath during the periods. 24.8% of the respondents did not take a bath every day during their periods. Many of the practices during menstruation have direct implications on reproductive health. Not bathing during menstruation can lead to compromise in hygiene of the girl and thus lead to the reproductive tract infections.
- 62% of the respondents informed that they cleaned their genital areas while 55 respondents informing that they do not clean the genital areas during their periods. 71% of the respondents informed that they changed their absorbents during school hours in the school toilet, 9.2% of the respondents informed that they either change their absorbent behind school or outside in open space or jungle. 5% of the respondents inform that they go back home to change their absorbent during school hours.
- 14% of the boy respondents, informed that boys should not talk about menstruation while 38% of the boy respondents informed that they did not know whether boys should talk about menstruation. 28% of the boy's respondent informed that, yes boys need to help female family members during menstruation. However, the same percentage of boy respondents informed that they did not know whether boys should help female family members during menstruation. 36% of the boy respondents informed that they did not know whether men should buy sanitary pads for girls while 25% of the boy respondents inform that yes, boys should buy sanitary pad for girls. 12% of the respondents informed that the role of males was to support female psychologically, 15% informed that it was to arrange nutritious food for females on periods and 32% informed that they did not know what was the role of males during menstrual time.

Teachers Perspective

- Overall, 47% of the teachers informed that IEC materials were used for menstrual hygiene management training while 24% informed that such material was not used. Further 13% informed that they did not know whether such material was used for the training. Overall, 60% of the teacher respondents informed that there was an education class training conducted focusing on menstrual hygiene management in the schools. 10% informed that no such training was conducted. 49% of the teachers informed that there was specific person responsible for conducting these activities while 31% informed that there was no specific person to conduct MHM activities in school.
- 31% of the teachers informed that girls do share their problems. The problems noted by the teacher's included backache, stomach ache and headache as the major problem shared. Further fever and asking for sanitary pads were the other problems that the students informed the teachers. 59% of the teachers informed that the girls attend school, while 11% informed that girls are absent. The reason cited by the teachers for girls' absence in school was backache and other symptoms such as nausea and fatigue. One major issue highlighted was that girls do not come to school as they do not have access to sanitary pad and they fear getting their clothes soiled due to bloodstain. 63% of the teachers informed that the girls have not dropped out from school.



42%

Of the respondents informed that they face restrictions within their homes during periods

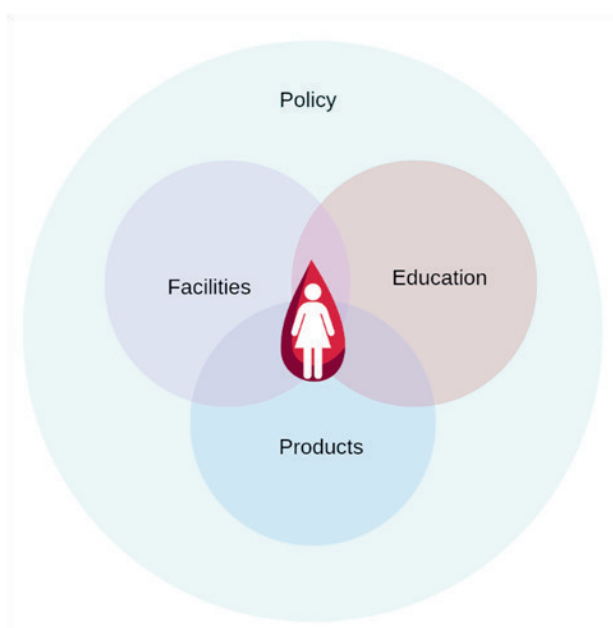


CHAPTER 6

RECOMMENDATIONS

The findings in the previous chapter of this study have revealed major concerns regarding the knowledge, attitude and practices of adolescent girls and boys towards menstrual hygiene. Data shows that girls are largely on par with boys up to adolescence, but with the onset of puberty, outcomes for girls begin to diverge and girls face increasing restrictions to their mobility and agency. (Deo & Chattargi 2005; Bharatwaj et al 2014) Further, the experience of menstruation is even more challenging for vulnerable menstruating girls—i.e., out-of-school girls, girls with disabilities, adolescents in street situations, child laborers, and institutionalized adolescent girls in the juvenile justice system. For example, limited access to disabled-friendly toilets and built-environment for girls with disabilities aggravates the experience of menstruation. (Shaikh 2015; Nagarajan 2015)

It is pertinent to develop a strategic approach to improve menstrual hygiene management amongst adolescent girls in order to improve their reproductive health. (Garg 2015). The major challenges and gaps in ensuring MHM can be categorised as (i) Sanitation and WASH Facilities (ii) Education and Awareness (iii) Menstrual Hygiene Products and (iv) MHM policy. It is pertinent to note that Sanitation, Education and MHM products directly impact the improvement of MHM among adolescent girls while MHM policy has an indirect impact on MHM among adolescent girls.



17.7%

Of the respondents informed that used absorbent should be disposed by burning the absorbent.



22%

Of the boys informed that they did not know how a used absorbent should be disposed. Therefore, there is major gap in the knowledge of MHM product disposal amongst the respondents

11.5%

Of the respondents informed that used absorbent can be disposed of by flushing it in the toilet while

₹ 780-1560

Adolescent girl spends per year on menstrual absorbents.



55.1%

of the respondent informing that the annual family income was below one lakh rupees, the expenditure on sanitary pads is a major challenge for adolescent girls to access menstrual hygiene materials and products.

Research and evidence inform that the challenges are as follows:

- **Education and Awareness:** Girls received inadequate education on menstruation pre-menarche. Post-menarche, education programs focus on the biological aspects of puberty, with limited focus on psychosocial needs. Awareness programs are common, but are limited to product use, constrained by weak facilitators, and rarely target influencers.
- **MHM Products:** The majority of women and girls in India use homemade products to manage their menstruation. Commercial pads are expensive for low income users, and low-cost pads vary in reach and quality.
- **Sanitation:** Cultural practices, hygiene routines, and community attitudes related to menstruation limit girls' use of existing toilets, particularly during menstruation. Current national level efforts to improve sanitation do not prioritize MHM or influence relevant community norms. Disposal solutions for menstrual waste are largely unexplored. Current programming does not prioritize vulnerable populations.
- **Policy:** The recent national MHM Guidelines are a critical step towards a collaborative and integrated solution to MHM. Policy makers continue to function in silos and need greater alignment, accountability, and strategies for implementing the guidelines at the state level. Recently, the supreme court of India in *Jaya Thakur v Gol And Ors. 2023 LiveLaw (SC) 309* directed the Government of India to 'engage with all the State governments and Union Territories to ensure that a uniform national policy is formulated with sufficient leeway for the States and Union Territories to make adjustments, based on the prevailing conditions in their territories.'

Therefore, without targeted interventions in these areas, menstrual hygiene management shall continue to remain a major concern for the health of adolescent girls and women across the country. Thus, it is becoming clear that multi-sectoral approaches are needed. It is pertinent to link physical infrastructure and water and sanitation projects to health education and reproductive health programs and address the issue in more holistic ways. (Kaur et al 2012). Below are recommendations based on the existing literature and the present study to support menstrual hygiene management in adolescent girls.

1. Building skills and capacity of stakeholders

Overall, 24% of the teachers informed that no IEC material was used during menstrual hygiene camps conducted in the schools. Further 31% of the teachers informed that no specific person was responsible for conducting MHM activities in school. It is vital to build skills of school teachers and management to conduct regular menstrual hygiene management workshops with the students to ensure the right knowledge is being provided to the adolescent girls and boys. Therefore, there should be orientation programs for teachers and school counsellors. (Kumar & Kamiya, 2011) Capacity building efforts should start by creating a supportive environment that challenges menstrual taboos and fosters open conversations.

Facilitators should receive training on cultural sensitivity and should be equipped with communication skills to address the subject of menstruation without stigma. Training should provide comprehensive and accurate information on menstrual hygiene, including the biological processes, hygiene practices, and common myths associated with menstruation. Further, sensitization of health workers, Accredited Social Health Activists and Anganwadi workers regarding menstruation biology must also be done so that they can further disseminate this knowledge in the community and mobilize social support against harmful and misleading menstruation practices. Additionally, under the National Health Mission, the Adolescent Friendly Health Services Clinics (Rashtriya Kishor Swasthya Karyakram (RKSK)) have been established at the district level. These centres provide full complement of services supporting adolescent health and also act as resource centre for capacity building of health care providers and repository for Information, Education and Communication materials on Adolescent Health. It is pertinent to ensure that these centres have trained persons. (Garg 2015). Another aspect to be highlighted is the quality of the in-school and out-of-school awareness programmes. It is pertinent to build the skills of the facilitators to provide information in an engaging and holistic manner. Through interactive sessions, visual aids, and age-appropriate materials, facilitators should ensure that adolescent boys and girls receive evidence-based knowledge about menstruation. Training should dispel misconceptions, reduce anxiety, and promote a positive attitude towards menstruation.

2. Sanitation facilities : Community WASH behavioural change programs

Community plays a vital role in shaping the cultural context around menstruation. Even when MHM facilities are available, cultural practices and hygiene routines as well as community attitudes related to menstruation limit the use of the facilities by adolescent girls, particularly during menstruation. Social norms and community attitudes associated with menstruation also inhibit women and girls from using toilets and disposal mechanisms appropriately. The community plays a crucial role in ensuring access to necessary resources for MHM. This includes access to water, sanitation facilities, and hygienic products such as sanitary pads. Therefore, Community WASH (Water, Sanitation, and Hygiene) behavioural change programs play a crucial role in promoting improved menstrual hygiene management (MHM) among adolescent boys and girls. Engaging the entire community such as parents, teachers, community leaders, and healthcare providers create a supportive environment. By encouraging open dialogue and creating safe spaces for discussions, community WASH programs enable adolescents to seek guidance and support from trusted individuals. Male involvement is particularly important as it helps challenge gender stereotypes and promotes inclusivity. Further, Community based health education campaigns could also prove worthwhile in achieving this task. (Garg 2015) Local Health Committees can be involved in education and awareness program. (Kumar & Kamiya, 2011). Community involvement ensures the sustainability and long-term impact of MHM programs. By working with the community, these initiatives become embedded in the local culture, ensuring their continuity even after the program's completion. Community members can take ownership of MHM initiatives, leading to the adoption and normalization of hygienic practices. This sustainability ensures that the benefits of improved MHM continue to reach future generations.

Girls informed in the present study that the major source of information about periods for them was either their mother or friends.

19%

of the boys informed that their mother was the source of information about periods. There is a need for evidence-based programming on enabling mothers and fathers to provide accurate information on MHM and appropriate ongoing support at scale.



Proper disposal of MHM products

In the present study 17.7% of respondents informed that used absorbent should be disposed by burning the absorbent, of which 30% of the girls resided in Uttarakhand. Moreover, 11% of the teachers informed that the used absorbent should be burned. Among the girl respondents, 20% of the girls inform that used absorbent should be burned. 11.5% of the respondents informed that used absorbent can be disposed of by flushing it in the toilet while 35.9% of the respondents informed that use absorbent should be wrapped in paper and thrown in the dustbin. 22% of the boys informed that they did not know how a used absorbent should be disposed. Therefore, there is major gap in the knowledge of MHM product disposal amongst the respondents. FSG report stated that community attitudes and perceptions about menstruation and the availability of disposal infrastructure influences how women and girls dispose their menstruate waste. Common practices for collecting and disposal of sanitary pads can vary from throwing unwrapped or wrapped pads into fields and on rooftops, burying them in the ground, or burning them one at a time or collectively after a menstrual cycle. These methods are particularly common in areas where there are no toilets or disposal mechanisms within toilets and/or where silencing menstruation is the norm. (FSG 2016) Improper disposal of menstruate waste impacts the environment and the communities. On one hand access to hygienic and safe products to absorb the menstrual flow continues to be a challenge for majority of girls and women in India, on the other hand, disposal of the menstrual waste is an even bigger problem. With approximately 375 million girls and women in the reproductive age group and most of them menstruating an estimated 1.021 billion pads are disposed monthly and majority of which is non-biodegradable in nature (GOI 2016) Even at low penetration rates of sanitary pad usage (12%), India generates an estimated 9,000 tons of menstrual waste every year, enough to fill a landfill of 24 hectares. (Jamwal 2015) The MHM sector in India has put few resources towards disposal of menstrual waste, which is a growing problem with the increase in use of disposable sanitary pads. It is vital that the MHM training and WASH behavioural change trainings include information on the disposal of menstrual hygiene products to protect the health of the environment and the community. Further, adequate disposal facilities should be provided to encourage proper disposal. Schools, public spaces, and households should have dedicated bins or containers specifically designed for disposing of menstrual products. These facilities should be easily accessible, well-maintained, and discreet, ensuring privacy and dignity for users. Additionally, use of biodegradable menstrual products such as biodegradable sanitary pads or menstrual cups should be promoted. These products break down naturally over time and have a lower environmental impact compared to conventional disposable pads. Users should be educated about the benefits of these products and how their proper disposal aligns with sustainable and eco-friendly practices.

3. Accessibility to Menstrual hygiene materials and products

54% of the respondents informed that they used one-time use sanitary pad or napkin while 19% informed that they use clean cotton cloth during their periods. 10% that is 77 respondents informed that they used multiple use or washable sanitary pad. Further, 41% of the respondents informed that they do not use reusable cloth. Therefore, it is revealed that one times sanitary pad, multiple use washable sanitary pad, and clean cotton cloth were the popular choices of absorbent among the girls. Overall, 67% of the respondents informed that they got the absorbent from the market followed by 17% of the respondents' getting absorbents from the pharmacy. Many sources suggest that women using disposable pads use 2-4 per day. If a woman bleeds 5/28 days, this means 130-260 pads per year, or 5,000-10,000 over her reproductive years. As the respondents informed that the majority of them used one time use sanitary pads and purchased the pad from the pharmacy or market, an adolescent

girl spends 780-1560 rupees per year on menstrual absorbents. With 55.1% of the respondent informing that the annual family income was below one lakh rupees, the expenditure on sanitary pads is a major challenge for adolescent girls to access menstrual hygiene materials and products. Despite the government efforts to provide free sanitary pads, the reality is quite different. Therefore, low cost sanitary napkins which can be locally made and distributed is an important step towards accessibility to MHM products. (Kumar & Srivastava 2011). It is pertinent to support market-based solutions to innovate and distribute low-cost, yet high-quality sanitary pads at scale. Further, support should be provided to innovation of products which are environmentally friendly, culturally appropriate, and affordable given the environmental concern with disposable pads.

4. Education and Awareness

Currently, MHM curriculums in schools focus on period management, and do not provide the time or space to discuss psycho-social changes. (FSG, 2016) In India, MHM curricula already exists. It is pertinent to build the capabilities of facilitators to provide education and psycho-social support at scale (FSG, 2016) The present report reveals major gaps in the knowledge of adolescent girls and boys regarding menstrual hygiene and menstruation.

Inclusion of pain management

Pain management is one important aspect that should be included in the education and awareness programs around menstrual hygiene management. In the present study 41% respondents informed that they did not know what to do to relieve period pain. 23% of the respondents informed that they took prescribed medicine while 14% informed the they took home remedies to relieve period pain. 26% of the boys' respondents informed that girl shouldn't do anything to relieve period pains while 9% informed that girl should have home remedies and 6% informed that they should eat prescribed medicines. 31% of the teachers have revealed that girls' students shared their problems. The problems noted by the teacher's included backache, stomach ache and headache as the major problems. 11% teachers informed that girls do not come to school. The reason cited by the teachers for girls not coming to school where backache and other symptoms such as nausea and fatigue. Further, schoolgirls interviewed in Kolkata reported not doing anything to reduce their menstrual pain. (Splash 2018) Research suggests that pain medication is viewed as inappropriate for menstrual pain unless it is debilitating and requires advice from a doctor. The use of pain medication for menstrual cramps is also thought to cause later reproductive problems among girls and hence discouraged.

Mothers Inclusion in MHM Programs

Girls informed in the present study that the major source of information about periods for them was either their mother or friends. 19% of the boys informed that their mother was the source of information about periods. Further, among girls, in Karnataka, fathers were a major source of information about periods. Therefore, young girls often grow up with limited knowledge of menstruation because their mothers and other women shy away from discussing the issues with them. Adult women may themselves not be aware of the biological facts or good hygienic practices, instead passing on cultural taboos and restrictions to be observed. (Wateraid 2014) Although research consistently confirms that mothers are the most critical influencers for adolescent girls in India, ongoing interventions rarely target them. (FSG, 2016, USAID 2014) Therefore, programming that educates mothers are rare. There is a need for evidence-based programming on enabling mothers and fathers to provide accurate information on MHM and appropriate ongoing support at scale. Another major intervention is

Boys and Male member education

On an average more than 40% of boys did not have proper information about menstruation and menstrual hygiene. Further, 26% of the boys' respondents informed that no one informed them about menstruation and periods. Therefore, men and boys typically know less, about menstruation. Men and boys play a vital role in combating deep rooted social beliefs and cultural taboos and ensuring accessibility of menstrual hygiene facilities for the women around them. Increasing the role of the males and clearing the beliefs system of the males is pertinent for them to understand menstruation so they can support their wives, daughters, mothers, students, employees, and peers. (Garg & Anand, 2015) There is enough research and evidence to suggest that a change in the perception of boys and men towards menstruation can help reduce embarrassment associated with menstruation (Mohan et al 2015) there exist few programs for boys and men. It is necessary to educate boys alongside girls, for fostering empathy, reduce stigma, and encourage support from male counterparts.

IEC materials

IEC materials serve as a tool to provide accurate and comprehensive information about menstruation, menstrual hygiene, and related topics. Many adolescent girls and boys lack access to reliable information about menstruation due to cultural taboos, inadequate sex education, and limited resources. IEC materials bridge this information gap by presenting essential knowledge in a clear, accessible, and culturally sensitive manner. Further, IEC materials are designed to promote positive behaviour change regarding MHM practices. IEC materials have the advantage of being easily disseminated and accessible to a wide audience. They can be distributed in schools, community centers, healthcare facilities, and other public spaces. Additionally, digital platforms and social media can be utilized to reach girls who have internet access. By making IEC materials available in multiple formats, such as brochures, posters, videos, and interactive apps, they can cater to different learning styles and literacy levels, ensuring inclusivity and maximum reach. IEC materials also provide a sustainable and scalable approach to MHM interventions. Once developed, they can be reproduced and disseminated widely at a relatively low cost. Therefore, awareness program using flip chart, posters, and other behaviour change communication materials should be developed.

Encouraging peer-to-peer learning

It is noticed that peers play a vital role in dissemination of MHM information as well as creating an environment for discussion around MHM. Peer-to-peer learning creates a safe and non-judgmental environment where girls and boys can openly discuss their experiences, ask questions, and seek advice. Peers are more accessible and relatable to adolescent girls and boys than teachers or authority figures. Peer educators can easily connect with their peers on a personal level, facilitating open and honest conversations. Therefore, Peer educators should be trained and equipped with accurate information and practical skills to educate their peers about menstruation, menstrual hygiene practices, and the proper use of sanitary products. Peer-to-peer learning initiatives and peer-to-peer education models should be developed to support system and peer networks that can be sustained beyond the learning sessions. Hence, peer education can promote trust, acceptance, and behaviour change among adolescents. A model of peer-to-peer education can be the establishment of youth club or Adolescent Information Resource Centre at the school level.

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