

# WOMENS HEALTH, REPRODUCTION AND FERTILITY

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## Teaching menstruation to schoolgirls in Pakistan

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The Menstrual Hygiene Management Intervention Program aims to educate young women about their menstrual health and the ways of maintaining hygiene through affordable and environmentally-friendly options. This program specifically focused on sustainability through affordable approaches to menstrual hygiene management and encouraged participants to form a self-care routine for the integrity of their emotional healths. My project was targeted towards young women from the marginalized populations and the focus school was carefully selected in low-income, suburban area. Located in the metropolitan city of Karachi, this school is a publically-administered school and is being operated by the Ministry of Education in Pakistan. Through Menstrual Hygiene Management Intervention Program, I aimed to educate young women in Pakistan about their menstrual health and the ways of maintaining hygiene through affordable and environmentally-friendly options. The program was divided into three major components: Description of anatomy of female reproductive system, sustainable choices for managing period and lastly, talking about emotional wellness during period along with an insight into the common myths and misconceptions. Since, in Pakistan there is no educational component related to health in schools or other educational institutions, through this program, I hope to be able to contribute towards shattering the taboo around menstruation while keeping the cultural factors in consideration.

### Biography

Urooba Ahmed Fatima is currently a sophomore at Hampshire College. She is concentrating in anthropology, public health and film. She is interested in researching on the link between menstrual hygiene management and literacy levels for women in Pakistan.

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