

## Spherule Foundation, Motherhood Hospital attempt Guinness Book of World records

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### The largest group of adolescent girls, boys, men & women present under one roof to gather awareness on Menstrual Health and Hygiene



Motherhood Hospitals, India's fastest growing network of women & children's hospital join hands with Spherule Foundation (an NGO that works on various development & educational program for women -empowerment & health) attempting Guinness Book of World Records by taking the initiative of educating adolescent girls on the importance of menstrual health and hygiene.

Dr. Rajeshwari Pawar, Gynecologist & Obstetrician with over 3 decades of experience practicing at Motherhood Hospitals, Pune, addressed a gathering of over 2500 people in Kendriya Vidyalaya on the importance of menstrual hygiene, breaking stereotypes and myths that accompany menstruation.

This joint initiative has been recorded in the Guinness Book of World Records where they saw the largest group of adolescent girls, boys, men and women present together to talk about menstrual health and hygiene.

In India only 18% of the 355 million menstruating women use sanitary napkins and with the remaining 82% of women unable to afford sanitary napkins, they resort to using unhygienic substances such as newspapers, sand, leaves, mud or unsterilized clothes/rags. Such unhygienic practices lead to itching, burning, vaginal and urinary tract infections, infertility and other reproductive health complications.

According to a survey conducted by UNICEF, 80% of surveyed women store their menstrual cloth in a hidden dirty place for repeated use. 40% failed to change their clothes frequently or wash them with soap after use. They are too ashamed to wash their sanitary clothes in open and wear over soaked and dirty cloth for an entire day without a change. 50% failed to dry their menstrual rags outside and in full sun which is an essential condition required to kill bacteria. Lack of privacy, safety and toilets make things worse. This initiative is trying to help our society understand the importance of menstruation and how to overcome the stigma around it.