

Independence: Rewriting Menstrual Health Narratives

Menstrual health, in many communities, still exists in silence. Not because the need is absent, but because the conversation never quite begins. For young girls, that silence accumulates into missed school days, dependence on unsafe alternatives, and a quiet discomfort around something that deserves to be understood and managed with ease.

For visually impaired girls, the gap is sharper still.

Without access to visual learning or tailored guidance, managing menstrual hygiene often depends on fragmented information and external help. What should be a personal, manageable aspect of daily life becomes something navigated with difficulty and without the confidence that comes from real understanding.

Pratiti Welfare Foundation designed its initiative with that distinction in mind: awareness alone doesn't create change. Neither does access, in isolation. Both are necessary, and both must arrive together.

The Approach

The foundation offers focused training sessions for visually impaired girls that are practical, interactive, and centred on genuine understanding rather than generic information. Sessions cover hygiene practices, safe product use, and strategies for managing menstrual cycles independently. The emphasis is always on making knowledge actionable, not merely transferable.

Equally important is what the sessions create beyond content: a space where questions can be asked openly and misconceptions addressed without discomfort. For many girls, the shift from silence to candid conversation is itself a form of progress.

Access is addressed in parallel. Regular distribution of sanitary napkins removes the barrier that often forces girls to resort to unsafe or inadequate alternatives, ensuring that what is learned in the sessions can be put into practice. Knowledge without resources is only half a solution.

What Changes

The impact doesn't announce itself loudly. It shows up in quieter ways.

Girls who once depended on others begin to manage their routines with confidence. Conversations that were avoided become natural. And that shift from hesitation to ownership extends beyond menstrual health into how girls engage at school and in everyday life.

That's the point: when a girl gains control over one aspect of her wellbeing, it rarely stays contained. It moves.

The Larger Context

Menstrual health is frequently treated as secondary, yet its connection to education, self-esteem, and participation is direct and well-documented. When addressed through the right combination of awareness and access, it stops being a barrier and starts being something a girl simply manages, without disruption, without shame, without compromise.

Moving Forward

At Pratiti Welfare Foundation, the work is guided by a straightforward conviction: the most overlooked intersections are often where the most meaningful interventions happen. When awareness is built, and access is ensured, what shifts is not just a habit. It's a sense of control, dignity, and independence, one that carries into every part of a girl's life.