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## Menstrual Hygiene

Date: 27/04/2024

Images	Name	Material	Price	Description
	Building Block [Personal Hygiene]	Plastic Box	1000.00	<p><b>Topic Covered</b> Personal Hygiene</p> <p><b>Description</b> This tool consists of blocks portraying images related to the hygienic behavioral practices that should and should not be followed during menstruation. Through this tool the participant can herself differentiate between the activities she should and should not do.</p>
	Changing Scenario [Myths & Facts on Menstruation]	Plastic and Metal	350.00	<p><b>Topic Covered</b> Myths &amp; Facts on Menstruation</p> <p><b>Description</b> This tool consists of two chips with illustration of some myths related to menstruation which when rubbed against one another portrays the facts related to the topic. This tool is beneficial to eradicate the myths related to menstruation and aware the participants regarding the actual facts related to the topic.</p>
	Coin Game [Myths & Facts on Menstruation]	Ply and Plastic Counters	400.00	<p><b>Topic Covered</b> Myths &amp; Facts on Menstruation</p> <p><b>Description</b> This tool consists of a board with images portraying myths and facts related to menstruation along with red and green counters. The participants need to identify the myths with red counter and facts with green counter.</p>
	Dori Game [Myths & Facts on Menstruation]	Ply and Paper	400.00	<p><b>Topic Covered</b> Myths &amp; Facts on Menstruation</p> <p><b>Description</b> This tool consists of a board with images portraying myths and facts related to menstruation along with a red and green thread. The participants need to identify the myths with red thread and facts with green thread. Though this tool the participant can herself differentiate between the myths and facts related to menstruation.</p>
	Electro Game [Myths & Facts on Menstruation]	Art Card, Plastic	500.00	<p><b>Topic Covered</b> Myths &amp; Facts on Menstruation</p> <p><b>Description</b> This tool consists of illustrations portraying myths and facts related to menstruation along with some questions. If the participant answers correctly a green light is lit. Though this tool the participant can herself differentiate between the myths and facts related to menstruation.</p>
	Four Box Puzzle [Cause of Irregularities in Menstruation]	Plastic Box	400.00	<p><b>Topic Covered</b> Cause of Irregularities in Menstruation</p> <p><b>Description</b> This tool consists of four boxes with images related to the causes due to which irregularities can occur in menstruation. Through this tool the facilitator can initiate a discussion on the various precautions that one can take to take care of the irregularities.</p>

	Jigsaw Puzzle [Hygiene during Menstruation]	Hardboard / Sunboard	250.00	<p><b>Topic Covered</b> Hygiene during Menstruation</p> <p><b>Description</b> This tool consists of pieces of a jigsaw puzzle which when joined together shows images related to the hygienic behavioral practices that should be followed during menstruation. Through this tool the participant can be made aware of the hygiene to be practiced during menstruation and its importance.</p>
	Magnetic Dart Game [Myths & Facts on Menstruation]	Ply, Metal and Magnet	650.00	<p><b>Topic Covered</b> Myths &amp; Facts on Menstruation</p> <p><b>Description</b> This tool consists of illustrations portraying myths and facts related to menstruation. The participant needs to aim a dart on the board and a discussion is initiated on the aimed picture.</p>
	Multi Flip Change [Common Problems and its Solution]	Sunboard	450.00	<p><b>Topic Covered</b> Common Problems and its Solution</p> <p><b>Description</b> This tool consists of images related to the symptoms of anemia which when changed shows the things to be kept in mind in order to prevent anemia. Through the tool the facilitator can easily make the participants aware of some other precautions that one should take in order to prevent anemia.</p>
	Multi Flip Change [Common Problems and its Solution]	Sunboard	450.00	<p><b>Topic Covered</b> Common Problems and its Solution</p> <p><b>Description</b> This tool consists of images related to the common problems faced by the females during menstruation which when changed shows some easy solutions for those common problems. Through the tool the facilitator can easily make the participants aware of the simple steps of menstruation management.</p>
	Pocket Chart [Menstruation]	Matty Cloth and 250gsm Art Card	500.00	<p><b>Topic Covered</b> Menstruation</p> <p><b>Description</b> This tool consists of a pocket chart with cards having questions and illustrations regarding the problems one faces during menstruation and the activities one should do to take care of them. The participants need to arrange the illustrations in front of the question it matches with.</p>
	Six Box Puzzle (Front Back) [Nutrition and Hygiene]	Plastic Box	600.00	<p><b>Topic Covered</b> Nutrition and Hygiene</p> <p><b>Description</b> This tool consists of six boxes having images related to the nutritious food that one should take and the hygiene that one should follow during menstruation which when arranged in the right order portrays an image of a healthy adolescent girl.</p>
	Slide Game [Menstruation Cycle]	Sunboard	400.00	<p><b>Topic Covered</b> Menstruation Cycle</p> <p><b>Description</b> This tool is in the form of a color TV in which the menstruation cycle is shown to the participants in six different frames. It can be used by the facilitator to inform the participants regarding the functioning of the female reproductive part, type of hygiene to be practiced during menstruation and other facts related to puberty.</p>
	Wheel Game [Menstruation Cycle]	Sunboard	300.00	<p><b>Topic Covered</b> Menstruation Cycle</p> <p><b>Description</b> This tool consists of four different images portraying the process of fertilization and then menstruation in a female body. It can be used by the facilitator to inform the participants regarding the functioning of the female reproductive part, type of hygiene to be practiced during menstruation and other facts related to puberty.</p>