



सत्यमेव जयते  
Government of Rajasthan



I M Shakti

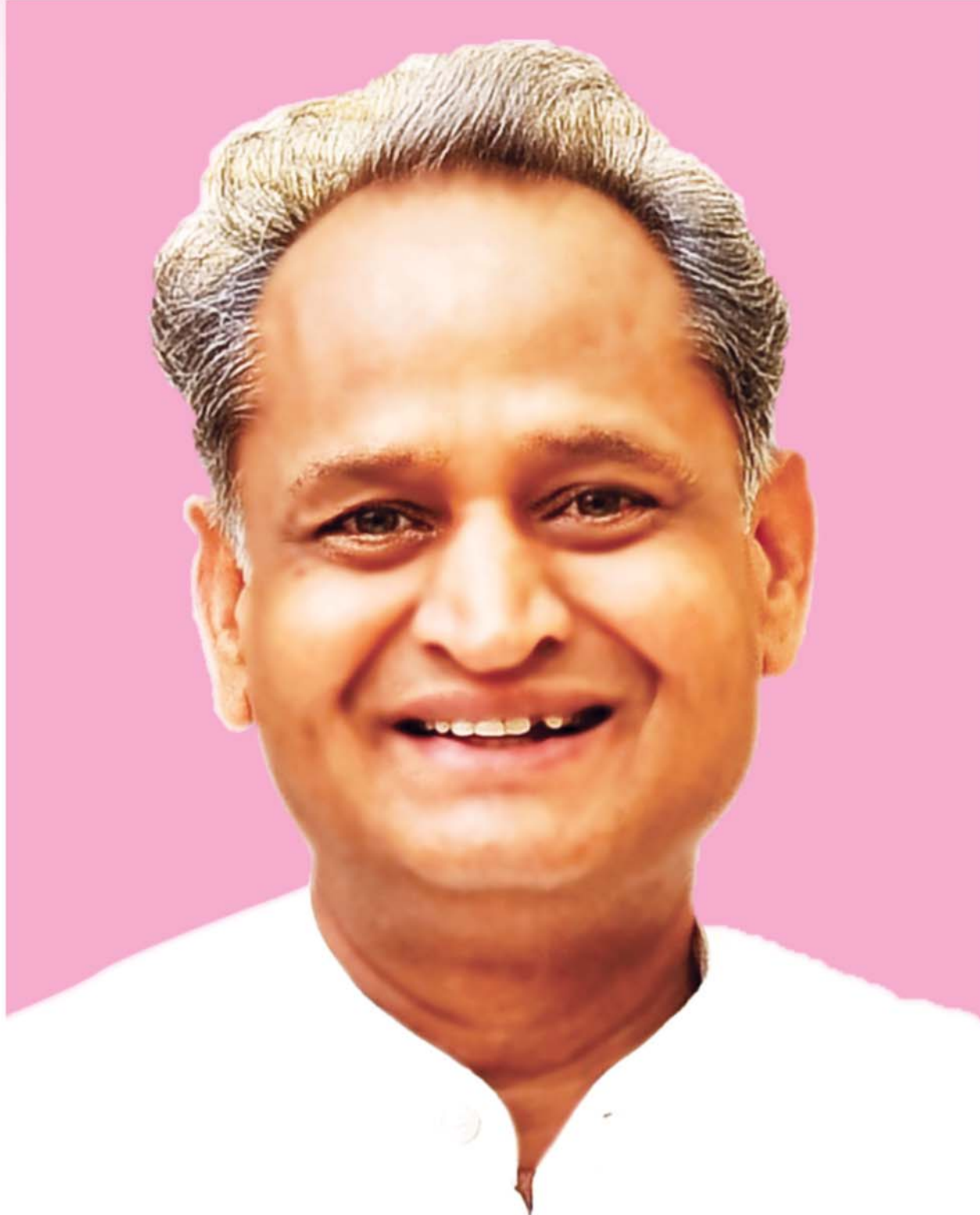
*Confidence & Pride  
of every Women*



**UD A A N**

Announcement in the State Budget  
For all the Girls and Women of the State

**Resolution of Free  
Distribution of Sanitary Napkins**



“ Menstruation is a normal natural process in women. Today we are living in the 21st century. Now we should openly discuss about menstruation. Women should talk about this in the family without any hesitation. We have started the scheme of free distribution of sanitary napkins. This scheme will prove to be an important step towards women empowerment. ”

Ashok Gehlot, Chief Minister, Rajasthan

### Why sanitary napkins are important



Lack of awareness about menstruation exposes the backwardness and mental conservativeness of the society. Educating girls and women about menstruation and most importantly, easy availability of sanitary pads is a praiseworthy initiative.

Dr. Sudhir Bhandari

Vice Chancellor, Rajasthan University of Health Sciences, Jaipur



Not using sanitary napkins or pads during periods can lead to urine infection, cervix infection, infection in the fallopian tubes and ovaries, infertility (infertility) and even cervical cancer. The free distribution scheme of sanitary napkins the state government is no less than a boon.

Dr. Pushpa Nagar

Sr. Prof., Dept. of Gynaecology and Obstetrics, Sawai Man Singh Medical College, Jaipur

According to a study, about 62% of women in the country use cloth instead of sanitary napkins during their periods. Use of unhygienic items during periods can also lead to serious diseases like cancer. Therefore, it is very important to use of sanitary napkins.

12 Sanitary napkins per month are distributed free of cost to women through Anganwadi centres and Schools in the State

Department of Information & Public Relations, Rajasthan