



YOUR BODY. CYCLE. CONFIDENCE.

*A Simple Guide to
Feminine Hygiene & Period Care*

Understand your body.
Care for yourself.
Feel confident every day.

**Growing Up Is Natural.
Understanding Your Body Makes It Easier.**

A guide for young girls and
women to learn, care, and stay confident.



UNDERSTANDING YOUR BODY & MENSTRUAL CYCLE



PUBERTY: A Natural Stage of Growing Up

During puberty, your body goes through many natural changes, such as:

- Growth spurts
- Breast development
- Growth of body and pubic hair
- Emotional and hormonal changes

Every person develops at their own pace. These changes are a normal part of growing up.

UNDERSTANDING YOUR MENSTRUAL CYCLE

Your menstrual cycle is a natural and healthy process. It is counted from the first day of one period to the first day of the next period.

A typical cycle may last around 28 to 32 days, although it can vary from person to person.

WHAT HAPPENS DURING YOUR PERIOD?

During menstruation, the lining of the uterus naturally breaks down and leaves the body through the vagina as menstrual blood.

*Periods are natural.
There is nothing to feel ashamed of.*





PERIOD PRODUCTS & **PERSONAL HYGIENE**



SANITARY PADS

Sanitary pads are a simple and commonly used period product. They are worn inside your underwear to absorb menstrual flow.

Remember to:

- Change your pad regularly, generally every 4–6 hours or sooner if needed.
- Change it more frequently during heavy flow.
- Wrap used pads properly before disposal.
- Dispose of used pads responsibly.

GOOD HYGIENE HABITS

Maintaining good hygiene can help you feel fresh and comfortable during your period.

- Wash the external genital area daily with clean water.
- Always wash your hands before and after changing a pad.
- When cleaning after using the toilet, wipe from front to back.
- Keep your period products clean and stored properly.

COMFORT MEETS CONVENIENCE

With easy access to sanitary products and proper disposal facilities, managing periods becomes safer, simpler, and more comfortable.





MANAGING PERIOD SYMPTOMS



CRAMPS & PERIOD PAIN

Mild cramps before or during your period are common. They can happen due to natural hormonal changes in the body.

For relief, you can try:

- Applying a warm compress or heating pad to your lower abdomen
- Taking adequate rest
- Gentle stretching or light physical activity
- Staying hydrated

MOOD CHANGES & TIREDNESS

Hormonal changes during the menstrual cycle may sometimes make you feel tired, emotional, or less energetic.

Take care of yourself:

- ✿ Get enough sleep
- ✿ Drink plenty of water
- ✿ Eat balanced meals
- ✿ Rest when your body needs it
- ✿ Be kind and patient with yourself

Your feelings are valid. Self-care is important.

If your pain is severe, unusual, or affects your daily activities, speak to a parent, trusted adult, nurse, or healthcare professional.





MANAGING YOUR PERIOD AT SCHOOL



BE PREPARED. FEEL CONFIDENT.

Periods can sometimes arrive unexpectedly. Keeping a small emergency kit in your school bag can help you feel prepared.

Your Emergency Period Kit

-  2–3 spare sanitary pads
-  A spare pair of clean underwear
-  Tissues or wet wipes
-  A small disposal bag, if required

NEED HELP? DON'T BE AFRAID TO ASK

If you get your period unexpectedly or run out of supplies, speak to:

- Your school nurse
- A trusted female teacher
- A parent or guardian
- Another trusted adult

Many schools may also provide access to sanitary pads through school health and welfare initiatives.

Remember

Asking for help is not embarrassing. Taking care of your health is a sign of strength.



**BETTER ACCESS.
SAFER DISPOSAL. HEALTHIER SPACES.**



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