



ACTIVITY – 1

APRIL – Grade 6 to 12

HEALTH AND HYGIENE



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APRIL – Grade 6 to 12

Activity Title: Menstrual Hygiene / Health and Fitness

Date: April, 2022

Duration of the activity: 40 mins each

Classes: 6 to 12

Teachers Responsible: Ms Sameera, Ms Catherine & All class teachers

Description of the activity :

Menstrual Hygiene is vital to the empowerment and well-being of women and girls worldwide. It is about more than just access to sanitary pads and appropriate toilets – though those are important. It is also about ensuring women and girls live in an environment that values and supports their ability to manage their menstruation with dignity. The Presentation was carefully prepared keeping in mind, children age group, as they belong to adolescence. The topic

revolves around the concept of Adolescence, Puberty, Menstrual Hygiene and Islamisation of Maturity.

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health. Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody. To prove this, Sana Model School arranged a visual presentation on health and fitness awareness to middle school students.

Learning Outcomes:

- Students will have greater knowledge of Adolescence and how to have a balanced life style.
- Social, emotional and physical well being is essential for an individual.
- In children and adolescents, physical activity improves:
- physical fitness (cardiorespiratory and muscular fitness)
- cardiometabolic health (blood pressure, dyslipidaemia, glucose, and insulin resistance)
- bone health
- cognitive outcomes (academic performance, executive function)
- mental health (reduced symptoms of depression)
- reduced adiposity
-

Skills Involved:

- Vocabulary skill
- Health and safety skill
- Communication skill
- Health awareness
- Emotional health awareness
- Social awareness

Subjects Integrated:

English :

- Vocabulary skill,
- Communication skill,
- Public Speaking Skill,
- Listening skill

Science :

- Public awareness,
- Health awareness,
- Menstrual hygiene

Evidence :

- Virtual Poster
- Presentation slides
- Students write up



Learning Objectives

- Introduction
- Adolescence
- Puberty
- What is Menstruation?
- Menstrual Hygiene Management (MHM)
- Myth about Menstrual girls
- Pad Man of India
- Islamisation of Maturity

WHAT IS ADOLESCENCE?

Definition of adolescent:

Adolescence is a transition period from childhood to adulthood. Its is based on childhood experiences and accomplishments. It begins with the appearance of secondary sex characteristics and ends when somatic growth is completed and the individual is psychological mature.

Adolescent Growth and Development

- * Early Adolescence (12-14 years)
- * Middle Adolescence (14-17 years)
- * Late Adolescence (17-19 years)

These periods include puberty, primary and secondary sex characteristics

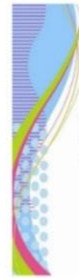
What is Puberty?

- Apart from your first year of life, the most growing that you do happens during a time called puberty.
- Two years before the obvious changes begin, parts of your brain start producing more hormones that are responsible for growth.
- It is the action of the hormones getting your body ready for adulthood that we call puberty.



Puberty

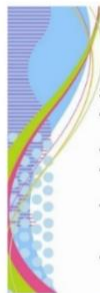
- Puberty is a kid becoming an adult. As you begin puberty, your body and your feelings change a lot.
- You also may feel differently about your family, friends and classmates and view the things that they do in whole new ways.
- You may feel like changing what you do with friends, the way you dress and the things you talk about. The differences are "social" and "behavioral" changes.



Healthy Bodies



- Stay active – exercise!
- Eat nutritious foods
- Regular bathing and dental care
- Personal safety

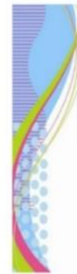


Personal Hygiene



Sweating

- Body produces more sweat; body odor
- Bathe/shower daily with soap
- Shampoo hair regularly, from root to tip
- Control underarm odor and wetness with deodorant or antiperspirant
- Change sweaty clothes



Puberty: Emotional Changes



- Feelings may change from day to day
- Caused by hormones
- Don't worry; it's all part of growing up!

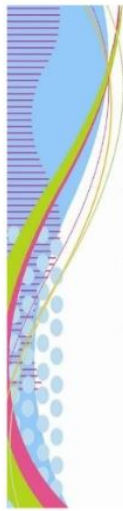


Personal Hygiene



Skin Care

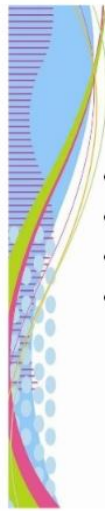
- Oil glands in your skin become more active
- Oil and dead skin cells lead to acne
- Cleanse skin twice a day
- Don't worry; acne is a normal part of puberty, and steps can be taken to reduce it



Puberty: Menstruation



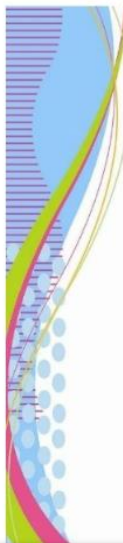
- Menstruation is part of the female reproductive process
- Average 28-day cycle, but different for everyone
- Your period is when you lose fluid at the end of the cycle



Puberty: Periods



- Usually last 3-7 days
- Might not be regular at first
- Only lose about 7 teaspoons of blood
- It doesn't hurt!

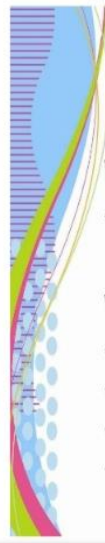


Puberty: Periods



When Does My Period Start?

- Usually between 10-16 years old
- About 2 years after your breasts develop
- Soon after you grow pubic hair
- After you start to notice vaginal discharge



Puberty: Cramps



What Are They?

- Aches in the lower abdomen or along the inner thighs

What Can I Do?

- Take a warm bath
- Hold a heating pad on your lower stomach
- Exercise
- Check with an adult before taking medication

Puberty:

Feminine Protection

Always Changing

How to Get Rid of Pads

- Fold it up
- Wrap it in tissue or toilet paper
- Put it in the trash (special cans in ladies' room)
- Don't flush pads down the toilet – they clog it!
- Wash your hands

Who to Talk To

Always Changing

- Family member: Your mom, aunt, grandma, older sister, or trusted adult etc.
- Teacher or school nurse
- Doctor

FIQH

Maturity

Fiqh

Masā'il of reaching maturity

As a girl matures, her body develops and some physical changes take place. One of the biggest changes is the releasing of blood from the private part.

Women have three types of bleeding:

1. Hayd (Period/Menstruation)
2. Istihādah (dysfunctional uterine bleeding)
3. Nifās (post-natal bleeding)

Hayd - The monthly period

A period, also called menstruation, is blood which flows from the womb and exits the middle passage of the private parts. The Islamic term for this is hayd.

Once a girl over nine experiences this type of bleeding, she is classed as mature in Islam and is accountable for her own actions. This maturity is called being bālighah.

Age of hayd

A woman will not get hayd before the age of 9 lunar years which is equivalent to 8 years and 9 months according to the Gregorian calendar.

Any blood before this age will be regarded as istihādah.

If by the age of 15 lunar years which is 14 years and 7 months, she has not experienced hayd, Islamically she will be classed as an adult and the rules of Islām will now apply.

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THREE TYPES OF BLEEDING:

- ✓ HAYD [MENSTRUATION]
- ✓ ISTIHADAH [IRREGULAR BLEEDING]
- ✓ NIFAAS [POST – NATAL BLEEDING]

Maturity

Actions prohibited during hayd and nifas

During hayd and nifas, the following is not permissible:

1. Touching the Qur'an (with any part of her body or clothing)
2. Reading the Qur'an (Qur'anic du'as are allowed to be recited with the intention of du'a')
3. Performing salah. There will not be qada' for these salah either
4. Fasting however, one will have to do qada' of missed fasts.
5. Tawaf.
6. Entering a masjid.

Fasting and the ha'idah

Regarding fasting, as soon as a ha'idah sees the blood, her fast will automatically be nullified. She will not fast on the days of her period. If her period ends during the night in Ramadan, she should fast the following day and if it ends during the day in Ramadan, she should remain as a fasting person for the remainder of the day. She will still have to perform a qada' of this day, together with any other fasts missed due to hayd.

If she was keeping a nafil fast and she started her period, a qada' of that fast will be wajib once her period has ended.

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Maturity

More about hayd

It is important to keep a very careful and accurate record of the exact time and date when the period starts and ends. Sometimes one will have to refer back to these dates and times.

The start and end of the period

A period will begin when one sees that blood has exited the vagina.

If a woman feels blood but does not see any, or blocks it from exiting the vagina, the period will not have started.

The period will end when one sees a clear or white discharge, or the pad remains clean.

Ending the period

Ghusl becomes fard once the bleeding ends.



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Maturity

Istihadah

Istihadah is irregular bleeding which occurs outside of the allotted times for hayd or nifas.

A woman who experiences istihadah is not exempt from salah or fasting in Ramadan. She is also not prohibited from those things prohibited for a ha'idah depending on her state of wudu'.

If a woman experiences the odd occurrence of istihadah her wudu' will break.

However, if istihadah lasts a full salah time and she continues to see blood during each subsequent salah time, then she will be classed as a ma'dhur.

A ma'dhur is someone who experiences continuous impurity and is unable to find enough time required to make wudu' and perform the fard salah without the problem occurring.

The order will be that she should wear a clean pad and perform wudu'. Her wudu' will last till the salah time ends. During that time she can perform any amount of salah, fard, nafil, qada', whatever she wishes. She can also recite Qur'an or perform any other action which requires wudu'.

When the salah time ends her wudu' will automatically break. She will continue like this until she does not see any blood for a full salah time.

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Ghusl

There are three fara'id of ghusl:

1. Rinse the mouth (Gargle if one is not fasting)
2. Clean the nose until the soft part of the nose
3. Wash the entire body ensuring that no part is left dry.

Some miscellaneous points regarding ghusl:

If an area equal to the thickness of a hair remains dry, ghusl will not be complete.

It is permissible but somewhat disliked to cut one's nails and to remove hair from the private area in the state of impurity. However if 40 days have passed then one must remove the hair even in the state of impurity.

It is a sunnah to wash one's body during ghusl by rubbing the entire body.

If a person missed washing a body part during ghusl, then they will merely have to wash that part of the body when they come to remember.

For example, if a person forgets to wash their ears during ghusl and remembers once bathing is complete, then he will only have to wash his ears thereafter, even if he dried his entire body.

If there is paint or any other substance such as nail varnish, which prevents water reaching the skin or nail then it will be necessary to remove that substance in order for ghusl to be complete.

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Do you know him??

ARUNACHALAM MURUGANANTHAM

THE MAN BEHIND SANITARY NAPKIN REVOLUTION IN INDIA

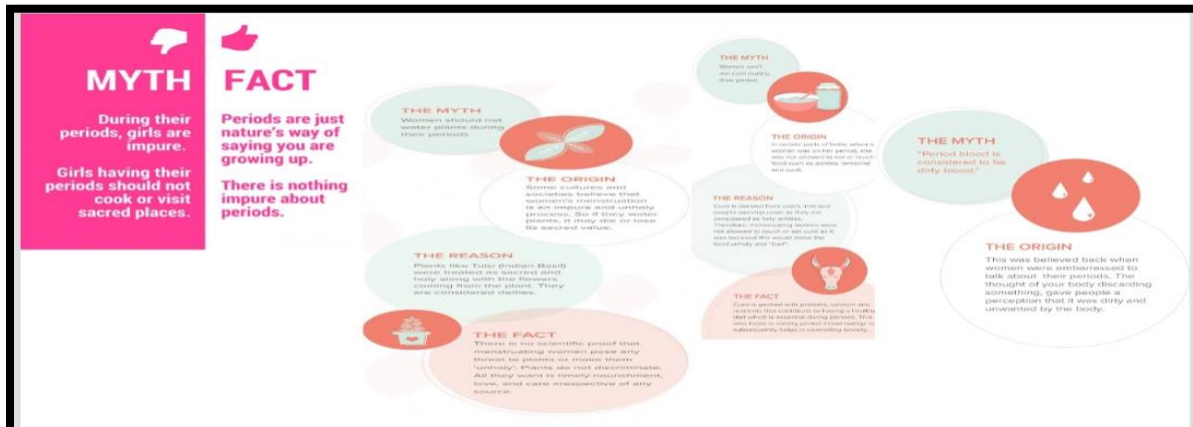


AGE 55 years	HOME TOWN Coimbatore, Tamil Nadu
OCCUPATION Social Entrepreneur	SPOUSE Shanthi
OWNER Jayshree Industries	PARENTS S. Arunachalam and A. Vanita
EARLY LIFE Dropped out of school at the age of 14 Did menial jobs to support his family	
AWARDS AND RECOGNITION IIT Madras' Grassroots Technological Innovations Award (2006)	Among TIME magazine's 100 most influential people in the world (2014)
Subject of the documentary Menstrual Man (2013)	Padma Shri (2016)

INSPIRED
TWO FEATURE
FILMS

2017

2016



The Prophet ﷺ said about menstruation: He and "Verily, this is an order that God has written On the daughters of Adam" - Sahih Al-Bukhari 294 and Muslim 1213 -

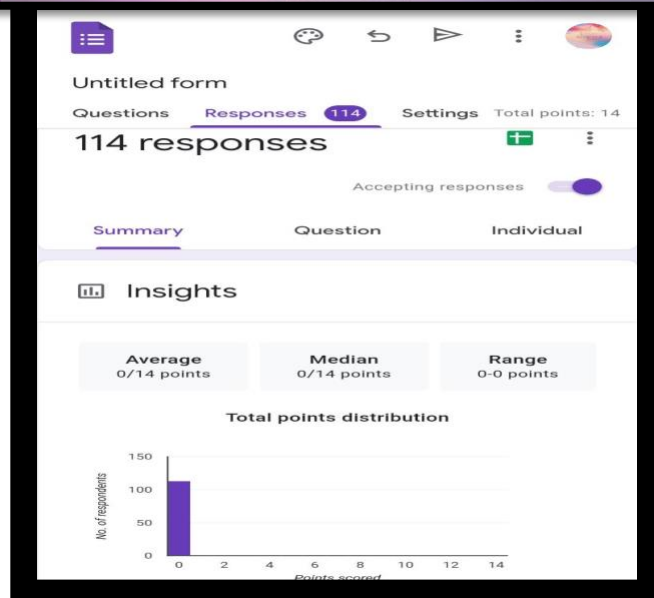
HADITH / PROPHET SAYING(1)

The Messenger of Allah (Sallallahu alayhi wasallam) said:

الطُّهُورُ شَطْرُ الْإِيمَانِ

At-tuhooru shat-rool eemaan.

"Cleanliness is part of faith."
(Muslim)



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Questions Responses **114** Settings Total points: 14

Section 2 of 2

Menstrual Hygiene

Questionnaire

1. Adolescence starts from the age of *

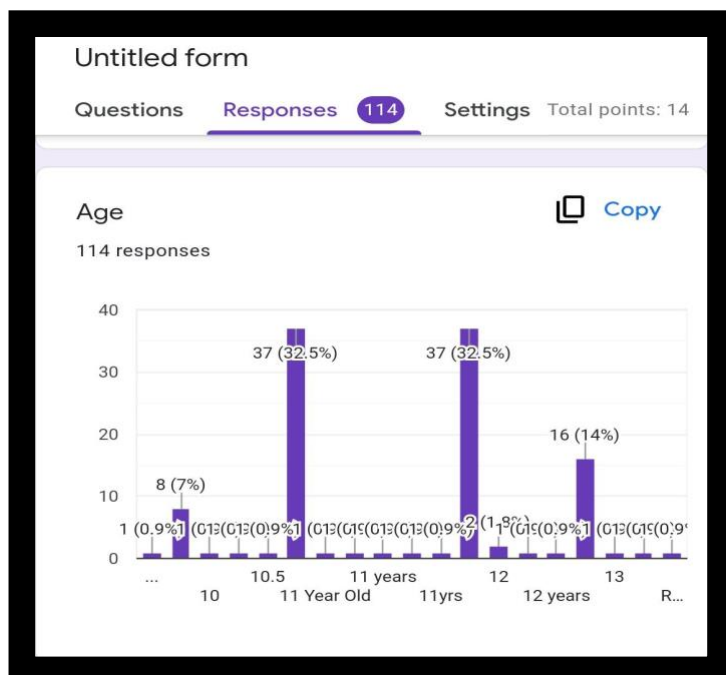
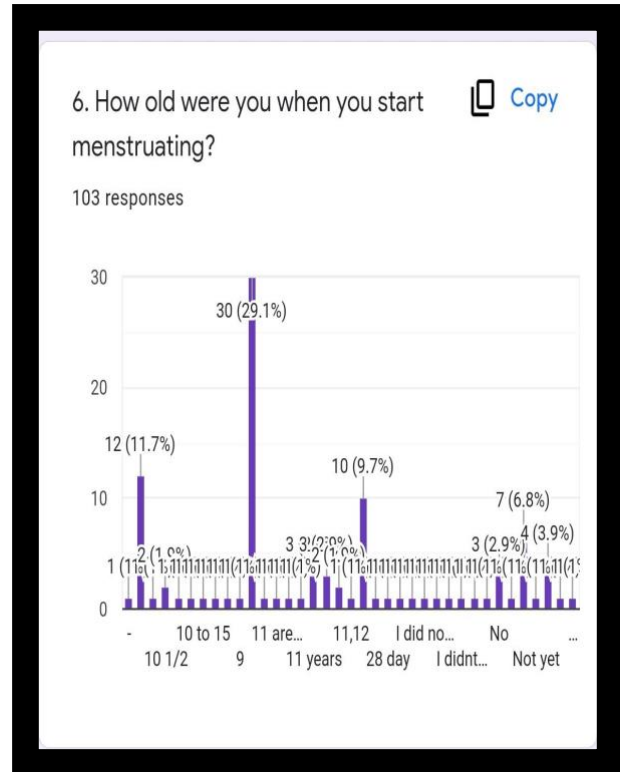
☐ 10 to 15 years

☐ 15 to 18 yrs

2. Can you make dhikr and dua on your periods? *

☐ Yes

☐ No



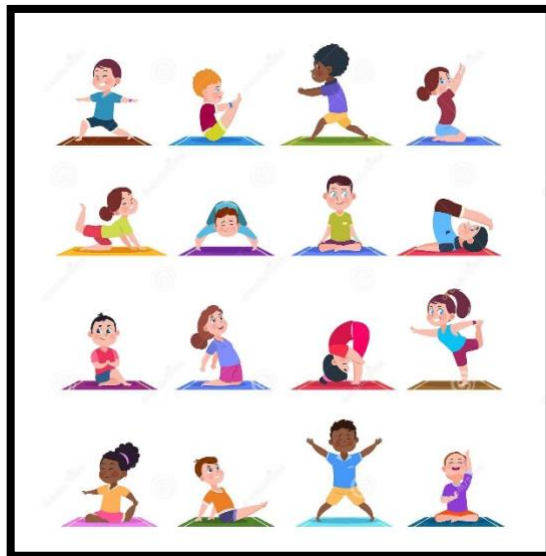


HEALTH

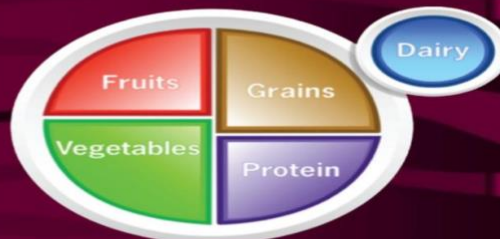


Health and fitness are important in every day living, and being healthy means more than not being ill or sick.

There are many parts of a persons life which contributes to their good health



A Balanced diet starts with a balanced plate




- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats



HEART **STAMINA** **LUNGS**

**CARDIO-
RESPIRATORY
STAMINA OR
ENDURANCE**

**THIS IS THE ABILITY
OF THE WHOLE
BODY TO WORK
CONTINUOUSLY.**

A cartoon illustration of a person with orange hair, wearing a yellow tank top, blue shorts, and a headband, running towards the left. The background is dark purple with wavy, lighter purple lines.