Society & Social Justice · GS - II

Menstrual hygiene is an essential component of adolescent health and gender equality. Discuss.

EXAM YEAR	PAPER	SUBJECT
DAILY PRACTICE 24/11/2026	GS - II	Society & Social Justice

MARKS	WORD LIMIT
15	~250 words

Answer Hint

Menstrual health, adolescent well-being, school attendance, gender dignity, sanitation infrastructure, social stigma

Model Answer

Introduction

Menstrual hygiene is an integral component of reproductive health, personal dignity and gender equality. Inadequate access to menstrual products, sanitation facilities and health education can adversely affect adolescent girls' well-being and educational participation.

Significance of Menstrual Hygiene

1. **Adolescent Health:** Access to safe menstrual products, clean water and hygienic facilities reduces the risk of infections and supports overall well-being.

2. **Educational Continuity:** Inadequate menstrual facilities can contribute to school absenteeism and affect girls' participation in education.

3. **Gender Equality:** Menstrual health support helps remove barriers that disproportionately affect girls and promotes equal educational opportunities.

4. **Dignity and Privacy:** Functional toilets, disposal facilities and accessible sanitary products enable girls to manage menstruation with confidence.

5. **Social Awareness:** Menstrual health education helps challenge taboos, misinformation and discriminatory attitudes.

Institutional and Policy Dimensions

1. **School Infrastructure:** Schools need separate functional toilets, water, soap, disposal arrangements and accessible menstrual products.

2. **Government Intervention:** Initiatives such as the Menstrual Hygiene Scheme under the National Health Mission seek to improve access and awareness among adolescent girls.

3. **Environmental Sustainability:** Biodegradable products and appropriate waste-management systems can reduce the environmental burden of menstrual waste, provided disposal is scientifically managed.

4. **Community Participation:** Teachers, parents, healthcare workers and local institutions can collectively promote menstrual health awareness.

Conclusion

Menstrual hygiene must be treated as a public health and social justice priority rather than merely an individual concern. Integrating affordable products, adequate sanitation, education and responsible waste management is essential for ensuring dignity and equal opportunities for adolescent girls.

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