The Indian society has always perceived Indian women to be a quiet person with no reaction to what is happening to them but to adjust, a docile kind of a human being with all the responsibilities of a household from cooking to cleaning and preferring to be inside the four walls of their house. But, in every generation some women have broken these stereotypes, and proven themselves to be strong, independent and multi-faceted.

With an agenda of empowering women and girl child, the government of India has launched several programmes.

Still, severe gender disparity is deeply rooted in our society disabling many more to grow to lead a successful independent life ahead. Among various other reasons, poor menstrual hygiene facilities in schools, is one of the influencing factors to keep girls out of schools.

Menstruation is supposed to be invisible and silent, and sometimes, menstruating women and girls are supposed to be invisible and silent, too. Millions of girls and women are subject to restrictions in their daily lives simply because they
are menstruating. Besides the health problems due to poor hygiene during menstruation, the lack or unaffordability of facilities and appropriate sanitary products may push menstruating girls temporarily or sometimes permanently out of school, having a negative impact on their right to education. The best place to make an impact on improving the lives of girls and women is in water and sanitation. The time has come to promote – loudly and unashamedly – the role of good Menstrual Hygiene Management (MHM) as a trigger for better, stronger development of women and girls: personal, educational and professional. There is also clear evidence to show that ignoring good menstrual hygiene is damaging not just women and girls directly but also for schools, businesses and economies.

Khairwar is a small village and Gram Panchayat under Kawardha block of Kawardha district with a total population of 733, with 1 middle school and one primary school. But, both the schools are with toilets which are as good as considering them to be without toilets because they are completely non-functional. When our honourable PM is talking about a separate toilet for girls, this school is lacking even a single toilet for students. The need for a separate toilet is of prominent importance if we talk about bridging the gender gap because it has a profound impact on the quality and enjoyment of education in comparison to other aspects of puberty.

The total strength of the class 7th and 8th is 54, out of which there were only 25 girls. The study is based on the responses given by the girls on the following issues:

**Conclusion**

- Menstruation is still a taboo for the adolescent girls to talk about their difficulties during their cycles and demand for a better management at their household level and school level
- They know about sanitary napkins but, it is not available for them, so they are compelled to use rugged clothes without giving emphasis on the need of cleaning it before and after using it.
- Many of them feel it very humiliating to talk about menstruation as the restrictions laid on them during their cycles have made them consider menstruation as something like an offensive crime.
- There is a need to impart knowledge regarding menstruation before its onset so as to make them aware of the biological changes that occur during periods and its importance for a girl.
- Boys should also be included in the sessions so that they should understand it and do not fun of girls.
- There should be a separate toilet for girls with at least two taps with running water to make it easy for the girls to wash their soiled clothes in schools and hangers to keep their duppatas and clothes in the toilet. There should be a simple incinerator to burn the clothes after use.
- This data reflects that the District Education Department, GP and local authorities, including schools, communities and families has to go a long distance to create an environment where menstrual hygiene management is seen as acceptable and normal.