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| Variables  **Perception on Menstruation Beliefs, Hygiene Practices, Attitudes and Restrictions (n- 100)** | Frequency % |
| 1]How prepared do you think you were for your first menstruation  A] Totally unprepared | 90% |
| B] Somewhat unprepared | - |
| C] Somewhat prepared | - |
| D] Totally prepared | 10% |
| 2. How much information did you have prior to your first menstruation?  (Did you know about the cause of bleeding, the sensation of menstruation, how often you would menstruate, the amount of bleeding per day, how long you would menstruate and how to ensure cleanliness during menstruation) |  |
| A] No information | 90% |
| B] Very little information | 2% |
| C] Enough information | 5% |
| D] extremely well informed | 3% |
| 3. Primary source of information before menarche  A] Mother | 10% |
| B] Relative/Friends | 18% |
| C] Anganwadi worker/ ANMs | - |
| D] Nil | 72% |
| 4. What is the cause of menstruation?  A] it is cause of physiological process |  |
| B] It is curse of god |  |
| C] It is caused by sin |  |
| E] It is caused by disease |  |
| 5. From which organ does the menstrual blood come?  A] Uterus | 20% |
| B] Vagina | 10% |
| C] Ovaries | 05% |
| D] Don’t know | 65% |
| 6]There are times when women cannot stand periods  Strongly Disagree | 5% |
| Disagree | 5% |
| Neutral |  |
| Agree | 60% |
| Strongly agree | 30% |
| 7]Is it important to discuss the topic of periods at school with boys and girls  Strongly Disagree | 90% |
| Disagree | - |
| Neutral | - |
| Agree | 10% |
| Strongly agree | - |
| 8]The period is dirty  Strongly Disagree | 60% |
| Disagree | 10% |
| Neutral | 20% |
| agree | 10% |
| Strongly agree | - |
| 9]Is it important to buy sanitary pads without seen  Strongly Disagree |  |
| Disagree | 2% |
| Neutral | 3% |
| Agree | 90% |
| Strongly agree | 5% |
| 10]It is uncomfortable to talk about periods  Strongly Disagree | 15% |
| Disagree | 5% |
| Neutral | 3% |
| Agree | 55% |
| Strongly agree | 22% |
|  |  |
| 11]Women wish that did not have periods  Strongly Disagree | 13% |
| Disagree | 20% |
| Neutral | 7% |
| Agree | 48% |
| Strongly agree | 12% |
| 12] Use of material during menstruation  A] Sanitary pads | 99% |
| B] New cloth |  |
| C] Old cloth |  |
| D] All the above | 1% |
| 13] Change of sanitary napkin |  |
| A] Once in a day | - |
| B] Twice a day | 68% |
| C] Thrice a day | 22% |
| D] More than three times | 10% |
| 14] Reutilize the cloth |  |
| A] Yes |  |
| B] No |  |
| C] None of the above | 100% |
| 15] Place for washing reutilizable clothes  A] Pond water |  |
| B] Tap water |  |
| C] Both pond and tap water |  |
| D] None of the above | 100% |
| 16] Dry the reutilizable clothes  A] Under the sun |  |
| B] Inside the bathroom | - |
| C] Throw in dust bin  D] None of the above 100%  - | |
|  |  |
| 17] Dispose menstrual absorbent  A] Dispose in latrine |  |
| B] Dispose in ground |  |
| C] Dispose in a dustbin | 100% |
| D] Any other |  |
| 18] Toilet facility at home  A] Yes | 100% |
| B] No |  |
| 19] Toilet facility at school  A] Yes | 100% |
| B] No |  |
| 20] Change of pad/cloth in school  A] Yes | 100% |
| B] No | - |
| 21] Cleaning of external genitals  A] Yes | 80% |
| B] No | 20% |
| 22] Use for cleaning purpose  A] Only water | 85% |
| B] Soap water | 15% |
| 23] How many times you will take bath in a day  A] Once in a day | 67% |
| B] Twice in a day | 33% |
| C] Thrice in a day | - |
| D] No bath in a day | - |
| 24] Restrictions practiced during menstruation  A] Not practiced | 100% |
| B] Practiced | - |
| 25] If practiced  A] Attend religious functions | 90% |
| B] Not go to school | 19% |
| C] Not played outside | 28% |
| D] Avoid sour foods | 70% |
| E] Don’t enter into kitchen | 68% |
| F] Not go to temples | 100% |
| G] Don’t touch holy books and New dresses, pickles, Trees | 100% |
| 26] Women must avoid exercising, swimming while having periods  A] strongly disagree | 15% |
| B] Disagree | 5% |
| C] Neutral | 9 |
| D] Agree | 51% |
| F] Strongly agree | 20% |
| 27] Women must stay away from other people while having periods  A] strongly disagree | 70% |
| B] Disagree | 10% |
| C] Neutral | - |
| D] Agree | 9% |
| F] Strongly agree | 11% |