

## Myths and misconception about periods

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### Abstract

Firstly, we need to understand the difference between myths and misconception, myths is always cultural bounded however; misconception is the perception or can be assumptions taken on any individual. Periods or menstruations is the natural phenomena but sadly still in revelation world still is taken as taboo, stigma, disease, curse or something dirty red is coming out from female body. In the Asian cultural during periods female taken to the seclusion, she cannot cut the crops, not allow to cook food, cannot sleep with husband, female is restricted to offer prayers and ritual activities, female is not allow to wear performs as she can be in risk to capture by evils or demons. On the other side with a parochial attitude her hygiene and health is also compromising as she is not showering or changing her sanitary with timely basis, as the concept is to deceased the flow in shedding, furthermore the level of flow can decide to have pregnancy in females, Moreover the signed of leucorrhea taken as wasting of calcium from the body. Apart with this there is need to now raised the pink tax where the female basic need to access the clean and neat sanitary at affordable sites which is her primary right to improve her health and self-stem, in this regards media is playing nominal role but still not sensitizes to address the basic need of women. As it is hash or taboo talk in the society. The oral presentation will be endeavors based on my community lead volunteer on SRHR across Pakistan to provide the strategies and recommendation and how to create the obstruction, which allows people to approach the right person on right, time to be subsidized from uninviting scenario.

### Biography

Naurin D/o Abdul Karim W/o Farhan Ali Public Health Specialist, Global Good Will Ambassador Pakistan BA, BScN, RN and RM along with Diploma in Hospital and Health Care Management, she has an enriched experience working as a community health nurse, M and E administrator role, policy developer, ISO 2015 quality assurance audit competency, course designing , motivational speaker, master trainer in SRHR, family planning, parents role and relationship, project consultancy, she is bringing her diversified experience from AKDN, Green Star social marketing and other organization, Naurin is active social activist in the community to assist students in career for identifying better scholarships , accommodation, patient welfare, event organizer for arranging health camps and health awareness workshops in the community, where her picky area of interest to work as social activist to do advocacy in Maternal and children, adolescent and LGBTQ However she has published more than 7 publications in National and International journals. Former health migration nurse at United Nations IOM and visiting faculty of nursing at multiple private hospital settings, teaching professional, graduate paramedical, Allied health community midwifery and public health courses, likewise she is working as Nurse Consultant at sukkur district. on capacity building for midwives, nurses, Allied health workers and ministry workers In addition she is Representative as nurse lead in AKU alumni and supporting UN models online international level where else she is Rapporteur to the FIGHR mission to the united nations working as volunteer Diplomatic fellow in maternal crisis readiness, preparedness and policy development in remote areas by UN women, ECOWAS, African Union and united nations.



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