**MENSTRUATION – MYTHS AND FACTS**

- Exercise during the periods is not safe and can damage the uterus.
  - Exercising while menstruating is safe and in some women it also helps in combating pain and cramps during menses.

- Menstruating women should not enter the kitchen, cook and also not touch pickles.
  - Scientific studies prove that menstruation in no ways contaminates the food.

- Girls having periods should sleep separate, not touch things or visit sacred places.
  - Menstruation is a natural process. It is not contagious and in no ways causes harm to anything or anyone.

- Premenstrual syndrome is not a real syndrome.
  - Premenstrual syndrome is common, and can range from mild to severe.

- During menses, girls are impure.
  - Menstruation is a natural process, where in, ovulation followed by missed chance of pregnancy results in bleeding from the endometrial vessels. It is nothing but a mixture of blood and tissue that sheds from the uterus lining.

- It is unhealthy to have sex during menses.
  - Women may feel uncomfortable having sex during menses, but it’s not unhealthy. If she chooses to, it is fine to have sex during menses.

- It is unhealthy to swim while menstruating.
  - Using tampons or menstrual cups is safe and sanitary for swimming.

- Certain food like pickle, curd, tamarind can disturb the menstrual flow.
  - Food doesn’t decide a women menstrual flow. Women can eat whatever she wants.