

20-08-2022

Period Chart Campaign

Why in Newspapers?

Recently, the women of Meerut have started installing menstrual charts in their homes to make them aware of the diseases spread by menstruation.

Quick Issue?

- Period or menstruation is a normal natural biological process in which blood and tissue from inside the woman's uterus comes out through the genitalia. This usually happens once in 28 days.
- The onset of a period in a girl's body means that her body prepares itself for a possible pregnancy. Most girls start menstruating at the age of 11-12 years.

Historical Background?

- In this process, hormones like estrogen and progesterone are released from the ovary. These are the female sex hormones that trigger the formation of the uterine lining, or endometrium, that nourish a fertilized egg.
- These hormones also start the process of removing eggs from one of the ovaries during ovulation. This egg passes through the fallopian tube and attaches to the uterine lining - ready for fertilization.
- This lining takes about 28 days to form, break and come off. In most women, the period cycle occurs sometime between 21 and 35 days.
- During menstruation, women develop physical problems like irritability, fatigue, frequent urge to urinate, headache and abdominal pain, constipation, tension in the breasts and sometimes swelling in the legs.
- There is a lack of awareness about menstruation and it is often seen that many types of diseases start occurring in women due to lack of period on time. Such a social taboo has been added to this biological process that women are unable to openly talk about it due to public shame.

Other Key Facts?

Other attempts regarding menstruation

- Various other efforts are also being made to make the society aware about menstruation. For example-
 - Menstrual Hygiene Day is celebrated all over the world on 28 May to protect women from menstrual problems.
 - UNICEF India has launched the #RedDotChallenge campaign to promote safety and hygiene for all. The campaign encourages people from all walks of life, including celebrities and influencers, to share their views on the issue through social media.
 - On the occasion of International Women's Day, the central government has announced to provide sanitary napkins to women at the rate of Rs 2.50.
 - Efforts are also being made to train women at the national level through menstrual hygiene management.



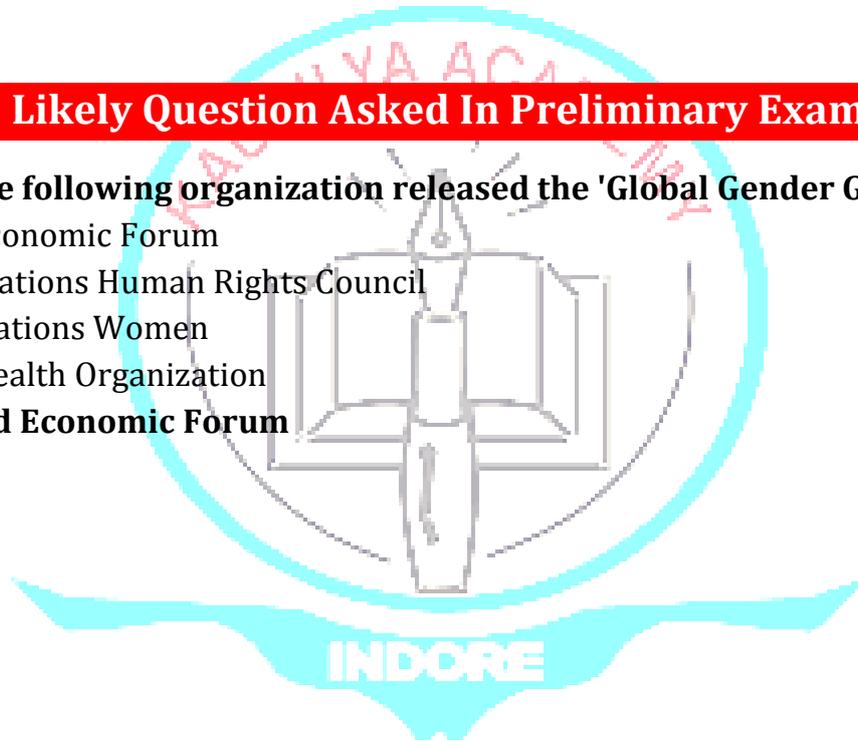
- Women in the society are considered impure during menstruation. There is a ban on going from the kitchen of the house to the temple. The irony is that the men do not understand the problem of these women.
- In view of all these problems, 'Selfie with Daughter Foundation' organization U.P. has been started a campaign called 'Period Chart'.
- Its purpose is to save women from the problems faced during menstruation and to make the society aware in this regard. Under this, a program of house-to-house period charting has been started by girls and women.
- In the 'Period Chart' the names of all the women and daughters of the family and the date of their menstruation are written.
- The campaign is showing some positive results. This campaign is getting a lot of encouragement not only by the daughters and women but also by all the men of the house. Daughters are openly telling the problems related to their menstruation by releasing the video.

Likely Question Asked In Preliminary Exam

Que. Which of the following organization released the 'Global Gender Gap Index 2022'?

- (a) World Economic Forum
- (b) United Nations Human Rights Council
- (c) United Nations Women
- (d) World Health Organization

Answer: (a) World Economic Forum



NITI Aayog's Governing Council Meeting

Why in Newspapers?

Recently, the Prime Minister chaired the seventh meeting of the Governing Council (GC) of NITI Aayog.

Quick Issue?

- Crop diversification and achieving self-sufficiency in pulses, oilseeds and other agricultural commodities; Implementation of National Policy on Education (NEP) in school education; Implementation of National Policy on Education in Higher Education; and urban local government.

Historical Background?

- Each state played an important role to the best of its ability and contributed to India's fight against COVID-19, thereby emerging as a global leader for developing countries.
- Every state should focus on promoting its 3T-trade, tourism, technology through every Indian mission across the world.
- It is a credible body to develop a common vision of national priorities and strategies with the active participation of States and Union Territories.
- It is a forum to discuss inter-regional, inter-departmental and federal issues.
- **It includes:-**
 - Prime Minister of India.
 - Chief Ministers of all the states and union territories along with the legislature.
 - Lieutenant Governors of other Union Territories.
 - Ex-officio member; Vice Chairman of NITI Aayog; Whole time member of NITI Aayog.
 - Special Invited Members.
- The Planning Commission was replaced by a new institution NITI Aayog on January 1, 2015, emphasizing a 'bottom-up' approach to the concept of 'Maximum Governance, Minimum Government', echoing the spirit of 'cooperative federalism'.
- **It has two hubs:-**
 1. **Team India Hub** - acts as an interface between the states and the Centre.
 2. **Knowledge and Innovation Hub** - Acts as a think-tank of NITI Aayog.
- Atal Innovation Mission (AIM) is a flagship initiative set up by NITI Aayog to promote innovation and entrepreneurship based on detailed study and deliberation on the innovation and entrepreneurship needs of the country.
- Develop new programs and policies to promote innovation in various sectors of the economy, provide forums and collaboration opportunities for various stakeholders, create

Other Key Facts?

Initiatives of NITI Aayog:

- SDG India Index
- Composite Water Management Index
- Atal Innovation Mission
- SATH Project
- Aspirational District Program
- School Education Quality Index
- District Hospital Index
- Health Index
- Agricultural Marketing and Farmer Friendly Reforms Index
- India Innovation Index
- Women Transforming India Awards
- Good Governance Index



awareness and create an umbrella framework to oversee the innovation ecosystem of the country.

Likely Question Asked In Preliminary Exam

Que. Atal Innovation Mission has been established under which?

- (a) Department of Science and Technology
- (b) Ministry of Labour and Employment
- (c) NITI Aayog
- (d) Ministry of Skill Development and Entrepreneurship

Answer: (c) NITI Aayog

Que. In whose place has the Government of India established NITI Aayog?

- (a) Human Rights Commission
- (b) Finance Commission
- (c) Law Commission
- (d) Planning Commission

Answer: (d) Planning Commission

