



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 30

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NEWSLETTER



Official Visit of the **President of Sri Lanka at AIIMS Janaushadhi Kendra, New Delhi**

President of Sri Lanka, H.E. Mr. Anura Kumara Disanayaka visited the Pradhan Mantri Bhartiya Janaushadhi Kendra at AIIMS, Delhi on 17th December, 2024. He was welcomed and felicitated by Dr. Arunish Chawla, Former Secretary, Department of Pharmaceuticals, Government of India, Dr. M. Srinivas, Director, AIIMS and Shri Ravi Dadhich, CEO, PMBI.

The dignitaries provided an insightful overview of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), highlighting the salient features of this innovative model for delivering high-quality generic medicines at affordable prices. H.E. Sri Lankan President praised the Government of India's initiative and expressed a strong interest in adopting the PMBJP model to enhance healthcare access in Sri Lanka. This visit highlights the mutual sharing of experiences between India and Sri Lanka, reinforcing the multifaceted relationship between the two nations for the benefit of their people.



**Total No.
of Kendras
14589**
(till 31.12.2024)



**Total Sales crossed
Rs. 1428 Crore**
FY 2024-25
(till 31.12.2024)



**Estimated Savings Approx
of Rs 5712 Crore to
Citizens FY 2024-25**
(till 31.12.2024)



**Sales of
December 2024
is Rs 172.62 Crore**
(till 31.12.2024)

Welcoming **Secretary**

Department of Pharmaceuticals



PMBJP is delighted to welcome Shri Amit Agrawal as the new Secretary of the Department of Pharmaceuticals. With his exemplary leadership and commitment, we are confident that the Department will continue to achieve remarkable milestones in advancing India's pharmaceutical sector. Shri Agrawal takes over the reins from former Secretary Dr. Arunish Chawla on 31st December 2024. We also take this opportunity to express our deepest gratitude to Dr. Arunish Chawla, for his remarkable contributions and visionary leadership whose guidance and contributions have been instrumental in strengthening the mission of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP). His dedication has played a

pivotal role in bringing process reforms in the PMBJP and enhancing the accessibility of quality healthcare for millions across the nation.

As we embark on this new chapter, we look forward to Shri Agrawal's dynamic leadership in driving our shared vision of ensuring affordable and accessible healthcare for all citizens. Together, we aim to further expand the reach of Janaushadhi Kendras, foster innovation, and enhance India's global standing in the pharmaceutical landscape.

We extend our best wishes to Shri Amit Agrawal for a successful tenure and express our gratitude to Dr. Arunish Chawla for his outstanding service.

New year Message

from the Desk of the

CEO, PMBI



As we close the chapter on another remarkable year, I am filled with immense pride and gratitude for the incredible achievements of the PMBI team and Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP). This year, we have reached a significant milestone by expanding our network to more than 14,000 Janaushadhi Kendras across India, a testament to our commitment to providing affordable and quality generic medicines to all citizens. We celebrated our sales reaching Rs. 1,000 crore in October, achieving this milestone two months earlier than the previous year. Over the past ten years, our cumulative savings for citizens amount to around Rs. 30,000 crore. Our product range have significantly broadened, now including 2,047 medicines and 300 surgical items, ensuring a wider range of affordable healthcare products.

Affordability and availability of quality products in Jan Aushadhi Kendras is the motto of PMBI and each one of us has to unite our efforts towards these goals.

The previous year started with a landmark achievement of signing the MoU between PMBI and HLL Lifecare Ltd. for exploration of international market for Jan Aushadhi. This foundation solidified the long-term goal of establishing the first international Jan Aushadhi Kendra in Mauritius, marking the beginning of India's healthcare diplomacy. This success is a reflection of the relentless support from our employees, Kendra owners, and stakeholders who embody the mission of PMBJP.

We also actively participated in international forums, such as the 1st Policy Maker's Forum organized by the Indian Pharmacopoeia Commission in collaboration with the Ministry of Health & Family Welfare. Addition to that, a notable highlight was the visit of H.E. Mr. Anura Kumara Disanayaka, President of Sri Lanka, to our Jan Aushadhi Kendra at AIIMS, Delhi. International delegation from Burkina Faso, Fiji & Saint

Kitts and Nevis along with representatives from the embassy also visited Janaushadhi Kendras across India and showed interest in future international collaborations.

Showcasing about our National Journey, with great pride I am sharing that our Hon'ble Prime Minister Shri Narendra Modi virtually inaugurated 3 new Jan Aushadhi Kendras at different campuses of AIIMS across India and 18 new Jan Aushadhi Kendras in various sectors of Indian Railways, wherein so far, 91 Jan Aushadhi Kendras have been opened at railway stations and PMBI is aiming for 100% presence of the all-railway stations and government hospitals in the future. In Collaborative Efforts, PMBI has also performed outstanding by signing number of MoUs with the Employees' State Insurance Corporation (ESIC), Delhi Red Cross Society, Coal India Limited, the Central Armed Police Forces (CAPFs), National Security Guard (NSG), and Assam Rifles (ARs) to further strengthen our outreach.

As we welcome the coming year, let's reaffirm our commitment to expanding our reach and impact, ensuring that affordable healthcare is a right for all. At PMBI, we prioritize the mental and physical well-being of our employees, fostering an environment of positivity and teamwork.

"We envision a future where accessible and affordable healthcare becomes a reality for every citizen in India. Our primary goal is to expand the Janaushadhi Kendras to reach 10,000 by 2025, ensuring that essential medicines and healthcare products are available in even the remotest areas of the country"

During 2025, we aim for PMBI to be synonymous with affordable healthcare, improving the quality of life for millions while supporting the government's vision of a healthier India and strive to continue the pace and scale of growth to higher echelons.

“I wish you and your families a joyous and prosperous New Year. Together, let's set new benchmarks and make an even greater impact in the year ahead”

HIGHLIGHTS



25th December 2024



New Delhi

Participation of
Jan Aushadhi at Inauguration of **10,000 PACS**,
a milestone in **rural empowerment** at the **ICAR**, New Delhi.



A major milestone in rural empowerment was achieved as

**Hon'ble Union Home Minister
Shri Amit Shah**

inaugurated 10,000 new multipurpose cooperatives, including PACS, dairy, fisheries, and Janaushadhi Kendras in PACS, at the ICAR, New Delhi on 25th December, 2024.



The PMBJP Jan Aushadhi Stall at the event showcased the government's dedication to making affordable, high-quality medicines accessible to everyone, especially in remote areas, ensuring better healthcare for all.

HIGHLIGHTS



05th December 2024



New Delhi

Workshop on **POSH act and She-Box Portal** at PMBI Head Office



Pharmaceuticals & Medical Devices Bureau of India (PMBI), under the Department of Pharmaceuticals, Ministry of Chemicals & Fertilizers, observed the “Sexual Harassment at Workplace Prevention Week” with a workshop on December 5, 2024, at its Head Office in New Delhi.

The seminar was organized by the Internal Complaint Committee and attended by 30 female employees. The session was aimed to enhance awareness of the POSH Act, 2013. Led by the CEO, PMBI, Shri Ravi Dadhich and the nodal officer of Internal Committee, the workshop covered the genesis of the Act, types of workplace harassment, and practical case studies. An audio-visual presentation and Q&A session also introduced the Ministry of Women & Child Development's “She-Box” Portal. The engaging session empowered participants with knowledge and reaffirmed PMBI's commitment to fostering a safe and respectful workplace.



HIGHLIGHTS



26th-27th December 2024



New Delhi

Social Media Training on Planning & Marketing at PMBI Head Office



PMBI organised a two-day training programme for the employees at the PMBI Head Office on "Social Media Planning & Marketing" by JIMS Delhi Faculty from 26th Dec to 27th Dec, 2024. The employees were explained the different tenets of social media planning and marketing and work strategically towards enhancing the social media visibility of PMBI.

The employees were also enlightened about the different metrics of social media management and given practical experience of the same. The training enhanced the skills of the employees by the experts and provided important insights on the future planning and marketing PMBI social media campaigns.

HIGHLIGHTS



12th-14th December 2024



Odisha

PMBJP *Participated*

in the **Aspiring Odisha 2024** at **Mayurbhanj**

Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) made a prominent presence at the Aspiring Odisha 2024 event held in Mayurbhanj, Odisha from 12th Dec to 14th Dec, 2024. This three-day event provided a valuable platform to showcase the initiative's mission of delivering affordable, high-quality generic medicines to people across the country. The PMBJP stall attracted a diverse audience, including healthcare professionals, local residents, and entrepreneurs interested in establishing Janaushadhi Kendras. Visitors were educated about the benefits of PMBJP, including significant cost savings on essential medicines, and the opportunities to partner with the scheme as Kendra owners.



HIGHLIGHTS



12th -26th December 2024



Patna, Bihar

Participation of **PMBJP** in **Bihar Saras Mela 2024** at **Gandhi Maidan**

PMBJP participated in the Bihar Saras Mela 2024, a renowned fair celebrating the culture, craftsmanship, and entrepreneurial spirit of Bihar from 12th – 26th December 2024. Held at Gandhi Maidan, Patna, this event offered a 15-day engagement opportunity for PMBJP to connect with a wide audience and promote its initiative.

The PMBJP stall at the mela showcased affordable generic medicines and explained their benefits to visitors, emphasizing the savings they offer compared to branded drugs. The event also served as a platform to raise awareness about the availability of Janaushadhi Kendras in Bihar and their contribution to improving healthcare outcomes in rural and urban areas alike.



HIGHLIGHTS



12th-14th December 2024



Jaipur, Rajasthan

PMBJP Stall at Rajasthan Agricultural Research Institute (RARI) Durgapura

Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) actively participated in an event at the Rajasthan Agricultural Research Institute (RARI), Durgapura, Jaipur, from December 12 to 14, 2024. This event provided an excellent platform for PMBJP to reach out to a diverse audience, including farmers, rural communities, healthcare professionals, and local residents.



IN THE NEWS

NDTV

December 20, 2024

Over 14,000 Janaushadhi Kendras Set Up To Make Generic Medicines Affordable, Says Nadda



Over 14,000 Pradhan Mantri Bhartiya Janaushadhi Kendras (PMBJKs) have been opened in the country as on Oct. 21 to provide quality generic medicines at affordable prices, Union Health Minister J P Nadda told the Lok Sabha on Friday.

Under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana Scheme, 2,047 types of medicines and 300 surgical devices have been brought under its ambit, including cardiovascular, anti-cancer, anti-diabetic drugs, he said in a written response to a question.

The PMBJP scheme was launched by the government to set up dedicated outlets known as PMBJKs to provide quality generic medicines at affordable prices. On the progress made under the National Programme for Prevention and Control of cancer, diabetes, cardiovascular diseases and stroke in the country, Nadda said non-communicable diseases are diagnosed and treated at various levels in health care facilities.

जनता से रिश्ता

December 13, 2024

भारत ने NCD क्लीनिकों का किया विस्तार, जन औषधि योजना के अंतर्गत 2,047 दवाएं जोड़ीं

New Delhi नई दिल्ली: स्वास्थ्य और परिवार कल्याण मंत्रालय के एक बयान के अनुसार, देश भर में गैर-संचारी रोगों की रोकथाम और नियंत्रण के राष्ट्रीय कार्यक्रम के तहत कुल 770 जिला एनसीडी क्लीनिक, 372 जिला डे केयर सेंटर, 233 कार्डियक केयर यूनिट और 6,410 सामुदायिक स्वास्थ्य केंद्र एनसीडी क्लीनिक स्थापित किए गए हैं। मंत्रालय के अनुसार, प्रधानमंत्री भारतीय जन औषधि परियोजना के तहत 2,047 प्रकार की दवाइयां और 300 सर्जिकल उपकरण शामिल किए गए हैं, जिनमें हृदय, कैंसर और मधुमेह विरोधी दवाएं शामिल हैं।

जनता से रिश्ता

December 17, 2024

श्रीलंका के राष्ट्रपति दिसानायके ने AIIMS दिल्ली में जन औषधि केंद्र का दौरा किया



दिल्ली: श्रीलंका के राष्ट्रपति अनुरा कुमार दिसानायके ने आज AIIMS दिल्ली में जन औषधि केंद्र का दौरा किया।

इससे पहले अक्टूबर में विदेश मंत्री एस जयशंकर ने कोलंबो यात्रा के दौरान राष्ट्रपति दिसानायके से मुलाकात की थी। दोनों नेताओं ने भारत-श्रीलंका के द्विपक्षीय संबंधों को मजबूत करने को लेकर लंबी चर्चा की थी। साथ ही जयशंकर ने भारत के 'पड़ोसी पहले' नीति के तहत श्रीलंका के समर्थन को लेकर प्रतिबद्धता जाहिर की थी।

Central Chronicle

December 04, 2024

Jan Aushadhi scheme signed MoU to Expand Affordable Healthcare Access for CAPFs, NSG & AR Personnel



Shri Ravi Dadhich, CEO, PMBI, signed a Memorandum of Understanding (MoU) with Dr. Vinod Kumar, ADG (Medical) for CAPFs, NSG & AR, Ministry of Home Affairs, at PMBI Head Office in New Delhi for expanding the affordable healthcare services through Jan Aushadhi. This partnership will facilitate the availability of Jan Aushadhi medicines at hospitals and medical establishments of CAPFs, NSG, and Assam Rifles, enhancing healthcare access for security personnel and their families across India.

IN THE NEWS

कड़ुवाघूट

December 06, 2024

CG : स्वास्थ्य मंत्री ने 20 बिस्तरीय आईसोलेशन वार्ड का लोकार्पण और भारतीय जन औषधि केन्द्र का शुभारंभ किया



रायपुर, प्रभारी मंत्री एवं स्वास्थ्य मंत्री श्याम बिहारी जायसवाल ने जिला चिकित्सालय जीपीएम में 20 बिस्तरीय आईसोलेशन सह पीडियाट्रिक वार्ड का लोकार्पण और भारतीय जन औषधि केन्द्र का फीता काटकर शुभारंभ किया। इस अवसर पर उन्होंने राष्ट्रीय स्वास्थ्य मिशन अंतर्गत संविदा भर्ती के 47 विभिन्न पदों पर नियुक्ति हेतु आदेश पत्र दिए। उन्होंने सभी लोगों को भारत को टी.बी. मुक्त बनाने की शपथ भी दिलाई।



December 12, 2024

6वां प्रधानमंत्री जन औषधि केंद्र खोल विनय शुक्ला ने रचा इतिहास

देश में महंगाई बढ़ती जा रही है तो गरीब आदमी के लिए इलाज कराना दुष्कर है क्योंकि आज के समय में चिकित्सा और दवाइयाँ बहुत महंगी हो चुकी है। इसी समस्या को देखते हुए साल 2015 में गरीबों को सस्ती दवा उपलब्ध कराने हेतु प्रधानमंत्री नरेंद्र मोदी द्वारा जन औषधि योजना लायी गयी जिसे साल 2018 में प्रधानमंत्री जन औषधि योजना का नाम दे दिया गया। जहाँ समाज में लोग कम मुनाफे के कारण इस योजना के केंद्र खोलने में रुचि नहीं दिखा रहे थे तो वहीं कुछ लोग ऐसे भी होते हैं जो आम जनता की समस्याओं को देखते हुए काम करते हैं। जिनका उद्देश्य केवल पैसा कमाना ही नहीं बल्कि समाज के लिए काम करना है।

ऐसे ही एक व्यक्ति हैं विनय शुक्ला जो राजधानी लखनऊ के प्रसिद्ध शगुन मेडिकल स्टोर के मालिक है पर उसके बावजूद वो लगातार प्रधानमंत्री जन औषधि केंद्र खोलकर प्रधानमंत्री नरेंद्र मोदी के सपनों को साकार करते नज़र आ रहे हैं।

इसी प्रयास को आगे बढ़ाते हुए उनके द्वारा अलीगंज स्थित सेक्टर बी में लखनऊ का 6 वां प्रधानमंत्री जन औषधि केंद्र खोला गया। जिसमें सुन्दरकाण्ड के आयोजन किया गया। इस उद्घाटन कार्यक्रम में प्रसिद्ध समाजसेविका आरती मिश्रा और अनुराग मिश्रा विशेष रूप में सम्मिलित हुए।

इस मौके पर प्रधानमंत्री जन औषधि केंद्र के संस्थापक विनय शुक्ला ने बताया इससे पहले उनके द्वारा अब तक 5 प्रधानमंत्री जन औषधि केंद्र खोले गए थे अब इनकी संख्या 6 हो गयी है। इतने जन औषधि केंद्र खोलने वाले वो प्रदेश के एकमात्र व्यक्ति है और इसके लिए उनको तीन बार राष्ट्रीय सम्मान भी मिल् चुका है। विनय शुक्ला का कहना है कि मैं ज्यादा से ज्यादा प्रधानमंत्री जन औषधि केंद्र खोलकर गरीब वर्ग को दवा उपलब्ध करने का प्रयास कर रहा हूँ।



लल्लूराम

December 25, 2024

मोदी की गारंटी : मुख्यमंत्री विष्णुदेव साय की पहल पर सस्ते दर पर मिल रही दवाइयां, सरकारी अस्पतालों में खोले जा रहे जन औषधि केंद्र



रायपुर. मुख्यमंत्री विष्णुदेव साय के नेतृत्व में राज्य सरकार की ओर से मोदी की गारंटी के अनुरूप राज्य में सस्ती दरों पर दवाइयां उपलब्ध कराने की पहल की जा रही है। स्वास्थ्य मंत्री श्याम बिहारी जायसवाल के निर्देशन में प्रधानमंत्री भारतीय जन औषधि परियोजना के अंतर्गत सभी जिलों में जन औषधि केंद्र स्थापित किया जा रहा है। इसी कड़ी में छत्तीसगढ़ में 25 दिसंबर को पूर्व प्रधानमंत्री स्वर्गीय अटल बिहारी वाजपेई के जन्मदिवस एवं "सुशासन दिवस" के उपलक्ष्य में राज्य के शासकीय चिकित्सालयों में जन औषधि केंद्र का शुभारंभ कर उनका संचालन शुरू किया गया।



December 04, 2024

PACS lead efforts to open Jan Aushadhi Kendras



Union Home and Cooperation Minister Amit Shah informed the Rajya Sabha that 4,470 Primary Agricultural Credit Societies (PACS) from 33 states and Union Territories have applied to establish Pradhan Mantri Jan Aushadhi Kendras.

Out of these, 2,705 PACS received initial approval from the Pharmaceuticals & Medical Devices Bureau of India (PMBI), and 684 PACS have been issued store codes to commence operations.

The highest applications came from Uttar Pradesh (880), followed by Maharashtra (430) and Madhya Pradesh (313).

The scheme, under the Department of Pharmaceuticals, incentivizes Kendra owners with 20% of monthly purchases from PMBI (up to ₹20,000/month) and a 20% margin on the MRP (excluding taxes) of each drug sold.



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)



PMBJK inauguration Insights



Dr. Mukesh Mahaling

Hon'ble Cabinet Minister of Health & Family Welfare, Parliamentary Affairs, Electronics & IT, Govt of Odisha inaugurated PMBJK

📍 **Bhawanipatna, Kalahandi (Odisha)**



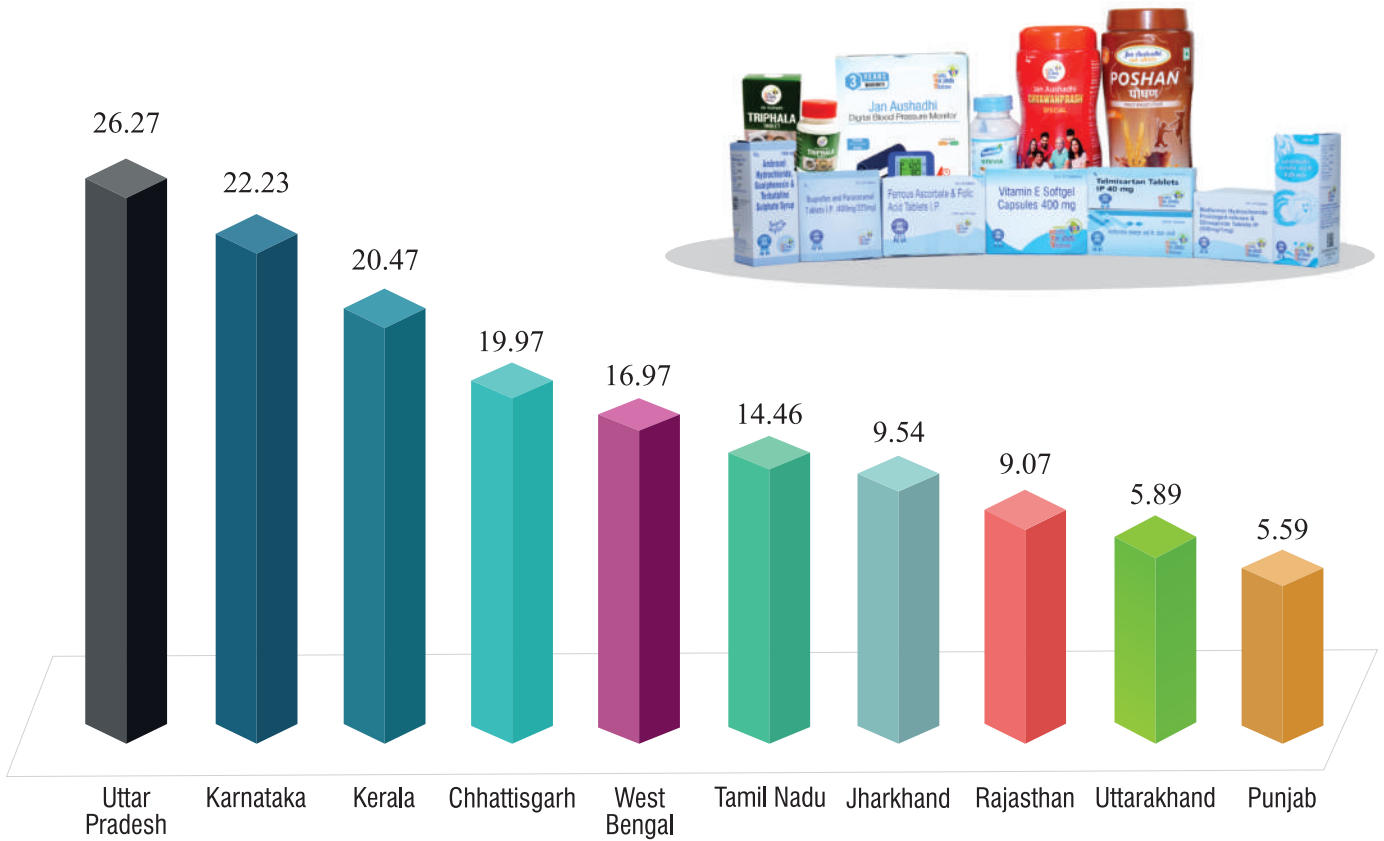
Shri Dharmjeet Singh Thakur

Hon'ble Member of Legislative Assembly, Lormi, Govt. of Chhattisgarh inaugurated PMBJK

📍 **Belpan, Takhatpur, Bilaspur (Chhattisgarh)**

Best Performing States in Terms of Sales in Rs. Crores

December 2024



Welcoming new Partners who joined PMBI family in the month of December 2024

PMBJK16547 - Ravi Kumar Phyavula - NTR, Andhra Pradesh- 520003

PMBJK16608 - Surojit Paul - Guwahati, Kamrup Metro, Assam- 781032

PMBJK16399 - Menka Kumari - Patna Sadar, Patna, Bihar- 800009

PMBJK16401 - Suresh Kumar Tripathi - Jashpur, Chhattisgarh - 496225

PMBJK16605 - Dr. Bhuwaneshwar Kathautiya - Durg, Chhattisgarh- 491111

PMBJK16517 - Godvani Niraj Dharamshibhai - Morbi, Gujarat- 363642

PMBJK16593 - Raj Rani - Ambala, Haryana- 133001

PMBJK16444 - Mushtaq Majid Dar - Anantnag, Jammu & Kashmir- 192125

PMBJK16475 - Sweeti Kumari - Deoghar, Jharkhand- 814112

PMBJK16335 - Kiran Mithra V- Kollam, Kerala- 691307

PMBJK16367 - Kasish Agarwal - Rewa, Madhya Pradesh- 486001

PMBJK16432 - Oinam Shanta Singh - Bishnupur, Manipur- 795126

PMBJK16480 - Samkit T Sangma - West Garo Hills, Meghalaya- 794002

PMBJK16472 - Shiba Prasad Sahoo - Palalahada, Anugul, Odisha- 759119

PMBJK16610 - Manjit Kour - Ludhiana, Punjab- 141014

PMBJK16439 - Rajani Kumari - Jaipur, Rajasthan- 305001

PMBJK16355 - Sandhiya M - Thiruvallur, Tamil Nadu- 631204

PMBJK16629 - Meena Pandey - The Dadra and Nagar Haveli and Daman and Diu- 396210

PMBJK16406 - Vishal - Kushinagar, Uttar Pradesh- 274402

PMBJK16469 - Namita Panda - Bankura, West Bengal- 722101



**Jan Aushadhi
Cleanol
Antiseptic**

Rs. 20/-
per Bottle

**Jan Aushadhi
Orally
Disintegrating
Strips**

Rs. 90/-
10's in
Mono Carton

**Dant Aushadhi
Toothpaste**

Rs. 35/-
per piece

**Jan Aushadhi
Moisturizing
Cream**

Rs. 50/-
per 60 gm
tube

**Jan Aushadhi
Foot care Cream**

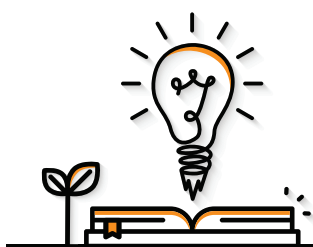
Rs. 35/-
per piece

**Jan Aushadhi
Mouth Ulcer Gel**

Rs. 15/- per piece

Top 10 Selling Products of December 2024

| Item No. | Item Description |
|----------|---|
| 8145 | Janaushadhi Suvidha (Oxo-Biodegradable Sanitary Napkin regular size with wings) |
| 904 | Metformin Hydrochloride 500mg (Prolonged release) and Glimepiride 1mg Tablets IP |
| 465 | Pantoprazole 40mg (Gastro-resistant) and Domperidone 30mg (Prolonged Release) Capsules IP |
| 300 | Telmisartan Tablets IP 40mg |
| 34 | Metformin Hydrochloride Prolonged-release 500mg and Glimepiride 2mg Tablets IP |
| 266 | Atorvastatin Tablets IP 10mg |
| 252 | Montelukast Sodium 10mg and Levocetirizine 5mg Tablets IP |
| 145 | Metformin Hydrochloride Tablets IP 500mg |
| 796 | Aspirin Gastro-resistant 75mg and Atorvastatin 10mg Capsules IP |
| 263 | Amlodipine 5mg and Atenolol 50mg Tablets IP |



Jan Aushadhi GYAN GHARONDA

A Guide to

Menstrual Well-being: Breaking the Taboo

Menstrual health is a vital aspect of overall well-being for women who menstruate, yet it is often surrounded by stigma and misinformation. Proper menstrual hygiene is essential to prevent infections, discomfort, and ensure a dignified experience during periods.

Here are a few tips for maintaining menstrual hygiene:

- **Choose the right products:** Use clean and comfortable menstrual products like sanitary pads, tampons, or menstrual cups. Change them regularly, ideally every 4-6 hours.
- **Maintain personal hygiene:** Wash your genital area with clean water and mild soap daily to prevent bacterial buildup. Avoid harsh soaps or douching.
- **Dispose of products responsibly:** Wrap used sanitary products in paper or biodegradable bags before discarding in a bin. Do not flush them down the toilet.
- **Nutrition and hydration:** A healthy and balanced diet and plenty of water can alleviate menstrual discomfort and fatigue. Exercise regularly, stay hydrated, and manage stress to support hormonal balance.



Understanding the Menstrual Cycle

The menstrual cycle involves four phases:

Menstruation:

Shedding of the uterine lining, lasting 3-7 days.

Follicular Phase:

Hormonal changes stimulate egg development.

Ovulation:

A mature egg is released, typically mid-cycle.

Luteal Phase:

Prepares the body for pregnancy; if unfertilized, the cycle restarts.

Recognizing Normal Cycles

Cycle Regularity:

Typically 21-35 days, with consistent length.

Duration & Flow:

Periods last 3-7 days with moderate flow.

Symptoms:

Mild cramps, breast tenderness, and mood changes are common.

Signs of Irregular Periods

Cycle Variations:

Cycles shorter than 21 days or longer than 35 days.

Abnormal Bleeding:

Heavy, prolonged, or very light bleeding.

Missed Periods:

Missing three or more consecutive cycles (excluding pregnancy).

Other Symptoms:

Severe cramps, mood swings, acne, or weight changes.

Causes of Irregular Periods

- Hormonal imbalances (e.g., thyroid disorders, PCOS).
- Stress or emotional factors.
- Health conditions (e.g., endometriosis, fibroids).
- Lifestyle factors (e.g., excessive exercise, weight fluctuations).
- Medications or contraceptives.

When to Seek Medical Advice

Consult a healthcare provider if you experience:

- **Severe Pain:** Debilitating menstrual pain affecting daily life.
- **Irregularities Impacting Life:** Disruptive periods or emotional distress.
- **Excessive Bleeding:** Heavy flow causing frequent product changes or anaemia symptoms.
- **Concerning Symptoms:** Pelvic pain, mood swings, or unusual discharge.

Conclusion

Understanding menstrual health empowers individuals to take proactive steps for their well-being. Recognize signs of irregular periods and seek expert guidance when necessary. Prioritize your menstrual health—it's an integral part of your overall quality of life.

Remember:

Menstruation is not a limitation but a sign of health and vitality. Let's talk openly and act responsibly!

Jan Aushadhi provides affordable menstrual cups and sanitary pads, ensuring accessible and reliable menstrual care for all. The reusable menstrual cups, made from medical-grade silicone, offer up to 12 hours of leak-proof comfort, combining sustainability with cost-effectiveness. The sanitary pads are crafted with soft, high-absorbency materials, delivering superior protection and comfort at an economical price. These products empower individuals to manage their menstrual health with dignity while promoting affordability and environmental sustainability.



Source:

<https://www.medanta.org/patient-education-blog/your-guide-to-menstrual-health-distinguishing-between-normal-and-abnormal-cycles-and-seeking-expert-uidance#:~:text=Healthy%20Habits%3A%20Maintain%20a%20balanced,symptoms%20and%20maintain%20hormonal%20balance.>



KHELO BHI PADHO BHI

Fill in the puzzle below based on what you have read about
'A Guide to Menstrual Well-being: Breaking the Taboo' on the previous page.

1

Fill in the Blanks

A normal menstrual cycle typically lasts between _____
and _____ days.

2

True or False

Biodegradable menstrual products can help reduce
environmental impact.

True ☐ False ☐

3

Multiple Choice

Which of the following is NOT a cause of irregular periods?

- | | | | |
|---------------------------------|--------------------------|------------------------|--------------------------|
| A. Thyroid disorders | <input type="checkbox"/> | B. Stress | <input type="checkbox"/> |
| C. Consistent exercise routines | <input type="checkbox"/> | D. Hormonal imbalances | <input type="checkbox"/> |

4

Short Answer

What are some healthy habits to support menstrual well-being?

.....

5

Yes/No

Should you consult a healthcare provider if you miss three
consecutive periods (excluding pregnancy)?

.....



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