



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



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NEWSLETTER



Union Budget 2026–27: A Strategic Roadmap for India's Global Biopharma Leadership, says Hon'ble Union Minister Shri J. P. Nadda

Under the visionary leadership of Prime Minister Shri Narendra Modi, Hon'ble Union Minister for Health & Family Welfare and Chemicals & Fertilizers, Shri Jagat Prakash Nadda has hailed the Union Budget 2026–27 as a strategic roadmap for a "Viksit Bharat" (Developed India). Hon'ble Minister emphasized that the budget marks a decisive transition from India being the "Pharmacy of the World" through generics to becoming a global leader in high-value innovation. A central pillar of this vision is the ₹10,000 crore 'Biopharma Shakti' initiative. This strategy aims to capture 5% of the global biopharmaceutical market share.

To support this transformation, the budget prioritizes a massive expansion of infrastructure and human capital. This includes the establishment of three new National Institutes of Pharmaceutical Education and Research (NIPERs), the upgradation of seven existing ones and the creation of a network of over 1,000 accredited clinical trial sites across the country. Additionally, the government is strengthening mental healthcare by setting up NIMHANS-2 in North India and upgrading regional institutes in Ranchi and Tezpur.



Total Number of
Kendras = 18,646
(till 28.02.2026)



Total Sales crossed
Rs 1,982.06 Crore in
this Financial Year
2025–26 (till 28.02.2026)



Estimated Savings Approx. of
Rs 7,928 Crore to Citizens in
this Financial Year 2025–26
(till 28.02.2026)



Sales of February
2026 Rs 178.99
Crore

HIGHLIGHTS



Budget 2026-27 Gives Major Boost to Health and Pharma Sector: Hon'ble Minister of State

Smt. Anupriya Patel

Hon'ble Minister of State for Health & Family Welfare and Chemicals & Fertilizers, Smt. Anupriya Patel, welcomed the Union Budget 2026-27, saying it marks "the beginning of a new era" for pharma and health in India. She highlighted that the government remains committed to building a self-reliant nation across key sectors.

The Budget's centerpiece for pharma is the Biopharma Shakti initiative, backed by a ₹10,000 crore outlay over five years. Three new National Institutes of Pharmaceutical Education and Research (NIPERs) and a new NIMHANS facility in North India have also been announced.

On the health front, the government has raised the Ministry of Health & Family Welfare's allocation to ₹1,06,530 crore, a rise of nearly 10 per cent over last year. The Department of Health Research will receive ₹4,821 crore, while the overall health budget has surged by over 194 per cent since 2014-15.

HIGHLIGHTS

Jan Aushadhi's Commitment to Women's Overall Wellness

Under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), Jan Aushadhi Suvidha Sanitary Pads and other women's health products have become widely accessible to women across the country at affordable price.

The availability of Jan Aushadhi Suvidha Sanitary Pads has also contributed to increasing awareness about menstrual hygiene and reducing the stigma surrounding menstruation. Through this initiative, the government is empowering women by ensuring they have access to safe, hygienic and affordable healthcare products.



Jan Aushadhi Kendras also provide several women-centric products such as nutritional supplements, protein powders, hygiene products and medicines that support women's overall health.

These products help address issues like nutritional deficiencies, menstrual health, and general wellness.

Jan Aushadhi Suvidha Sanitary Pads were introduced to promote menstrual hygiene, especially among women and girls from low-income and rural communities. Despite the low price, the pads maintain good quality standards, offering comfort, hygiene and protection during menstruation.

HIGHLIGHTS

Affordable

Healthcare Takes Center Stage at

**85th All India Industrial
Exhibition (Numaish)**

in Hyderabad



A stall of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) was set up at the 85th All India Industrial Exhibition (Numaish) held from 1 January to 15 February 2026 at the Nampally Exhibition Grounds, Hyderabad, Telangana.

The stall attracted a large number of visitors and created awareness about the availability of high quality Jan Aushadhi generic medicines at affordable prices under the Jan Aushadhi Pariyojana. Visitors were informed that medicines available at Jan Aushadhi Kendras are 50–80% cheaper than branded medicines while maintaining the same quality and efficacy.

IN THE NEWS



Jan 31, 2026

श्योपुर में इलाज के लिए नहीं भटकेंगे आदिवासी, सस्ती दरों पर मिलेंगी 800 से अधिक प्रकार की दवाइयां



आदिवासी बहुल अंचल कराहल में प्रधानमंत्री भारतीय जन औषधि केंद्र खुलने से स्थानीय ग्रामीणों को सस्ती और गुणवत्तापूर्ण जेनेरिक दवाइयां मिलेंगी। विधानसभा अध्यक्ष ने कहा कि "देशभर में प्रधानमंत्री नरेंद्र मोदी की पहल पर पीएम जन औषधि केंद्र खोले गए हैं। जहां सस्ती दरों पर गुणवत्तायुक्त दवाइयां उपलब्ध करा रहे हैं। आज लगभग 800 प्रकार की दवाइयां इन केंद्रों पर उपलब्ध हैं।"

SOCIAL NEWS XYZ

Feb 06, 2026

17,990 Jan Aushadhi Kendras opened across India till December 31: Govt



New Delhi, Feb 6 (SocialNews.XYZ) A total of 17,990 Jan Aushadhi Kendras (JAKs) have been opened across the country till December 31, Union Health Minister JP Nadda informed the Parliament on Friday.

In a written reply in the Lok Sabha, the Nadda shared the state-wise number of JAKs opened across the country and the district-wise number of JAKs.

"Under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) scheme, a total of 17,990 Jan

Aushadhi Kendras (JAKs) have been opened across the country as on December 31, 2025, of which 1,058 JAKs have been opened in the State of Bihar," the Minister said.

The flagship scheme, PMBJP, was launched in 2014 with just 80 centres.

The JAKs provide essential medicines more accessible to people and reduce the out-of-pocket expenditure. These government pharmacies provide generic medicines, which are available at lower prices but are equivalent to expensive branded drugs in quality and effectiveness.

"The product basket under the Pradhan Mantri Bhartiya Janaushadhi Yojna has 2,110 medicines and 315 surgicals, medical consumables and devices, covering all major therapeutic groups, such as cardiovascular, anti-cancer, anti-diabetic, anti-infectives, anti-allergic and gastro-intestinal medicines and nutraceuticals such as protein powder, protein powder for women, 100 per cent whey protein, etc," Nadda said.

Jan Aushadhi Kendras are opened by inviting online applications from individual entrepreneurs, non-governmental organisations, societies, trusts, firms, private companies, etc.



Feb 10, 2026

ओडिशा में 803 जन औषधि केंद्र खोले गए : अनुप्रिया पटेल



ओडिशा में 803 जन औषधि केंद्र खोले जा चुके हैं, जिनमें सरकारी परिसरों में खोले गए 21 जन औषधि केंद्र भी शामिल हैं। केंद्रीय रसायन और उर्वरक राज्य मंत्री अनुप्रिया पटेल ने आज मंगलवार को यह जानकारी राज्यसभा में एक लिखित जवाब में दी है।

IN THE NEWS

ओडिशा सरकार से आदिवासी और बाढ़ प्रभावित जिलों में दवा की उपलब्धता बेहतर बनाने के लिए जन औषधि वैन चलाने का कोई प्रस्ताव नहीं मिला है।

इसके अलावा, ड्रग एंड कॉस्मेटिक एक्ट 1940 के नियम 64, नियम 1945 के तहत, दवाओं की बिक्री के लिए रिटेल लाइसेंस एक खास, तय जगह के लिए दिया जाता है जो जीवन बचाने वाली दवाओं के लिए कोल्ड चेन मेंटेनेंस सहित तय इंफ्रास्ट्रक्चर और स्टोरेज की ज़रूरतों को पूरा करता हो। मौजूदा नियमों में मोबाइल यूनिट्स को रिटेल लाइसेंस जारी करने का कोई प्रावधान नहीं है।

प्रधानमंत्री भारतीय जनऔषधि योजना में 2,110 दवाएं और 315 शल्य चिकित्सा उत्पाद, चिकित्सा उपभोग वस्तुएं और उपकरण शामिल हैं, जो सभी प्रमुख चिकित्सीय समूहों जैसे कि हृदय रोग, कैंसर रोधी, मधुमेह रोधी, संक्रमण रोधी, एलर्जी रोधी और आंत्र संबंधी दवाएं और प्रोटीन पाउडर, महिलाओं के लिए प्रोटीन पाउडर, 100% व्हे प्रोटीन आदि जैसे न्यूट्रास्यूटिकल्स को कवर करते हैं।

दैनिक भास्कर

Feb 03, 2026

विधायक ने जन्मदिन पर 15 दिव्यांगों को बांटे उपकरण:सामुदायिक स्वास्थ्य केंद्र में जन औषधि केंद्र का भी किया शुभारंभ



बांगरमऊ विधायक श्रीकांत कटियार ने अपने जन्मदिन पर 15 दिव्यांगजनों को ड्राई साइकिल और बैसाखी वितरित की। उन्होंने सामुदायिक स्वास्थ्य केंद्र में जन औषधि केंद्र का भी शुभारंभ किया।

मंगलवार को विधायक कटियार के आवास पर उन्हें बधाई देने के लिए नागरिकों की भीड़ उमड़ पड़ी। बधाई स्वीकार करने के बाद उन्होंने उत्तर प्रदेश दिव्यांगजन सशक्तिकरण विभाग के प्रतिनिधि एडीओ समाज कल्याण शिवेंद्र प्रताप सिंह और कर्मचारी सरोज कुमार की उपस्थिति में 15 दिव्यांगों को उपकरण दिए। इनमें चंद्रा देवी, देवेंद्र पाल, सूधर, महेंद्र कुमार, पंकज, शिव सेवक, रामशंकर और नन्हेलाल जैसे लोग शामिल थे।

इसके बाद श्री कटियार नगर के सामुदायिक स्वास्थ्य केंद्र पहुंचे। यहां उन्होंने प्रदेश सरकार द्वारा स्थापित जन औषधि केंद्र का फीता काटकर लोकार्पण किया। लोकार्पण के बाद चिकित्सा अधीक्षक डॉ. मुकेश कुमार के नेतृत्व में सभी चिकित्सा कर्मियों ने विधायक कटियार का जन्मदिन समारोह आयोजित किया, जहां उन्होंने केक काटा और सभी की शुभकामनाएं स्वीकार कीं।

Mmathrubhumi.com

Feb 14, 2026

Kerala emerges as India's no.2 state in Jan Aushadhi generic medicine sales



Alappuzha: More people in Kerala are shifting from expensive branded medicines to low-cost generic medicines, making the state the second-highest contributor to Jan Aushadhi sales in India, according to new data released by the Department of Pharmaceuticals.

Kerala recorded ₹18.12 crore in sales last month, while Uttar Pradesh topped the list with ₹19.55 crore worth of medicines sold. Officials said both states have been closely competing in sales figures, and Kerala has even reached sales of up to ₹28 crore. The state has also ranked first in some months, including April 2025.

Generic medicine sales rising in Kerala

Growing trust in generic medicines is being seen as the main reason for the increase in sales. Studies showing that branded and generic medicines offer similar quality have encouraged more people to choose affordable alternatives.

Experts say the price difference, often 50 to 80 percent cheaper than branded medicines, has played a major role in rising demand.

IN THE NEWS

Greater Kashmir

Feb 07, 2026

Govt goals expansion of Jan Aushadhi Kendras including in J&K, Ladakh



New Delhi, Feb 7: The Centre has invited online applications to expand the network of Jan Aushadhi Kendras (JAKs) across the country including Jammu and Kashmir and Ladakh as part of its plan to open 25,000 such outlets nationwide by March 2027, under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana. The health ministry in the parliament said that as of December 31, 2025, a total of 17,990 Jan Aushadhi Kendras were operational across the country, including in the Union Territory of Ladakh, while 3,135 outlets had been closed, according to official data.

Applications from individual entrepreneurs, NGOs, societies, trusts, and private entities from all districts of the two Union Territories have been invited through the Janaushadhi portal. The government said the scheme follows a franchise-like model, with the continuation of outlets dependent on local demand and viability. The Pharmaceuticals and Medical Devices Bureau of India (PMBI), which implements the scheme, said it is supporting low-performing Kendras through hand holding measures, workshops, and engagement with local doctors to improve outreach and sales.

IANSlive

Feb 15, 2026

मध्य प्रदेश के राजगढ़ में जन औषधि केंद्र बना मरीजों का सहारा, मरीजों को मिल रही 90 प्रतिशत तक सस्ती दवाइयां



राजगढ़, 15 फरवरी (आईएनएस) मध्य प्रदेश के राजगढ़ में भारत सरकार के रसायन और उर्वरक मंत्रालय द्वारा संचालित प्रधानमंत्री भारतीय जन औषधि परियोजना (पीएमबीजेपी) का लाभ अब राजगढ़ जिले के मरीजों को सीधे तौर पर मिल रहा है।

इस परियोजना के तहत लोगों को 50 से लेकर 90 प्रतिशत तक कम कीमत पर उच्च गुणवत्ता वाली जेनेरिक दवाइयां उपलब्ध हो रही हैं। सस्ती दवाइयों से राहत महसूस कर रहे मरीजों ने नरेंद्र मोदी और केंद्र सरकार के प्रति आभार व्यक्त किया है।

राजगढ़ जिला अस्पताल परिसर में स्थित जन औषधि केंद्र पर कैंसर, मधुमेह और हृदय रोग से संबंधित दवाएं बेहद कम कीमत पर उपलब्ध कराई जा रही हैं। यही कारण है कि हर दिन बड़ी संख्या में मरीज यहां दवाइयां लेने पहुंच रहे हैं और अपनी चिकित्सा लागत में भारी बचत कर रहे हैं।

जिला अस्पताल के सिविल सर्जन डॉ. रजनीश शर्मा ने योजना की सराहना करते हुए आईएनएस से बताया कि यह भारत सरकार की अत्यंत महत्वाकांक्षी योजनाओं में से एक है। दवाइयों की कमी के समय जन औषधि केंद्र एक मजबूत विकल्प बनकर सामने आता है।

उन्होंने व्यक्तिगत अनुभव साझा करते हुए बताया कि जब भी उन्हें दवाइयों की आवश्यकता होती है, वे यहीं से दवाइयां लेते हैं। उनके अनुसार, जो दवाई बाजार में लगभग 100 रुपये में मिलती है, वही यहां 10 से 35 रुपये के बीच उपलब्ध हो जाती है। उन्होंने कहा कि सरकार की हर योजना जनहित को ध्यान में रखकर बनाई जाती है, ताकि अधिक से अधिक लोगों को उसका लाभ मिल सके।

मरीजों ने भी अपने अनुभव साझा किए। रोज़ खुरद निवासी पवन सेन ने बताया कि जो सिरप बाजार में 125 रुपये का मिलता है, वही जन औषधि केंद्र पर मात्र 25 रुपये में मिला, जिससे उन्हें 100 रुपये की बचत हुई। वहीं कुंदन गौड़ ने बताया कि जो दवाई वह पहले 130 रुपये में खरीदते थे, अब वही 60 रुपये में मिल रही है और गुणवत्ता भी बेहतर है।



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)

PMO India @PMOIndia

Budget 2026 positions India to accelerate from volume-driven production to value-driven global leadership in Healthcare: Experts [aninews.in/news/national/...](https://aninews.in/news/national/)

via NaMo App

Budget 2026 positions India to accelerate from volume-driven production to value-driven global leadership in Healthcare: Experts

ANU NEWS FEBRUARY 28, 2024



The Union Budget 2026 empowers the healthcare sector with the ₹10,000 crore Biopharma Shakti initiative to foster self-reliance. The Central government has exempted 36 life-saving medicines from Basic Customs Duty, making critical treatments more affordable. By upgrading NIPERs and focusing on allied health professionals, the budget positions India as a global life sciences hub.

12:53 PM · Feb 3, 2026 · 40.6K Views

83 157 503 3

Department of Pharmaceuticals @Pharmadept

Hon'ble Union Minister for Finance and Corporate Affairs Smt. Nirmala Sitharaman, has announced several key initiatives to strengthen India's pharmaceutical and biopharma sector in #UnionBudget2026. **Bio Pharma Shakti** with an outlay of Rs 10,000 crores over the next 5 years has been announced.

#ViksitBharatBudget

@PIB_India @mygovindia



IN THE CHAIR : HON'BLE SPEAKER, SHRI OM BIRLA

0:49

0:21 PM · Feb 1, 2026 · 566 Views

1 4 5

Post your reply

Reply

MyGovIndia @mygovindia

From Limited Access to Last-Mile Reach in Healthcare!

The Pradhan Mantri Bharatiya Janaushadhi Pariyojana has registered a 22.38% increase in Jan Aushadhi Kendras since 2014, expanding from just 80 centres to 17,990 Kendras in 2025. This growth is not just about scale; it ensures affordable, quality generic medicines reach towns, villages, and underserved communities, reducing out-of-pocket expenses and improving healthcare access for millions of families across India.

#NewIndiaInsights



India's Care is Now Closer & CHEAPER

17,990

22.38% Increase

80

2014

2025

Source: Ministry of Chemicals and Fertilizers

7:20 PM · Feb 16, 2026 · 1.812 Views

3 19 34

IANS @ians_india

Rajgarh, Madhya Pradesh: Under the Pradhan Mantri Bharatiya Janaushadhi Kendra scheme, patients in Rajgarh district are receiving quality generic medicines at 50-90% lower prices. Affordable medicines for cancer, diabetes, and heart diseases are available



0:01 / 0:46

5:49 PM · Feb 15, 2026 · 821 Views

2 7

Relevant

Post your reply

Reply

Shri Narendra Singh Tomar

Hon'ble Speaker, Madhya Pradesh Legislative Assembly inaugurated PMBJK

 **Karahal, Sheopur (Madhya Pradesh)**



Shri Brajesh Pathak

Hon'ble Deputy Chief Minister, Government of Uttar Pradesh inaugurated PMBJK

 **University Campus, Uttar Pradesh University of Medical Sciences (UPUMS), Saifai, Etawah (Uttar Pradesh)**

Shri Chhatrapal Singh Gangwar

Hon'ble Member of Parliament, Bareilly, Gol inaugurated PMBJK

 **Patti Bhojipura, Bareilly (Uttar Pradesh)**



Dr. Shweta Gupta

Hon'ble Member of Legislative Assembly, Sheohar, Govt. of Bihar inaugurated PMBJK

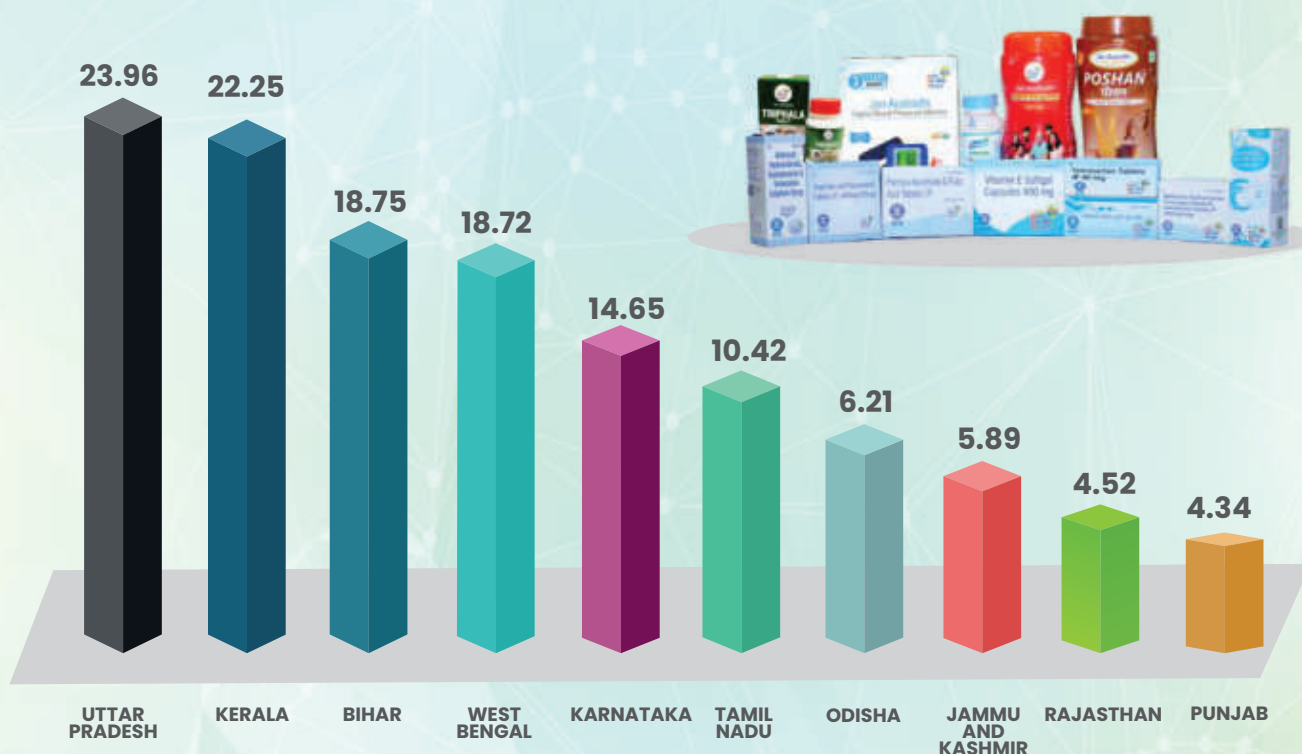
 **Sunderpur, Sheohar (Bihar)**

Best Performing States

in terms of

Sales in Rs. Crores

FEBRUARY



WELCOMING NEW PARTNERS WHO JOINED JAN AUSHADHI FAMILY IN THE MONTH OF FEBRUARY 2026

PMBJK21450-Kiran Upreti-One Shop on Ground Floor Kh No. 10/13/1 Street No.18 Block-A Kamal Vihar, Village Kamalpur Burari, North Delhi Municipal Corporation, North Delhi-110084

PMBJK21468-Bashan Tangliang-East Jainti+G4: AG 6 a Hills, Wapung, Parma Paithlu, Pamra Paithlu PHC, Wapung, East Jaintia Hills, Meghalaya-793160

PMBJK21470-State Mental Health Institute, Tukhuba, Aradura Hill Kohima, Nagaland-797001

PMBJK21474-Aroti Kusal Biswas-Sr. No. 105/2/3, House No. 126/1 to 126/6, Khadi Pada, Rakholi, Silvassa, Dadra And Nagar Haveli, The Dadra And Nagar Haveli And Daman And Diu-396230

PMBJK21487-Yashodamma-Prop No:514/31st Floor Shop No 2, Gowdru Complex Near Canara Bank Honnali Road Holaluru Shimoga City, Shivamogga, Karnataka-577216

PMBJK21499-Ashok Kumar Singhal, Chairman, Unit of Shree Devsar Maa Shikshan Santhan, Bhadra, Chak 08 Barani, Government Hospital Campus, Hanumangarh, Rajasthan-335501

PMBJK21515-Gopika K-Door No.42/213/3, V C R Building, Thampuranpadi, Kottappadi PO, Guruvayoor, Chavakkad, Thrissur, Kerala-680505

PMBJK21521-P Raja-Door No-63, Ground Floor From South East Facing Shop No-2 Gandhiadigal Street- South Kumarapalayam, Namakkal, Tamil Nadu-638183

PMBJK21524-Manoj Kushwah-Shop No/Plot No House of Shri Suresh Kumar Gupta, Near Mahuar River Bridge, Filter Road Karera, Shivpuri, Madhya Pradesh-473660

PMBJK21553-Kanta Katara-Shop at Plot No.-2, Ground Floor, Pani Ki Tanki Ke Samne, Lawyers Colony, Mauja Mau Mustkil, Agra, Uttar Pradesh-282005

PMBJK21558-Raksha Kumari-Near CHC Haripurdhar Tehsil Sangrah, REN, Sangrah, Sirmaur, Himachal Pradesh-173032

PMBJK21560-Khushboo Kumari-Umashankar More Parsagarh, Near Central Bank Of India, Parsagarh Bazar, Parsa, Saran, Bihar-841220

PMBJK21584-Rajesh Vij-Shop No. 8, Majitha House Opp. BSNL Office, Albert Road, Tal: Amritsar Zone -3, Amritsar, Punjab-143001

PMBJK21617-Bharti-Shop No LG-07, Signature Global, Signum-36, The Serenas, Dhunela, Sector-36, Sohna, Gurugram, Haryana-122102

PMBJK21619-Farha-Preet Bihar Colony, Opp-Genius Public School, Ward No. 25, Rudrapur, Tal: Kiccha, Rudrapur, Udam Singh Nagar, Uttarakhand-263153

PMBJK21620-Bajireddy Ashwini-D.No.1-15/A, Ground Floor Near Bus Stop Chinthakunta Road, Kathlapur(V), Kathlapur(M) Kathalapur, Jagtial, Telangana-505462

PMBJK21641-Nalam Harshini-H.No 76-1-57 & 58 B, ASMT No 1073037289, Ground Floor, Shop No 2, Vasavi Kalyana, Vijayawada Urban, NTR, Andhra Pradesh-520012

PMBJK21660-Subham Nayak-Plot No 2671, Khata No 561 under Mouza Khalarda, First Floor Room No 4 At/PO Khalarda Ps Cuttak, Cuttacksadar, Odisha-753011

PMBJK21694-Swet Kumar Singh-17 (BL-G-1D), Girish Ghosh Road, Ward No.-24, Under Bally Municipality Ground Floor Belurmath, Belur, Howrah, West Bengal-711202

PMBJK21696-Abida Sultana Ahmedi-NH-17, Halakura Market Near Bharat Petrol Pump, PO-Mahamayahat, Sonakhuli PT-I Agamani, Dhubri, Assam-783335



Menstrual Health and Hygiene

Menstrual health and hygiene are essential aspects of a women's overall health, dignity, and well-being. Yet, in many societies around the world, menstruation is still surrounded by stigma, myths and misinformation. Promoting awareness about menstrual health and proper hygiene practices helps ensure that women who menstruate can live healthy, confident and empowered lives.

Whether you're looking for better product options or trying to understand what's "normal," this guide breaks down the essentials of menstrual health.

1. Choosing the Right Menstrual Products

There is no "one-size-fits-all" solution. The best product is the one that fits your lifestyle, flow and comfort level.



Sanitary Pads: They come in various thicknesses and lengths. Look for breathable, cotton-based options to avoid irritation.



Tampons: Ideal for active lifestyles and swimming. It's crucial to change them every 4 to 8 hours to prevent Toxic Shock Syndrome (TSS).



Menstrual Cups: A sustainable, bell-shaped silicone cup that collects fluid rather than absorbing it. They can last up to 10 years, making them eco-friendly and cost-effective.



Period Underwear: Look like regular underwear but have built-in absorbent layers. Great for light days or as a backup to a cup or tampon.

2. The Gold Rules of Hygiene

Maintaining hygiene during your period prevents infections and keeps you feeling fresh.



Change Regularly:

Don't wait for a product to be "full." Change pads every 4–6 hours and tampons every 4–8 hours.

Keep it Simple:

Wash the external genital area with plain water. Avoid scented soaps or douching. These can disrupt your natural pH balance and lead to yeast infections or bacterial vaginosis.



Access to clean water and sanitation:

Having access to clean toilets, water and hand-washing facilities is essential for maintaining menstrual hygiene.

Discard Safely:

Wrap used products in paper and dispose of them in a trash bin. Never flush them down the toilet, as they cause major plumbing blockages.



Self-Care and Nutrition

Your body is working hard during your period. Give it some grace:



Heat Therapy:

A heating pad or hot water bottle can significantly ease cramps by relaxing the uterine muscles.



Stay Hydrated:

Drinking plenty of water helps reduce bloating and headaches.



Iron-Rich Foods:

Since you are losing blood, incorporate spinach, lentils or lean meats to keep your energy levels up.

Under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), the government has made high-quality menstrual products accessible and affordable for everyone. The Jan Aushadhi Suvidha Sanitary Pad is a revolutionary, oxo-biodegradable napkin available for just ₹1 per pad, ensuring that every woman can maintain hygiene without a financial burden. For those looking for a long-term, eco-friendly option, the Jan Aushadhi Menstrual Cup provides a sustainable alternative that can be reused for years, significantly reducing waste. Both products are available at Janaushadhi Kendras across the country, empowering women with "Suvidha, Swasthya, and Swachhta" (Convenience, Health, and Cleanliness).



FILL IN THE PUZZLE BELOW BASED ON WHAT YOU HAVE READ ABOUT
MENSTRUAL HEALTH AND HYGIENE ON THE PREVIOUS PAGE

01. Multiple Choice Questions

To prevent Toxic Shock Syndrome (TSS), how often should tampons be changed?

- A) Once every 24 hours
- B) Only when they are completely full
- C) Every 1 to 2 hours
- D) Every 4 to 8 hours

04. True or False

Used menstrual products should be flushed down the toilet if they are wrapped in paper.

True ☐ False ☐

05. Fill in the Blanks

When cleaning the external genital area, you should use _____ and avoid scented soaps or douching.

- A) Hot soapy water
- B) Plain water
- C) Feminine wash
- D) Antibacterial wipes

2. What is the cost of one Jan Aushadhi Suvidha Sanitary Pad at a Janaushadhi Kendra?

- A) ₹5
- B) ₹1
- C) ₹10
- D) ₹2

03. True or False

Debilitating pain that prevents you from performing daily activities is a 'normal' part of menstruation and should be ignored.

True ☐ False ☐

