

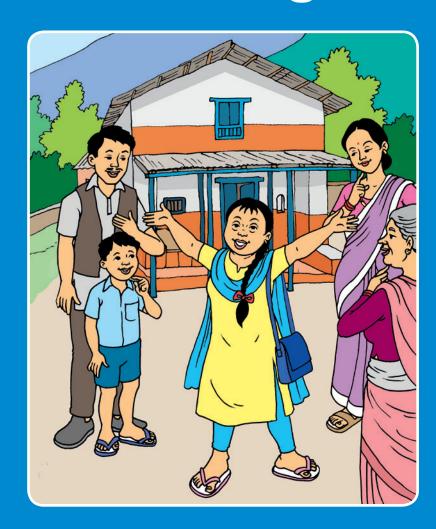


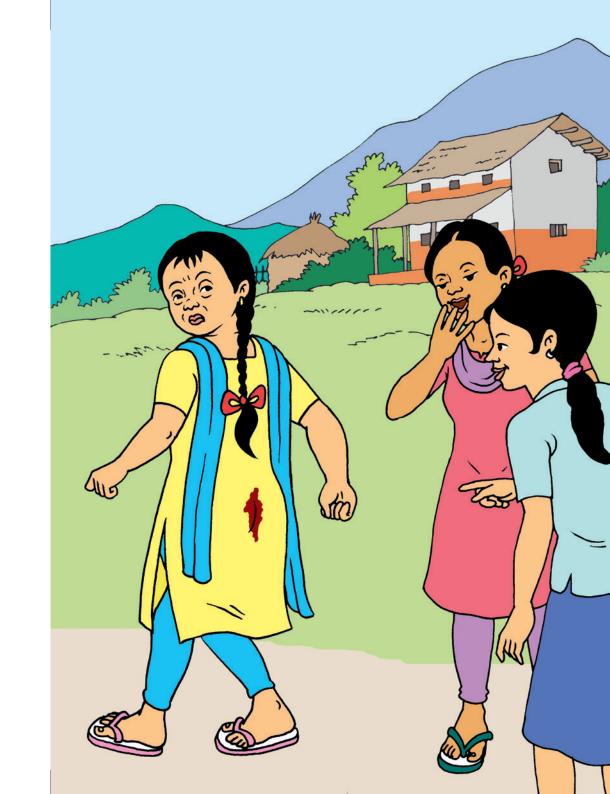






I manage



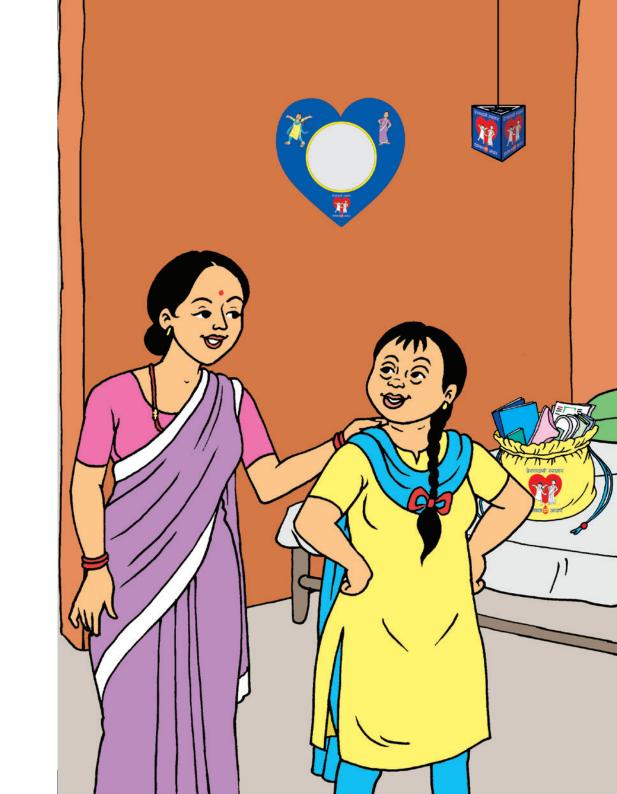




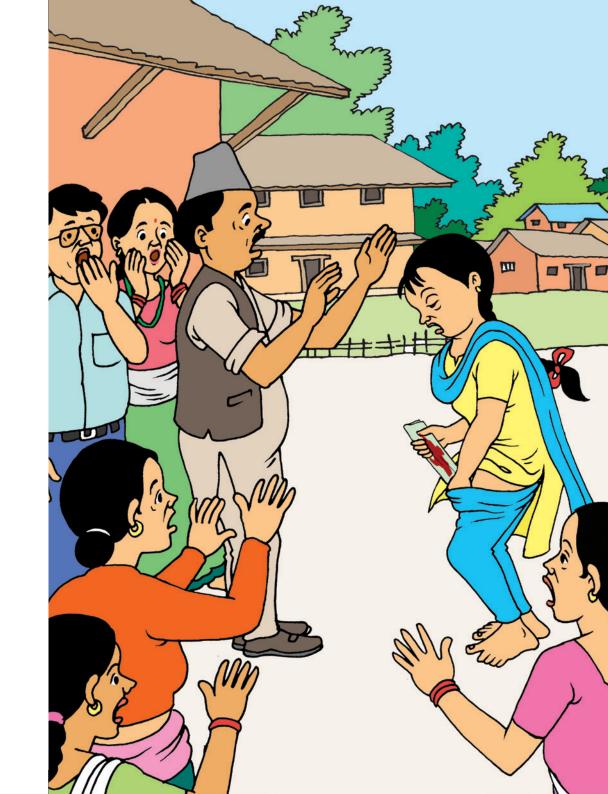
























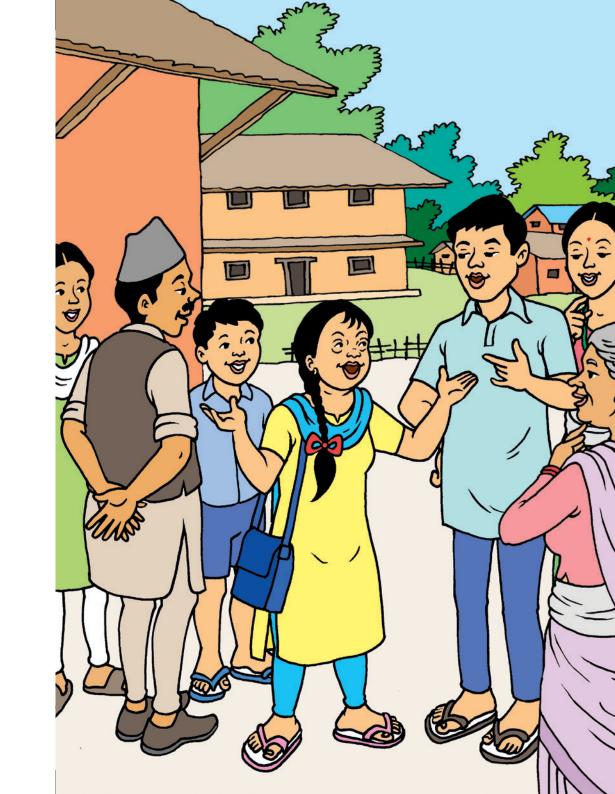












The following words are for people who want a readymade story rather than making up your own.

- Page 1: Bishesta has blood on her clothes. People see it and laugh.
- Page 2 : Bishesta goes home.
- Page 3 : Perana hugs Bishesta.
- Page 4 : Perana changes Bishesta's blood stained clothes.
- Page 5 : Bishesta puts on a clean menstrual cloth in her clean underwear.
- Page 6 : Bishesta feels comfortable and confident.
- Page 7: Bishesta and Perana go to the village.
- Page 8 : Bishesta takes her menstrual cloth out in front of people.
- Page 9 : Bishesta and Perana go home.
- Page 10: Perana explains that Bishesta must not show her menstrual cloth to other people.
- Page 11: Perana shows Bishesta the menstrual storage bag.
- Page 12: Bishesta puts the used menstrual pad in the bin.
- Page 13: Bishesta washes her hands with soap and water.

- Page 14: Bishesta puts a clean menstrual cloth in her underwear
- Page 15: Perana fills the menstrual storage bag with clean menstrual cloths.
- Page 16: Bishseta washes her used menstrual cloth. Perana guides her to do this.
- Page 17: Bishesta hangs the washed menstrual pad in direct sunlight to dry. Perana guides her to do this.
- Page 18: Perana helps Bishesta put on her menstrual shoulder bag.
- Page 19: Bishesta leaves home wearing her menstrual bag.
- Page 20: Bishesta greets people in the village.