I manage

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The following words are for people who want a ready-made 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 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: Bishseta 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.