

प्रेरणादायी स्याहार



विशेषताको आधार

# 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 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: Bishesta 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.