SUMMARY

Menstrual hygiene management (MHM) is an essential human right, which adds to a considerable lot of the Sustainable Development Goals (SDG) set by the United Nations (UN). These goals are intended to accomplish great wellbeing and prosperity, quality education and gender equality. Menstrual hygiene management is said to be a key factor in actualizing the worldwide procedure for women's, children and adolescent’s health. The current analysis of menstrual hygiene knowledge, practices, and absenteeism among adolescent girls in relation to sanitation facilities in the schools of Chandigarh and its adjoining areas like Barwala and Kalka.(falling in the state of Haryana), from qualitative and quantitative methodology, it has been discovered that lack of access to inadequate toilets, clean water and soap also hinder school participation of adolescent girls and can impact their academic achievement to a greater extent. The study suggests to boost knowledge of school girls regarding the subject of menstrual hygiene practices. The communication gap between the girls and various stakeholders with regard to menstruation and reproductive health is wide and mainly it can be identified with ongoing past taboos and myths around the subject. This makes them more vulnerable to disease, gender inequality, and social exclusion.