

## REVIEWER'S REPORT

Manuscript No.: IJAR-55339

**Title:** ASSESS THE KNOWLEDGE REGARDING MENSTRUAL HYGIENE

### Recommendation:

Accept as it is .....

**Accept after minor revision.....**

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality		Good		
Clarity		Good		
Significance	Excellent			

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

1. Menstruation or a period is the monthly shedding of the uterine lining as part of the menstrual cycle, a natural process preparing the body for potential pregnancy, involving hormonal shifts that thicken the lining, release an egg and if no pregnancy occurs, shed the lining as blood and tissues.
2. An adolescent girl is a female in the transitional stage of development between childhood and adulthood, typically spanning the ages of 10 to 19 years.
3. This period is marked by significant physical, emotional cognitive and social changes including the onset of puberty the development of abstract thinking and the search for personal identity.
4. Health education equips individuals and communities with knowledge, skills and tools to make informed decisions, promoting healthy behaviors and preventing disease by covering topics like nutrition, hygiene, mental health and injury prevention, using diverse methods from school curricula to digital outreach to improve overall well being across all ages.

# **International Journal of Advanced Research**

**Publisher's Name: Jana Publication and Research LLP**

*www.journalijar.com*

---

## **REVIEWER'S REPORT**

- 5. Menstrual hygiene involves safe practices like washing hands before after product changes, frequently changing pads or tampons using mild soap for cups, proper product disposal and maintaining general cleanliness to prevent infections and skin issues, focusing on hydration, clean facilities and understanding our body's needs for overall well being during our period.**
- 6. Key words are excellent .**
- 7. Result part is good.**
- 8. Make sure alignment needed.**
- 9. References in alphabetical order.**
- 10. Summary points needed.**
- 11. After those corrections good to publish in your journal.**