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When the body changes: A voice for special girls

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Abstract

Menstruation is a natural process that every girl experiences, but for special girls those with intellectual or physical disabilities this journey can be confusing and emotionally challenging. This paper aims to promote menstrual awareness, emotional understanding, and practical hygiene education for differently-abled girls. It also explores the role of parents, teachers, and caregivers in helping these girls face this change with confidence and dignity.

Keywords: Menstruation, special girls, hygiene education, awareness, empowerment

1. Introduction

Periods are not a disease they are a sign of life, health, and womanhood. However, when it comes to special girls, this natural biological process often becomes difficult to understand. Many differently-abled girls lack the communication skills to express their feelings during their first period. Some may experience fear or confusion. Hence, awareness and emotional support are crucial for them.

Special educators and parents together can make a big difference by introducing simple and sensitive discussions about menstruation, helping these girls view it as a sign of strength rather than shame.

2. Materials and Methods

The present study is based on classroom experiences, personal observations, and discussions with teachers and caregivers of differently-abled girls. Information was collected through informal interactions, case studies, and observation methods. The approach used was qualitative, focusing on the emotional, educational, and social aspects of menstrual awareness.

Sessions were designed to teach

- The biological concept of menstruation in simple terms.
- Hygiene management techniques (using pads, maintaining cleanliness).
- Emotional reassurance through stories, visuals, and empathy.

Results and Discussion

The findings highlight that menstrual awareness and education significantly reduce fear and confusion among special girls. When taught through visual aids, storytelling, and emotional guidance, girls respond more positively and start accepting their bodies with pride.

They begin to understand that menstruation is not a disease, but a natural strength. This awareness brings comfort and self-confidence in their daily life.

To emotionally connect with them, a short poem was used as part of the awareness session helping express what a girl might feel during her first period.

Poem: Maa, Mujhe Kya Hua

Maa, मुझे ये क्या हुआ,
मेरा खून क्यों बह रहा?
पेट में भी दर्द है,
मेरे साथ ये क्या हो रहा?

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जान मेरी निकल रही,
पैर क्यों काँप रहे,
माँ अब क्या बोले भला,
समझ ना अब कुछ आ रहे।

“बुला लूँ इसकी मैडम को ज़रा,
शायद समझा दे वही थोड़ा।”

सहलाया हाथ मैडम ने सिर पे जब,
दर्द सारा गायब हुआ तब।

कहा “ये नहीं बीमारी की निशानी,
ये है ताकत, ये है ज़िंदगानी।”

रखना खुद को सदा साफ़-सुथरा,
आराम करना चाह कर जितना।

बीमारी नहीं, ये है प्रकृति,
आपदा नहीं, ये है स्मार्टनेस की दृष्टि।
कमज़ोर नहीं, ये शरीर को मज़बूत करती,
चार दिन बाद फिरसे दिखेगी
मुस्कुराती, खिलखिलाती, घूमती!

Conclusion

Every special girl deserves to feel confident, safe, and empowered during her menstrual cycle. Menstruation is not a problem; it is a natural process that connects her with life and growth. If society provides awareness and emotional support with compassion, then every special girl can face this phase not with fear but with a smile. Menstrual awareness for special girls is not just about hygiene; it's about dignity and empowerment.

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