
A circular diagram representing the menstrual cycle. The outer ring is teal. Inside, a central illustration shows the female reproductive system: a pink uterus with fallopian tubes leading to two ovaries. The cycle is depicted as a circle of 28 dots. The top half (14 dots) are yellow, and the bottom half (14 dots) are red. A teal arrow on the right points clockwise, and another teal arrow on the left points counter-clockwise. A red circle with the number '1' is positioned below the uterus. A pink circle with a plus sign is located between the uterus and the text on the right.

The uterus is connected to the ovaries by fallopian tubes. Girls receive their first period when an egg in one of the ovaries matures. This can happen between the ages of 8 and 19 years.

1

Menstrual Wheel

Regular bleeding is part of a natural process for women and girls. The bleeding can last from between 2 and 7 days. The occurrence of bleeding every 21 to 35 days is called the menstrual cycle or period.

A circular diagram representing the menstrual cycle, enclosed in a teal border. The interior is light grey and contains a central illustration of the female reproductive system (uterus and fallopian tubes) in red. Surrounding the uterus are 21 yellow circles, with the first 14 being yellow and the last 7 being red. A teal arrow on the right points clockwise, and another on the bottom left points counter-clockwise. A red circle with the number '2' is positioned below the uterus, and a pink circle with a plus sign is to its right. A red circular text box is on the left side.

Typically, one egg matures every cycle. Once mature, the egg is released from the ovary and passes through the fallopian tube. As the egg passes through the tube, the lining of the uterus thickens.

2



Menstrual Wheel

Regular bleeding is part of a natural process for women and girls. The bleeding can last from between 2 and 7 days. The occurrence of bleeding every 21 to 35 days is called the menstrual cycle or period.




If the egg is fertilized, this lining of the uterus provides a home to a growing baby.

3

+

Menstrual Wheel

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A circular diagram representing the menstrual cycle, enclosed in a teal border. The interior is light grey and contains 21 yellow circles arranged in a ring, with a teal arrow indicating a clockwise direction. In the center is a pink illustration of a uterus with red dots inside. A red circle with the number '4' is positioned below the uterus. A pink circle with a plus sign is to the right of the '4'. A red circle with text is on the left. The bottom right of the circle features a gradient of red circles.

If there is no fertilization, the body sheds the uterus lining in the form of blood or blood clots.

4



Menstrual Wheel

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Pledge for Girls and Women

I will break the silence
on menstruation

I will not feel shy;
I will take pride

I will spread the
word outside and
inside the home



This "Mahwari Chakra" or Menstrual Wheel is adapted from the original design by Lakshmi Murthy, 2000.