A circular diagram representing the menstrual cycle, known as the Menstrual Wheel. It features a thick teal outer ring. Inside the ring, 28 yellow dots are arranged in a circle, representing the days of the cycle. A red anatomical illustration of the female reproductive system (uterus and fallopian tubes) is positioned in the upper left quadrant. A red circle with the number '1' is located near the uterus. A pink circle with a plus sign is positioned to the right of the uterus. Two teal arrows indicate a clockwise direction of flow: one at the top right and one at the bottom left. The text '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.' is enclosed in a red circle on the left. The title 'Menstrual Wheel' is written in large teal letters on the right. Below the title, a paragraph explains that regular bleeding is a natural process for women and girls, lasting from 2 to 7 days, and occurring every 21 to 35 days, which is called the menstrual cycle or period. The bottom right portion of the wheel contains several red dots, contrasting with the yellow dots of the rest of the cycle.


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, known as the Menstrual Wheel. The wheel is divided into two main sections by a vertical line. The left section is light blue and contains 14 yellow dots, representing the follicular phase. The right section is light pink and contains 7 red dots, representing the luteal phase. A teal arrow on the left points clockwise, and a teal arrow on the right points counter-clockwise. In the center of the wheel is a diagram of the female reproductive system, showing the uterus, fallopian tubes, and ovaries. A red circle with the number '2' is positioned near the uterus. A pink circle with a plus sign is located between the two main sections of the wheel.

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

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, known as the Menstrual Wheel. It features a thick teal outer ring. Inside the ring, 28 yellow dots are arranged in a circle, representing the days of the cycle. A red anatomical illustration of a uterus is positioned in the upper left quadrant, showing red dots representing blood clots. A red circle with the number '4' is located near the uterus. A pink circle with a plus sign is positioned to the right of the uterus. A red circle is located at the bottom right of the wheel. A teal arrow points clockwise from the top right, and another teal arrow points clockwise from the bottom left.

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

4



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.

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.