



**RANGEEN
KHIDKI**

Project Period Adda

**20th February, 2023
Mathpara Girls High School**



Rangeen Khidki Foundation conducted its Period Adda Program in **Mathpara Girls High School** on the 20th of February, 2023 with **28** adolescent school girls of **8th standard section A** in **Barrackpore, West Bengal**.



The session was conducted in a classroom within the school premises. Among the total number of students, few students (3-4 students) were yet to start their menstruation for the first time. Nonetheless, all of the students present were equally excited to attend the session.



As the session progressed the students overcoming the initial reluctance were able to identify the physical changes that they have noticed or experienced while growing up. Some of the students who did not start their menstruation confessed excretion of white discharge, hence the facilitators ensured to equip them with factual information so they are able to understand the changes and adopt healthy hygiene management. Some students seemed curious to understand what 'healthy period' means and how one can track the next period. With the aid of calendar activity, the facilitators explained the process of menstrual cycle that ranges anywhere from 25-35 days and differs for every menstruator.



However, the students seemed lost to the concepts of female anatomy and the number of openings in female bodies. The facilitators ensured to clarify the most frequently asked questions pertaining to abdominal cramps experienced during monthly cycles, irregularity of periods and inform them about the menstruation process and the bodily reactions that one experiences during the course. Efforts were taken to ensure the students also become aware to identify abnormal symptoms in terms of excessive bleeding, unbearable abdominal cramps, irregular periods with long gaps etc and seek medical help when deemed important.

As the session progressed, some of the students shared the practices or restrictions that they follow during menstruation. Most of the girls shared that they refrained from entering the temple premises or even touching anything sacred at their home, which generally stemmed from perceiving menstruation as profane or impure. Through the session, the facilitators debunked several myths surrounding menstruation and urged the students to challenge the harmful practices that limit their choices and double their discomfort. Through a thorough discussion on healthy practices to follow during periods, the other students were ensured that some amount of physical activity during menstruation is recommended to ease discomfort.



The students barely had knowledge about other kinds of menstrual products apart from sanitary pads and cloth. A thorough discussion was held on the usage and composition of each menstrual product- sanitary pad, cloth, cloth pads, tampons and menstrual cups. After concluding the session, Eco Femme pad kits consisting of 4 cloth pads were distributed among the students. 18 out of 28 students who were present opted for the Eco Femme cloth pads.

REFLECTIONS

দিদির সব বলা কথা ভালো লেগেছে যেমন পিরিয়ড হলে প্যাড আর কাপড় ছাড়াও আরো যা যা ব্যবহার করা যাবে যেমন কাপড়ের প্যাড, ট্যাম্পন ইত্যাদি।

I really liked whatever the didi said such as one can use cloth pads and tampons apart from sanitary napkins and cloths during their period

সাদা স্রাব একটি ভালো জিনিস আমি জানতাম না, যা আজ জানতে পারলাম।

White discharge is a natural phenomenon that was new to me which I am glad that I came to know about today

কি ভাবে মাসিক হয়ে এটা যখন বোঝাচ্ছিলো আমার ভালো লেগেছে, মাসিক হলে কি কি করতে হবে এবং কি শরীরের পক্ষে ভালো, কি খেতে হবে সেটা খুব ভালো লেগেছে।

How periods occur was an informative part of the session which I really liked. During periods what one can do to keep themselves safe and healthy, foods that one must consume all these information were helpful too

মাসিক এর সময় কি ব্যবহার করবো, মাসিক কি ভাবে হয়ে জেনে আরো ভালো লাগলো।

What menstrual products are available to use, how periods occur were helpful and great to know

OVERALL OUTPUT OF THE TRAINING

