

Project Period Adda

13th February, 2023

Ultadanga Government
Sponsored HS school for Girls



**RANGEEN
KHIDKI**

Rangeen Khidki Foundation conducted its Period Adda Program in Ultadanga Government Sponsored HS school for Girls on the **13th of February, 2023** with **93 adolescent** school girls of 7th standard (section A & B) in **Ultadanga, West Bengal, India.**

The session was conducted in a classroom within the school vicinity on a Monday afternoon after the lunch break. The session began with a brief introduction about Rangeen Khidki and the purpose for which the session was organised. The facilitator then formally began the session by opening a discussion on the changes noticed during growing up and the prominent physical changes that were noticed by the students during this process. This provided a space for the students to lose their initial hesitation and indulge in the session freely to learn as well as share their experiences pertaining to periods. There were initially a lot of shy giggles but as the facilitator went on to normalise the conversation around breast development, onset of menstruation and growth of body hair and pubic hair. Through a diagrammatic representation of the female reproductive system, the facilitator described how and why period occurs and its significance in female reproductive health. The students had fair knowledge about the female anatomy as they excitedly responded there are 3 orifices in the female body waist down.



Even though most students were aware about white discharge being a natural phenomenon, some of them wanted to know why it occurs among females. The facilitator ensured to answer this query by stating that white discharge is a body fluid that is formed near the cervix hence, also known as cervical mucus. Generally the uterus, cervix and vagina produced this white discharge which is generally an odourless, colourless fluid. However, the students had limited knowledge about when white discharge can become a reason for concern.

As the discussion began on taboos and restrictions followed by the students during their menstrual cycle, only few students stated that they do not follow any such restrictions as they were not told or taught anything such. However, among the others, a majority of them refrained from conducting religious rituals, consuming and touching pickles and even did not shampoo their hair due to the belief that their menstrual cycle will be disturbed.

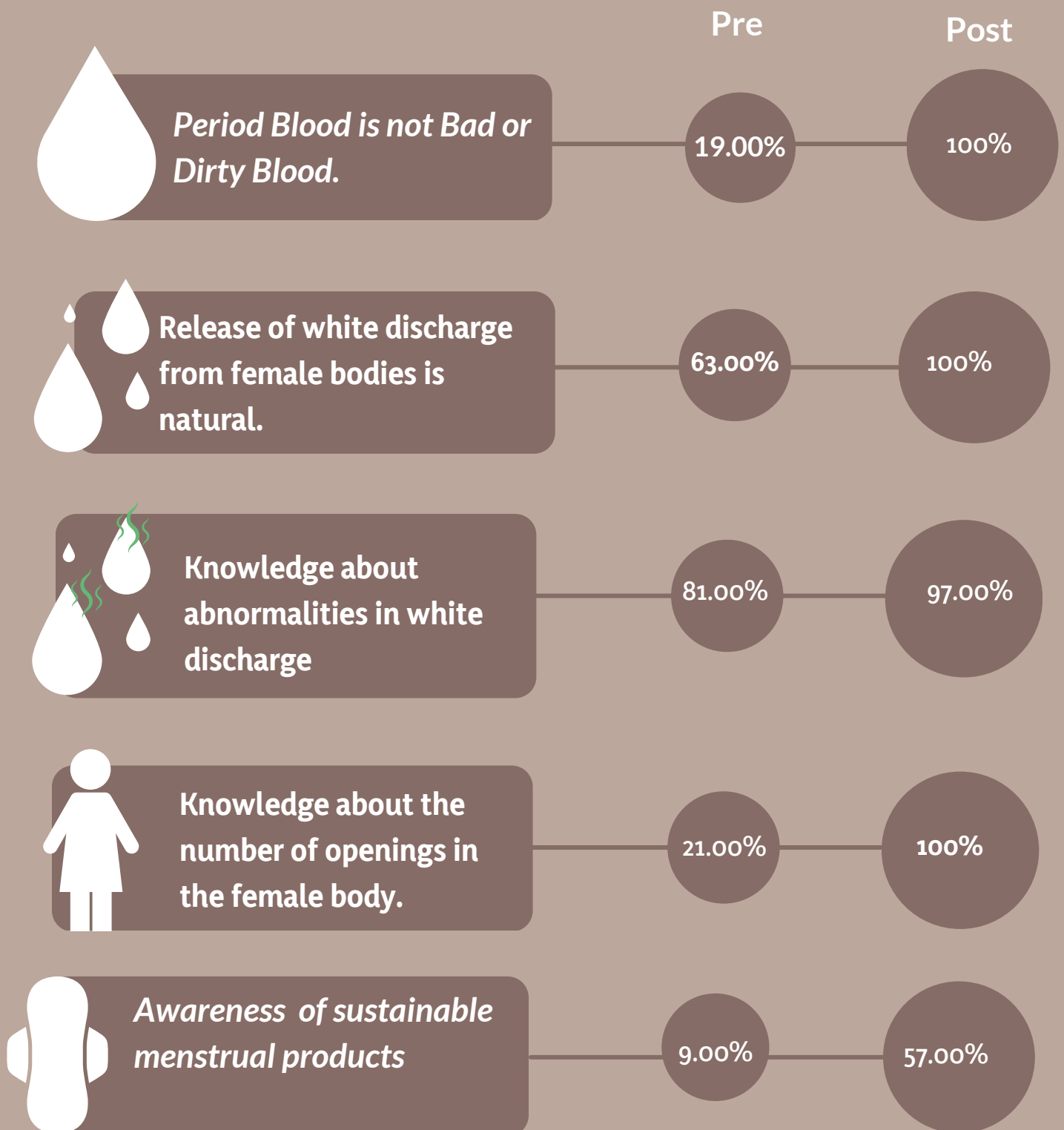


Since these beliefs are deeply entrenched in the young minds of the participants, the facilitators had to ensure to unravel the actual reasons and provide a thorough explanation of how most of these restrictions lacked scientific support and was never proven to be valid. The importance of an iron-rich diet and regular showers and other hygienic practices were discussed to ensure the students learn to follow healthy menstrual management to have healthy periods.

A significant shift at knowledge level was recorded towards the end of the session especially in regard to purity of period blood, knowledge about openings in the female body and alternative menstrual products as well as knowledge about abnormalities in white discharge. Towards the end of the session, the Eco Femme cloth pads were distributed among which 78 students opted for the Eco Femme pad kits out of the total number of 93 students present.



OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

প্রত্যেকটা প্রশ্নের উত্তর পেলাম।
আমাদের চলা ফেরার চিন্তা
পাল্টানোর মতন. সমস্ত রকমের প্যাড
এর খবর পেলাম এবং মাসিক কেন
হয়ে এই বিষয়ে জানতে পারলাম।

Each of our queries were answered today. The information we had about bodily movements and activities during periods were renewed. Came to know a lot about different kinds of menstrual products and the reason for the occurrence of periods

আমরা যে জিনিস গুলো জানি না
সেগুলো জানতে পারলাম। আমরা যে
ভুল নিয়ম গুলো মেনে চলি সেগুলো
আসলে কেন ভুলে সেটাও জানতে
পারলাম।

What all was unknown before everything became known today. The wrong rules that we follow during periods and why such practices or rules are wrong were explained very well

আজকের আলোচনার মধ্যে থেকে
আমার ভালো লেগেছে কোন কোন
জিনিস কত ঘন্টা পর্যন্ত ব্যবহার করা
যাবে।

From today's discussion the thing I liked the most is the duration for which I can use specific products

মাসিকের ব্যাপারে সবকিছু জানতে
পারলাম আজ।

Today I came to know everything about Periods