



PROJECT PERIOD ADDA

Civilian Welfare Foundation
February 2022



RANGEEN
KHIDKI



On any given day, more than **800** million women and girls between the ages of **8** and **55** are menstruating, yet it is the one of the most neglected and stigmatised topics which results in adverse health outcomes and limits young girls and women from reaching their fullest potential.

According to Unicef, **71%** adolescent girls in India remain unaware of menstruation till menarche. Inadequate information about their bodies and difficulty in accessibility to menstrual products and services contributes directly to gender disparity, disempowerment and poor health. Thus, creating awareness and openness is one of the most effective ways to help teach girls how to properly manage their menstrual health.

The Period Adda Program, which is a holistic menstrual health awareness program, aims to help adolescent girls break the silence that surrounds menstruation by imparting appropriate knowledge, recognizing the importance of hygiene and enabling them to start thinking differently about the process of menstruation as a natural phenomenon.

Rangeen Khidki partnered with **Civilian Welfare Foundation (CWF)** in February 2022, to reach out to **37** girls and women in Kolkata, West Bengal, with the Period Adda Program. CWF, established in May 2011, is a non profit youth led organisation which works for the empowerment of the marginalised sections of the society & enables them in finding their identity.

They engage in education, sensitization campaigns, sports, & skill development programs as a vehicle for combating violence against women & transgender individuals. The sessions were conducted over a span of 3 days. The first session was conducted with **17** adolescent girls and **5** mothers and was held at the Peyarabagan Slum on the 6th of February, 2022. The second session was conducted with 6 adolescent girls which was held 6A Chakraberia Lane on the 8th of february, 2022.

The third session was also conducted at the Peyarabagan Slum with **9** adolescent girls on the 25th of February, 2022.



The training sessions were conducted in the usual structure of our education program and covered a range of topics pertaining to holistic menstrual health and hygiene. Ability to manage menstrual hygiene is fundamental to the well being of young girls. Equipping adolescent girls with adequate information on menstrual hygiene and its management helps in enhancing self-esteem and positively impacts their performance.

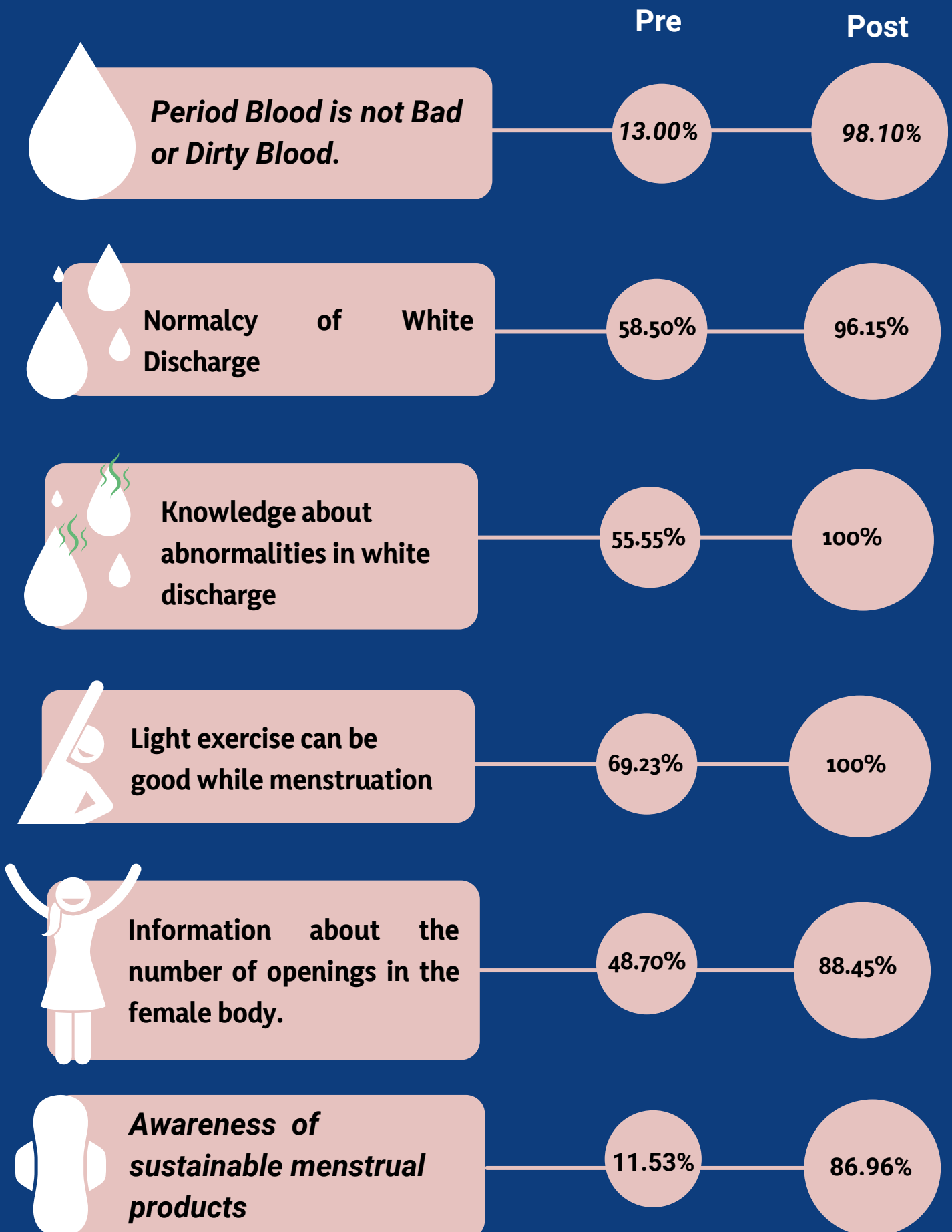
The taboo surrounding menstruation often prevents girls and women from articulating their needs and problems regarding menstrual health management. For example, during the sessions, most of the girls talked about period taboos and restrictions that they follow in their lives. The most common restrictions that were talked about were that the girls do not enter the prayer room (“ঠাকুর ঘরে প্রবেশ করা ব্যারন”), they do not sit on the bed (“বিছানা তে বসী না”) and they do not wash their hair (“চুল ধোয়া ব্যারন”) while menstruating.



Following these discussions, the proceedings of the sessions also encouraged these young girls to question the existing taboos and stigmatisation of menstruation. The sessions concluded with an introduction of various types of products available in the market which are sustainable and cost effective and at the end of each session, Eco Femme Cloth Pad Kits were distributed to the girls who opted for it. Each kit had 4 cloth pads, an instruction manual and an information pamphlet. A total of **29** girls from the three sessions chose to use these sustainable cloth pads.



OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

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আমার নিজের শরীরের
ব্যাপারে নতুন জিনিস
জেনে খুব ভাল লাগছে।

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I am very happy to
have learnt so
many new things
about my body.

I am pleased to
know that period
blood is not dirty
or impure. I also
got to learn about
why we get period
cramps.

— “

আমার এটা জেনে ভাল
লেগেছে যে মাসিকের
রক্ত খারাপ নয়। আর
ব্যথা কেন হয় সেটাও
জানলাম

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