



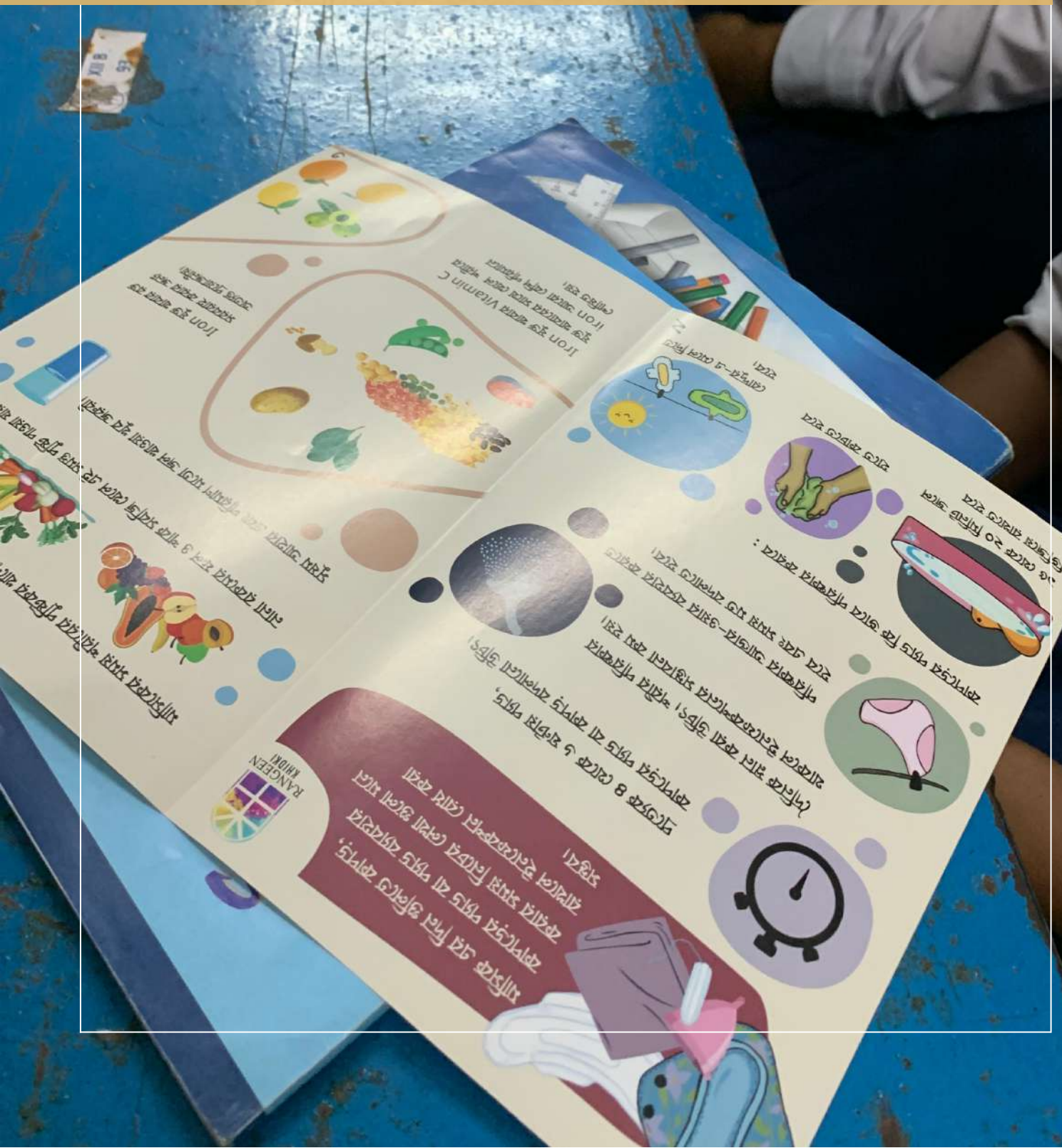
RANGEEN
KHIDKI



Project Period Adda

Nabagram Village
17th March, 2022

Rangeen Khidki Foundation conducted its Period Adda Program in Nabagram Moyna Pulinbehari High School on the 17th of March, 2022 with 33 adolescent school girls in the Nabagram Village, Ajhapur Gram Panchayat, Purba Bardhaman, West Bengal, India.





The session was conducted in one of the classrooms of the school, and female students from classes 6 to 8 attended the session, who were accompanied by their biology teacher. Menstruation was something that they were familiar with and referred to it as getting their periods or falling ill (শরীর খারাপ).

However, most of them seemed lost to the concepts of white discharge and the female anatomy. Only two of them had heard about period cups before and six of them did not know about menstruation before they started menstruating themselves. The girls shared that they got frightened when it happened for the first time, some of them thought that they were going to die.

The girls opened up about the restrictions they had to follow while menstruating at the beginning of the session. They mentioned that if they had pickles while on their periods, then there would be unremovable stains on their undergarments. They also said that they were not supposed to play, jump, ride the cycle or go outside while menstruating. One of them mentioned that she does not come to school when she gets her periods.

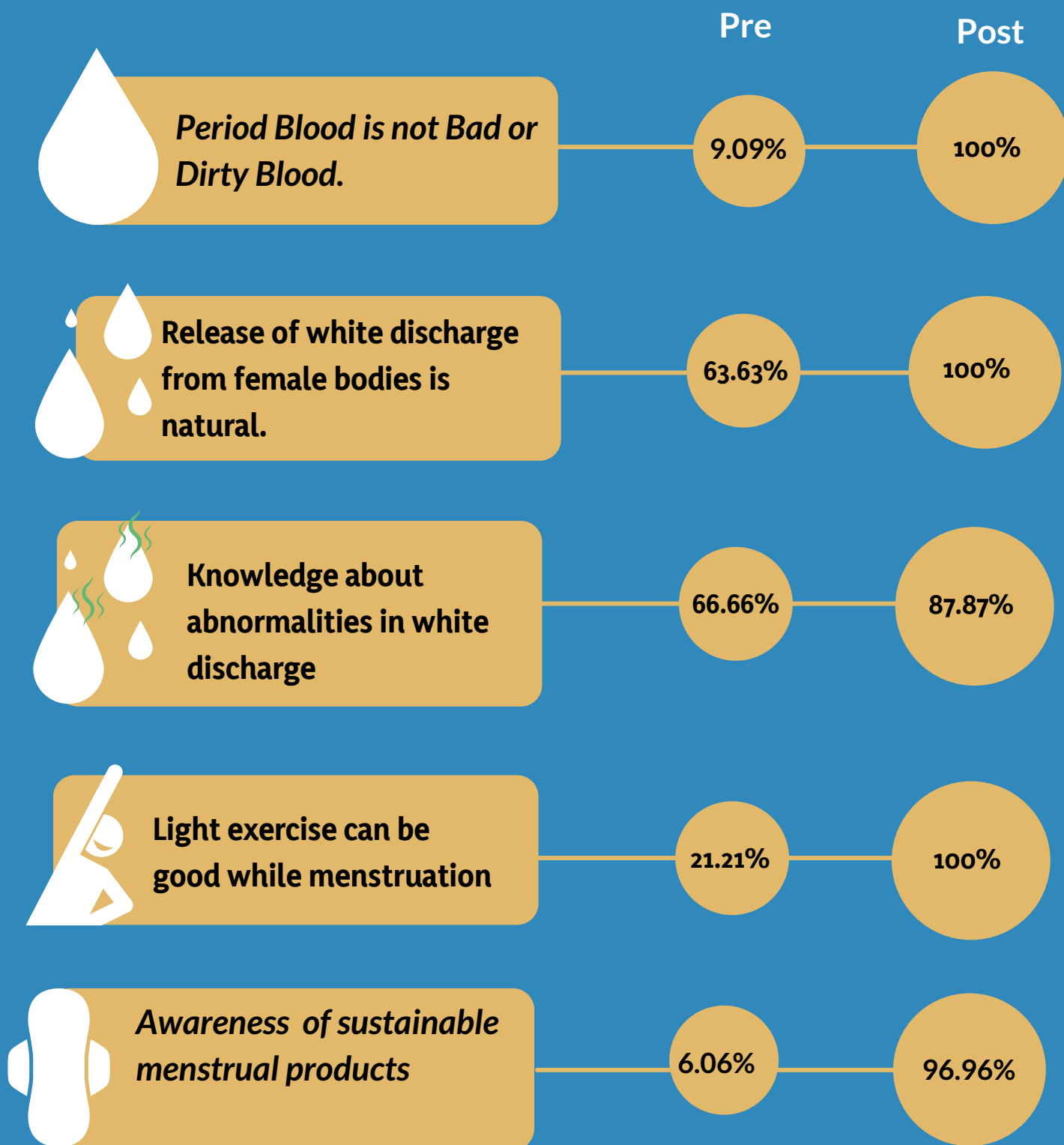


They also talked about the most common restrictions that are imposed on menstruating bodies such as not entering the prayer room, not eating sour food, not washing one's hair and so on. The interactive discussions during the menstrual health training impacted these girls to a great extent. The activities on period tracking encouraged them to take note of their own cycles and calculate them carefully. The girls also seemed extremely interested to learn about the range of sustainable menstrual products, they were curious about how much they cost, how long they last and how to use them.

After the session was concluded, the most prominent shift in knowledge level was that the group was now aware of the fact that period blood is not impure, they were also glad to know about the fact that the release of white discharge was normal and nothing to be scared of. Most of the girls decided to share the information learnt from the session with their mothers and sisters. At the end of the session, eco femme cloth pad kits were distributed to the girls. 21 out of 33 girls who had started menstruating opted to use the cloth pads.



OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

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আমি মা এর সাথে আলোচনা
করতে চাই এবং নিজেও এই
বিষয় নিয়ে ভাবতে চাই ।
— ” —

I want to discuss these things with my mother, and also think about them myself.



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

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এটা যে নোংরা নয় তা জানলাম, কি কি চিন্তার কারণ হতে পারে এবং মাসিক এর তারিক নিয়ে যা সমস্যা ছিল সেটা বুঝলাম।

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মাসিকের সময় অনেকে মন্দির
যেতে ব্যারন করে, আছড়ে হাত
দিতে ব্যারন করে। আমার মনে
হয় এগুলো সব কুসংস্কার।
মাসিকের সময় স্বাভাবিক থাকা
উচিত |

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People say not to enter the temple while menstruating, or not to touch the pickle jar. I feel that these are all superstitions, we should live a normal life while on our periods.