

Project Period Adda

24th August, 2022

Brahmo Balika Shikshalaya



RANGEEN
KHIDKI



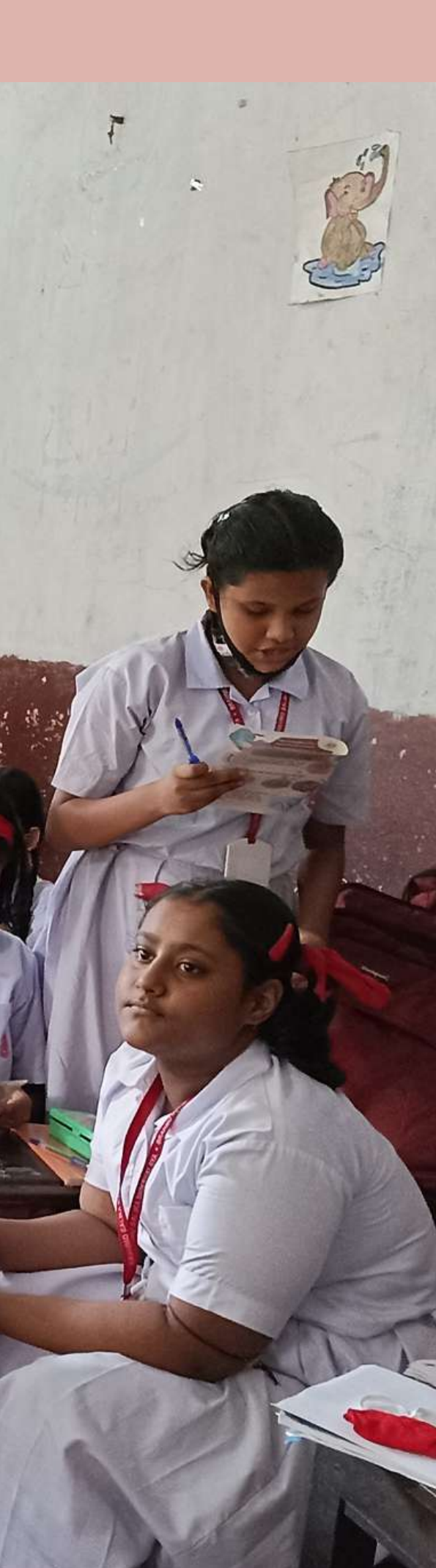
Rangeen Khidki Foundation conducted its Period Adda Program in Brahma Balika Shikshalaya on the 24th of August, 2022 with 33 adolescent school girls of 6th standard (section A and B) in Kolkata, West Bengal.



The session was conducted in a classroom within the school's premises. Owing to the commencement of their first terminal examination the expected turnout of students were less from both the sections of class 6. Among the total number of students 11 students were yet to start their menstruation cycle but were equally excited to be a part of the session. Among all the students present, the average age by which the girls started their menstruation was 10 years. 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. However, the students seemed lost to the concepts of female anatomy and the number of openings in female bodies. The facilitators ensured to clarify doubts regarding 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.

Owing to the restrictions and stigma associated with menstruation most of the students prior the session perceived menstrual blood as dirty or impure. Most of the students who have started their menstruation, shared that they follow more than one restriction the most common being not touching sacred items or deities, not shampooing one's hair, not touching or eating pickles. Throughout the session, the facilitators attempted to dismantle the common myths and stigma surrounding menstruation and promoted building healthy habits in terms of nutrition and hygiene. One of the students posed the question that despite there being numerable hindu goddesses why do we as women were perceived as impure and the reasons for stigmatizing menstruation. The facilitators ensured to provide a logically sound answer and stressed menstruation as a natural bodily process. However, such queries from the students can be perceived as an indication that exposure to unbiased, scientific knowledge frees the mind allowing us to see the actual reality.



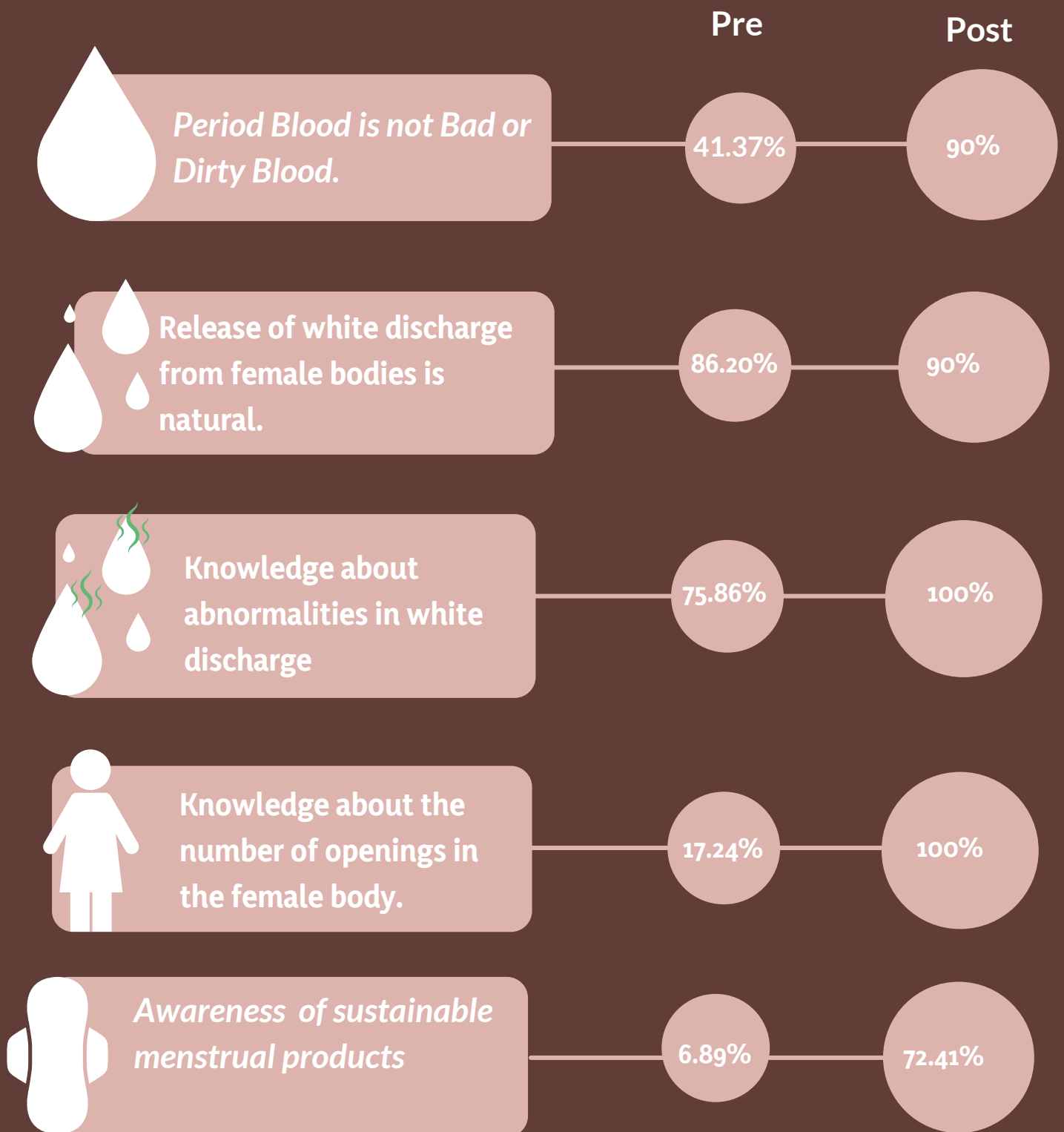


Apart from questions pertaining to abdominal pain, one of the students also wanted to know if headache is induced by menstruation. A brief discussion was held on the condition called “Period migraine” to further shed light on this issue. Some of the students were aware about alternative menstrual products available in the market as 2 students knew about tampons having seen their sisters or grandmother use it. Menstrual cup was also another menstrual product which some of the students were aware of. The aim of the session was also to disseminate awareness among students to menstruate sustainably by using eco-friendly menstrual products as disposable sanitary pads are far from environment friendly.

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OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

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আজকের এই আলোচনার জন্য আমরা কিছু শিখতে ও জানতে পেরেছি। এই আলোচনার কারণে আমরা সাবধান হয়ে গেলাম যাতে আমাদের কোনো অসুবিধা হলে স্টেপ নিতে পারি আর অনেক নতুন ব্যবহার করার জিনিস ও জানতে পারলাম।

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আজকের আলোচনা আমার ভালো লেগেছে এই আলোচনার সাথে এই ব্যাপার সম্পর্কে অনেক কিছু জানতে পেরেছি যা আমরা না।

— ”

From today's discussion we came to learn about a lot of things. Through this session we became more aware so that in future if we face any problem we will be able to take necessary steps. We also came to know about several new menstrual products today.

I liked today's discussion as through this session I was able to learn and know many things which previously I was not aware of.



— “ —
কি কি খাবার খেতে হবে, কি
কি শরীরচর্চা করতে হবে সব
জানতে পেরে ভালো লেগেছে।
— ” —

Today I came to know the nutritional requirements, the physical activities we can perform during periods which I really liked.