

Project Period Adda

25th August, 2022

Brahmo Balika Shikshalaya



RANGEEN
KHIDKI



Rangeen Khidki Foundation conducted its Period Adda Program in **Brahmo Balika Shikshalaya** on the **25th of August, 2022** with **29 adolescent school girls** of 6th and 7th 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 7. Among the total number of students 3 students were yet to start their menstruation cycle but were equally excited to be a part of the session. The students were mostly aware about the changes that occur while growing up. Upon inquiring the students responded with the changes that themselves have noticed in their bodies including acne, breast development and lastly starting their periods. Most of the students believed period blood to be dirty owing to the rigid restrictions they have to follow every month while menstruating.





Although they were aware of white discharge and that it was a normal phenomenon however, they seemed lost to the concept of female anatomy and the number of openings in female bodies. Many of the girls raised their concerns owing to irregularity of periods, abdominal pain experienced during the monthly cycle. The facilitators ensured to clarify their doubts 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.

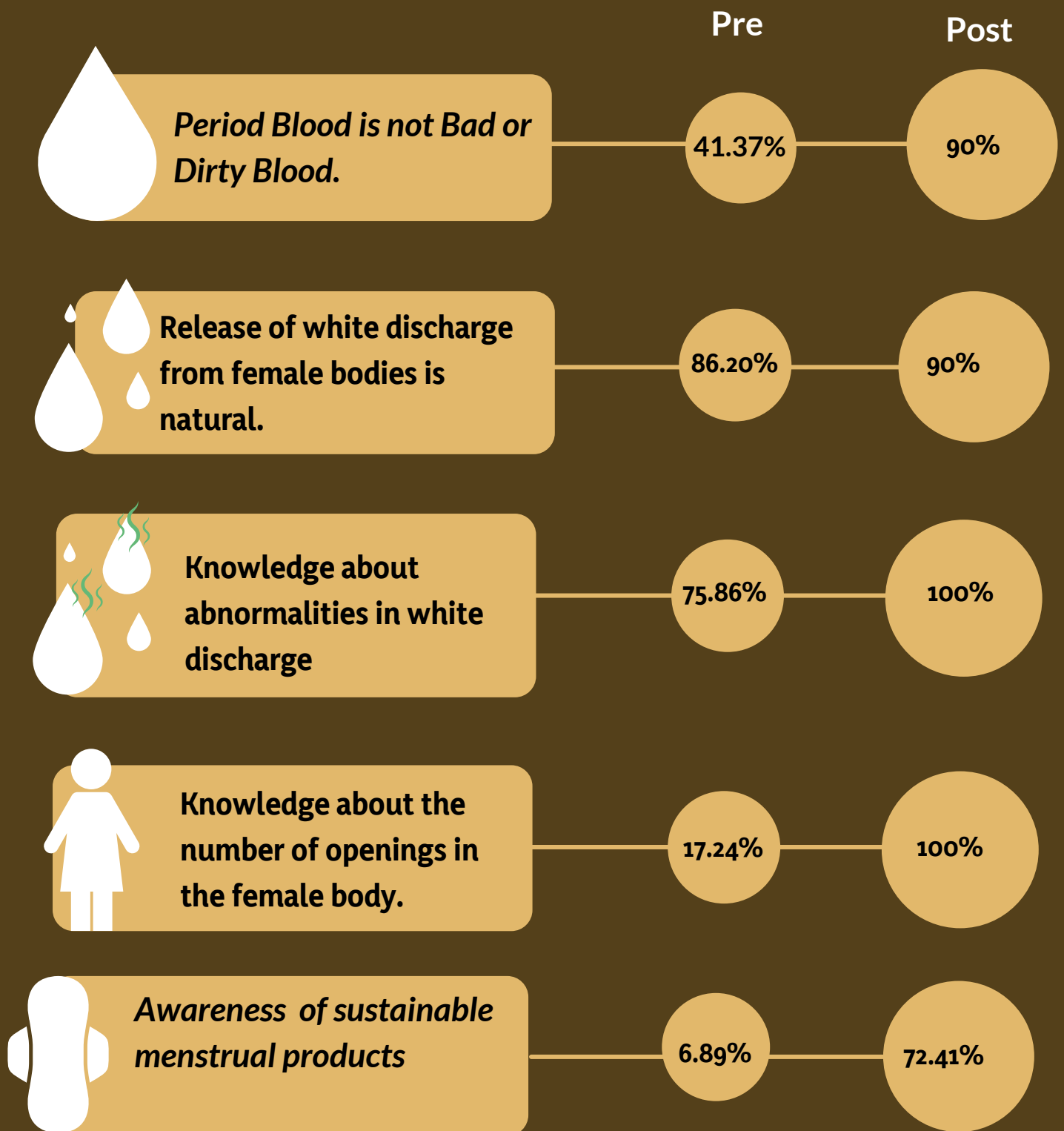
It was good to note that nearly 17 students stated they would continue to perform some form of physical activity while menstruating. Some stated they played table tennis, while others stated they attended their dance classes while menstruating. The question was raised by one student who seemed to believe that physical activity induces heavy bleeding. The facilitators ensured to deliver a factually correct answer as physical movements regulated the menstrual flow by reducing abdominal cramps. This ensured that the students remained encouraged to continue with their physical activities even while menstruating as menstruation should be treated as a natural body process.





Most of the students confessed following more than one of the taboos or dietary restrictions including not shampooing one's hair while menstruating and not consuming sour food or pickles and not touching sacred items of deities. One of the students stated that shampooing one's hair during periods would lead to sudden suspension of periods. Hence, throughout the second half of the sessions, focus was shifted on disemmenting knowledge about the nutritional requirements and the importance of maintaining personal hygiene for better menstrual health management. A thorough discussion on the taboos and stigma associated with menstruation was held, students shared how they were taught to follow certain restrictions by their mothers or grandmothers and now were willing to challenge such restrictions to experience shame free periods.

OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

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কেন পেট ব্যাথা হয়ে সেটা
জানতে পেরেছি এবং এবার
থেকে কুসংস্কার ঠেলে দূরে
থাকতে পারবো।

— “ —
আমার বুঝতে সুবিধে হয়েছে ,
দিদিরা ফিন্দলী ভাবে
বুঝিয়েছেন। যার ফলে আমরা
লজ্জা না পেয়ে নির্ভয়ে সব
জিজ্ঞাসা করতে পেরেছি , এবং
কুসংস্কার থেকে মুক্তি পেয়েছি ।
মাসিক এর মূল কারণও
জানতে পেরেছি।

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আমার এই নানা প্রোডাক্ট
গুলির আলোচনা খুব ভালো
লেগেছে। সব সমস্যা এবং প্যাড
ব্যবহারের পদ্ধতি ও ভালো
লেগেছে বুঝতে পেরে।

I came to know today why we feel abdominal pain during periods and also will be able to keep my distance from following taboos and superstitions

I could understand everything at today's session as the facilitators explained everything in a friendly manner. Without feeling shame or reluctance we were able to ask our questions which allowed us to look past the taboos associated with menstruation. We also came to know about the main reasons for menstruation

I really enjoyed the discussions on various menstrual products that we could use. I also understood the problems that might arise and the correct process of using cloth pads.