



# Project Period Adda

12th September, 2022

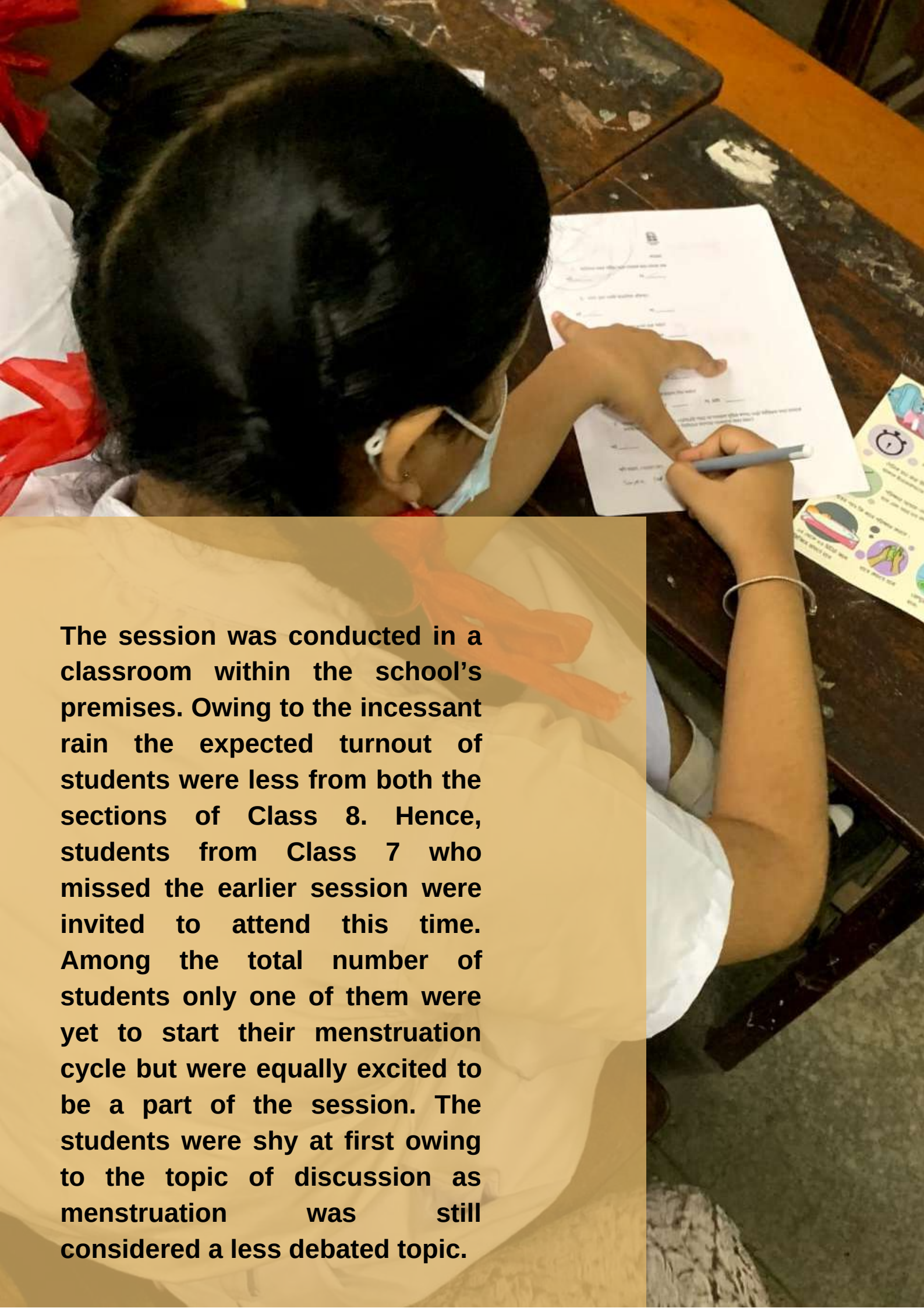
Brahmo Balika Shikshalaya



RANGEEN  
KHIDKI



**Rangeen Khidki Foundation conducted its Period Adda Program in Brahma Balika Shikshalaya on the 12th of September, 2022 with 15 adolescent school girls of 7th and 8th standard (section A and B) in Kolkata, West Bengal.**



The session was conducted in a classroom within the school's premises. Owing to the incessant rain the expected turnout of students were less from both the sections of Class 8. Hence, students from Class 7 who missed the earlier session were invited to attend this time. Among the total number of students only one of them were yet to start their menstruation cycle but were equally excited to be a part of the session. The students were shy at first owing to the topic of discussion as menstruation was still considered a less debated topic.



**The session began by introducing the physical changes that occur during adolescence and the function of the pituitary gland in signaling these changes. Most students were aware about menstruation and white discharge. But they widely held the belief that menstrual blood was impure or dirty. As the facilitators began to discuss the menstruation process much of the reluctance regarding impurity was period blood was reduced as students understood the significance of menstruation as a bodily process. While discussing the female reproductive system and the organs involved, it became apparent that students were not aware about the number of openings a female body has waist down.**

The facilitators ensured to clarify doubts regarding abdominal cramps experienced during monthly cycles, irregularity of periods and the four types of white discharge that one may experience and how it is indicative of one's menstrual health. Nearly 7 students expressed exercising or performing physical activities during their periods as they felt it does not affect their menstrual cycle or flow. Therefore, the facilitator took the opportunity to inform them about the benefits of exercising or engaging in yoga during periods to ensure better menstrual health and ease muscle cramps.



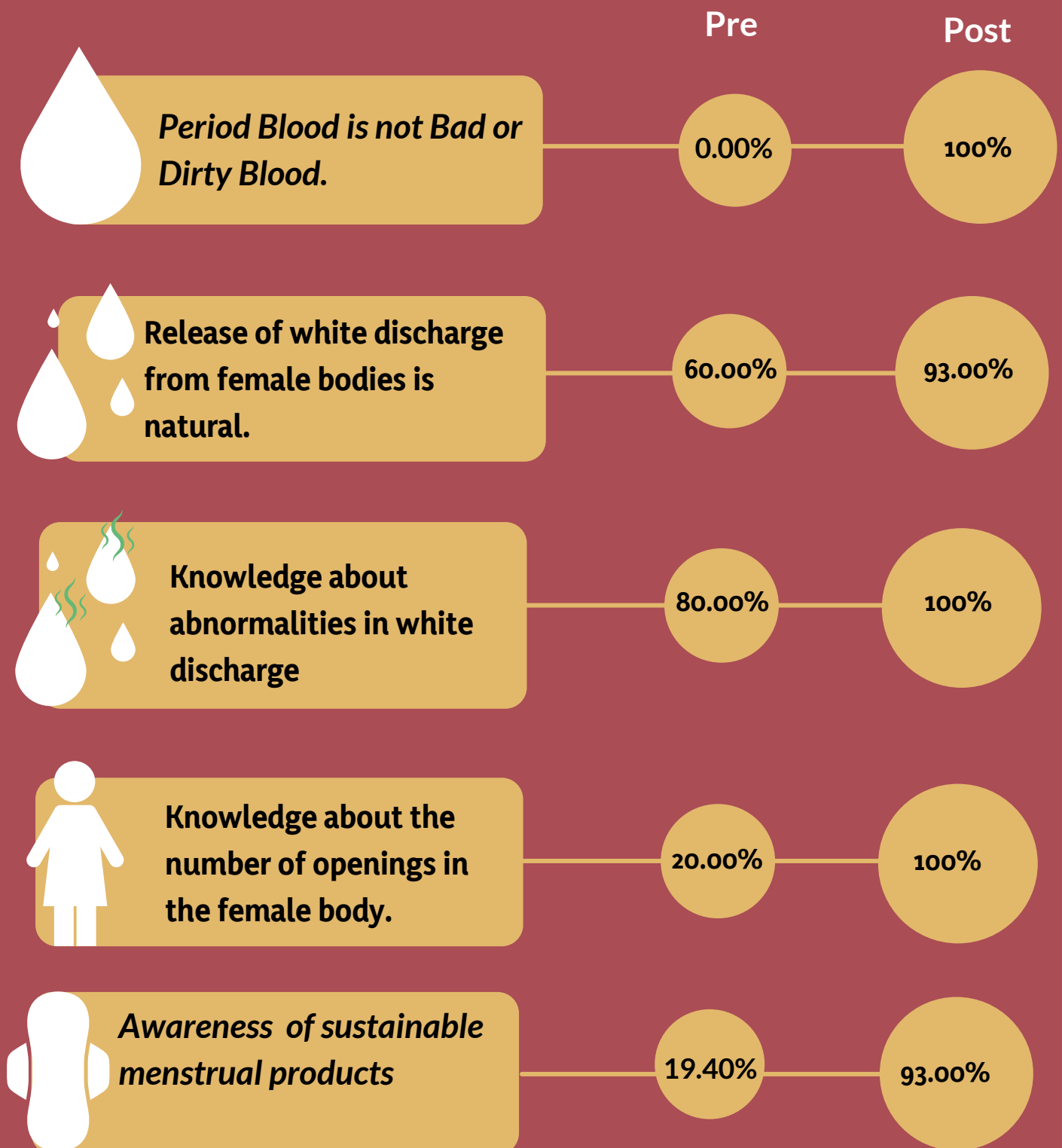


**As the discussion began on taboos and restrictions followed by the students during their menstrual cycle, only two students stated that they do not follow any such restrictions as they were not told or taught anything such. However, among the others, a majority of them refrained from consuming and 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.**



**Despite the lesser number of students attending the session, 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. Out of 15 students, 12 students opted for the Eco Femme pad kits while 2 students felt they were not ready to switch to cloth pads.**

# OVERALL OUTPUT OF THE TRAINING





# REFLECTIONS

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মেয়েদের অসুবিধে নিয়ে আলোচনা করা, যা যা বিষয়ে নিয়ে প্রশ্ন ছিল ভালো ভাবে উত্তর পেয়েছি। নতুন জিনিস এর ব্যব্যাপারে জানতে পেরেছি, আচার আচরণ নিয়ে যা যা আমার বাড়ির লোক বলেছে জানতে পেরেছি তা ভাল।

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পিরিয়ড এর সময় ব্যাম করা, আচার ও তেতুল নিয়ে প্রচলিত ভুল ধারণা সব বুঝতে পেরেছি এবং ভালো লেগেছে।

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Through this discussion we were able to discuss the inconveniences that we face and get answers to all our queries. We also came to know about new menstrual products and was able to understand that the restrictions which were imposed by my family were mostly taboos

We came to know that it is good to exercise while on periods and that consuming or touching pickles or the restrictions surrounding them is a myth. We thoroughly enjoyed the session.



I did not know much about periods but in today's session I came to know about several useful pieces of information. Hence, I really liked today's session

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আমি পিরিয়ড সম্পর্কে যা যা জানতাম না সেগুলোর সম্পর্কে আজ অনেক কিছু জানলাম তাই ভালো লেগেছে।  
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