



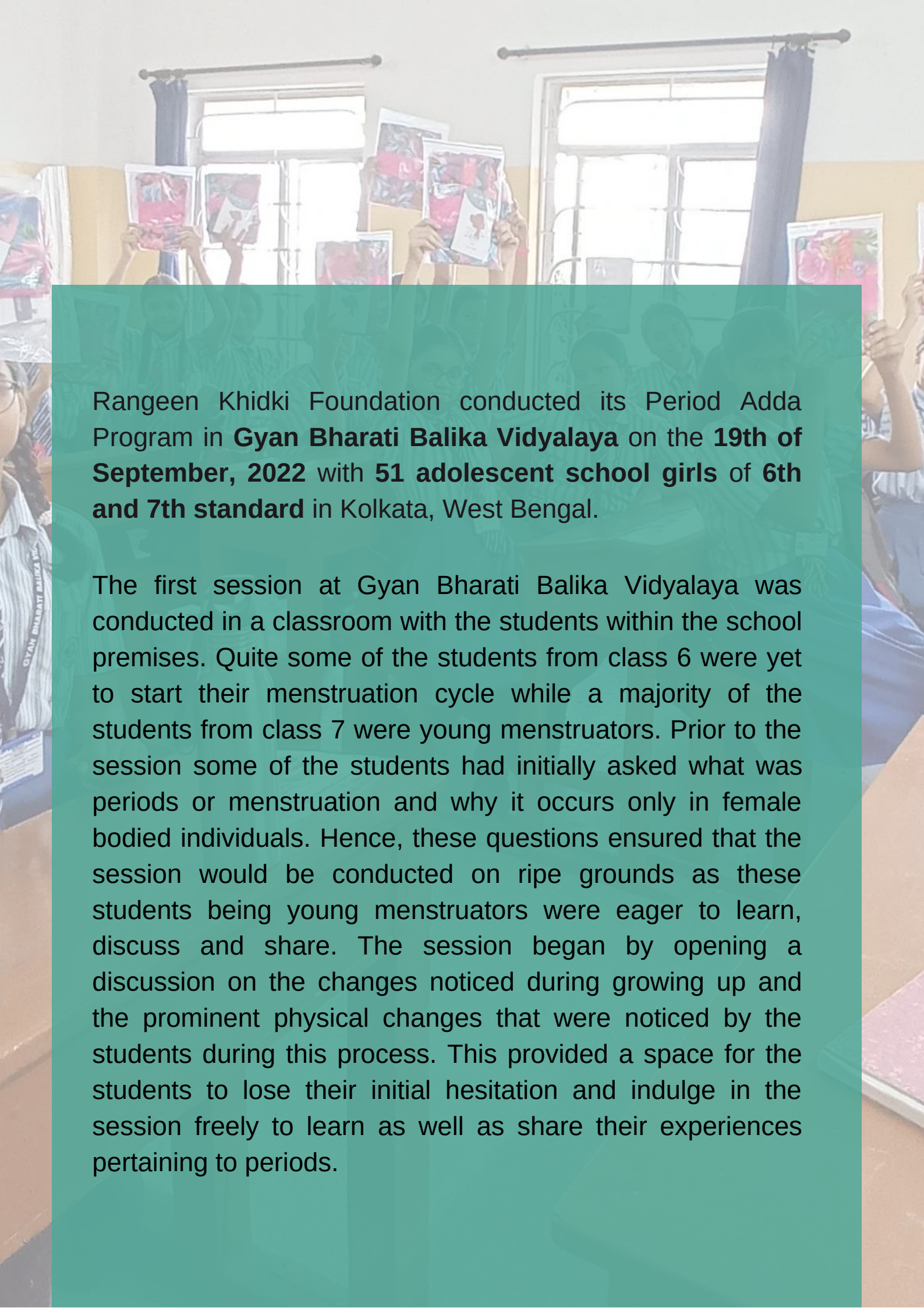
RANGEEN  
KHIDKI

# Project Period Adda

19th September, 2022

Gyan Bharati Balika Vidyalaya





Rangeen Khidki Foundation conducted its Period Adda Program in **Gyan Bharati Balika Vidyalaya** on the **19th of September, 2022** with **51 adolescent school girls** of **6th and 7th standard** in Kolkata, West Bengal.

The first session at Gyan Bharati Balika Vidyalaya was conducted in a classroom with the students within the school premises. Quite some of the students from class 6 were yet to start their menstruation cycle while a majority of the students from class 7 were young menstruators. Prior to the session some of the students had initially asked what was periods or menstruation and why it occurs only in female bodied individuals. Hence, these questions ensured that the session would be conducted on ripe grounds as these students being young menstruators were eager to learn, discuss and share. The session began by opening a discussion on the changes noticed during growing up and the prominent physical changes that were noticed by the students during this process. This provided a space for the students to lose their initial hesitation and indulge in the session freely to learn as well as share their experiences pertaining to periods.

As the session progressed, the students sought clarification on why they experience painful cramps during periods and why they at times feel that they are having periods twice a month. The facilitators made an effort to carefully explain the contractions of the uterus during periods that eases the blood flow through the vagina. Through the calendar activity the facilitators explained the menstrual cycle and its occurrence within a span of 25-35 days. Once the discussion began on taboos and menstrual myths, the students shared the restrictions they follow during their periods which mostly involved not shampooing one's hair, not eating pickles or sour food. The most prominent belief was not touching deities or sacred items owing to the belief that menstruation is impure.

A significant shift in knowledge regarding period blood is not impure was noted post the session. Since the taboos and myths are deeply embedded into cultural and religious beliefs the facilitators ensured to provide scientifically approved and unbiased explanations without hurting the sentiments of students following any particular religion or faith. Topics including hygiene, nutrition and physical activities were also covered wherein the importance of consuming iron and vitamin c rich food and fruits were emphasised. Students were encouraged to do yoga or light exercises to ensure they remain healthy and active during periods. The students were also informed about the alternative menstrual products which can be used during periods so they can choose what will suit them best.



After the session concluded, most of the participants wanted to share the information and knowledge that they earned with their family members, especially mothers, sisters and friends. Some even stated that they would disseminate the knowledge from the session to those who had failed to attend the session. The session was concluded by distributing the Eco Femme pad kits consisting of 4 cloth pads among the students. 22 students out of total 51 opted for the Eco Femme cloth pads.





# OVERALL OUTPUT OF THE TRAINING



*Period Blood is not Bad or Dirty Blood.*

Pre

19.60%

Post

98.00%



*Release of white discharge from female bodies is natural.*

47.05%

100%



*Knowledge about abnormalities in white discharge*

62.74%

84.31%



*Knowledge about the number of openings in the female body.*

15.68%

98.00%



*Awareness of sustainable menstrual products*

9.80%

96.07%

# CHALLENGES

Since it was a combination of both classes 6 and 7 students who attended the session, students of class 6 seemed more reluctant and shy about discussing periods or addressing their queries to the facilitators.

Some of the students who were yet to start their menstruation for the first time had feelings of missing out. The facilitator had to reach out to them and normalise menstruation as a bodily process that occurs at varying age limits for adolescent girls to ensure that they understand not starting their periods at the age of 11 or 12 years is completely natural.

The presence of two teachers who were sitting beside the students at the end of the classroom might have stirred discomforts among students who otherwise would have participated more freely and voiced their experiences without any inhibitions.





# REFLECTIONS

“

Yes we liked the most from this session whatever didi said throughout the session about periods. Didi also said what is period, what to do during that time and what all we can eat during periods

”

“

We got answers to our many questions. We also gained some knowledge

”

“

I liked the free cloth pads. Also learned that we should not feel shy to say that we have periods as it is a normal body process

”

“

The session was so exciting. I really understood about periods. I love Rangeen Khidki”

”