


Project Period Adda



RANGEEN
KHIDKI

10th November, 2022
Barrackpore Girls High School



Rangeen Khidki Foundation conducted its Period Adda Program in **Barrackpore Girls High School** on the **10th of November, 2022** with **42 adolescent school girls** of **7th standard** (section A) in Barrackpore, North 24 Parganas, **West Bengal, India.**

The session was held in a classroom during the last two periods of the school day on a thursday. Among the participants present, only six participants were yet to start their periods. However, most of the participants had some idea regarding menstruation which they came to know from their peers. The session was initiated by discussing the physiological changes one notices while growing up. 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 well as other bodily development. The students were oblivious to the female anatomy which therefore, served a focal point for facilitators to concentrate and impart knowledge. Through diagrammatic representation of the female reproductive system the process of ovulation, menstruation, conception and reproductive organs and its functions were discussed at length.

The students, although eager to learn, responded with hesitation when they were enquired about the bodily changes that occur with the onset of puberty, duration of period. However, a significant shift is noticed at the knowledge level post the session where the students became aware of period blood as not impure and the reasons for white discharge.

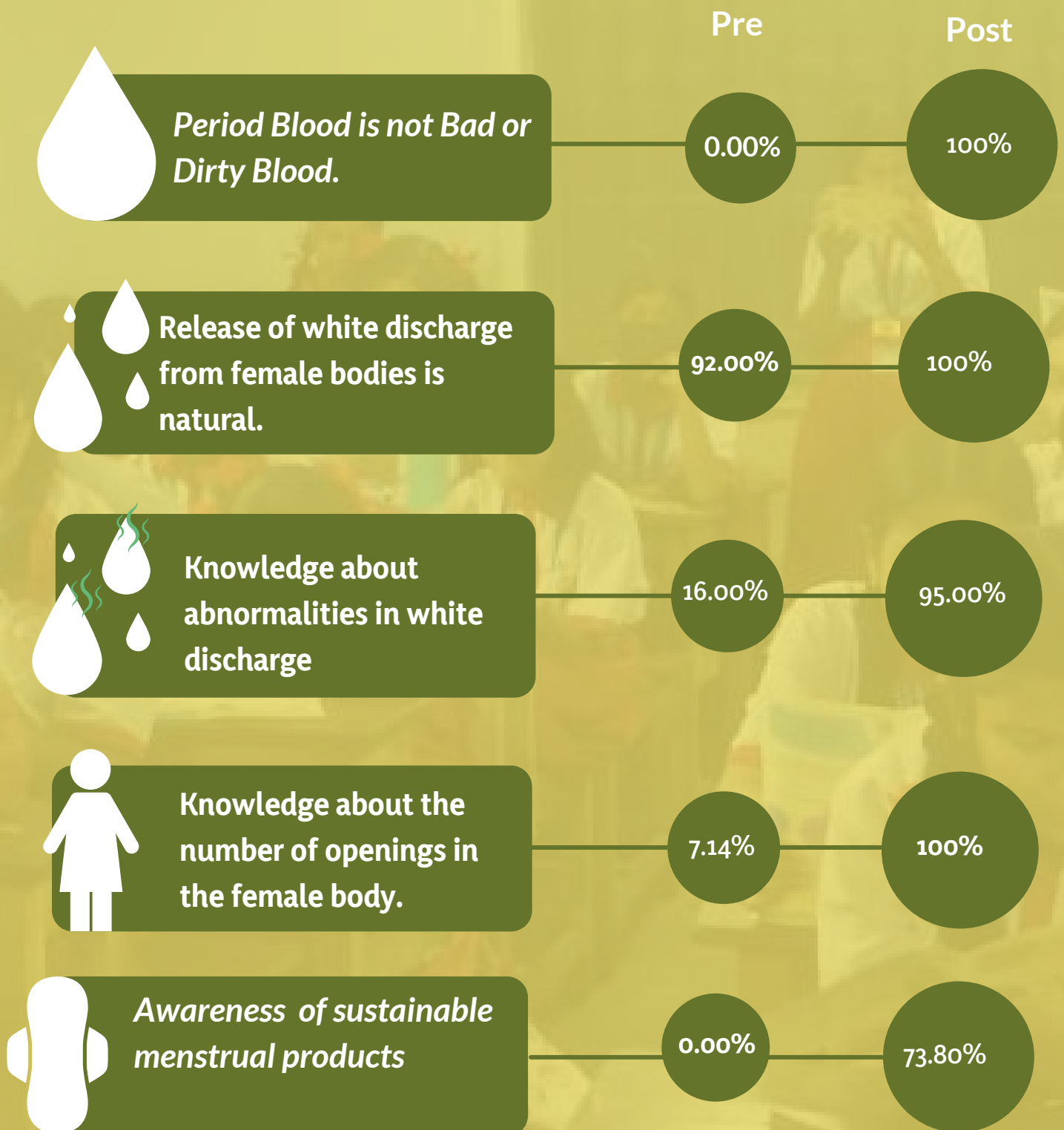
The facilitators ensured to clarify doubts regarding abdominal cramps experienced during monthly cycles, irregularity of periods and the four types of white discharge that one may experience and how it is indicative of one's menstrual health. A thorough discussion was held on the taboos, practices and restrictions that the participants follow during their menstruation. The most widely practiced norm was not touching anything sacred and refrain from religious activities. 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.



Post the session a significant shift in knowledge has been recorded especially regarding belief that period blood is not impure, knowledge about abnormalities of white discharge, number of openings in a female body and lastly, the alternative menstrual products available apart from sanitary pads and cloth. Among 42 students, 36 of them opted for the Eco Femme washable cloth pad kits which were distributed at the end of the session.



OVERALL OUTPUT OF THE TRAINING



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মাসিকের সময় এত কিছু ব্যবহার
করা যায় জেনে ভালো লেগেছে।
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আমি আজকের আলোচনা থেকে
জানতে পারি - ১. পিরিয়ড কোনো
বাজে জিনিস নয় ইটা ভালো
জিনিস এবং এতে ভয়ের কিছু নেই।
২. সাদা স্রাব সম্পর্কে জেনেছি।
৩. এই সময় কি কি খাওয়া উচিত।
৪. পিরিয়ড চক্র সম্পর্কে জেনেছি।
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We came to know about so many
alternatives to menstrual
products which was really nice

A lot of information is clearly
provided. It was informative and
helpful to know what things to
do and things to avoid

I came to know about many
things from today's session. They
are- 1. Period is not a bad thing,
it's a body process and nothing
scary 2. I was also informed
about white discharge 3. The
kind of food that is necessary for
consumption for menstruators 4.
I also came to know about the
period cycle



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যা যা প্রশ্ন ছিল তার সব উত্তর পেয়েছি। কোনটা করা উচিত আর কোনটা করা উচিত নয় তা বুঝতে পেরেছি।

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আজকের আলোচনা থেকে আমি বুঝলাম যে মাসিক কোনো ঘেন্না করবার জিনিস নয়. আমার এখনো মাসিক শুরু হয়নি কিন্তু আমি যা জানলাম ও শিখলাম তা গুরুত্বপূর্ণ।

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Whatever queries we had pertaining to menstruation all of such queries were answered through this session. We also came to know the do's and don'ts while one is on their periods

Through today's session I came to understand that period is not an impure bodily process, it's a natural process. Even though I have not started my menstruation yet, I still feel whatever information was shared today and all that I learned through this session is important

