



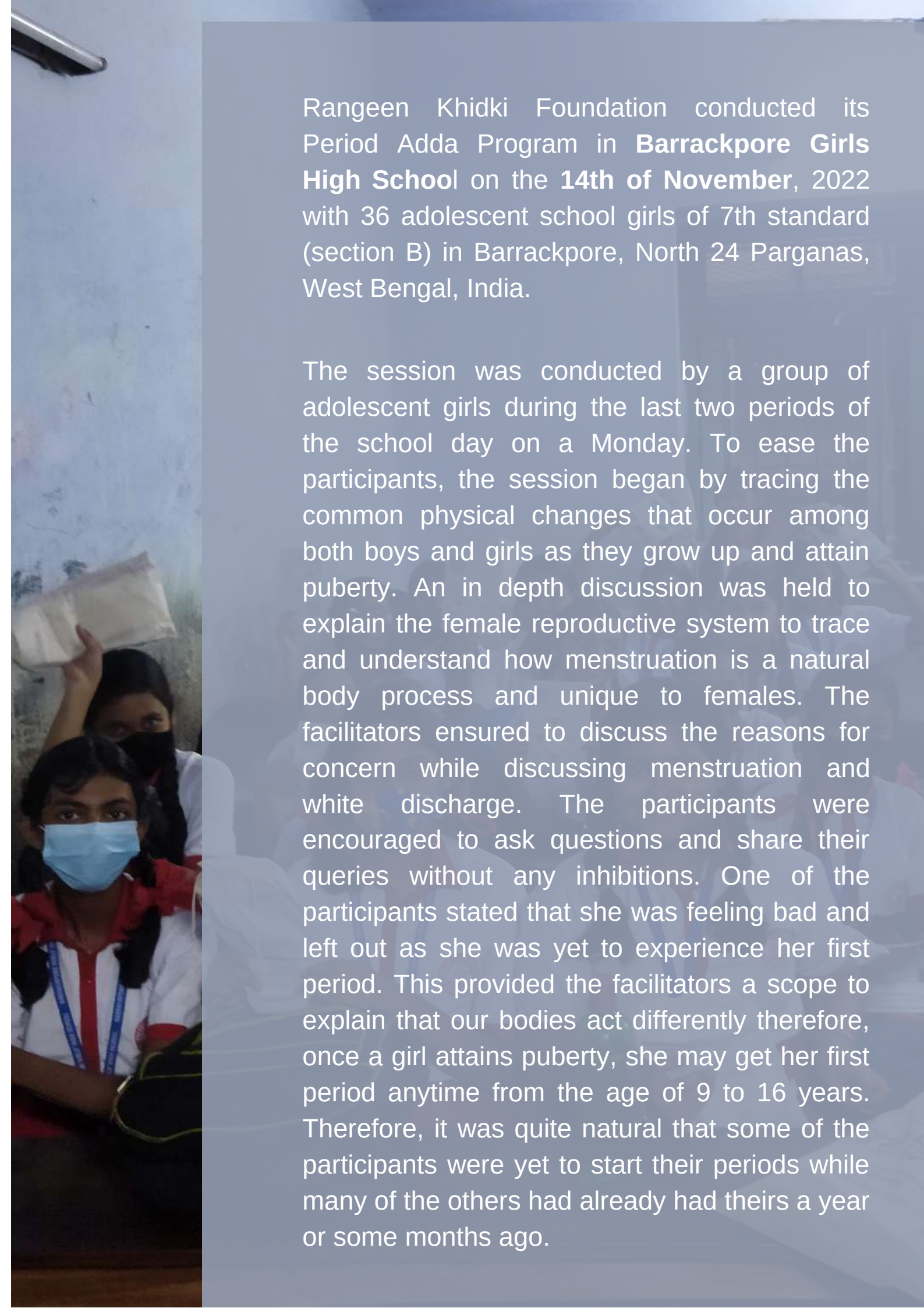
RANGEEN  
KHIDKI

# Project Period Adda

14th November, 2022

Barrackpore Girls High School



A group of adolescent girls in school uniforms are sitting on the floor, participating in a session. One girl in the foreground is wearing a blue face mask and a lanyard. Another girl behind her is holding up a white envelope. The background is a plain wall.

Rangeen Khidki Foundation conducted its Period Adda Program in **Barrackpore Girls High School** on the **14th of November, 2022** with 36 adolescent school girls of 7th standard (section B) in Barrackpore, North 24 Parganas, West Bengal, India.

The session was conducted by a group of adolescent girls during the last two periods of the school day on a Monday. To ease the participants, the session began by tracing the common physical changes that occur among both boys and girls as they grow up and attain puberty. An in depth discussion was held to explain the female reproductive system to trace and understand how menstruation is a natural body process and unique to females. The facilitators ensured to discuss the reasons for concern while discussing menstruation and white discharge. The participants were encouraged to ask questions and share their queries without any inhibitions. One of the participants stated that she was feeling bad and left out as she was yet to experience her first period. This provided the facilitators a scope to explain that our bodies act differently therefore, once a girl attains puberty, she may get her first period anytime from the age of 9 to 16 years. Therefore, it was quite natural that some of the participants were yet to start their periods while many of the others had already had theirs a year or some months ago.

The most frequently asked question was why does one experience abdominal cramps during periods. The facilitators ensured to clear this doubt by explaining how the contractions are caused since our uterine lining prepares itself to shed the lining to regularize the bleeding. Maintaining a healthy diet rich in iron, calcium is crucial during this phase therefore, major emphasis was placed on the dietary requirements of adolescent menstruators. During this phase, one of the participants asked why they refrained from consuming pickles or any sour items and that if consuming sour items would induce bleeding. In such cases it becomes even more important for the facilitators to unveil that most dietary practices may even be based on certain taboos or myths related to the female reproductive system especially with menstruation. The facilitators first provided an explanation of the myths and taboos surrounding menstruation which included restrictions on certain edible items. Then a brief discussion was held on how the flow of the bleeding cannot be influenced or induced by dietary changes. Thus, consuming sour food would not induce the flow of bleeding. As evident, a significant shift in knowledge was recorded post the session. Among 36 students, 29 opted for the Eco Femme cloth pad kits.



# REFLECTIONS

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অনেক কিছু জানতে পেরেছি, দিদি দেড় বোঝানো লেগেছে বিশেষ করে প্যাড কিভাবে ব্যবহার করতে হয়ে জানতে পারলাম।”

I came to know a lot of helpful information, the way the facilitators explained everything was also good. I especially liked the process we were told to follow when using pads.

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আজকের আলোচনা থেকে আমরা পেরিয়ডস সমন্ধে অনেক কিছু জানতে পেরেছি আর এই কাপড়ের প্যাড ব্যাপারটা ভালো লেগেছে।  
থ্যাংক ইউ।”

From today's discussion we came to know many things about periods. I especially liked the concept of cloth pads. Thank You.

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এর থেকে অনেক জরুরি খথ্য জানা যায় এবং এর থেকে আমরা কিভাবে পপরিষ্কার থাকবো জানতে পারলাম। এবং অনেক কুসংস্কার দূর হলো।”

This session imparted several significant pieces of information and also provided us with the knowledge as to how we can keep ourselves clean and hygienic. Many misconceptions also got cleared.

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এই সেশন থেকে আমরা পিরিয়ড আর মেয়েদের প্রজনন ব্যবস্থার সম্পর্কে জানতে পারলাম যা খুবই গুরুত্বপূর্ণ।”

This session provided helpful information on periods and the female reproductive system which are crucial parts for us to know

# OVERALL OUTPUT OF THE TRAINING

