

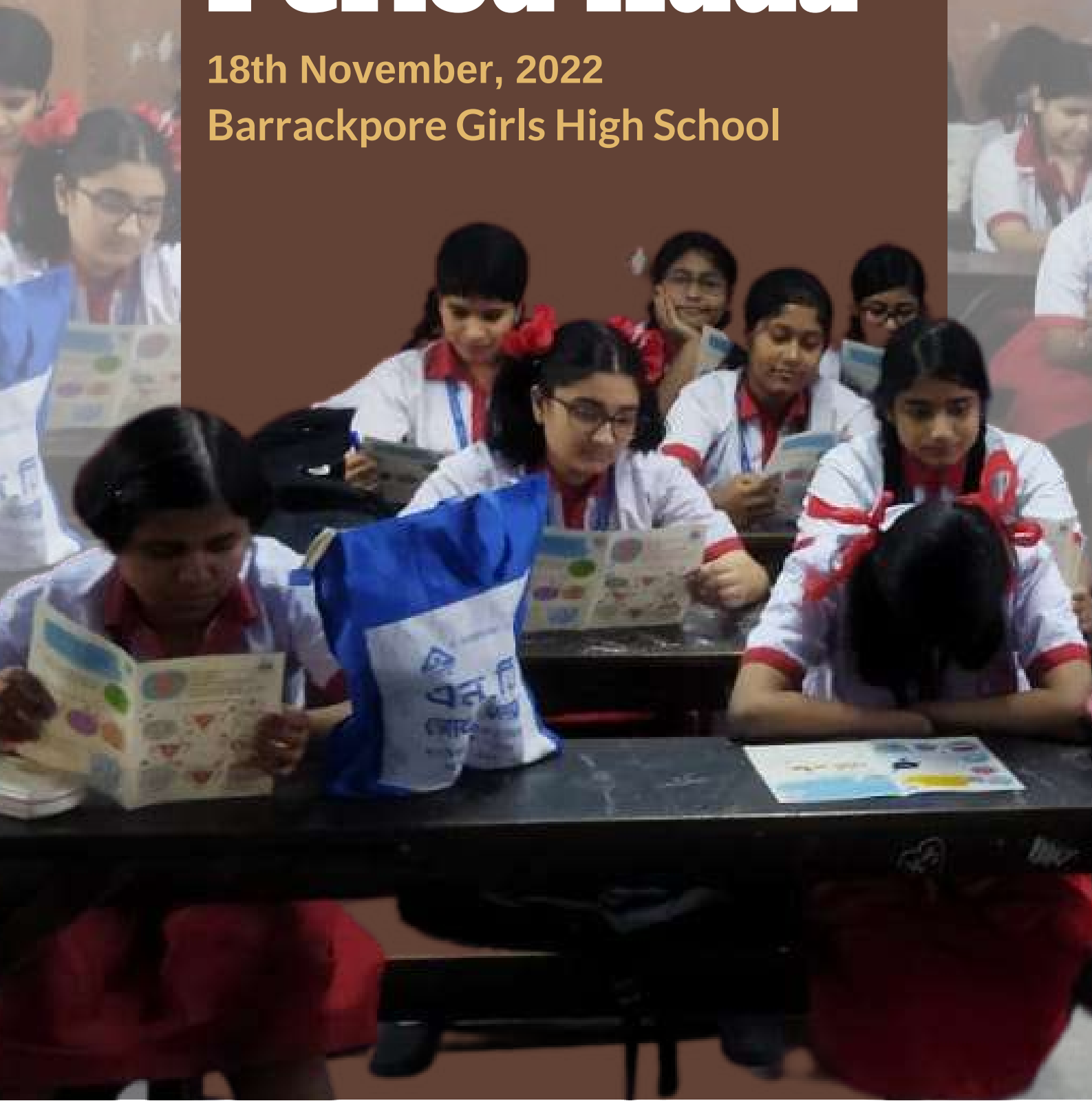


RANGEEN
KHIDKI

Project Period Adda

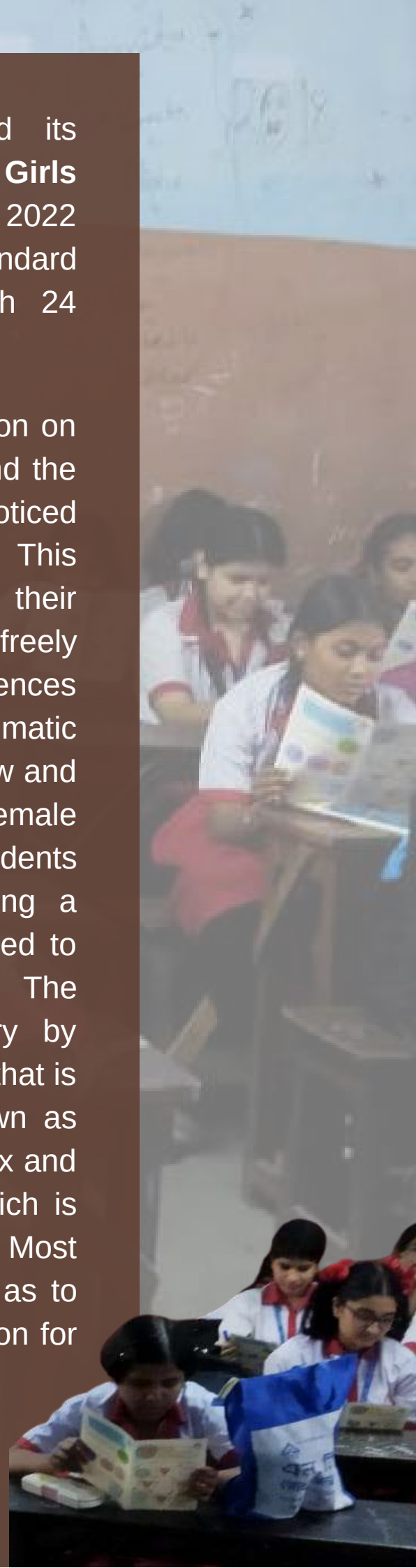
18th November, 2022

Barrackpore Girls High School



Rangeen Khidki Foundation conducted its Period Adda Program in **Barrackpore Girls High School** on the **18th of November, 2022** with 28 adolescent school girls of 8th standard (section A & B) in Barrackpore, North 24 Parganas, West Bengal, India.

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. Through diagrammatic representation, the facilitator described how and why period occurs and its significance in female reproductive health. Even though most students were aware about white discharge being a natural phenomenon, some of them wanted to know why it occurs among females. The facilitator ensured to answer this query by stating that white discharge is a body fluid that is formed near the cervix hence, also known as cervical mucus. Generally the uterus, cervix and vagina produced this white discharge which is generally a odourless, colourless fluid. Most students seemed to have fair knowledge as to when white discharge can become a reason for concern.



However, the students seem to have little knowledge about female anatomy as none of them could state the correct number of openings a female has waist down. Hence, with the help of diagrams, the facilitator ensured that every female generally has three openings waist down- the urethra, vagina and the anus along with the purpose of each opening.

As the discussions were navigated through the taboos, myths and restrictions followed by the students while they are menstruating, one of the students voiced her concern as to was it right to conduct religious activities while menstruating. The facilitator ensured to treat this question carefully as we do not intend to hurt the religious sentiments or belief. Therefore, it was said that whether to conduct religious activities while menstruating depends solely on the discretion of the student and how they perceive periods as a process. The facilitator talked about female goddesses and hindu temples wherein the Kamakhya temple remains closed a few days every year so as to mark the menstruation cycle of the goddess. Therefore, menstruation is a process unique to females and is definitely not impure, however, whether to engage in religious activities is based on one's own belief.



The students barely had knowledge about other kinds of menstrual products apart from sanitary pads and cloth. A thorough discussion was held on the usage and composition of each menstrual product- sanitary pad, cloth, cloth pads, tampons and menstrual cups. During this discussion, one of the students asked if changing pads were really necessary every 4 hours-6 hours even if there was no blood stain on the pad. The facilitator reinforced that changing pads after the aforementioned time spent is crucial even if one has not bled onto the pad solely because sanitary pads are made up of chemical components and prolonged use of the same pad leads to infection as it interacts with other bodily fluids. Post the session, the knowledge levels of the participants evidently improved. Among 28 students, 27 opted for the Eco Femme cloth pad kits which were distributed towards the end of the session.



REFLECTIONS

প্রথমত ক্লাসটি জীবনের একটি গুরুত্বপূর্ণ বিষয়ে আলোচনা করেছে যা আমার ভালো লেগেছে। মহিলারা মাসিকে অভিশাপ ভাবে, আমি মাসিক এর বিষয় অনেক কিছু জানতে পারলাম। কাপড় ব্যবহার করা যে ভুল নয় এটাও জানলাম।

The discussion held in today's session was extremely crucial which I liked thoroughly. Women often tend to perceive periods as a curse, I came to understand and know a lot about periods. I also came to know that one can still use cloth if they wish to.

মাসিকের ব্যাপারটা যে সাধারণ তা জানতে পারলাম। কি কি প্যাড ব্যবহার করা যায় তা জানলাম, মামা ফ্রি তে কাপড়ের প্যাড দিয়েছেন সেটাও ব্যবহার করবো। মাসিক সম্পর্কে একটা যথেষ্ট ধারণা তৈরী হয়েছে।

I came to know that period is a natural bodily process, the kind of pads and products one can use. Ma'am has handed us beautiful cloth pad kits which I am excited to use. In general I was able to get a detailed idea about the process of menstruation.

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খুব ভালো লাগলো, মাসিক বিষয়ে অনেক কিছু জানতে পারলাম। এবং কাপড় ব্যবহার করা যে ভুল নয় সেটাও জানলাম

I really liked today's session as came to know a lot of information about periods also that oit is not wrong to use cloth as a menstrual product.

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আজকের আলোচনার মধ্যে থেকে না জানা অনেক কিছু জানতে পেরেছি, মনে যা ভুল ধারণা ছিল সেগুলো ঠিক হয়েছে

A lot of new information was shared in today's session. All my misconceptions and myths were cleared through this session.



OVERALL OUTPUT OF THE TRAINING

