



**RANGEEN
KHIDKI**



Project Period Adda

15th and 20th February, 2023
Mathpara Girls High School,
Titagarh

Rangeen Khidki Foundation conducted the first Period Adda session at **Mathpara Girls High School, Titagarh in North 24 Parganas, West Bengal** on **15th February and 20th February 2023**. The session was attended by **53 adolescent school girls on the 15th and 28 adolescents girls on the 20th**.

The session was conducted in a classroom within the school premises. The average age of the participants was 13 years. The facilitators attempted to equip the participants with factual information which would allow them to understand various bodily changes experienced during puberty and also maintain healthy hygiene habits.

The pre-session questionnaires mostly featured queries regarding why the menstruation process occurs. The facilitators informed them about the menstruation process, discussed the bodily reactions one may experience during the cycle and also clarified doubts regarding abdominal cramps experienced during monthly cycles and irregularity of periods. **Efforts were taken to ensure that the students become capable of identifying abnormal symptoms such as excessive bleeding, unbearable abdominal cramps, irregular periods with long gaps etc. They were informed of the importance of seeking professional medical advice in such cases.**



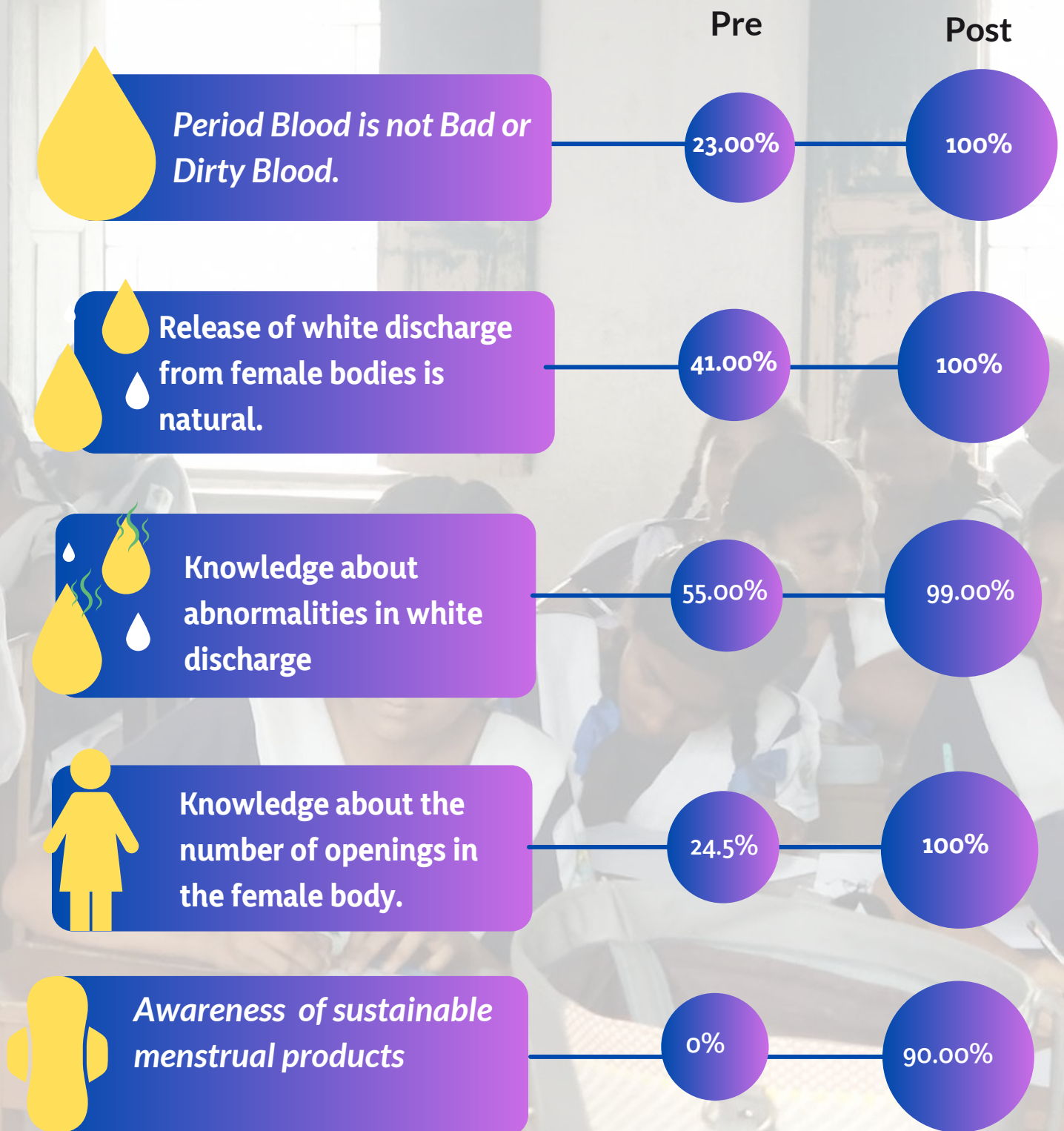
At the beginning of the sessions more than half of the participants perceived menstrual blood as dirty or impure. Most of the participants also mentioned that they follow certain restrictions while menstruating. A whole range of such restrictions figured in the pre-session questionnaires. The participants spoke of dietary restrictions such as not consuming non-vegetarian meals or food items with tangy or tart flavour, not touching sacred deities or items, not visiting places of worship, not washing one's hair, etc. Several participants mentioned that they refrain from engaging in sports or similar forms of physical activities during their period. In most cases these rules were passed down to the participants as instructions from female members of their family. **Throughout the sessions, the facilitators attempted to dispel the common myths and stigma surrounding the process of menstruation and spoke about the importance of promoting healthy habits in terms of nutrition and hygiene.**



None of the participants were aware of menstrual products other than sanitary pads. The facilitator also spoke about the importance of using eco-friendly menstrual products as disposable sanitary pads are not environment friendly. The sessions was concluded with the distribution of Eco Femme cloth pad kits. 31 out of 53 participants opted for the sustainable cloth pad kit on the 15th and 18 out of 28 participants opted for the sustainable cloth pad kit on the 20th.



OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

আজকের আলোচনায় অনেক কথা প্রথম বার শুনলাম। আপনাদের থেকে আমি আজ অনেককিছু শিখলাম।

মাসিক কি করে হয় এই প্রক্রিয়াটা বোঝানো ভালো লেগেছে। তা ছাড়া আরো বুঝতে পারলাম যেমাসিকের সময় কি কি খাওয়া ভালো, কি করা ভালো ইত্যাদি। আর দিদি তোমার বোঝানো খুবভালো লেগেছে।

টেম্পন এবং মেন্সট্রুয়াল কাপের কথা আজ প্রথম জানতে পারলাম। এগুলোর ব্যাপারে আগেশুনিনি।

আজ নানা ধরণের নতুন জিনিসের কথা শিখলাম যা পিরিয়ডের সময় ব্যবহার করা যায়। পিরিয়ড কোনো চিন্তার ব্যাপার না এটাও জানলাম!

A lot of things discussed today at this session was completely new information for me. I have learnt a lot from you all today.

I loved how the process of menstruation was explained in today's session. I also got to know what to eat and different activities that we can perform during periods. Didi (facilitator), we also loved the way you explained everything.

This is the first time that I have heard of tampons and menstrual cups. Never knew of these products before.

I have come to know of bunch of new products today that we can use during periods. And I also got to know that period is a normal bodily process and there is no reason to worry about it!