

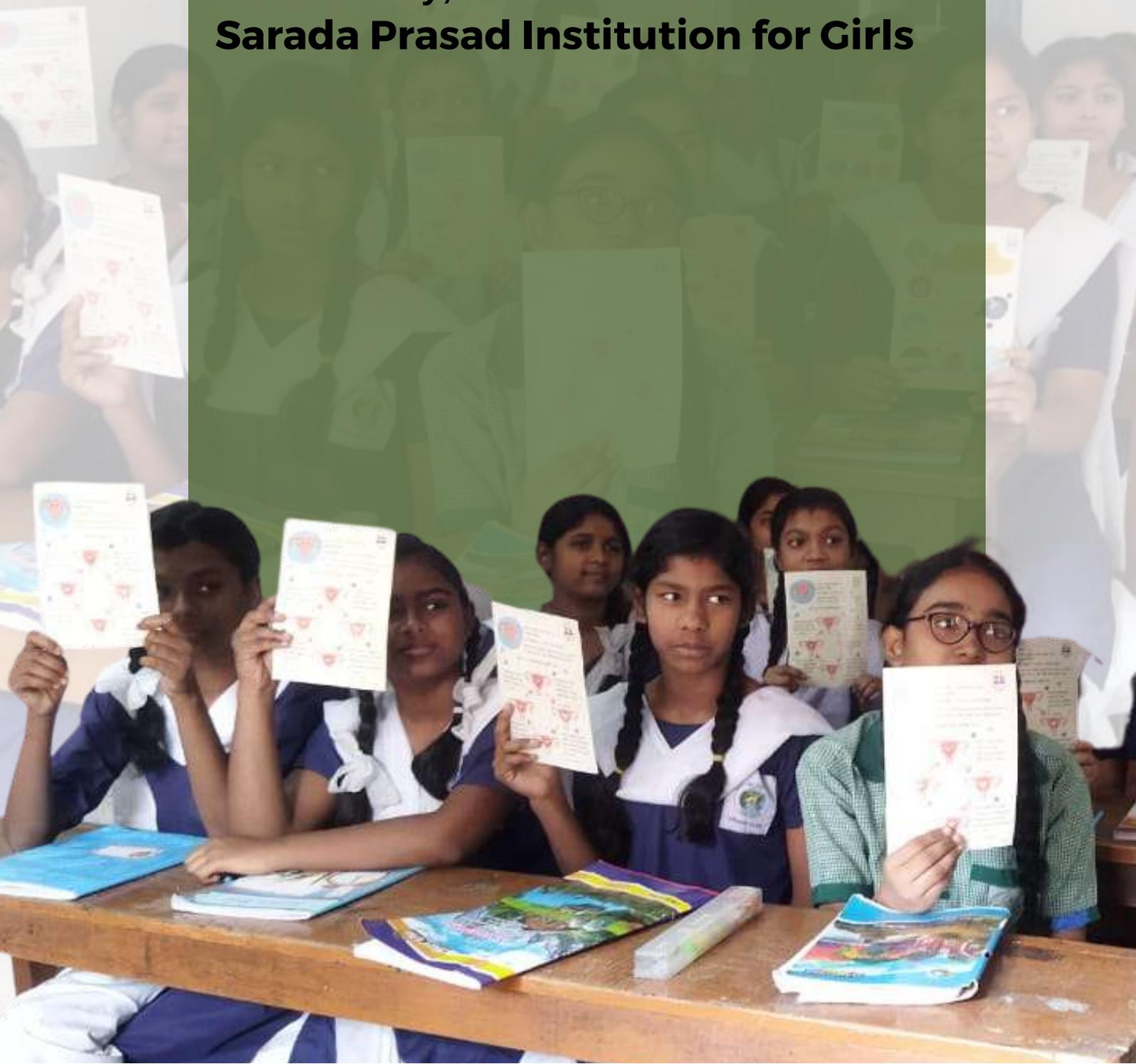


**RANGEEN  
KHIDKI**

# **Project Period Adda**

**9th February, 2023**

**Sarada Prasad Institution for Girls**



Rangeen Khidki Foundation conducted its Period Adda Program in **Sarada Prasad Institution for Girls** on the 9th of February, 2023 with 35 adolescent school girls of **8th standard** in **Ultadanga, West Bengal, India**.



The session was conducted in a classroom within the school's premises. 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. The session also effectively addressed the question regarding the impurity of period blood and the students declared loudly that period blood is healthy blood.

Even though the students knew about white discharge they were not aware why white discharge occurs and when one needs medical attention incase of abnormalities in white discharge. The facilitator ensured to explain how 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 an odourless, colourless fluid.

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However, the majority of the students were aware about the number of orifices a female bodied individual has waist down. Through diagrammatic representation the facilitators provided the labeling of each orifice along with the function each plays. 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. Majority of the students present expressed exercising or performing physical activities during their periods as they felt it does not affect their menstrual cycle or flow. Therefore, the facilitator took the opportunity to inform them about the benefits of exercising or engaging in yoga during periods to ensure better menstrual health and ease muscle cramps.

As the discussion began on taboos and restrictions followed by the students during their menstrual cycle, majority of the students shared that they follow at least one or more restrictions during their menstruation. The most widely followed norm was to refrain from religious activities and shampooing one's hair before the fifth day of the menstrual cycle. The facilitators tried to dismantle the superstitious beliefs without hurting one's religious sentiment by encouraging the students to critically analyze such age-old beliefs based on myths. Menstruation is a healthy body process and must not be perceived as an illness or impure.

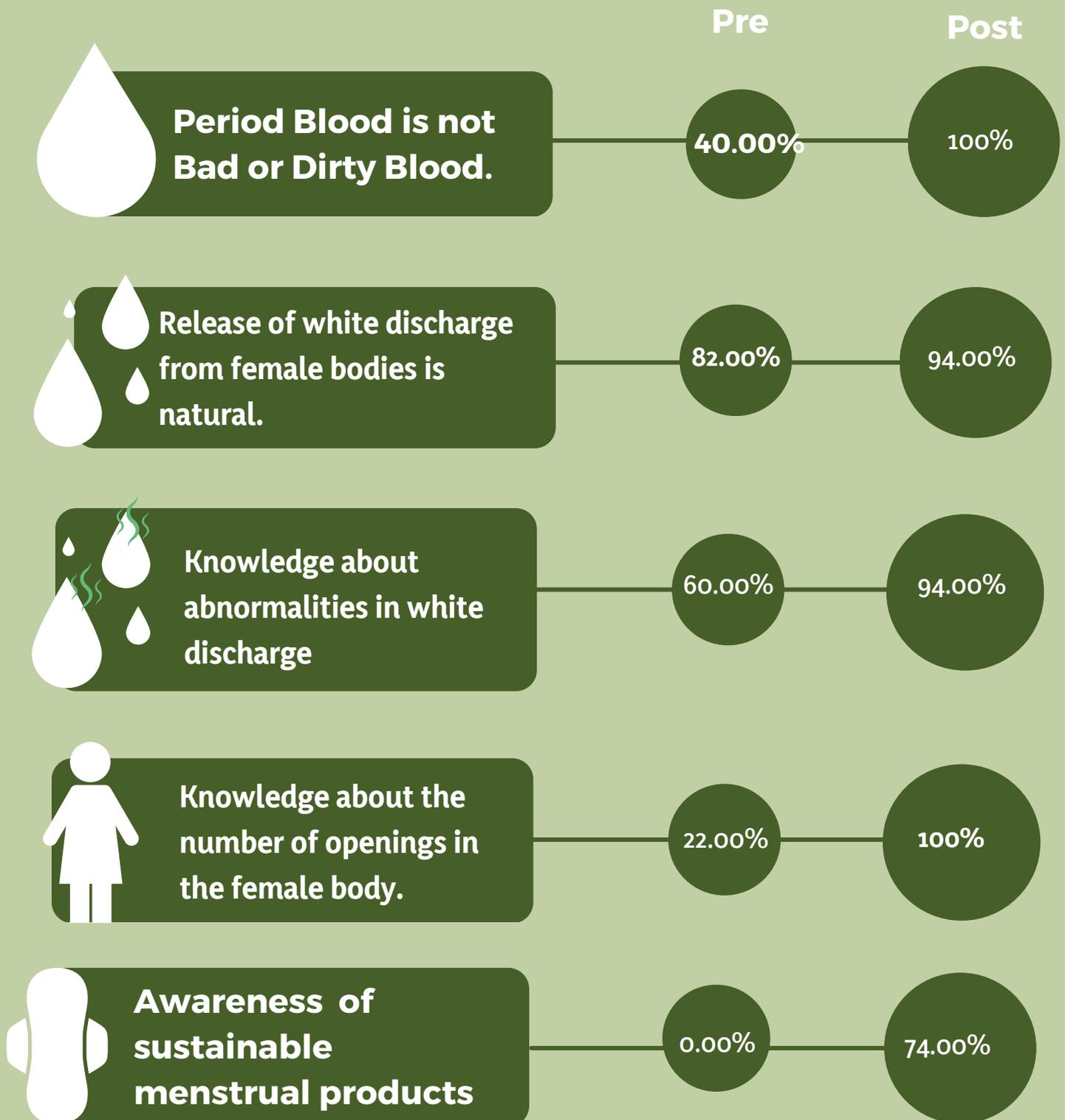


The students had limited knowledge about other kinds of menstrual products apart from sanitary pads and cloth. A thorough discussion was held on the usage and composition of each menstrual product- sanitary pad, cloth, cloth pads, tampons and menstrual cups. The facilitators reinforced that changing pads after 4 to 6 hours 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. A significant change at the knowledge levels were recorded post the session especially in areas of considering period blood as not dirty, knowledge about other sustainable menstrual products, normalcy of white discharge and abnormalcy of white discharge. Among 35 students, 28 opted for the Eco Femme cloth pad kits which were distributed towards the end of the session.

# OVERALL OUTPUT OF THE TRAINING



# REFLECTIONS

“

যেকোনো প্যাড কতক্ষন ব্যবহার করতে পারবো আর কি কি ধরণ এর প্যাড হয়ে এবং মাসিক কোনো হয়ে আর মাসিক এর রক্ত যে বদ রক্ত নয় এগুলো জেনে ভালো লেগেছে।

”

The ideal duration for using any kind of pads and the different kinds of pads available, why do we experience periods and that period blood is not dirty. These were some of the learnings which I'll take away from this session.

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কাপড়ের প্যাডটা আমার ভালো লেগেছে, ভালো সুবিধা হবে আমার কাপড়ের প্যাড তা নিয়ে।

”

I really liked the cloth pad, it will be very helpful to use these pads.

“

কিছু জিনিস আজ নতুন জানলাম যা আগে জানতাম না। তাই ভালো লেগেছে।

”

I came to know some new things today which I was not aware of previously.

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আমার ভালো লেগেছে প্যাড ও কাপড় ছাড়াও আরো কতো জিনিস পিরিয়ড এর সময় ব্যবহার করা যায় এটা জানতে পেরে।

”

I liked that apart from pad and cloth there are several other menstrual products which we can use.