



RANGEEN  
KHIDKI

# Project Period Adda

13th and 21st February, 2023

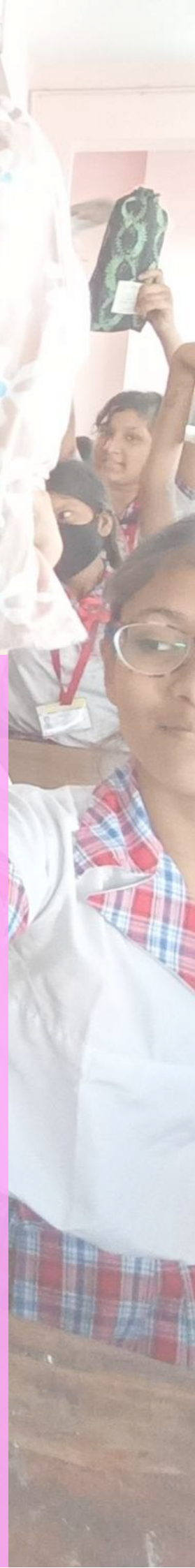
Ultadanga Government  
Sponsored Higher Secondary  
School for Girls





Rangeen Khidki Foundation conducted the first Period Adda session at **Ultadanga Government Sponsored Higher Secondary School for Girls in Kolkata, West Bengal** on **13th and 21st of February 2023**. The session was attended by **93** on the 13th and **57** adolescent school girls on the 21st .

The session was conducted in a classroom within the school premises. The average age of the participants was 12 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 featured a bunch of queries regarding the process of menstruation, occurrence of white discharge from the body, reason behind period cramps. 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 session 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 senior female members of their family. **Throughout the session, 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.**



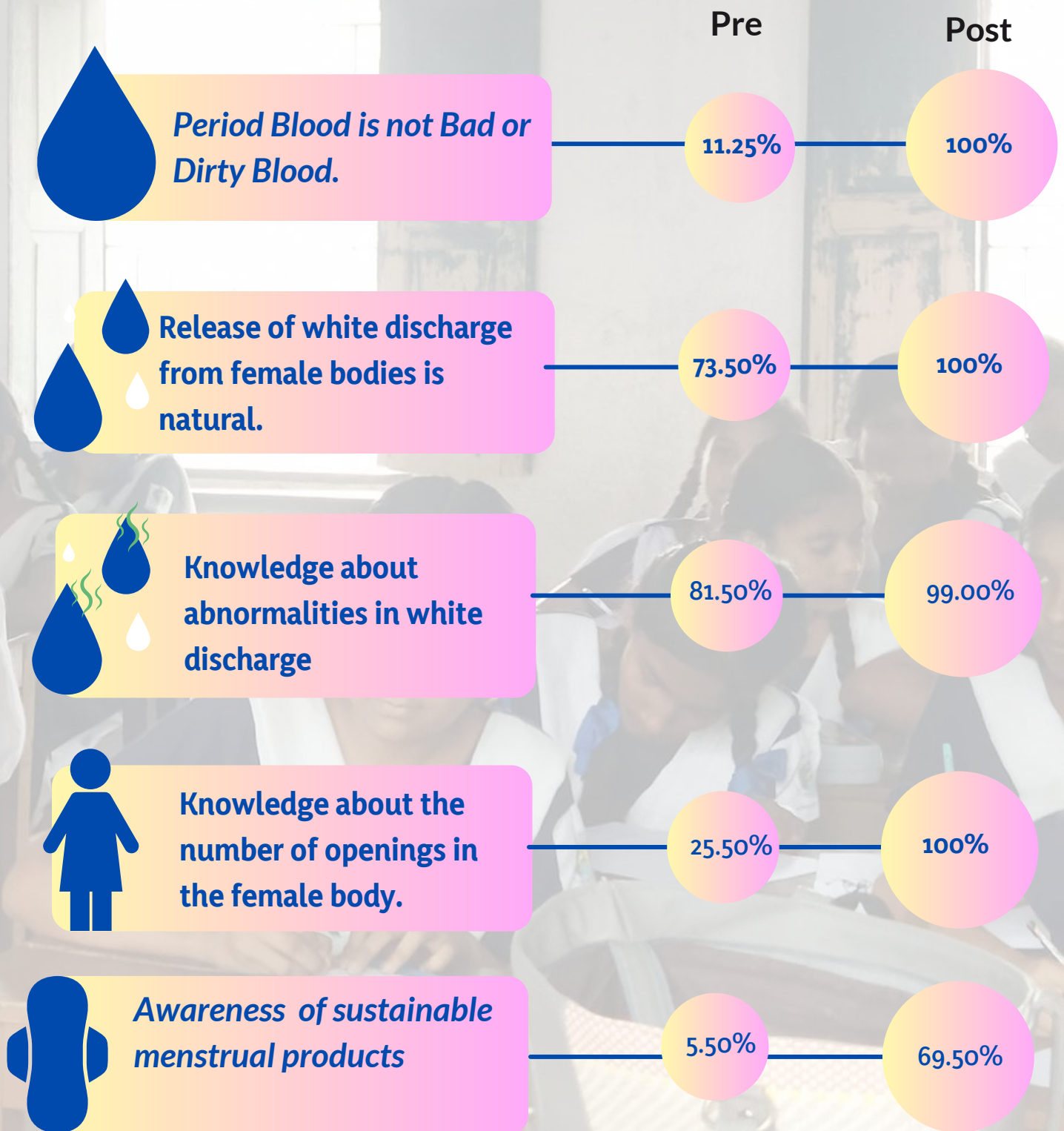


As for the knowledge regarding the availability of alternative menstrual products, only two students were aware of menstrual cups and tampons. **The facilitator also spoke about the importance of using eco-friendly menstrual products as disposable sanitary pads are not environment friendly.**

**The session was concluded with the distribution of Eco Femme cloth pad kits. 78 out of 93 participants and . 51 out of 57 participants opted for the sustainable cloth pad kit.**



# OVERALL OUTPUT OF THE TRAINING





# REFLECTIONS

আজ বুঝলাম যে মাসিকের সময় ঠাকুর না দেয়া, ঠাকুরের জিনিস না ছোঁয়া, এগুলো একধরনের কুসংস্কার। এই আলোচনা আমার ভালো লাগলো।

I have realized after today's session that the act of not praying, not touching sacred objects while on periods is nothing but a superstition. This discussion was something I enjoyed.

আমরা জানতাম শুধু প্যাড ব্যবহার করা যায় কিন্তু দিদি আরো অনেক কিছু দেখালেন।

I thought we could use only sanitary pads but Didi (facilitator) introduced as to so many other products.

আজকের আলোচনার মধ্যে কিছু না জানা কথা ভালো লেগেছে। অনেক বাজে ধারণা থেকে বের হতে পেরেছি আর খুব খুব ভালো লেগেছে।

I liked the session today because I have learnt new things. I also feel I can now leave behind certain wrong notions that I was carrying regarding menstruation and I am most happy about this!

প্রোডাক্টস এর ব্যাপারে জেনে ভালো লেগেছে, মাসিক এর বেপারে আর অনেক কিছু জানতে পেরেছি।

I liked the fact that I got to know of products other than sanitary pads in today's session. I have also come to know of a number of facts about menstruation.