

PROJECT PERIOD ADDA

NOVEMBER 2021

HASNABAD,
NORTH 24 PARGANAS
WEAT BENGAL



ABOUT US

Rangeen Khidki Foundation works in the space of Gender, Sexual and Reproductive health and rights for women, adolescents and young persons. Our foundational work has been focused on creating awareness programs and educational programs in menstrual health in urban and rural West Bengal, Jharkhand and Delhi, Nagaland, Maharashtra, etc and directly impacted 33000 individuals through all our programs including adolescent girls, boys, women, teachers, parents and health professionals like AWW workers, RKSK counsellors through our work. We have with government schools, NGOs and corporates such as Teach for India, Techno India Group of Public Schools, The Department of Women and Child Development Delhi, Government of West Bengal, etc to spread awareness on menstrual health and hygiene management among young adults and adolescents as well as stakeholders such as teachers, parents, educators, etc.



ABOUT THE PROGRAM

Every year, 23 million young girls and women, at the onset of menstruation, experience discrimination, shame and stigma leading them to drop out of the education system. Lack of menstrual friendly infrastructure in school, inadequate information about their bodies and difficulty in accessibility to menstrual products and services contributes directly to gender disparity, disempowerment and poor health. This prevents young girls from reaching their fullest potential as equal citizens of the country. To address the above problem, Rangeen Khidki has designed a *Holistic Menstrual Health Education Program* which supports communities and organisations in developing menstrual health and advocacy based interventions, so that young adults are able to make informed choices that concern their own body. We design our sessions in a way where we can provide maximum education, support material, training and information to each person to catalyse a behavioural, practice and attitudinal change in a cost effective and transparent manner. Our program aims to:



01
Raise awareness and build capacity among adolescents across genders.



02
To help increase the adolescent's decision making power and exercise agency.



03
Mobilise and empower young people through education about their own bodies.



04
Engage stakeholders like parents, teachers, civil body organisations, medical professionals to create a menstruation friendly environment.

RANGEEN KHIDKI x HASNABAD BLOCK

We collaborated with Eco Femme to support **121 adolescent girls** in the Sundarbans area. A menstrual hygiene management training program was conducted in the **Katakhali High Madrasa** on the **25th of November, 2021**. This Madrasa was located in the **Hasnabad Block, North 24 Parganas, Sunderbans.(West Bengal, India)**. The girls who came from the Hingalganj Panchayat and the Sanderlalbil Panchayat were divided into four groups for the training sessions. The religious identity of most of the participants were that of young muslim girls. Four of the participants came from Hindu Families. The girls were excited to attend this training program because these conversations around menstruation were not previously normalised in their existing community spaces.

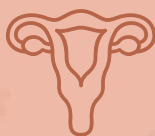


TRAINING AND DISTRIBUTION

Our education program covers a range of subjects and topics pertaining to holistic menstrual health education



Introduction of puberty and the changes that come with it



Introducing female reproductive anatomy and the physiology of menstruation



Personal and menstrual hygiene



Nutrition



Understanding of menstrual cycle and period tracking



Addressing stigma, taboos and superstitions around menstruation



Exercise and physical activity necessary for relief from menstrual cramps



Introduction of various types of products available in the market which are sustainable and cost effective.

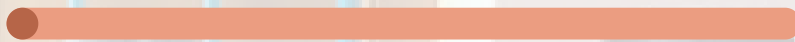
A total of 121 girls took part in the training programs and actively participated during the sessions. The girls were divided into 4 groups. The first two sessions took place simultaneously in two separate classrooms from 11AM to 2PM and the second round of sessions took place in the same location from 2:30PM to 5PM. All the sessions were conducted by menstrual health facilitators from Rangeen Khidki, at the end of which a set of cloth pads from Eco Femme were distributed to the girls who opted for it. Each kit had 4 cloth pads, an instruction manual and an information pamphlet. A total of 113 sets of cloth pad kits were distributed to all the groups combined

OVERALL OUTPUT OF THE TRAINING



Period Blood is not Bad or Dirty Blood.

Pre



Post



Awareness of products apart from Sanitary Napkins and Cloth.

Pre

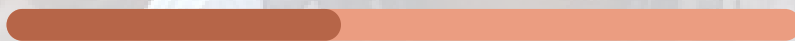


Post



Menstruators should exercise while on their periods.

Pre

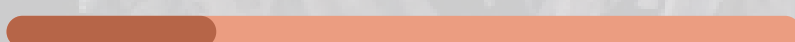


Post



Knowledge about the number of openings in the female body.

Pre



Post



Normalcy of White Discharge

Pre



Post



CONCLUSION

We are grateful to our donor *Eco Femme* for providing us with the cloth pad kits and supporting us with this distribution drive. We would also like to thank our donors for continuously believing in our work and supporting us. As a result of this program we can now expect these girls to experience menstruation as a natural physiological phenomenon instead of shame. However, the infrastructural limitations will continue to remain a challenge for these girls and affect access to safe and clean menstrual hygiene practises.

