



RANGEEN
KHIDKI



**PROJECT
PERIOD** 27.2.2022

ADDA CHETLA LOCK GATE

ABOUT

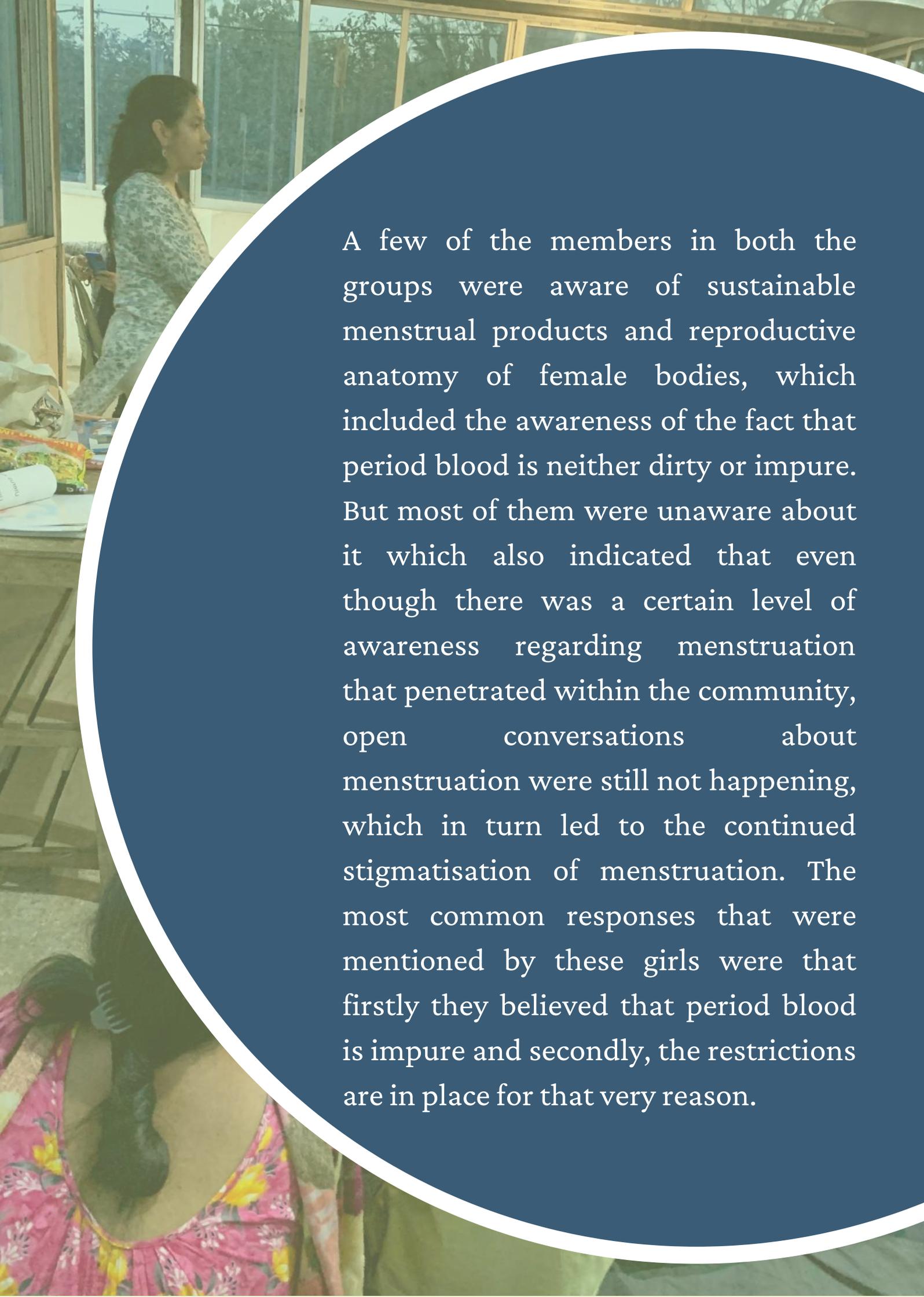


Rangeen Khidki Foundation conducted a menstrual health awareness and education program called Period Adda, with **61** girls and young women on the 27th of February, 2022 at Chetla Lock Gate, Kolkata, West Bengal. Two sessions were conducted consecutively in nearby locations. The first session was conducted with **33** girls at the Nabaday Sangha Club, 114 Chetla Lock Gate. The second session was conducted with **28** girls at a local clubhouse of 113 Chetla Lock Gate.

A range of period taboos were sincerely followed by the girls and women of this community. Restrictions such as not entering the prayer room (মন্দির যাওয়া ব্যারন), not eating anything sour (টক জিনিস খাওয়া ব্যারন). They are not allowed to run around or play outside (বেশি দৌড় ঝাঁপ করা ব্যারন), they are not allowed to eat fish, meat or even cold water (মাছ মাংস খাওয়া ব্যারন, ঠান্ডা জল খাওয়া ব্যারন), they do not shampoo their hair while menstruating (শ্যাম্পু করি না). Some girls also said that they are not allowed to touch another person when they are on their periods and some of them are forced to stay indoors. Most of them had questions around why period cramps occur and why it takes place monthly.

TRAINING AND DISTRIBUTION



A woman in a patterned dress stands near a window, looking out. In the foreground, a person wearing a pink floral top is visible. The background shows a room with large windows and some items on a table.

A few of the members in both the groups were aware of sustainable menstrual products and reproductive anatomy of female bodies, which included the awareness of the fact that period blood is neither dirty or impure. But most of them were unaware about it which also indicated that even though there was a certain level of awareness regarding menstruation that penetrated within the community, open conversations about menstruation were still not happening, which in turn led to the continued stigmatisation of menstruation. The most common responses that were mentioned by these girls were that firstly they believed that period blood is impure and secondly, the restrictions are in place for that very reason.

Some of them even had questions as to whether the release of white discharge from their bodies was something to worry about or not. All their questions were answered during the course of our training, which included a structured flow of scientific information on menstrual health and female anatomy. After the sessions were concluded, a significant shift in knowledge level was observed among the girls. 98.36% of them were now aware of the fact that period blood is not impure. A significant shift in knowledge level about sustainable menstrual products were also observed post training. At the end of each session, in both the locations, **eco femme cloth pad kits** were distributed to the girls. Each kit had 4 cloth pads, an instruction manual and an information pamphlet. **58** girls out of a total of **61** girls opted to use the cloth pads.



CHALLENGES

The weather on the later half of the day posed a challenge for our facilitators as it restricted smooth delivery of information. Due to heavy rainfall, during the second session, conversations were getting interrupted.

“

These age old rules such as not entering the temple or not talking to anyone while menstruating, everyone needs to be made aware of them. I want to bring about change.

”

“

I will do everything while on my periods, just like the rest of the days, I want to enter the temple as well.

”

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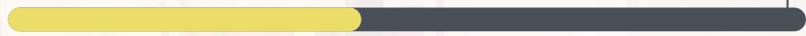
I will not follow any period restriction, I will stay clean and healthy.

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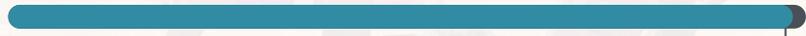
Period blood is not dirty

44.26%



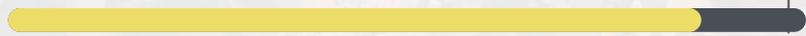
Release of white discharge from female bodies is natural.

98.36%



Knowledge about abnormalities in white discharge

86.88%



Knowledge about the number of openings in the female body.

98.36%



Awareness on sustainable menstrual products

42.62%



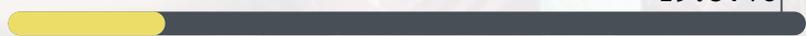
19.67%



100%



19.67%



100%

