



RANGEEN
KHIDKI

18th June, 2022

Project Period Adda

Patlikhanpur, North 24 Parganas,
West Bengal



Rangeen Khidki Foundation conducted its Period Adda Program in Chakpatli High School on the 18th of June, 2022 with 103 adolescent school girls in the Patli Khanpur Village, Chakpatli Gram Panchayat, Hasnabad, North 24 Parganas, West Bengal, India.





The session was conducted with adolescent girls where some of them go to school while others don't. The dropout rate is high especially in classes 9-10 as the area is flood prone and floods are frequent from May, June onwards. Further, once the girls start having periods they are considered to be of marriageable age and hence married early as among the participants 4-5 girls were married. Girls from a young age are taught that their position lies beneath the feet of their husband “তোমার স্বামীর পায়ের নীচে তোমার জায়গা”. Owing to the existing social structure with early marriages being a prevalent phenomenon in the area, most girls lack financial independence and instances of domestic violence occur frequently. Men work as fishermen or in brick kilns, the high unemployment rates coupled with rising living cost negatively impacts well-being leading to frequent incidents of domestic violence.

Most of the participants were familiar with menstruation being referred as “শরীর খারাপ”, “হয়েছে আমার”. Due to the religious, societal and gendered restrictions most of the girls were shy and reluctant to directly address issues pertaining to menstruation. Majority of the girls stated that they got scared when they started bleeding. As one participant stated that she saw in the news that Dengue leads to bleeding. When I saw the blood, I thought I too was infected with Dengue. I was nine years old then”.



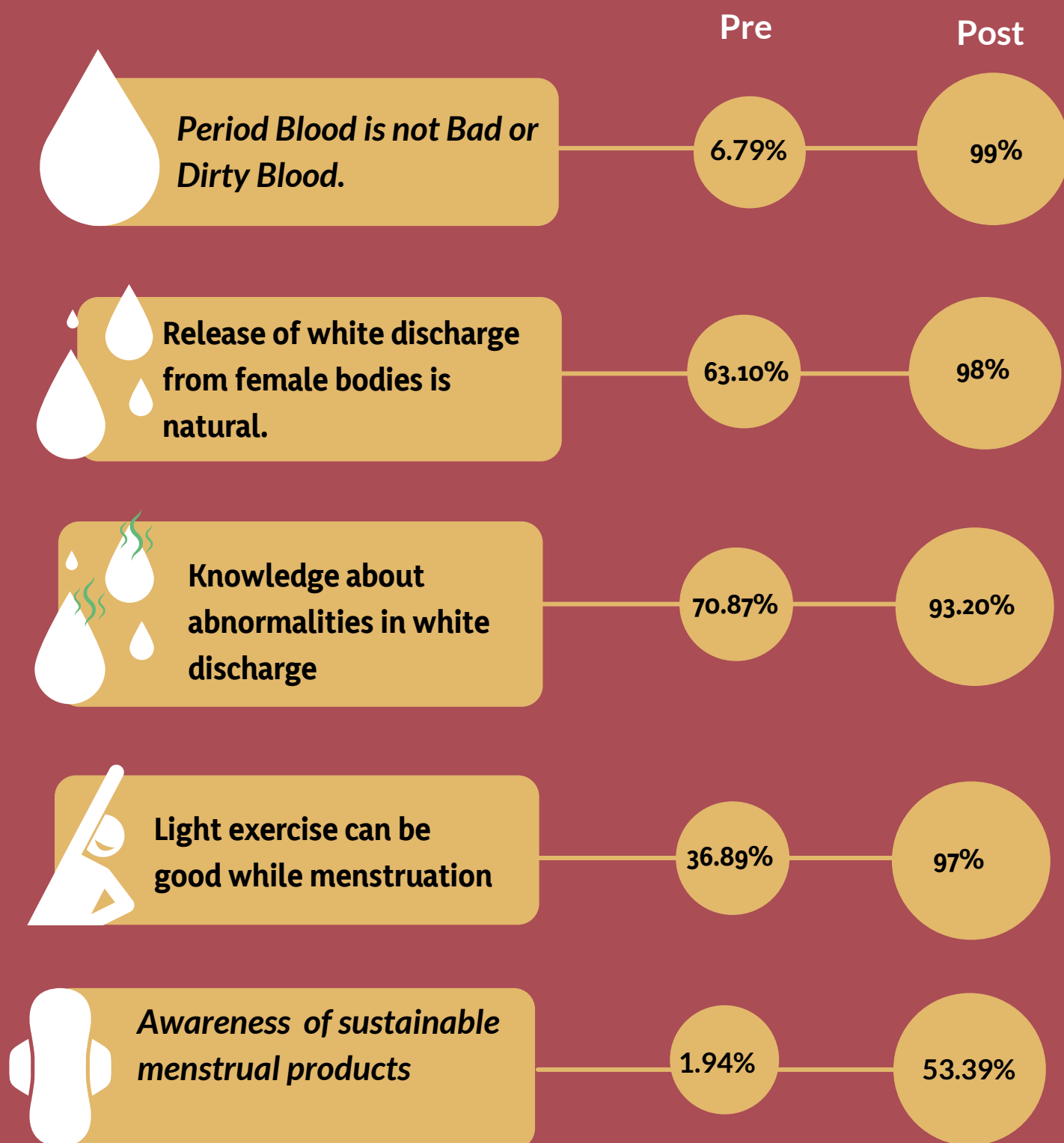
Due to limited information about menstruation, most of the girls believed that period blood is dirty due to which most of them strictly followed rules where they wouldn't touch sacred religious items or books. The muslim girls even stated that they would pray (read namaz) as their religion prohibits “dirty women” to pray or even touch the Quran when menstruating. Apart from this, most participants commented on the common restrictions of not shampooing one's hair, restricted mobility, refrained from eating sour or cold items, not trimming one's nails etc.





However, post the session a significant shift in the knowledge levels of all the participants are evident as can be seen in the graphs below. Lack of awareness on the types of menstrual products were noted prior the session, which increased as the participants became aware about availability of different kinds of menstrual hygiene products. A positive shift was also recorded in the awareness regarding the release and abnormalities in white discharge which would not only enable the girls to understand their menstrual health but also seek medical attention when needed. After the session concluded, most of the participants wanted to share the information and knowledge that they earned with their family members, especially mothers, sisters and friends. Some even stated that they would disseminate the knowledge from the session to those who had failed to attend the session. Among the total 105 participants, 93 participants have opted for the Eco Femme Kits while the remaining 12 participants did not opt for the Eco Femme kits.

OVERALL OUTPUT OF THE TRAINING



REFLECTIONS

— “ —

সাদাস্রাব এর ব্যাপারে অনেক
কিছু জানলাম আর অনেক
ভালো ভাবে কথা গুলো মেনে
চলবো

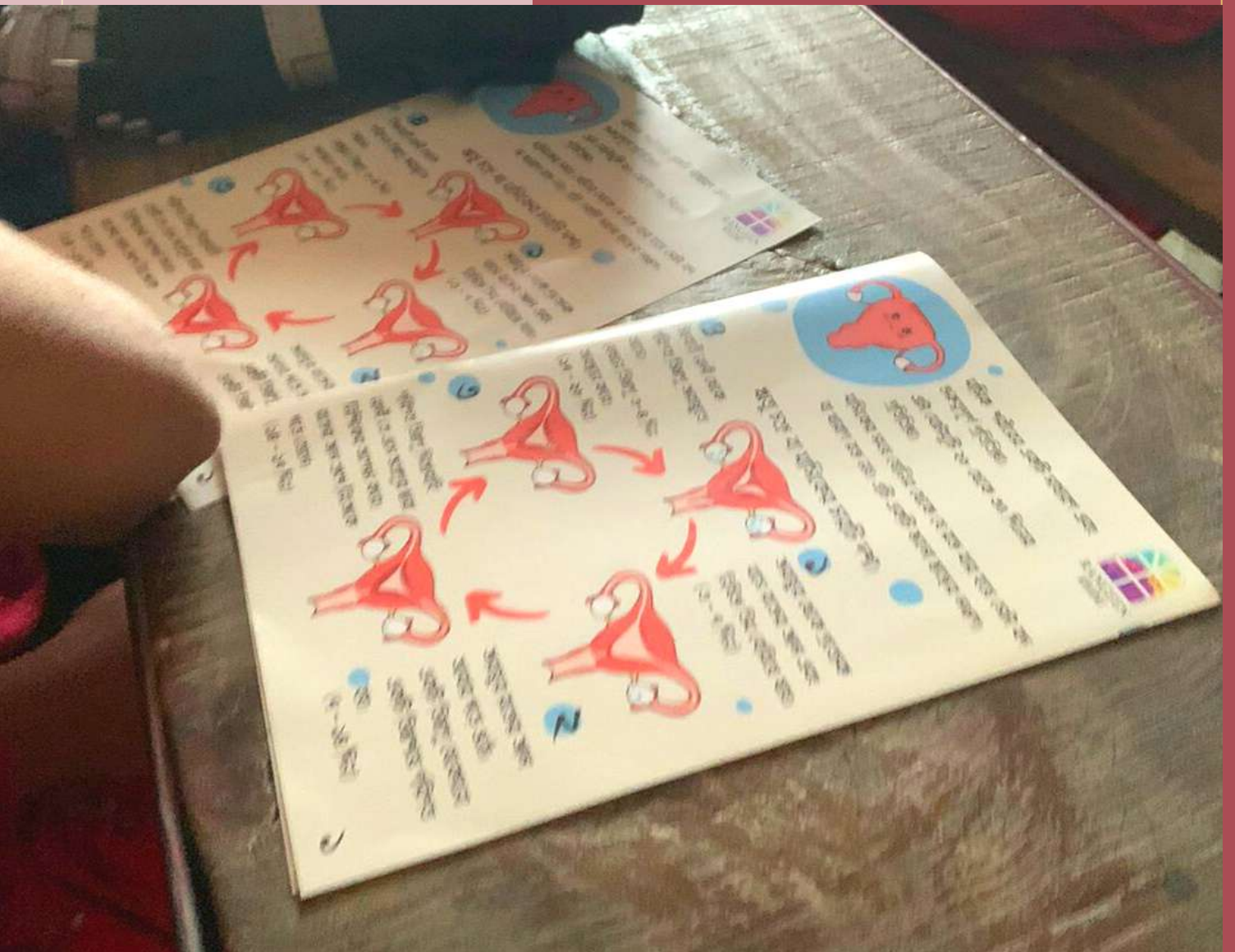
— ” —

We came to know a lot of
information about white
discharge today and
henceforth, we will try to
follow whatever informations
were shared to us



I came to know now that there are three openings in a woman's body and also learned about various other methods

— “
আমাদের নাভির নিচে যে
তিনটি ছিদ্র আছে সেটা
জানতে পারলাম এবং অনেক
রকম পদ্ধতি জানতে পারলাম
— ”





— “

আমরা বাড়িতে গিয়ে প্রশ্ন
করতে চাই এবং আজ যারা
আসেনি তাদের সঙ্গে
আলোচনা করতে চাই

” —

I want to go to my home
and question them about
the restrictions and share
the knowledge with those
who failed to attend
today's session