



RANGEEN
KHIDKI

Project Period Adda

21st September, 2022

Saraswati Balika Vidyalaya



Rangeen Khidki Foundation conducted its Period Adda Program in Saraswati Balika Vidyalaya on the **21st of September, 2022** with **57** adolescent school girls of **7th** standard (section A and C) in Kolkata, West Bengal.

The session was conducted in a classroom within the school premises. Majority of the students who were present have had their periods while few of them around 3-4 students were yet to get their first periods. 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. Although all the students present were aware of menstruation, they preferred to refer the process by an euphemism শরীর খারাপ (getting ill). The facilitators ensured to dismantle the usage of euphemism to define periods or menstruation. The students had queries regarding irregularity of periods and how to track one's next period. Efforts were taken to answer the queries and through the calendar activity, the facilitators discussed how one can track their next menstrual cycle.



As the session progressed, some of the students shared the practices or restrictions that they follow during menstruation. Most of the students shared that they refrained from entering temples or even touching anything sacred at their home, which generally stemmed from perceiving menstruation as profane or impure. Some students believed that shampooing one's hair would affect the period flow hence, skipped shampooing their hair or consuming sour food. Through the session, the facilitators debunked several myths surrounding menstruation and urged the students to challenge the harmful practices that limit their choices and double their discomfort. Prior to the session the students seemed to have limited knowledge about female anatomy and the process of menstruation. However, a significant shift is noticed at the knowledge level post the session, where the students became aware of period blood as not impure, abnormalities of white discharge, the number of openings in a female body and awareness about alternative sustainable menstrual products.



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. After concluding the session, Eco Femme pad kits consisting of 4 cloth pads were distributed among the students. 34 students out of total 57 opted for the Eco Femme cloth pads.



CHALLENGES

- The group size was large and the classroom was compact, which added to the discomfort of the students and facilitators.
- Owing to big group size students sitting on the back benches of the class were speaking amongst themselves that diverted the attention of other students as the facilitators found it challenging to draw the attention of all students present.
- The time slot allotted to us was the last period hence, most of the students were already exhausted from the long school hours and were finding it difficult to concentrate and participate.
- Among the students who were present, few of them had practice sessions for the upcoming cultural program for the school hence, they had to miss our Period Adda session.
- Some students had tuitions post school hours hence, were rushing at the end to wrap up fast and attend other classes.
- Some students were unable to be present throughout the session while some missed the session as they were involved in practicing for the cultural program of Durga Puja.



REFLECTIONS

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মাসিক সম্পর্কে অনেক কিছু জানতে পেরেছি, যেমন কিভাবে হয়ে, কোনো হয়ে হয়ে সব কিছু জেনেছি। তাই বেশ ভালো লেগেছে।

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We came to know a lot of information about periods like why period occurs, how it occurs etc. hence, we really liked the session

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আপনারা যা যা উপদেশ কিছুই ভালো লেগেছে। আপনারা যা যা কুসংস্কার এই কথা বললেন সেগুলি আমার ভালো লেগেছে। চেষ্টা করবো সব কথা মেনে চলার।

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The suggestions that you gave us today were really nice. The taboos and myths which we discussed today were also informative hence I liked it. I will try to follow the suggestions that were given today

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আজকের আলোচনার মধ্যে দিয়ে অনেক কিছু জানা গেছে যেমন পিরিয়ড এর ব্যাথা কোনো হয়ে, পিরিয়ড কিভাবে হয়ে তা জেনে ভালো লেগেছে।

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From today's discussion we came to know a lot of new information like how and why periods occur and most importantly why we get painful cramps during periods.

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আজ আমরা জানলাম পিরিয়ড এর সময় নিজেদের কি ভাবে পরিষ্কার রাখতে হয়ে এবং পিরিয়ড এর সময় প্যাড ছাড়াও আরো অন্য প্রোডাক্ট ব্যবহার করতে পারি। কাপড়ের প্যাড ও খুব ভালো লেগেছে।

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Today we came to know how we can keep ourselves clean during periods and how we can use other menstrual products other than one time use sanitary napkins. I also liked the cloth pads.

OVERALL OUTPUT OF THE TRAINING

