



RANGEEN  
KHIDKI

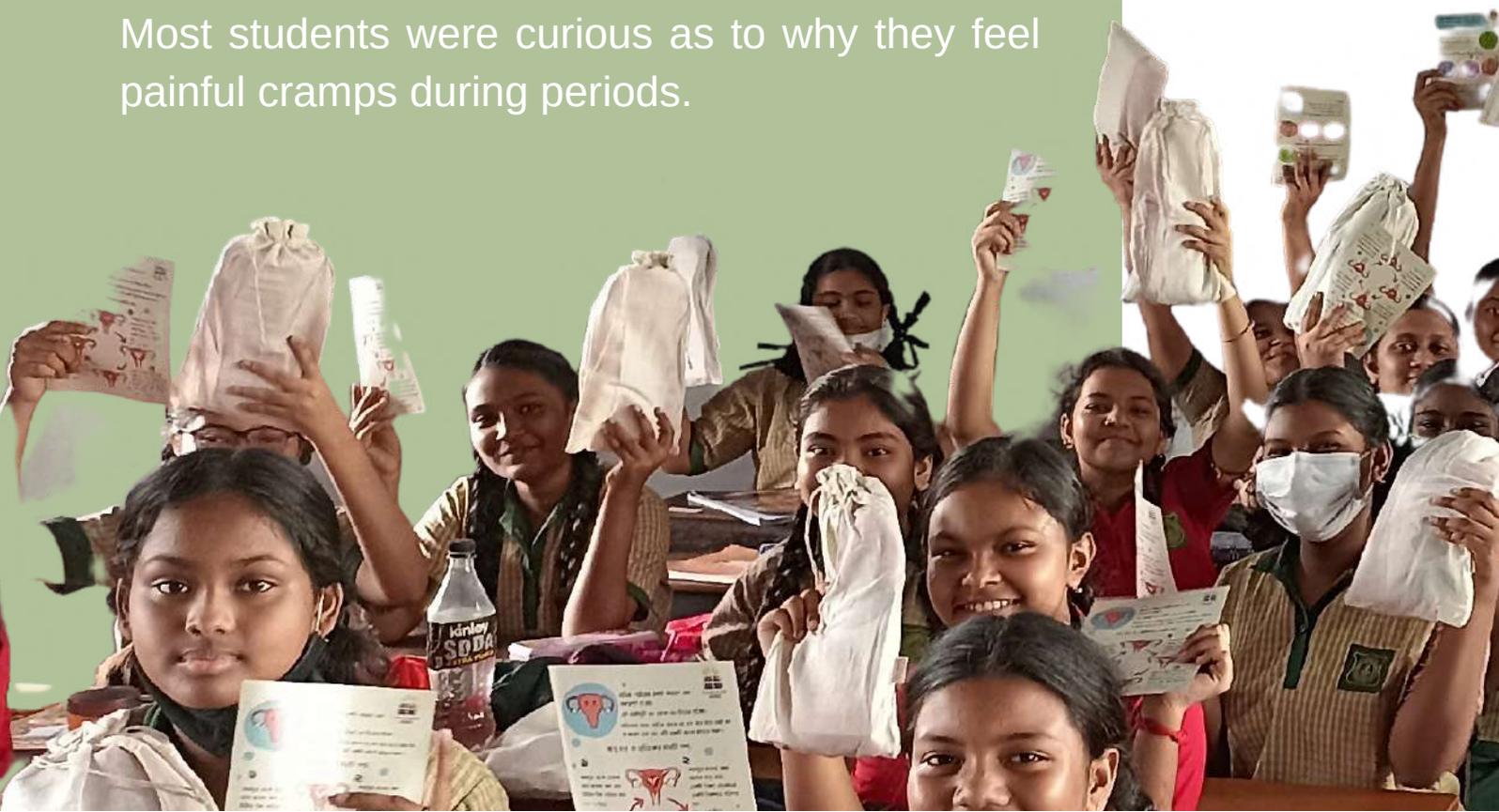
# Project Period Adda

22nd September, 2022  
Saraswati Balika Vidyalaya



Rangeen Khidki Foundation conducted its Period Adda Program in Saraswati Balika Vidyalaya on the 22nd of September, 2022 with 38 adolescent school girls of 7th standard (section B) in Kolkata, West Bengal.

The second session at Saraswati Balika Vidyalaya was conducted in a classroom with the students within the school premises. Majority of the students who attended the session were young menstruators who had recently embarked on the menstrual journey. The students were very active and cooperative from the beginning of the session. The initial discussion began on the physical changes that one noticed or have experienced while growing up or once an individual attains puberty. The students were mostly aware of the prominent physical changes and also onset of menstrual cycle for females. Most students were curious as to why they feel painful cramps during periods.



The facilitators clarified about cramps being caused due to contraction of the uterus muscles to ease the flow of periods. Some of the students who did not start their menstruation confessed excretion of white discharge, hence the facilitators ensured to equip them with factual information so they are able to understand the changes and adopt healthy hygiene management. It was ensured that the students gain an understanding about the abnormalities of white discharge so they seek medical help in case of an infection.

However, the students seemed lost to the concepts of female anatomy and the number of openings in female bodies. Post the session a considerable shift was noted in the knowledge level pertaining to female anatomy. As the discussions veered towards rules or restrictions followed by students during their periods began, majority of the students shared not touching anything sacred or not entering temples as the most prominent norm followed by them as well as by other female members in their family during periods. Such restrictions or norms mostly stemmed from perceiving period as impure and period blood as বাজে রক্ত (bad blood).



The session also focused on introducing alternative menstrual products like menstrual cups, tampons, cloth pads to students to help them choose better and understand the usage of each product. Since most of the students were using disposable sanitary pads, the facilitators ensured to educate them about the correct method to dispose of sanitary pads. Students were repeatedly reminded to follow proper hygiene, consume nutrient rich food and change menstrual products especially pads within 4 to 6 hours. The session concluded by distributing the Eco Femme cloth pad kits wherein 33 students out of total 38 students opted for the kits.

# REFLECTIONS

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আমাদের মাসিকের সময় ব্যাথা কেন হয়ে এই বিষয়ে জানতে পেরে আমার ভালো লেগেছে কারণ আমার মা ভেবেছিলো এটা ভয়ের কিছু, কিন্তু তা আসলে ভয়ের নয় ইটা শরীরের স্বাভাবিক কাজ।

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I came to know the reasons behind the abdominal cramps that we experience during periods. Initially my mother thought it was a serious issue and hence, felt scared but now I realized there is nothing to be scared of as it is a normal bodily reaction.

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নানা রকম কুসংস্কার গুলি যে মিথ্যে তা জানলাম, পুষ্টিকর খাবার সম্পর্কে জানলাম তা ভালো লেগেছে।

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I really liked knowing that the different prevalent norms and restrictions pertaining to periods are false and that consuming nutrient rich healthy food is good.

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এই আলোচনার মধ্যে দিয়ে আমি মাসিক সম্পর্কে নানা কথা জানতে পেরেছি, মাসিকের সময় স্যানিটারি প্যাড ছাড়া আরো যা যা ব্যবহার করা যায় তা জানতে পেরেছি।

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Through today's discussion I came to know several new pieces of information related to menstruation. I also came to know about the alternative menstrual products apart from disposable sanitary napkins which one can use during their periods.

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পুরোটাই ভালো লেগেছে। মহিলাদের কোমরের নাচে কতগুলি ছিদ্র আর কি ভাবে মাসিক হয়ে এটা এতো পরিষ্কার ভাবে বুঝিয়েছে যে জেনে ভালো লাগলো।

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I thoroughly enjoyed today's session. The number of openings females have waist down and the entire menstruation process was explained clearly which I really liked.



# OVERALL OUTPUT OF THE TRAINING

