

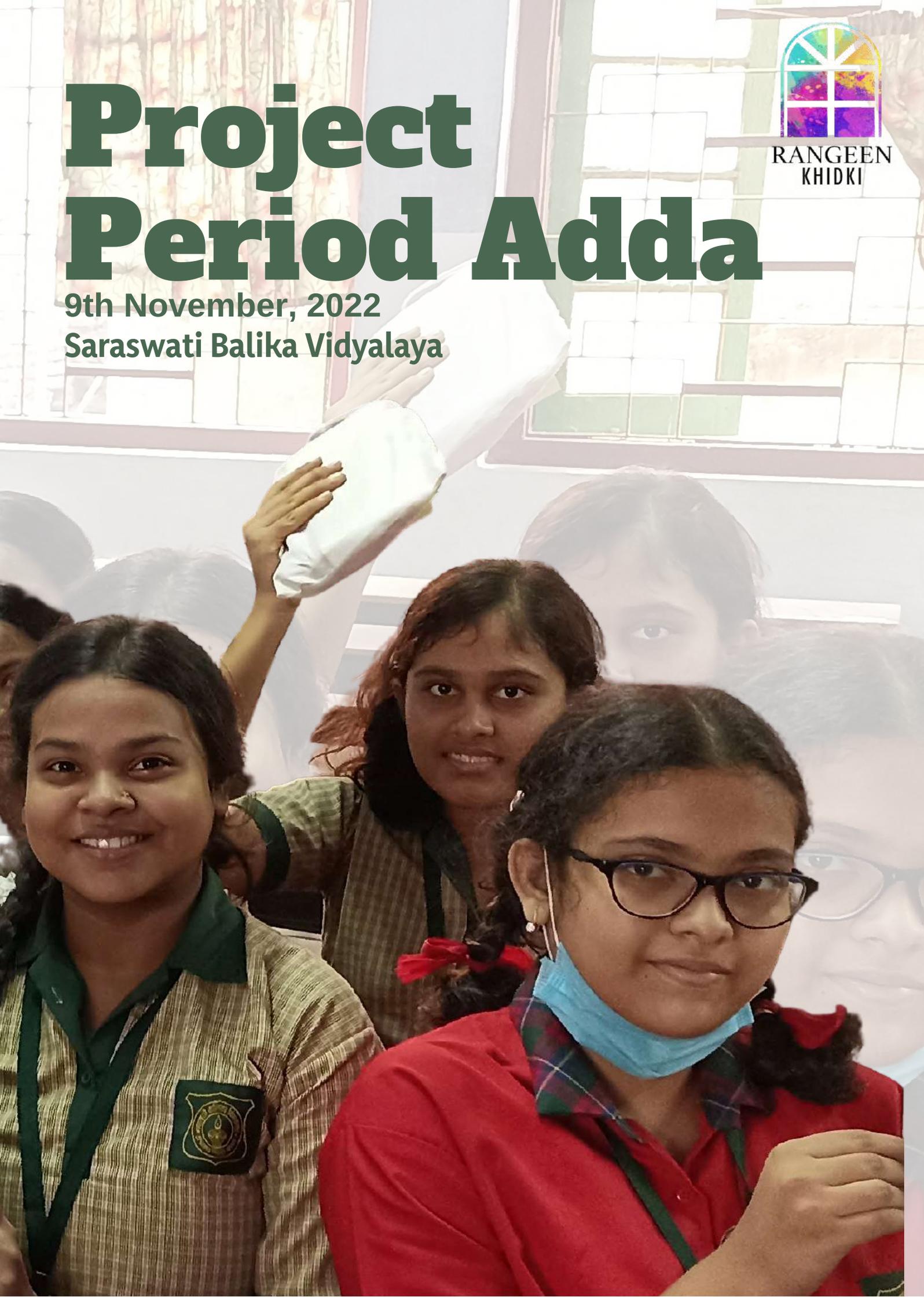


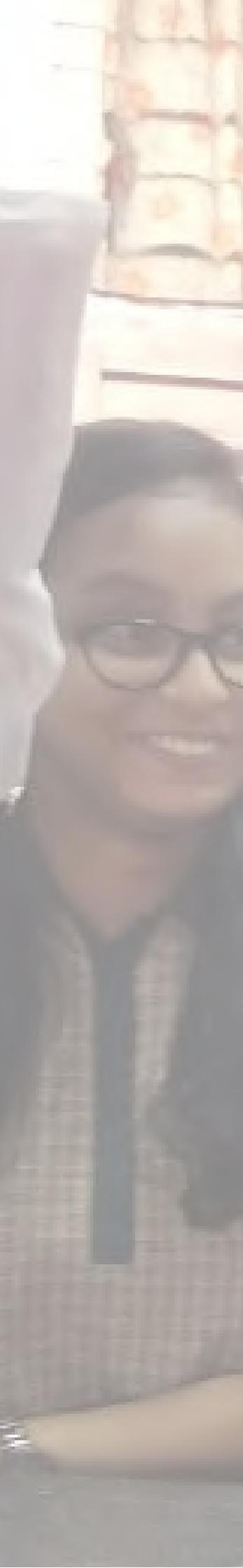
RANGEEN
KHIDKI

Project Period Adda

9th November, 2022

Saraswati Balika Vidyalaya





Rangeen Khidki Foundation conducted its Period Adda Program in **Saraswati Balika Vidyalaya** on the **9th of November, 2022** with **40** adolescent school girls of 8th standard (section A) in Kolkata, West Bengal.

The session was conducted in a classroom within the school premises with two school teachers being present. All the participants who were present had already experienced their first period hence, they were all fairly aware about periods or menstrual occurring on a monthly basis and a process unique to female bodied individuals. The session was initiated by discussing the physiological changes one notices while growing up. 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 as well as other bodily development. share their experiences pertaining to periods as well as other bodily development. The students were oblivious to the female anatomy which therefore, served a focal point for facilitators to concentrate and impart knowledge. Through diagrammatic representation of the female reproductive system a thorough discussion was held about the number of openings in a female body, the reproductive organs and its functions and the process of menstruation.

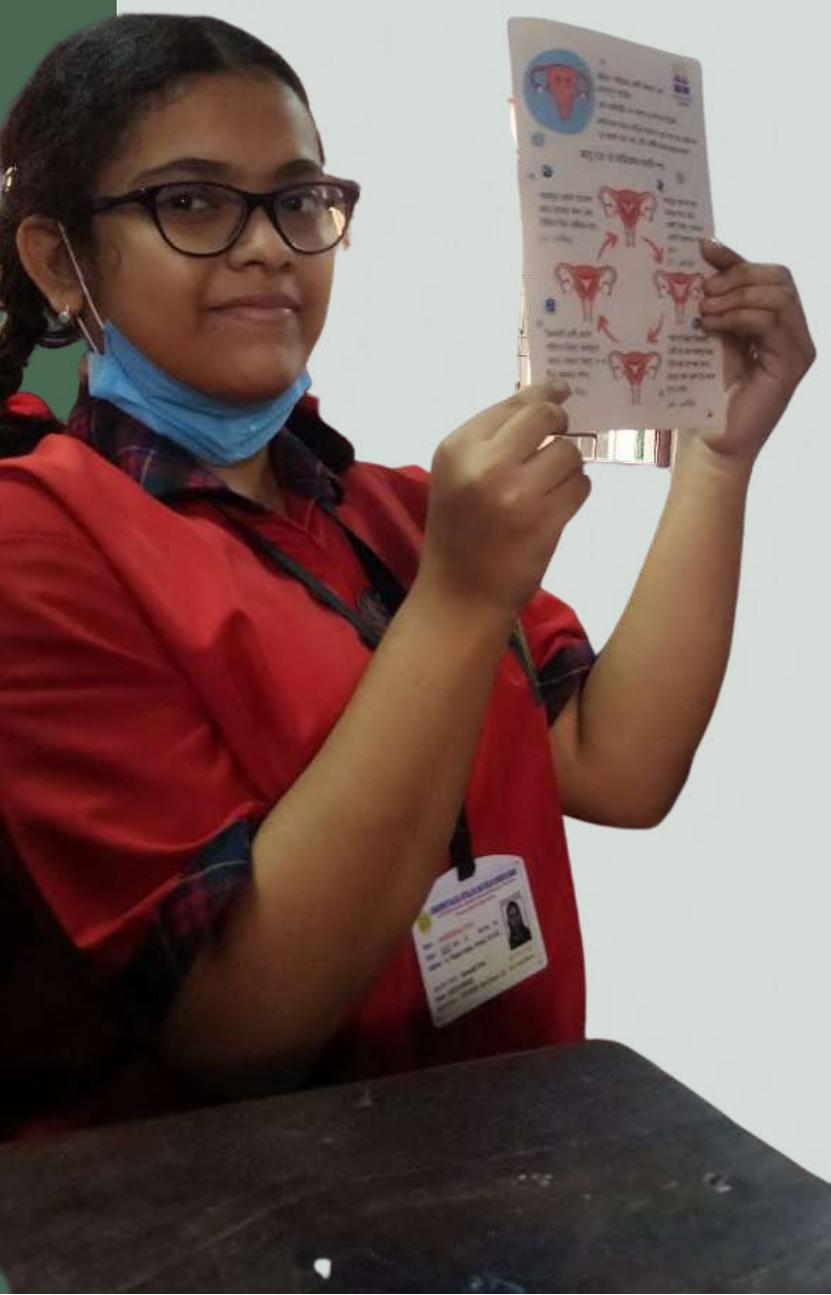
Through the calendar activity, the facilitators explained the process of an average menstrual cycle and cleared the misconception that in case of a 25 or 28 day cycle often periods may seem to occur twice a month. However, it is not the case, it simply means one has a cycle that ranges between 25-28 days.

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. While discussing the menstrual hygiene practices, one of the participants asked us how one can make their genitals smell good and if using scented intimate washes would improve the smell of our genitals.



The facilitators ensured to address the concern by sharing that our genitals remain covered throughout the day as a result sweat and other bodily fluids accumulated in the region leads to a kind of smell which is normal. However, if one notices any foul smell with other symptoms of irritation then one must seek medical help. As far as intimate washes are concerned, using them is not mandatory as our genitals, especially vagina, self cleanses itself therefore, washing it with water post urination is compulsory.

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. With the conclusion of the session, most participants present shared that they would pass on the information received with their peers and family members including their mothers. Eco Femme cloth pad kits were distributed among the students, out of the total class strength of 40 students, 31 opted for the eco femme cloth pad kits.



REFLECTIONS

“প্যাড ও কাপড় মাসিকের সময় কিছু ব্যবহার করা যেয়ে পারে ইটা জেনে ভালো লেগেছে। মাসিক কোনো অপবিত্র জিনিস নয়, সাদা শ্রাব একটি স্বাভাবিক প্রক্রিয়া যা নিয়ে চিন্তার কোনো কারণ নেই, এবং মাসিক এর সময় পেটে ব্যাথা হওয়া স্বাভাবিক।”

It was good to know that apart from pad and cloth one can also use a variety of other menstrual products. Menstrual blood is not impure and that white discharge is a natural process and also that abdominal cramps to certain extent are normal when one is menstruating

“আমাদের সমাজে প্রচলিত কুপ্রথা গুলি যে মিথ্যে ইটা জেনে ভালো লেগেছে। থাক্সস টু রঙ্গীন খিড়কি এই সেশনটির জন্য।”

The prevalent taboos and restrictive norms of our society are actually based on myths and unscientific facts were great to know about. Thanks to Rangeen Khidki for today's session

“আজকের আলোচনার মধ্যে থেকে আমরা অনেক কিছু গুরুত্বপূর্ণ বিষয় জানতে পারলাম।”

Today's session provided us a scope to know and learn about many important information

OVERALL OUTPUT OF THE TRAINING

