



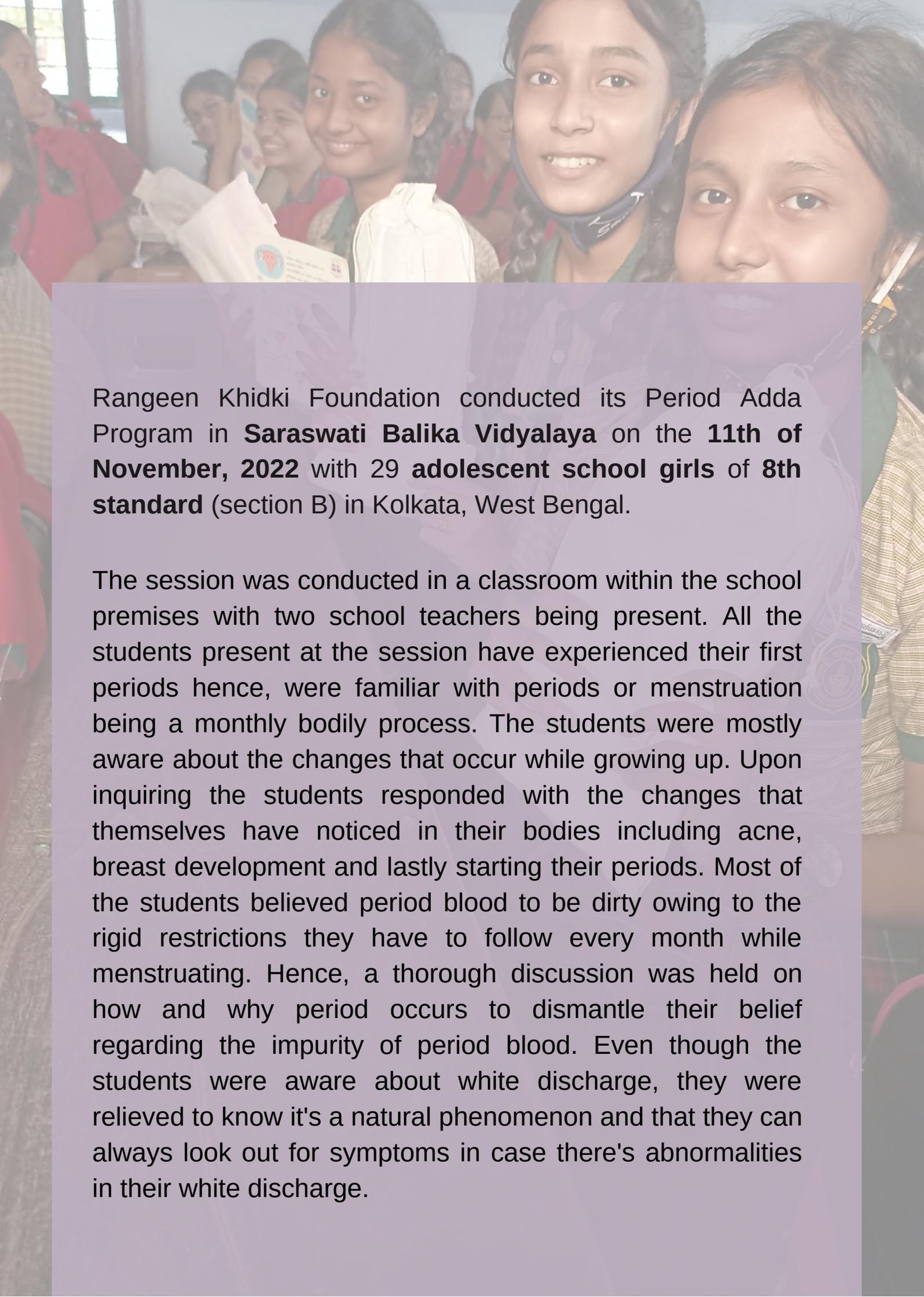
RANGEEN  
KHIDKI

# Project Period Adda

11th November, 2022

Saraswati Balika Vidyalaya





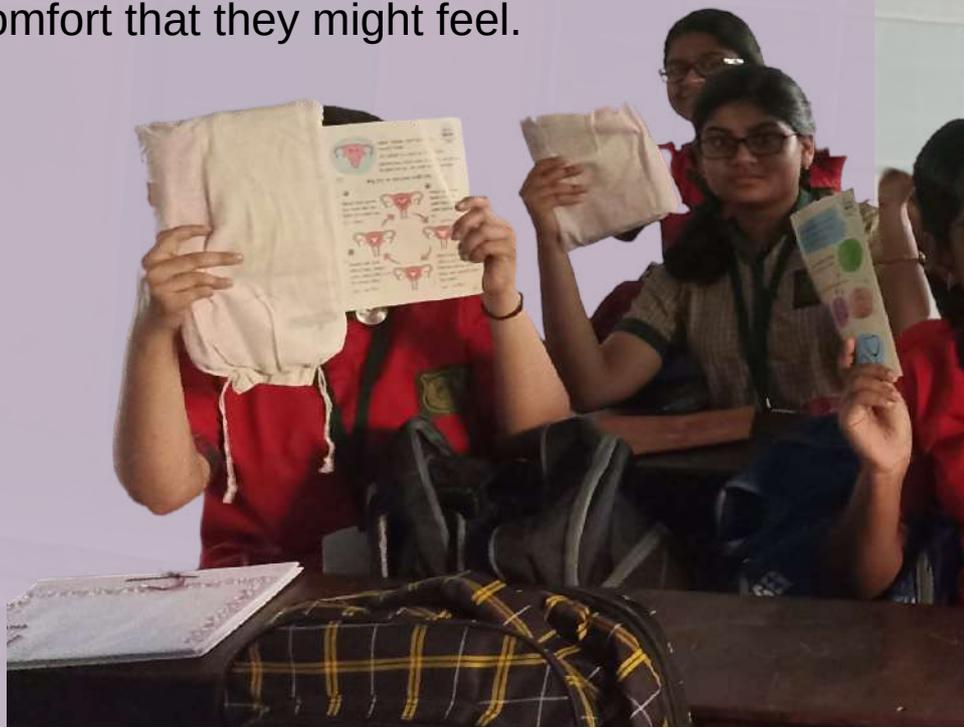
Rangeen Khidki Foundation conducted its Period Adda Program in **Saraswati Balika Vidyalaya** on the **11th of November, 2022** with 29 **adolescent school girls** of **8th standard** (section B) in Kolkata, West Bengal.

The session was conducted in a classroom within the school premises with two school teachers being present. All the students present at the session have experienced their first periods hence, were familiar with periods or menstruation being a monthly bodily process. The students were mostly aware about the changes that occur while growing up. Upon inquiring the students responded with the changes that themselves have noticed in their bodies including acne, breast development and lastly starting their periods. Most of the students believed period blood to be dirty owing to the rigid restrictions they have to follow every month while menstruating. Hence, a thorough discussion was held on how and why period occurs to dismantle their belief regarding the impurity of period blood. Even though the students were aware about white discharge, they were relieved to know it's a natural phenomenon and that they can always look out for symptoms in case there's abnormalities in their white discharge.

52

As the session progressed, the students sought clarification on why they experience painful cramps during periods and why they at times feel that they are having periods twice a month. The facilitators made an effort to carefully explain that cramps occur due to the contractions of the uterus during periods that eases the blood flow through the vagina. Through the calendar activity the facilitators explained the menstrual cycle and its occurrence within a span of 25-35 days. Efforts were taken to ensure the students also become aware to identify abnormal symptoms in terms of excessive bleeding, unbearable abdominal cramps, irregular periods with long gaps etc and seek medical help when deemed important.

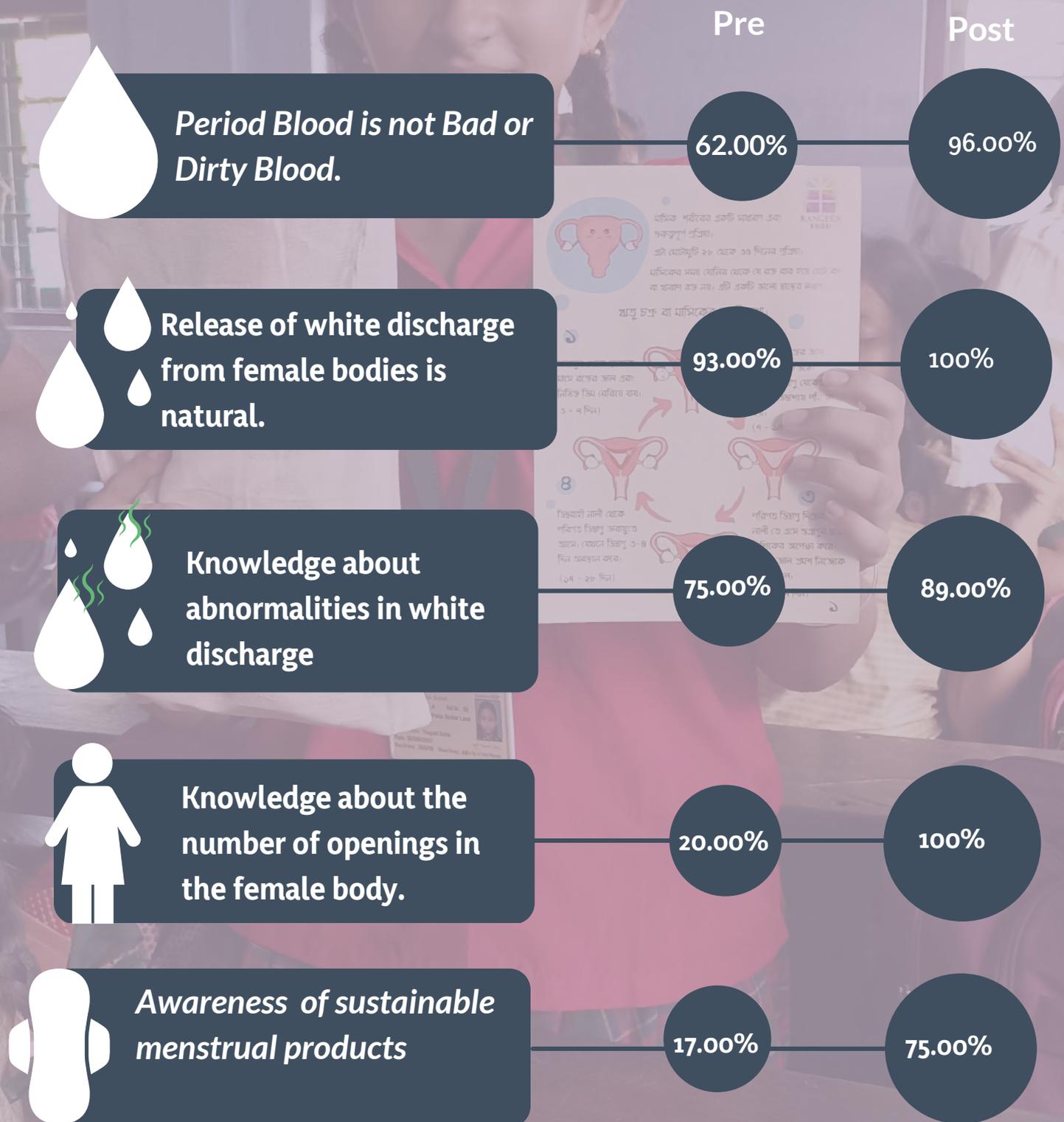
The discussion on taboos, myths and restrictions followed during periods were discussed at length with the students to gauge their perception towards periods. Majority students followed one or multiple restrictions, the most common being not touching anything sacred and not shampooing one's hair. However, most students confessed they continued with physical activities even during their periods as they felt it didn't affect their menstrual cycle. The facilitators encouraged the students to undertake physical activities even practicing yoga to ease cramps of discomfort that they might feel.





Even though all of the students were aware about sanitary pads, using them for only upto 4 to 6 hours proved a new and helpful information for them. Some students were already aware about the alternative menstrual products available in the market apart from cloth or sanitary pads hence, they were keen to understand and now the usage of each of these products. Few students felt menstrual cups would be the best option as it was affordable and sustainable. However, they were skeptical about using products requiring insertion owing to socio-cultural norms. A significant knowledge shift has been recorded in all areas post the session. The Eco Femme pad kits were distributed towards the end of the session wherein 24 students opted for the cloth pad kits.

# OVERALL OUTPUT OF THE TRAINING



# REFLECTIONS

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আজকের আলোচনা থেকে যে জিনিস গুলো আমার জানা ছিল না সেগুলো জেনেছি। যা ভুল ধারণা ছিল সেগুলি দূর হয়েছে।

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আজকের দিনে পিরিয়ড নিয়ে অনেক কুসংস্কার আছে যেগুলো ভুল সেটা জানতে পারলাম। পিরিয়ড আসলে শরীর খারাপ সেটাই জানতাম এতদিন যা আজ দূর হলো।

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আমার সব ভালো লেগেছে। এর মাধ্যমে আমি অনেক কিছু জানতে পেরেছি। মনে যা যা প্রশ্ন ছিল তার উত্তর খুঁজে পেয়েছি। কুসংস্কার আর না মেনে চলা, এক্সারসাইজ করা ইত্যাদি।

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স্যানিটারি প্যাড ছাড়াও যে অন্য প্রোডাক্ট পাওয়া যায় সেটা জেনে ভালো লেগেছে। কাপড়ও ব্যবহার করা যেতে পারে এটা জেনে ভালো লাগলো।

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From today's discussion I came to know about things which were previously unknown to me. All the misconceptions which I had earlier were cleared today

Even till date there are many misconceptions and myths surrounding periods. Earlier I assumed periods as some kind of illness but I was able to clear this misconception

I liked the entire session. All the questions that I had so far were answered- to not follow any superstitions, to exercise during periods etc.

It felt good to know that there are so many products available apart from sanitary pads. One can even use cloth if they wish it was also good to know.