

REPORT OF WORKSHOP HELD ON 27th SEPTEMBER, 2019
ON MENSTRUAL HEALTH MANAGEMENT (MHM) IN
RAJKIYA BUNIYADI VIDYALAYA (MIDDLE SCHOOL),
BHITTIHARWA, WEST CHAMPARAN

SCHOOL NAME	RAJKIYA BUNIYADI VIDYALAYA, BHITIHARWA
LOCATION	BHITTIHARWA, WEST CHAMPARAN
PRINCIPAL's NAME	RAM NARESH CHANDRA GHOSH
TOTAL NO. OF STUDENTS	930
NO. OF GIRLS	216
NO. OF GIRLS COUNSELED	120
TEAM MEMBERS	PALLAVI SINHA, NISHA RANJAN, KUMARI SARITA SUMAN, SHRI PRAKASH THAKUR

INFRASTRUCTURE:

The school infrastructure was good. There were 4 toilets in the school. The classrooms were in good condition but lacked fans. The school lacked qualified teachers and staff members and a guard. The school education was not up to the mark. The school provides a hostel facility for students. 100 students can be accommodated in the school hotel and there were 3 toilets in hostels.

HYGENIC CONDITION:

There was one separate toilet for girls, one for teachers and 2 toilets for boys. Toilets were unhygienic in the school campus on contrary to the toilets in the hostel which were in good condition. There was no facility for sanitary pads in school, but the hostel warden provides sanitary pads to girls.

METHODOLOGY USED:

The orientation session begins with the introductory part on Menstrual Health Management (MHM).

Initially, the NAF team tries to evaluate students' understanding of the concept of "PERIODS" through interaction. After menstruation is defined and explained to them in the simplest of language while also making use of biological terms.

After making the girls comfortable, the team proceeds with its orientation session.

THE TOOLS USED BY NAF TEAM:

1. Projector
2. Screen
3. Sound system
4. PPT
5. Demonstration of making cloth pad
6. Display of MHM Kit and used as a prize to quiz winner
7. Quiz competition
8. Interactive communication on social myths.
9. Explaining good & bad touch

CHALLENGES:

- The school was not prepared for the session.
- Girls were of different age groups (8 to 14 years).
- The girls were shy and uncomfortable.
- Many girls lacked any knowledge whatsoever about periods

LEARNING:

- We went and talk to the school principal then after that they arranged the room for girls of class 5th to 8th standard.
- In our session, there were girls were of different age groups ranging between 8 to 14 years present. Some were having their periods & some were about to start their periods. We started from the basics and increased our discussion about MHM. We taught them about

1. Importance of period in girls life how it is related to their existence
 2. how to use sanitary napkins and how to make hygienic cotton pads at home
 3. explained female reproductive organ
 4. how to maintain personal hygiene
 5. how to dispose of used sanitary pads
 6. health and nutrients
 7. break the social taboos
- Apart from that, our team took a small session of 8th standard students where we discussed period as well as good touch & bad touch. In this course, we got to know that many of them were facing bad touch. They were curious to know about bad touch. At first, they all were very shy & uncomfortable, but when we shared our own experiences then they felt free and comfortable. They shared their experiences which they did not know were bad touches.
 - We also got to know about “MEENA MANCH” program conducted in school on a regular basis for awareness on such topics.