

REPORT OF WORKSHOP HELD ON 27th SEPTEMBER, 2019 ON MENSTRUAL HEALTH MANAGEMENT (MHM) IN RAJKIYA UTTAKRAMIT MADHYA VIDYALAYA, BHITIHARWA, WEST CHAMPARAN

School Name	UTTAKRAMIT MADHYA VIDYALAYA
Location	BHITIHARWA, WEST CHAMPARAN
Principal	K.K. SHARMA
Total no. of Students	600
No. of Girls Present	75
Team Members	AMRITA SINGH, AISHWARYA, ANJULA, and VICKY

Infrastructure:

There were a total of 5 washrooms in the entire school premise. The classes lacked fans. The school also lacked working staff and students were found sweeping the classes themselves. Mid-day meals were functional.

Hygiene Condition:

There was a total of 5 bathrooms in the entire school premise, 2 of which were well functioning equipped with taps with running water, 1 had no functioning tap, and 2 were locked and inaccessible. There were no dustbins available to students. Two hand pumps were located at each end of the school and had fresh water. The kitchen was clean and it was taken care to make the meals with utmost cleanliness. The food was served in clean utensils which were washed with dish soap after eating.

Methodology:

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.

Tools Used:

- I. Projector
- II. Screen
- III. Sound system
- IV. Power point presentation
- V. Pre & post questionnaires
- VI. Demonstration of making cloth pads
- VII. Quiz competition
- VIII. Display of MHM kit and use of it as an award for quiz winner
- IX. Interactive bout on social myths

Challenges:

- Despite having the knowledge of an MHM session being conducted, the school made no prior preparations.
- The school started at 10:00 a.m., but students as well as teachers failed to turn up on time because of this, the team had to wait for an hour before starting the session.
- Students were hesitant in talking about menstruation and went as far as to hide their faces with their *dupattas*.
- Some students didn't seem interested in learning.
- Girls belonged to different age groups, so some of them were unaware of what period is.
- Teachers were extremely shy and spent half the time giggling along with the students instead of disciplining them.
- The environment in the classroom was hot and humid because of the lack of fan.

Learning:

- 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 advanced our discussion about MHM. We taught them about -
 1. importance of period in girls life and how it is related to their existence
 2. how to use sanitary napkins and how to make hygienic cotton pads at home
 3. female reproductive organ
 4. how to maintain personal hygiene
 5. how to dispose of used sanitary pads
 6. health and nutrients
 7. busting social myths.
- 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
- Students seemed flexible in their understanding of periods and were eager to learn.
- The teachers mostly seemed rigid in their thought process.