

# REPORT OF WORKSHOP HELD ON 28<sup>th</sup> SEPTEMBER, 2019 ON MENSTRUAL HEALTH MANAGEMENT (MHM) IN RAJKIYA UTTAKRAMIT MADHYA VIDYALAYA, KOHARGADDI, WEST CHAMPARAN

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<b>SCHOOL NAME</b>	RAJKIYA UTTAKRAMIC MADHYA VIDYALAYA
<b>LOCATION</b>	KOHARGADDI, WEST CHAMPARAN
<b>PRINCIPAL NAME</b>	VINOD PRASAD
<b>TOTAL NO. OF STUDENTS</b>	299
<b>NO. OF GIRLS</b>	147
<b>NO. OF GIRLS ATTEND SESSION</b>	40
<b>TEAM MEMBERS</b>	PALLAVI SINHA, NISHA RANJAN, KUMARI SARITA SUMAN, SHRI PRAKASH THAKUR

## **INFRASTRUCTURE:**

The school infrastructure was average. There were 4 toilets in the school. The classrooms were with their basic facility but lacked so many facility for example chairs & benches for students. The school lacked qualified teachers and staff members and a guard. There was not a single female teacher in school. The school education was not up to the mark.

## **HYGENIC CONDITION:**

There were total 4 toilets in school but only two were in use, one separate toilet for girls, one toilet for boys. Toilets were unhygienic in the school campus. There was no facility for sanitary pads in school.

## **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:**

- 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:**

- 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. We started from the basics and precede 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 students where we discussed period as well as good touch & 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.

- This was the first awareness session held in schools.
- We got to know that the girls dispose their pads in “KATHA” river and some dig the ground and bury them there as their method of disposal.
- Only one girl knew how to use a sanitary pad. There were 18 girls who were having their periods and 22 didn’t have it.
- This session was very helpful to those girls who were not having their period as the session was informative as girls should know before their menarche (1<sup>st</sup> period).
- 99% of girls used homemade cloth pads which are, mostly, in unhygienic condition.
- After the session, few girls purchased pads from us and their mothers also seemed interested in buying them. They told us that there is no facility of sanitary pads in their area and they feel uncomfortable buying from the market.
- School principal also told us that they lack the facility to provide sanitary pads and asked us for accessibility of the same in their school.