

REPORT OF WORKSHOP HELD ON 28th SEPTEMBER, 2019 ON MENSTRUAL HEALTH MANAGEMENT (MHM) IN RAJKIYA UTTAKRAMIT MADHYA VIDYALAYA, PIPARIA, WEST CHAMPARAN

SCHOOL NAME	Rajkiya Uttakramit Madhya Vidyalaya
LOCATION	Piparia
PRINCIPAL'S NAME	Chandra Prakash Ram
TOTAL NO. OF STUDENTS	290
NO. OF GIRLS LISTED	140
NO. OF GIRLS COUNSELED	82
TEAM MEMBERS	Amrita Singh, Aishwarya, Anjula and Vicky

Infrastructure:

- ⇒ The school had classes 1 to 8.
- ⇒ The problem with electricity was coming and going.
- ⇒ Fans, in spite of hanging in some classes, did not work; and the lighting was poor with just one bulb in each class.
- ⇒ There were no benches in any classroom.
- ⇒ The school has 4 bathrooms on its premises.
- ⇒ One kitchen.

Hygienic Condition:

There were 4 bathrooms in the school and all were clean, although there was no demarcation for boys and girls' toilets. The bathrooms lacked running water and the whole school premise had one hand pump. Apart from the Principal, teachers and a cook, there was no other cleaning staff in the school. The students cleaned the classrooms by themselves. There was no facilitation for sanitary napkins from the school's side.

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.

Tools Used by the NAF Team:-

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

Challenges Faced by the Team:-

- ⇒ Girls were absent despite the prior information about the session.
- ⇒ Some girls seemed to have no interest in the ongoing session. Despite 4-5 girls, the rest weren't responding.
- ⇒ With the fluctuating electricity, it was difficult to show the PPT.

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 students from 3rd to 5th standard 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.