



# Strengthening Rural Women Self Help Groups to promote Menstrual Health and Hygiene Management in selected Districts of Bihar

PROJECT REPORT  
2021-2022

Submitted by  
Nav Astitwa Foundation



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## Abbreviations

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ANM	Auxiliary Nurse Midwife
ASHA	Accredited Social Health Activist
MHM	Menstrual Hygiene Management
CC/AC	Community Coordinator/Asst. Coordinator
CM (Jeevika)	Community Mobiliser
VO	Voluntary Organisation
SHG	Self Help Group
CRP	Community Resource Person
SS/AWW	Swasthya Sevika/Anganwadi Worker
ICDS	Integrated Child Development Services
DM	District Magistrate
DPM	District Programme Manager
DDC	Deputy Development Commissioner
CLF	Cluster Level Federation
PC	Period Coordinator
PRI	Panchayat Raj Institutions
VM	Vikas Mitra
BMVM	Bihar Mahadalit Vikas Mission
SDG	Sustainable Development Goal
BRLPS	Bihar Rural Livelihoods Promotion Society
WASH	Water, Sanitation and Hygiene
NAF	Nav Astitwa Foundation
SBM (G)	Swacch Bharat Mission (Gramin)
Gol	Government of India
MT	Master Trainer

## Executive Summary

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**Menstrual Health and Hygiene Management** continues to be a critical factor for millions of women and girls who face menstruation with fear and anxiety. Although, the National Family Health Survey -5 (NFHS-5 conducted in 2019-20) reflects an increase in the proportion of women aged 15-24 using hygienic methods of protection during their menstrual period across almost all states including Bihar, the status of Bihar remains low at 59%. The increase of 28 % as compare to NFHS-4 (released in 2015-16) could be attributed to a positive policy environment and the concerted efforts of stakeholders in focusing on awareness, access and attitude and behaviour changes among women and girls regarding MHM in Bihar. The Swachh Bharat Mission (SBM) is significant in its inclusion of MHM as a part of the 'equity and inclusion' component of Swachh Bharat Mission-Gramin (SBM-G). The MHM Guidelines issued by the Ministry of Drinking Water and Sanitation (2015) suggests the preparation of operational guidelines by States for convergence among key stakeholders at the state, district and local levels to support girls and women. Other findings from the NFHS-5 study as reported in an article (<https://thewire.in/health/what-nfhs-5-data-tells-us-about-indian-womens-use-of-period-products>; <https://www.downtoearth.org.in/blog/health/more-women-opting-for-safe-menstrual-practices-nfhs-5-data-shows-74758>) discuss that potential reasons for the low usage of hygienic products in some states including Bihar could be the lower awareness around menstruation, multiple taboos and myths surrounding the topic which result in shame and stigma, especially in rural areas and the resultant lack of access to sanitary products by women and girls. Access includes both availability and affordability of hygienic products. The current pandemic has upended all our lives and aggravated the situation further by increasing the access gaps. During the lockdown, production and distribution of sanitary pads was stopped or slowed down significantly affecting the availability of products for girls and women dependent on free or subsidised supplies from schools, Anganwadis and SHGs (<https://thewire.in/women/coronavirus-menstruation-sanitary-pad>)

Addressing this critical issue, Nav Astitva Foundation (NAF) in partnership with UNICEF implemented the "Strengthening Rural Women Self Help Group to promote Menstrual Health and Hygiene Management Programme" as a pilot initiative in Riga block of Sitamarhi district and Kasba block of Purnea district in Bihar.

### Key strategies and achievements

The aim was to increase awareness of the natural process, break the surrounding myths and change unhygienic practices related to menstruation by applying strategies of interdepartmental convergence, capacity building of community leaders, and sustain behavior change communication. Engaging with community and collaborating with Govt. stakeholders was the

cornerstones of effort to improve the menstrual health situation in the states. The program proposed to involve directly the underprivileged women in different capacities in shaping the policies, planning and implementation of their MH program.

The Bihar Rural Livelihoods Project (BRLP) launched in 2006, known as JEEVIKA in Bihar, has had a transformative impact on women's lives and their empowerment. (JEEVIKA – World Bank documents) The objective was to 'enhance social and economic empowerment of the rural poor in Bihar' by mobilising rural women from poor households into more than 150,000 Self Help Groups (SHGs) and 10,000 village organisations (VOs), thus reaching out to more than 1.5 million women. This structure has been effectively used by NAF and UNICEF to sensitise and build capacities of Jeevika cadres regarding MHM thus reaching a large group of women. NAF trained and sensitised functionaries at all levels – Senior Management, Cluster level Federations (CLF), Village Organisations (VO), and Self Help Groups (SHG) – regarding the various issues related to MHM. Besides, in collaboration with the Education department a basic orientation program on MHM was organised to capacitate nodal teachers and educate the students of Meena Manch.

The major activities that were conducted includes: a) strengthening district level convergence for effective MHM programming by provisioning an interdepartmental convergence meeting in the two districts. The initiative was acknowledged by all and capacity building of other departmental staff on MHM emerged as a strong need. b) Capacity building of Master Trainers (MT), the CLF staff, particularly MRP/CNRP was done by NAF team with technical support from UNICEF and JEEVIKA c) Capacity building of Community Mobilizers of JEEVIKA on MHM. d) Developing a district level interdepartmental convergent MHM Action Plan e) Capacity building of Village organizations and Self Help Groups through facilitating handholding support by trained JEEVIKA workforce f) Observing key events and special days, mainly Menstrual Hygiene Day through a week-long celebration of womanhood with creative activities, quiz and online sharing of stories regarding the first period experience. Besides, due to the pandemic, promoting hand washing was also an integral part of the capacity building of frontline workers to emphasize living in new normal times. Special training modules such as 'Mahwari ki Jaankari' and 'Mahwari par Charcha' were developed on MHM to focus on appropriate skills and knowledge to talk openly about menstruation. A skill building training on making cloth-based reusable sanitary pads was organised for Jeevika didi to increase affordability and access to safe and eco-friendly products.

The pilot has demonstrated working with the JEEVIKA structure as a viable model for integrating MHM into existing programmes of women empowerment. It has also strengthened district level interdepartmental convergence. Resultant demand generated development of a District level Action Plan on MHM and was launched on the eve of 8<sup>th</sup> March, International Women's Day by the District Administration in both Purnea and Sitamarhi. The need for capacity building on MHM for the frontline workers of other departments primarily Health and Family Welfare, Education and Social Welfare was recommended for the next phase.

Overall, the program has successfully reached 47,182 women and 94364 adolescents. In Purnea, NAF has trained 50 CNRP/MRP, 133 Community Mobilizers and 25 SHG women. In Sitamarhi, NAF has trained 50 CNRP/MRP, 167 Community Mobilizers and 25 SHG women. 30 nodal teachers and 50 adolescent girls of Meena manch in Kasba block and 25 nodal teachers in Riga block along with 50 adolescent girls of Meena manch were trained on MHM. 10 Pad Banks or Sanitary Napkin Banks, a novel initiative of NAF, have been established in the operational areas benefitting more than 350 women and girls. These pads are priced much lower than other brands available in the market to make them affordable to all.

The way forward in reducing the gaps in MHM as revealed during the project implementation includes collaborating and converging with JEEVIKA to take the project to scale in other blocks of the two districts gradually spreading to other districts in the state; reaching out to the last mile through ICDS and Mahila Vikas Mitra functionaries; conducting monitoring and evaluation on a regular basis; facilitating access to and availability of sanitary napkins and other adsorbents through establishment of sanitary napkin banks, and manufacturing cloth pads locally; strengthening the MHM programme in schools; facilitating effective disposal of waste and strengthening the role of CSOs and the media.

## Chapter I: Introduction to the project

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### Rationale of the program

The program aimed to increase awareness among women and adolescent girls at the grassroots level about Menstrual Hygiene (MH) so that they can fully participate in their private and public life. Educating the community on MH also involves challenging many deep rooted social norms and taboos around menstruation that has been practiced for years. Women in the larger picture are not just passive recipients of welfare enhancing help provided by society, but are active promoters and facilitators of social transformations. Thus they can be active “agents” and move beyond self welfare and influence peer women and eventually could bring a positive change in the society. To realize a wider reach and greater impact of the program it was important to foster an enabling environment through promoting women led collective action at the community level.

Self Help Groups (SHGs) are active, homogenous and most importantly women led institutions at grassroots level. Since the last four decades SHGs have contributed by a long way in establishing a strong community connection to bring nationwide economic as well as social reform.

Similarly, Bihar Rural Livelihood Project or JEEVIKA under National Livelihood Mission has done a recommendable job since its inception. It works by mobilizing marginalized women into institutional platforms; such women demonstrate higher levels of empowerment, when empowerment is measured by mobility, decision making and collective action. These platforms are not only positively impacting the asset positions but also improving food security and sanitary preferences of the beneficiary household. (<http://pubdocs.worldbank.org>). JEEVIKA has mobilized 1.2 crore rural households (HH) into 10.28 lakh SHGs, 64,593 VOs (Village Organisations) and 1187 Cluster Level Federation (CLF)-(<http://www.brllps.in>)

Besides establishing a system of performing networks of women collectives, JEEVIKA represents a strong women workforce; the government has also been using their services for various social campaigns and initiatives of the education, health and welfare departments.

“Strengthening Rural Women Self Help Group to promote Menstrual Health and Hygiene Management Programme” is a woman centric and community based program. Collaborating with JEEVIKA was significant to ensure a greater reach to the women in a sustainable manner through their existing well functioning system. JEEVIKA’s workforces in the implementing blocks were capacitated as local resource persons to mainstream MHM agenda. The already established good rapport and

trust of JEEVIKA workforce with the various levels of collectives (SHG or VO) supported immensely to educate and sensitize them on a sensitive issue like menstruation

## Design of the program

The program was technically and financially supported by UNICEF, Bihar

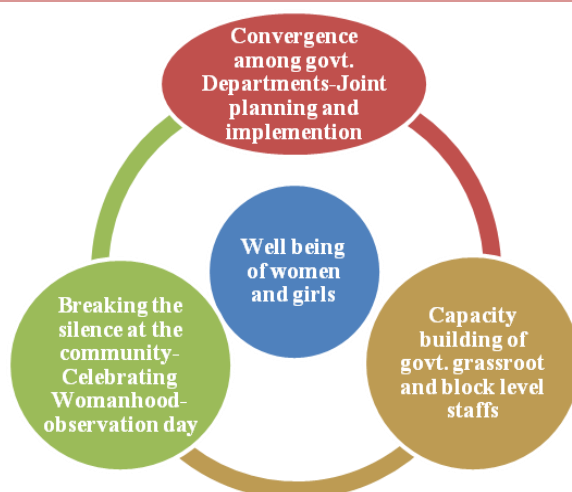
The program was implemented for a period of 12 months w.e.f from 1 April 2021 to 14 March 2022

It was implemented in two development blocks Kasba and Riga of Purnea and Sitamarhi districts respectively

The Self Help Groups were the direct beneficiaries of the program to ensure an estimated reach of 50,000 women in implementing blocks

The program aimed to develop an impressive collaboration with Bihar Rural livelihood Mission-Jeevika through capacity building of their block and cluster level staffs on MHM and successively ensuring convergence with Health Department, Social Welfare Department, Education Department, PRI, ICDS and DPRO to promote MHM planning and provisions at the district level

The program design essentially includes developing of 5 pad banks in each of the two operating blocks i.e, 10 pad banks to address the challenge of accessing menstrual absorbent in the region in an affordable price



## **Observation from the field**

The program had been implemented in one block of each of the two Aspirational districts i.e, Kasba in Purnea and Riga in Sitamarhi. Following are some of the general observations of the program team of NAF during their initial visits to the implementing areas

### Attitude

As far as the community is concerned, they are still conservative regarding practices related to menstruation and most people consider this to be a domain limited to females only.

### Managing Menstruation

The majority of rural women use cloth for managing menstruation and maintaining feminine hygiene. However, washing reusable cloth (menstrual absorbent products) with soap and drying them in sunlight is difficult due to various reasons e.g., lack of water and private facilities, and cultural taboos associated with menstruation. Economic constraints and unavailability at the local level are other important barriers to afford menstrual products such as sanitary napkins. This unhygienic use of cloth sometimes may lead to RTI.

### Myths and Taboos

Furthermore, cultural practices keep menstruating women from conducting daily activities such as cooking, bathing, praying, and even touching animals and plants. Visiting religious places is the most restricted activity. Given the sensitive nature of the subject, education about MHM is also rarely or sporadically imparted in schools. All the taboos and myths around menstruation are followed as a habit even if they restrict a girl or a woman to participate in their daily life and perform in full potential.

### Access to information

The predominant exposure of myths and taboos has developed a sense of menstruation being an impure and unclean state among women and men. This is also due to the fact that knowledge about the physiology of menstruation is very limited. Many women and girls of reproductive age group are not aware regarding the disposal system and drying system of menstrual cloth and moreover consider it as a diseased condition.

### Restricted mobility

Abstaining from outdoor activity is also predominant. This leads to regular dropout from school and limit the opportunity of higher study or better employment.



## Institutional deficiencies

- **Some institutional level deficiencies which have been observed are noted below:**
- **School teachers still avoid the topic of menstrual management and hygiene and do not prefer to discuss or act accordingly**
- **There are inadequate changing and disposal facilities and lack of menstrual absorbents in schools resulting in absenteeism and dropping out by girls**
- **Toilets in schools are unhygienic**
- **ANMs and ASHAs do not handle the issue of menstrual health and hygiene as priority**
- **ASHAs hesitate to promote buying of sanitary napkins (as a mandate of NRHM) due to irregular supply of sanitary napkins under the government programmes as it becomes difficult for them to manage the demand.**
- **There is a lack of access to sanitary napkins with limited outlets in remote areas selling menstrual products.**

## **Objectives of the program**

The programme primarily focused on the infrastructure and facility aspects of the problem as opposed to social stigma, cultural norms, lack of awareness and economic barriers that prevent women from acting on information about menstrual health. Objectives were:

- To bring convergence and coordination among key line departments to mainstream MHM agenda
- To develop District Convergent action plan on menstrual hygiene management and facilitate periodic review of the key line departments.
- To develop at least three master trainers from each block of the selected districts on MHM and facilitate percolating down of information to the SHG group level
- To build the capacities of Community mobilizers in selected Blocks and to facilitate handholding support to mainstream MHM agenda in VO and SHG meetings
- To observe Global Menstrual Hygiene Day 2021 and create a momentum in the selected Districts for a continued dialogue on MHM

## Expected Outcome

- The program aims to improve the overall well-being of women and girls through the existing MHM framework in the state. Hence, the desired results or outcomes are mainly to recognise the preconditions for successful implementation of the MHM framework at the district. The following are the expected outcomes areas:
- Developing District Convergent Action Plan on MHM developed for Purnea and Sitamarhi to bring effective convergence and coordination among key stakeholders to mainstream MHM agenda in their regular programming
- 100 CLF as Master Trainers would be made available (50 from each of the targeted District i.e., Purnea and Sitamarhi) to facilitate mainstreaming MHM agenda in SHG meetings
- 300 trained community mobilizers (150 from each of the targeted Blocks i.e., Kasba and Riga) would be made available to mainstream MHM agenda in VO and SHG meetings.
- 50 SHG women (25 from Riga & 25 from Kasba) would be made available to impart knowledge and skill on MHM to the women and adolescents in the household.
- At least 50,000 SHG women proposed to be aware on safe menstrual hygiene management practices
- At least 1 lakh rural women and adolescent girls to be reached with messages on safe MHM practices
- 10 pad banks to be established ( 5 pad banks in each district i.e, Purnea and Sitamarhi)
- 2 District level and 2 Block level workshops proposed to be organised on Global Menstrual Hygiene Day i.e, 28 May 2021

## Chapter-II: Program activities

### Output 1: Strengthening District level Convergence mechanisms for effective MHM programming in the district

- **Output 1.1: District level orientation cum convergence meeting organized with the key line department officials' i.e, Health, Education, Rural Development, ICDS**

On 9<sup>th</sup> July and 27<sup>th</sup> July 2021 the one day interdepartmental convergence meeting was conducted in Purnea and Sitamarhi districts respectively. The meetings were chaired by the respective District Magistrate of the two implementing districts. The district level officials from various departments who were envisioned to play a critical role in the effective implementation of the program have participated. The list includes the participation from the following departments:



#### Participants' details:

Govt. Departments	Female participants	Male participants
Bihar Rural livelihood Mission (Jeevika)	NA	5
Education Department	NA	2
ICDS	4	NA
Social Welfare Department	NA	1
Health	NA	3

DPRO	NA	14
DCPU	1	1

### Highlights of the events

Representatives from NAF and UNICEF jointly introduced the program's objective and desired outcome and reach. In a dedicated session the implementing partner organisations presented the five phases of implementation. It was mentioned that the current program would provide capacity building support to the Cluster and grassroots level staff of Jeevika. Simultaneously developing a district level MHM plan in consultation with all the respective departments that are envisioned to play a critical role in the district was emphasized. Besides, a focused discussion was held to explore the scope of collaboration among the various departments to understand the ongoing schemes and programs on MHM provisioned through each department. This included aspects of access to information, access to products and access to WASH facilities and waste management.

### Key results:

- Successfully coordinated an interdepartmental meeting in two districts to facilitate convergence and cooperation among the District Administration and line departments for mainstreaming of the MHM agenda.
- Received the support of the DM and the DDC who participated and presided over the convergence meetings
- Sensitised key officials from the line departments of Rural Development, Health, Women and Child Development (ICDS), Social Welfare and Education, about MHM and oriented them on the program and their supportive roles
- the convergence meeting was successful in officials expressing their support and commitment to integration of MHM and related components of WASH for public institutions, spaces, schools and the community
- Promoted collaboration and joint action among the Govt. line departments and generated demand for development of a District level Action Plan (DLAP) on MHM based on the model demonstrated by NAF with Jeevika, along with provisions for capacity building of frontline workers such as ASHA, ANM, AWW, VM, and also School Teachers of relevant departments



- **Output 1.2: Development of District MHM Action Plan through a consultative process for the year 2021-22**

Development of MHM Action Plan:

In both the operational districts two distinct District level MHM Action plans have been developed in collaboration with District level authorities including Jeevika, Health, Education and Social Welfare Department. A glimpse of the MHM Action plan. The Action plan has two closely interlinked goals, each of which is comprised of several objectives to be met by undertaking key activities. The following table briefly provides an overview of the District MHM Action plan

Overview of District MHM Action plan

S. No	Goals	Objectives	Key actions
1	ENABLE ALL PEOPLE TO MAKE INFORMED DECISIONS ABOUT THEIR SEXUAL AND REPRODUCTIVE HEALTH (SRH) AND ENSURE THAT THEIR HUMAN RIGHTS ARE RESPECTED, PROTECTED AND FULFILLED	Objective 1.1: Ensure that people's human rights related to sexuality and reproduction are respected, protected and fulfilled.	Promoting informed decision making among in school and out school adolescents by educating them about comprehensive and age appropriate SRHR, Ensuring gender equality in all spheres of life through ensuring women's rights, Strengthening the legislations pertaining to Child, early and forced marriage
		Objective 1.2: Establish and strengthen formal and informal evidence-informed comprehensive safe sanitation and sexual reproductive health (SRH) education.	Reviewing existing policies and, establishing new ones to promote scientifically accurate and comprehensive safe sanitation and SRH education, introducing a system of competency training in comprehensive MHM education for teachers, educators and health professionals, Establishing socially inclusive mechanism

		Objective 1.3: Provide information and services that enable people to make informed decisions about their menstrual hygiene management.	Proper implementation of District Action Plan, modify if necessary; promote capacity building trainings among the proposed resource person, ensuring availability of menstrual absorbent and necessary information
2	ENSURE THAT ALL PEOPLE CAN ENJOY THE HIGHEST ATTAINABLE STANDARD OF MENSTRUAL HYGIENE MANAGEMENT AND WELL-BEING	Objective 2.1: Attend to all people's needs or concerns in relation to Menstrual Hygiene management	Health care workers are adequately trained, organising dedicated services for various range of disadvantaged group, Ensuring counselling and healing services for the sufferers of menstrual ailment
		Objective 2.2: Reduce unmet need for MHM materials/products	Tackling myths through engaging media, massive dissemination of information, Addressing gender- and age-based barriers to MHM and using transformative approaches that empower women and involve men
		Objective 2.3: Eliminate avoidable RTI and STI morbidity	Ensuring availability, accessibility, acceptability and quality of services on MHM during any emergency; Enhancing the capacity of health care providers to detect and address reproductive tract infections among women and young girls

Additionally, the MHM Action plan includes an implementation framework for increasing access to information, products and female friendly WASH and waste management solutions. It is proposed to make and work upon a 2 to 3 years MHM Action Plan with specific handholding support along with capacity building on MHM to selective frontline workers of at least five departments (Health, ICDS, SC/ST welfare, Jeevika, and Education). This action plan would strengthen the entire Rural Women/Adolescent in community on Menstrual Hygiene Management and would ultimately accomplish the MH Mission (Menstrual Health & Hygiene Mission).

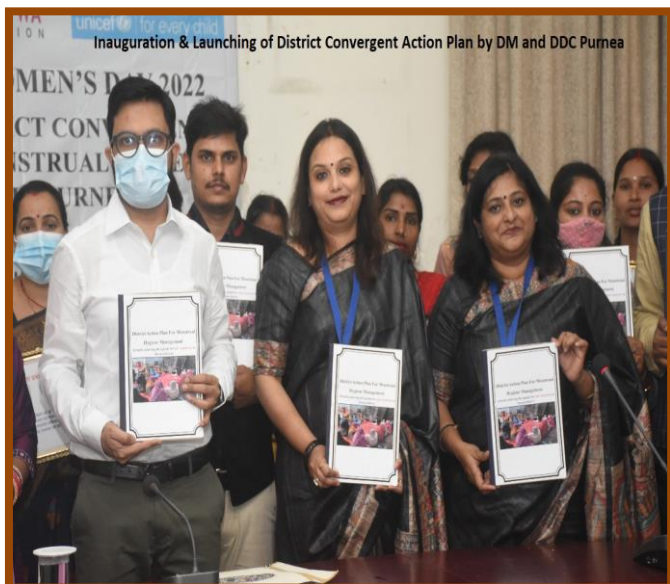
## Launching of District level MHM Action Plan

The launching of District level MHM Action was one of the significant outcomes of the entire program. It was done on the eve of International Women's day i.e, 8 March 2022 by Mr. Rahul Kumar DM & Mr. Manoj Kumar DDC in Purnea and by Mr. Vinay kumar DDC 11 March 2022 in Sitamarhi district. Approximately 28 and 40 participants from various departments were present in Purnea and Sitamarhi inaugural events respectively. A brief presentation was done on MHM Action plan to inform about the proposed activities and joint responsibilities.

### Key results:

The MHM convergent action plan was highly appreciated during the launching meeting particularly the extensive work done by NAF in support of UNICEF to guide the district to develop their MHM Action Plan.

The DM and DDC of both the districts have shown strong commitment to implement the plan accordingly in convergence with other departments. However, they underlined the need for the capacity building training of the frontline workers on MHM. Hence, recommended such initiatives from NAF and Unicef.



- **Output 1.3: Training of trainers program for CLF representatives from all the blocks of respective Districts:**

Training of trainers was an important output area of the program. Promoting awareness on MHM at the community level needs informed and strong communication skills as it is more about dealing with the yearlong social taboos to establish health well-being. The MHM training served as an entry point to sensitize and capacitate Jeevika frontline cadres so that they are able to discuss and address women and girls' specific hygiene and sanitation needs which are often overlooked in the



community. . Moreover, the presentations were consciously designed to safeguard the dignity, identify the bodily integrity and respect the overall life opportunities of women and girls.

### District level training for developing Master Trainers on MHM

#### Highlights of the event

50 CLFs in each implementing district including CNRP/MRP were trained by NAF with technical support from UNICEF and Jeevika. In Sitamarhi district there was also representation from the Education department. The objective of the training was to capacitate the Jeevika senior level staff to function as Master Trainers so that they can train other CLFs in the district in a cascading format. The training was conducted In Purnea and Sitamarhi on 17 and 18 August/ 26 and 27 August 2021 respectively. To ensure accountability in the Jeevika meetings and emphasize the additional role of Master trainers on MHM the trained staffs were designated additionally as Period Coordinators. The training was conducted virtually and in each session 25 participants were trained. The sessions mainly included basics of menstrual hygiene management. However, the prime focus was to capacitate the designated work force on monitoring and problem-solving skills to mainstream MHM agenda at the community level.

#### Participants' details

Implementing district	Designation of the participants	Female participants	Male participants	Total participants
Purnea (all blocks)	MRP/CNRP	47	0	47
Kasba	MRP	3	0	3
Sitamarhi (all blocks)	MRP/CNRP	47	0	47
Riga	MRP	3	0	3

#### Tracking mechanism

Post training, continuous handholding support was provided to the Master trainers (CNRP/MRP) to mainstream MHM as an agenda in SHG/VO level meetings.

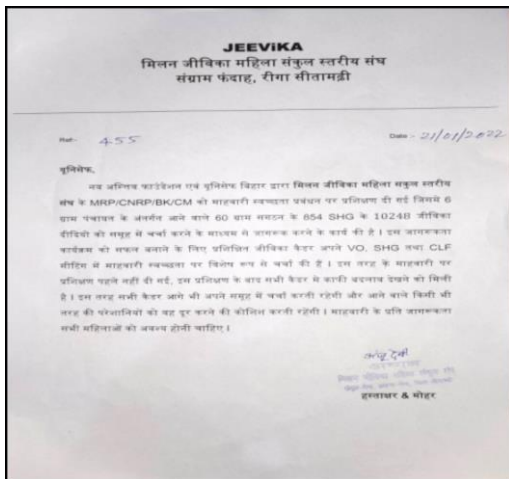
A whatsapp group was developed by NAF for each district which includes all the CLF level Master Trainers, Jeevika CM and NAF staffs respectively of the implementing blocks. The whatsapp group platform is used by CNRP/MRPs to share about their observations and learning of monitoring visits to VO or SHG meetings. They shared whether issues related to MHM were discussed and recommended solutions to get relief. Incidences of referral and follow-ups were also discussed. This ensured connectivity among the trained cadre of the Jeevika as well as promoted cross learning and handholding support as when required.

Besides creating whatsapp groups, joint visits were also done by CNRP/MRPs, CM and NAF staff





in SHG and VO meetings to understand the spontaneity of the Jeevika cadre to initiate the discussion on MHM and respond or refer the cases. The discussion and responses are well documented in the minutes registers of the SHG/VO for future reference and follow up of any particular case.



Jeevika endorsement letter indicating reach to 2700 SHGs



A screenshot of whatsapp group

### Key results

- This training created an opportunity to capacitate a representative number of Jeevika CLF workforce of all the blocks in the two implementing districts. Approximately 3 CLF staff were present from each block. However, as provisioned in the program, post training intensive handholding support was provided to the CLF Master trainers of the two implementing blocks i.e, Riga and Kasba. However, through whatsapp group and telecommunication the other Master trainers were also remain connected and their queries were addressed time to time.
- Pre and Post training tests reflect an enhancement in the knowledge of the CLF (CNRP/MRP) regarding MHM.
- The trainings supported the CLF staffs to understand their role as Master Trainers is to support and supervise Jeevika CM to integrate MHM agenda in the ongoing SHG meetings
- Post training, CLF staff made it mandatory to take feedback from Jeevika CM on the responses of SHG and VO members on MHM agenda during ongoing meetings. Besides, during CLF level monthly meetings they made it a practice to discuss the MHM issues from the field. They strengthened the knowledge of CM on MHM and potentially built capacities for effective engagement with the women and girls at the community level
- The training could able to initiate a positive dialogue on MHM; providing scientific and accurate information regarding MHM; remove the myths and misconceptions

## Outreach through Master Trainers

Districts	Master trainers	Jeevika Didi reached	Notes
Sitamarhi	50	9760	The reach has ensured through in person handholding visits during SHG/VO or CLF level meeting and regular communication through whatsapp groups or remote phone calls in Riga and Kasba whereas in non implementing blocks through whatsapp groups and phone calls the support and supervision has been ensured
Purnea	50	10320	

### **Output 2: Handholding support to mainstream MHM agenda in SHG meetings**

To mainstream MHM agenda in the SHG meetings, it is important to improve their attitude regarding addressing the issues around menstruation and enhance the level of MHM knowledge. The Jeevika community mobilizers play a critical role in empowering communities to enable social change and improve the quality of life in their local area. They act as the link between communities, SHG/VO and Jeevika Cluster level structure at the grassroots level. Hence, building their capacities on MHM would generate local MHM resource persons as well successfully integrate the MHM agenda at every level of Jeevika.

#### **Output 2.1: Capacity building of Community Mobilizers of one selected block from each district**

##### Highlights of the event

On 20th, 21st & 22nd September 2021 ( Group-“A” and Group-“B”) and 23rd,24th & 25th September 2021 (Group-“C”) Nav Astitva Foundation conducted three days Capacity Building Program of Community Mobilizers on Menstrual Hygiene Management in collaboration with Jeevika in Sitamarhi District. Whereas, on 13th, 14st & 15nd Setember 2021 ( Group-“A”) and 03rd,04th & 05th October 2021 (Group-“B” and Group-“C”) Nav Astitva Foundation, conducted similar three-day Capacity Building Program of Community Mobilizers on Menstrual Hygiene Management in collaboration with Jeevika at Purnea District. Total 167 & 133 Jeevika CM were trained at Sitamarhi & Purnea District respectively. The sessions were broadly designed to explain Menstrual cycle, menstrual hygiene practices, including range of menstrual products. The myths and taboos related to menstruation were also addressed with scientific explanation. Hygienic use of pads made of cotton cloth and the method of making them were included in the capacity building sessions of Jeevika workers to overcome the challenges of access and availability of sanitary pads. Instructions for safe reuse and disposal were also shared

Most importantly, some ideas and tips on unique facilitation skills to present the MHM agenda in SHG meetings were also shared. Some of them are making of “poshan ki thali” to inform about balanced diet and nutrition intake for health well being, how to use and stick sanitary pads on underwear and demonstrating hand washing practice as per covid protocol.

Participant's details:

Implementing district	Female participants	Male participants	Total Jeevika CM
Purnea	133	0	133
Sitamarhi	167	0	167



Training session: Community Mobilizers' training on MHM-“Poshan Thali” activity

Key results

- The training was conducted for three consecutive days. This created a space for Jeevika CMs to become comfortable with the sensitive issue and overcome their resistance points. Gradually, they started responding to the sessions and also shared their personal experiences. The pre and post training test results resonate the positive effect.
- During VO and SHG meetings a continuous handholding support was provided to Jeevika CM by CLF level master trainers and NAF staff. Periodically the Block coordinators of NAF along with Jeevika team have participated in the scheduled meetings of the SHGs/VO/CLF and demonstrated how to initiate conversation and address issues on MHM. This helped to jointly review the progress and helped to improve the implementation gaps through on spot feedback on the queries
- A Jeevika CM supervises 12 SHGs and 1 VOs. On an average she reaches 168 women. Altogether the program trained and provided handholding support to 300 Jeevika CM who further sensitized directly 50,400 SHG women and 3,000 adolescents on MHM

**Output 2.2: Facilitating monthly CLF/VO meeting in the selected Blocks through the CMs to percolate down the MHM information to SHG level**

VOs are pivotal in mainstreaming MHM agenda at the community level. Each VO is composed of 30-40 members who are representing 10-12 SHGs. Thus sensitizing a VO on MHM provides an opportunity reaching directly to the community at grassroot level. VO meeting are conducted once in month which has supported to reinforce MHM knowledge on a regular basis and keep high the momentum of imbibing and promoting hygienic practices during menstruation.

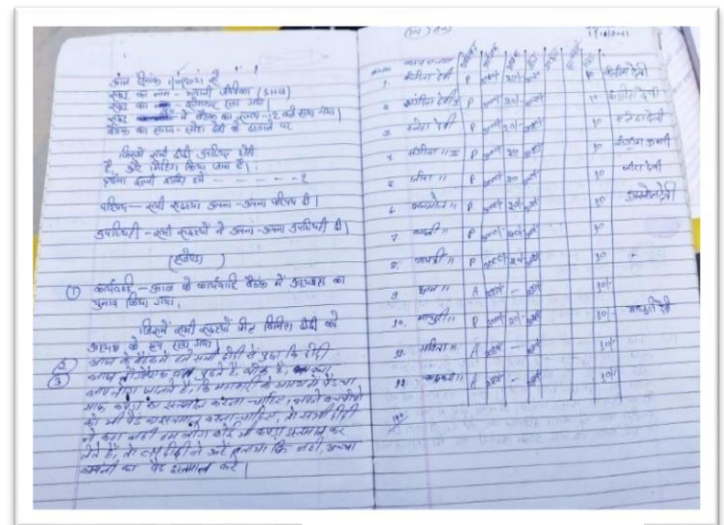
The program created a scope where NAF jointly conducted few of such meetings with Jeevika CM and provide necessary advice to strengthen the communication on MHM. 80 & 65 such joint meetings were conducted in Riga and Kasba respectively. During the meetings the VO members were suggested and encouraged to share the MHM knowledge regularly in periodic SHG meetings. Besides, they were also suggested to spread awareness regarding new myths that circulated such as the COVID-19 vaccine cannot be administered during periods and may cause infertility. The proceedings of the meetings are documented well in the minutes registers for future reference

Outreach through sensitized VOs

Name of the implementing blocks	No. of VOs in the implementing block	No. of SHG reached through the respective VOs	Total no. of women reached
Riga	166	2243	26916
Kasba	134	1973	20266

**Output 2.3: Handhold support to SHG members to reach out to adolescents and women to adopt and sustain MHM behaviors**

To mainstream MHM agenda at the community level it was important to encourage regular communication during the SHG level meetings. The SHG leaders who are representing at VOs are responsible to inform their peers about MH as discussed in the level meeting. They also remained as the local strength in the group to motivate the fellow members to share their concerns in managing menstrual health at family or neighborhoods. Each SHG member on an average has educated 12 women and 2 adolescents and reached altogether 47182 women and 94364 adolescents in the community. During the program, a cumulative 80 and 65 periodic SHG and VO meetings were conducted jointly by CM and NAF staff in Riga and Kasba respectively. These handholding visits ensured and validated the integration of MHM as an equally important agenda in the SHG meeting. The presence of Jeevika CM in the



SHG meeting minutes

SHG meetings were helpful to make the session interactive through using various learning tools as shared during the CM training. They also shared information on pre menarche preparation and visited (very few) households for counselling the adolescents on menarchy. The discussions held to promote MHM knowledge in the SHGs are mentioned in the respective minutes registers for future reference.

### Women and adolescents outreach through sensitized SHG women on MHM

Implementing Block	No. of trained CM	Responsible for SHGs	SHG members reached to women in the community	SHG members reached to adolescent in the community
Riga	167	2240	26916	53832
Kasba	133	1685	20266	40532
Cumulative reach (Riga+ Kasba)	300	3925	47182	94364

### **Output 2.4: Handhold support to selected VOs and SHGs to mainstream MHM agenda during periodic meetings**

The SHGs and VOs representatives are important community leaders and can be motivated and capacitated to act as a catalyst in changing negative attitudes and perceptions around MHM through positive community dialogue (<https://thewire.in>)

To sustain MHM knowledge and practices in community and to replicate this Jeevika model of strengthening MHM knowledge in the community, 5 VOs and 5 SHGs were selected in implementing and extensive handholding support were provided during the period meeting. The selection of SHGs and VOs were done NAF. These were developed as model SHGS and VOs.

In addition, on 07/01/2022 and 12/01/2022 the training was conducted in the implementing blocks Riga and Kasba respectively. In each of the training 25 SHG members were present. The trainees were selected by the Jeevika.

The existing training modules 'Mahwari ki jankari' and 'Mahwari par charcha' were referred to and followed to promote personal hygiene and myth free practices among the women and girls. Additionally, the thrust was on creating access to and promoting use of hygiene products. Hence, consecutively a one-day skill building training was organised on making of cloth based reusable sanitary pads.. This skill building training was meant to making of reusable menstrual products, made from fabrics that are comfortable, safe and eco-friendly. This was achieved through providing training on making cloth based sanitary pads and underwear. Besides, providing tailoring skill the session also emphasized to build social marketing strategies to promote the product and inform on menstrual health and SRHR, with the ultimate aim to break taboo and stigma around this topic. The pre and post test conducted during the training showed an increase in knowledge of the participants.



Implementing Blocks	Female participants	Male participants	Total Jeevika didi
Riga	25	0	25
Kasba	25	0	25

Participants’ details of MHM training for Jeevika didi

**OP 2.5 10 Pad banks established and handholding support extended during the project period**

The program took up a novel initiative to establish ‘Sanitary Napkin Banks’ in the implementing districts for ensuring the accessibility of sanitary pads at an affordable price among the underprivileged girls and women. 5 Pad banks were established in each of these two districts. These pad banks were owned and managed by trained Jeevika CMs. The pad banks ensure availability of sanitary pads at the local level. Earlier women or girls were hesitant to purchase sanitary pads from local petty shops as the majority of the shopkeepers were male. Therefore, they were dependent on the male family member to purchase the sanitary pads. But now they can freely reach out to the pad banks and get their product. In addition, the banks also sell products like undergarments (panty) and reusable cotton cloth pads.



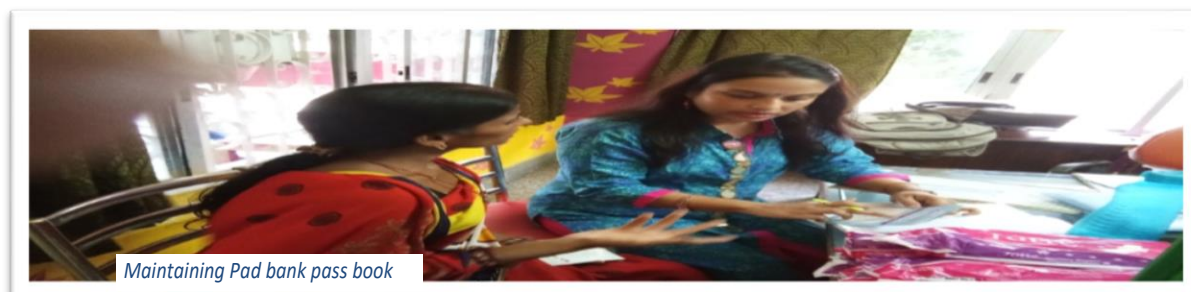
*Distribution of sanitary pads in a pad bank*

The pads are priced much lower than other brands available in the market to make them affordable to all. It offers a variety of sanitary pads. The cloth made reusable pads with minimum pack size are the lowest at the price level as compared to disposable sanitary pads of more numbers of pads in one packet. The cloth made reusable pads are produced by SHG women who received pad making training during the program. Other products such as underwear (panty) of different sizes are also available.

The bank also issues passbooks in the names of the customers to maintain the record. The passbook records help the organization know if the concerned girl/woman is using the napkins or not. Thus, based on monitoring of the data collected regarding monthly usage by individuals, NAF staff also counsel those who are facing

problems to afford the sanitary pads. During the counseling, the users are informed regarding the importance and benefits of using hygienic sanitary products including cotton cloth and the way to use them. Young girls are educated on menstrual cycle so that they can manage their periods well and to be prepared with menstrual absorbents before next period date NAF has been working with large manufacturers to obtain sanitary pads in large quantities.

Currently, 10 pad banks are being established i.e, 5 in each of the implementing blocks established in between December 2021 and February 2022. However, within this very short span the pad banks are quite popular in the community and until now providing regular services to 144 women and 76 adolescents.



### Outreach through pad banks

Implementing districts	Address of pad banks (Village, GP, Block)	Name of the owner of pad bank	Designation in Jeevika	Received MHM training from the program	No. of women receiving the services from pad bank	No. of adolescent receiving the services from pad bank	No. of passbook issued
PURNEA	GHURDAUR	JYOTI THAKUR	CNRP	YES	20	12	15
	MALHARIYA	MAMTA DEVI	CM	YES	12	08	15
	MALHARIYA	MOBINA KHATOON	CM	YES	08	12	10
	SIMARIYA, GHURDAUR	SUSHILA DEVI	CM	YES	30	20	30
	LAKHNA	PINKI DEVI	CM	YES	12	08	15
SITAMARHI	IMLI BAZAR, RIGA-1	SEEMA DEVI	CM	YES	13	02	13
	STATION TOLA, RIGA-2	SAVITA KUMARI	MRP	YES	10	05	12
	SIRAULI-2, RIGA	CHANDA DEVI	CNRP	YES	15	02	10

	SHIVNAGAR, RIGA-2	RIMA BHARTI	Bank Mitra	Yes	10	0	10
	MAHESIYA, RIGA	RINKI KUMARI	CM	YES	14	7	11

### Output 3: Observation of Global Menstrual hygiene Day to create a momentum to break the taboos

Reach of MHD Event organised remotely			
Block	Village	Block	District
District	(Direct reach)	(Indirect reach)	(Indirect reach)
Riga	28	225	23
Sitamarhi			
Kasba	59	221	15
Purnea			
Total	87	446	38

This output created an opportunity to celebrate International Menstrual Hygiene day both at district and block level. Due to the imposed lockdown and restricted movement the entire workshop was organized virtually. However, it instilled a new skill and approach in the lives of participants who adapted to the new format enthusiastically.

The event commenced on 28 May, 2021 and continued for seven consecutive days. The entire event was conducted through zoom digital platform with good participation by Jeevika in Riga and Kasba, Health, Education and ICDS departments. The event directly reached out to Jeevika Didis, Anganwadi Sevikas, ASHA, and adolescent girls altogether 87 participants. Media coverage helped to reach out to thousands of girls and women. The entire seven days was designed with an objective that the participants can make informed decisions for their health and well-being and

advocate for the importance of practicing menstrual health and developing a healthy attitude towards the process in future.

Various creative art activities were organised to enable women and girls to openly express their feelings about menstruation. This included making of Garlands and bracelets depicting the 28 days cycle, ornamenting oneself with bridal bindi and celebrating womanhood, and demonstrating the menstrual cycle through Japanese paper fans with distinct twenty eight folds.

In addition, a MHM quiz was conducted to make it interactive and participatory as well as to understand the increase in the knowledge level of the participants. A questionnaire related to menstrual knowledge, attitude and practice was developed and used for the quiz. Participants were enthusiastic in sharing their answers which





motivated the facilitators.

On another day, a session with a well known gynecologist was conducted. She gave simple explanations for the biological and hormonal process, elaborating on the stage of puberty and adolescence and also talked about various myths and common misunderstandings that people have regarding menstruation. Participants found the session was engaging, relevant and informative.



There were sessions particularly to promote basic menstrual hygiene management. Women and girls often find it difficult to share their personal way of maintaining menstrual hygiene. However, the expressive art activities and conversation with a gynecologist made the environment more supportive and allowed participants to talk without inhibitions. Emphasis was given on using clean and cotton absorbents, proper washing and drying methods for cotton cloths, importance of handwashing and cleaning of private parts, changing of absorbents and environment friendly disposal of the used absorbent. Following this, women and girls shared their experience of their first period. This was a very intense session. Some of them also mentioned that menstruation gradually

disconnected them from their childhood. Their mobility was restricted, eventually many of them had to drop out from school and marriages were solemnized early.

The choice of sanitary protection is often influenced by a woman or girl's environment and access to funds and WASH facilities. This event interestingly introduced one activity- 'Maahvaari Wali Gullak' to promote small savings at the household level for purchasing sanitary pads so that women and girls in the most vulnerable situations can manage their menstrual hygiene with dignity.



In a dedicated session "Apke Sawal hamare Jawab" various queries were addressed on menstrual symptoms that interfere with a woman's ability to work such as abdominal cramps, lower back pain fatigue, headache bloating, tender breasts and mood swings. Some taboos and myths like considering menstruation as dirty or impure, forbidding planting and watering plants or touching pickles and many more were also answered scientifically.

The entire event established a huge connection with all the participants. It initiated the journey to break the taboos surrounding menstruation and raise awareness of the importance of good menstrual hygiene management. On the last day of the celebration week all the participants received certificates to acknowledge and encourage their contribution to MHM advocacy.

## Other initiatives of the program

- **Training of nodal teachers and adolescent girls of Meena Manch:**

To create a MHM learning environment in the school it is imperative to promote MHM knowledge among the teachers and students. Therefore, it is essential to educate both teachers and students on MHM. This would not only eliminate the misconception but also break the silence around menstruation. Eventually, post district level convergence meeting the

program was consciously adapted to collaborate with the district Education Department to capacitate the teachers and students of Meena Manch.

### Highlights of the trainings:

One day orientation training of Nodal Teachers on Menstrual Hygiene Management was organised on 21 Feb 2022 in Kasba, Purnea and on 2 March 2022 in Riga block, Sitamarhi in collaboration with the Education Department. 20 female and 5 male teachers participated in the Kasba event whereas 25 female teachers in Riga block. Similarly, 50 girls representative of Meena Manch from each of the blocks participated in one day MHM orientation training. These two training programs were organised on 22 Feb and 3 March in Kasba and Riga block respectively. Altogether, 50 Nodal teachers and 100 adolescent girls were trained through this initiative.



The selection of the nodal teachers and girls were done in collaboration with the District and Block Education department. Regular consultation was done with BEO and BRP whereas Headmaster/mistress of 25 middle schools to decide and nominate the names of girl representatives of Meena Manch.



### Outcomes of the Nodal teacher training:

The Teachers acknowledged the importance of school-based puberty and menstruation education to improve students' perception and preparedness. They found the training useful to bring lost attention and helpful to initiate communication with the students.

### Outcomes of Meena Manch training:

The girls mentioned that the training improved their knowledge on MHM and are now empowered to manage their period safely, hygienically and with confidence.

## Participants' details

Implementing blocks	Female Nodal teachers	Male Nodal teacher	Total Nodal teachers	Total Adolescent girls of Meena Manch
Kasba	20	5	25	50
Riga	25	NA	25	50

- **Promoting hand washing practice as a part of Covid 19 protocol**

Handwashing is one of the recommended behaviours during Covid and equally important to ensure good hygiene during menstruation. In this context, to promote and strengthen hygiene behaviour NAF organised sessions demonstrating hand washing from 18<sup>th</sup> to 21<sup>st</sup> October 2021 in Purnea and Sitamarhi districts reaching out to 159 and 180 Jeevika staff respectively. In Sitamarhi, an additional 44 Govt. Frontline workers including ASHA, AWW and community influential leaders were sensitized on the issue. The session incorporated information on important preventive measures of mask use, physical distancing, and hand washing in line with Government protocol. In addition, critical times of hand washing were highlighted such as before eating, after toilet use, before cooking, before feeding the child and after cleaning the child.



They were also advised to spread appropriate knowledge as received during the sessions within their close networks and the community for mass benefit.

- **Communication strategies and materials:**

### Training Modules

As per the need of the program two training modules were developed to capacitate Jeevika staffs on MHM. So that they can effectively promote good hygiene and sanitation practices. The two Training Modules namely "Mahavari ke jankari badlegi dunia sari" and "Mahavari par charcha" was developed . The first module was





delivered in every trainings whereas the second one was used only during CM training.

The presentation designed to deliver the training sessions of the CLF levels describes the entire program. In addition it shares MHM knowledge including nutrition intake and technical aspects of environment-friendly disposal. It also underlines the accessibility of menstrual absorbents and emphasises regular saving habits to overcome the challenges of affordability of the products.

The training module developed for providing training to the Community mobilizers informs participants about the importance of menstruation, biological process of menstruation particularly explaining the stages of menarche, menstruation and menopause; bodily changes during puberty; physiology of female reproductive organs and their functioning during pregnancy, facts and data from National Health and Family Survey; celebrating menstruation across the world, and sharing relevant case studies.

### Channels and tools of communication used

- Interpersonal communication

Channels of communication become critical while generating awareness on sensitive issues like menstruation. Therefore, during training the Jeevika team was advised on communicating effectively with diverse age groups and social groups in the community. The orientation included updating themselves with accurate and complete information regarding MHM while addressing queries to avoid misinformation /incomplete



information given. They could also get back with proper knowledge or connect them to appropriate sources. Participants were also reminded of important communication gestures like maintaining good eye contact, listening skills and not interrupting when someone shares their concerns.

- Online platforms

The program was launched amidst the pandemic when meetings in person were restricted due to imposed lockdown. In this context, the teams had to rely on online platforms. However, access to android handsets, availability of good network connectivity, affordability to connect through online platforms on a regular basis was major bottlenecks. Thus in addition to building MHM knowledge, orientation on the usage of online platforms became mandatory. Often an internet recharge package was offered during training to ensure hassle-free participation.

- Interactive and engaging tools

Considering the sensitivity of the issue several activities were introduced such as celebrating womanhood through self-ornamenting, easy paper craft work or other similar activities to enhance participation with ease. Moreover, in each training program, dedicated sessions on Quiz were included which helped participants to recollect and revise their learning from previous sessions. Sharing and reflecting together on the anonymous case studies from similar communities was appreciated the most.

- **Monitoring and Evaluation**

To ensure effective M&E the Directors and Senior Management team in NAF have provided regular mentoring support to prepare evidence and need based strategy to develop a monitoring plan. This led to well organised planning and management of corresponding resources/budget for each function.

Data collection mechanism:

- Developing monitoring plans and tools as per the program indicators
- Developing monitoring formats such as for capturing meeting minutes, pre and post-test questionnaires, developing monthly report framework and MIS to capture the results
- Drafting of meeting minutes in a prescribed formats that provided data on profile of the participants, proceeding of the meeting/event, recommendations and way forward .Such documents also included the attendance register duly signed by the guest and collection of photographs of the event.
- Conducting Pre and Post tests during every capacity building /training session which helped to develop a system of assessment of the impact of training
- A system of monthly reports by the team capturing their daily challenges as well as achievements. This helped to understand the community behavior and the areas of handholding support required
- The monthly reporting format also informed program MIS such as workshops and training organised and profile of participants, improvement in the MHM behavior (Pad Bank customer' passbook), number of women and girls reached through SHG and frequency and outcome of community meetings.
- Establishing a system of regular monitoring and feedback
- Facilitating monitoring visits undertaken by UNICEF to the implementing districts and blocks to monitor and evaluate the programme was very significant to get feedback regarding implementing strategies and modify the plan appropriately
- Conducting monthly review meetings of NAF to analyse the processes adopted by each district and blocks, evaluate the status and identify the difficult areas which would ultimately lead to development of action plans accordingly
- Capturing the stories of change in a defined template highlighting the status of the beneficiary, the process by which the problem was addressed and significant change witnessed during the process



Community level meeting with FLWs and relevant stake holders: Unicef and NAF team

## Chapter-III: Learning

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### Experiencing MHM in the new normal

People were resilient and eagerly learnt new skills despite several challenges related to using smart phones and the digital platform for communication. Jeevika workers adapted to the situation by communicating via videos, Whatsapp messages and social media. Hand washing activity was not an integral part of program but it created immense awareness related to covid appropriate behaviour among the community

### Mainstreaming MHM through capacity building

- The training of different levels of staffs i.e, at CLF (CNRP/MRP), Jeevika CM and Jeevika Didi was important to ensure the presence of trained and expert both at supervisory and grassroot level to mainstream the MHM until VO and SHG level.
- Developing Master Trainers through providing capacity building training to representing numbers of CLF staff of all the blocks was significant to percolate MHM agenda across the district.
- Post training in the implementing blocks the Jeevika cadre received regular handholding support and joint monitoring visits by Jeevika staffs including CLF and CMs along with NAF resultant in better program outcomes as compare to non implementing blocks
- Effective communication and facilitation skills coupled with games or creative activities were instrumental to engage both Jeevika cadre and SHG women. Pad making training was supportive to engage SHG women and to break their initial hesitation whereas during online celebration of World menstrual hygiene day conducting activities like preparing Mahavari ki gullak, interaction with gynaecologist, making paper folding fan or necklace of cotton beads was supportive to connect Jeevika staffs along with SHG women.

### Interdepartmental convergence and collaboration

- Systematic collaboration during the beginning of the program like convergence meeting and following developing a convergence District level MHM Action plan with other departments such as Education department, WCD, health was important. It increases the reach of beneficiaries and spreads awareness with greater frequency when the same messages are shared on different platforms.

- The schedule of the Training programs for Master Trainers and other staffs on MHM from different collaborating departments need to be developed in consultation. As it helped to fix the schedule of MHM training in advance and avoiding the prior obligation of the collaborating departments.
- Media has a big role in amplifying change through reporting and sharing of positive change stories in print and electronic media.

## Chapter IV: Challenges and Limitations of the program

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### **Bihar Panchayat Election**

In India to ensure free and fair election the Model Code of Conduct (MCC) comes into force immediately on the announcement of election schedule and remains enforceable till completion of the election process. MCC prohibit certain activities which involves gathering of people at the community (village) level. The Bihar Panchayat election was announced in August 2022 and the entire process ended in the 1<sup>st</sup> week of December 2022. Due to this the entire program was immensely affected during this period as community meetings including SHG and VO level meetings were forbidden. Due to imposed lockdown to constrain covid 19 until June 2022 the program was initiated remotely. However, when the lockdown was lifted it provide only 1-2 months of span to interact the program stakeholders personally and collectively. Establishing personal connect was very important to improve the communication on a sensitive topic like menstruation. However, the announcement of Panchayat election put back the program in the similar situation.

### **Covid-19 Pandemic**

Implementing the program amid the pandemic and lockdown restrictions led to many constraints. The CLF training and MHM day were organized remotely. There were several issues that hampered online communication such as ; lack of access to smart phones ; electricity and poor strength of the network, hesitation to communicate online (for many it was the first time) and unable to afford the money for internet connectivity/mobile recharge. Women with smart phones were unable to use it whereas there were many women and girls who wanted to join the meetings but did not have smart phones.

### **Content of training module**

Although the program addresses all women in the reproductive age group, the content focuses only on menstrual health. This limited the scope on addressing queries related to family planning, pubertal changes and gendered social norms.

## **Dealing with myths and taboos**

Initially during training CM and Jeevika didi were discouraged by few SHG members to talk on menstruation. There are instances when women were repeatedly stopped by their peers to not discuss their personal hygiene in front of others.

## **Board exams in school**

Providing training to 50 Nodal Teachers and 100 Meena Manch adolescents was one of the significant activities proposed under the program. But this activity was post pone until February 2022 for board exams.

- **Overcoming the challenges**

As per the program design during the interdepartmental convergence meeting, the objective and proposed activities were explained very well with the District Administrative, Jeevika and other relevant departments such as Health, Education and Social Welfare This event not only supported to get consensus of all the departments but also generated an immediate demand to organise training on MHM for the frontline workers of other departments along with Jeevika

Considering the uncertainty around pandemic the program was launched remotely. Initial two activities, World menstrual hygiene day celebration and CLF level training were organized through digital platforms. However, these activities were equipped to build knowledge on MHM as well as improve the handling and communicating through android handsets.

As MHM is a sensitive topic, interactive training tools were used during the capacity building events. As far as possible, participating women were motivated to express themselves through various innovative activities such as developing short videos on their experiences of menarche, making many fold paper fans to show the menstrual cycle or beautifying self while celebrating womanhood.



## Chapter V: The Way Forward

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- Interdepartmental collaboration and convergence is significant to mainstream MHM at the community level. Each department particularly Rural Development (JEEVIKA), Social Welfare, Education and Health & Family Welfare is recommended to engage through a district specific convergent action plan on MHM with distinct roles and responsibilities
- Convergence and collaboration has to extend to all levels in a horizontal and vertical manner so that funds can be leveraged from budgetary provisions made under various schemes and sanctioned to the administrative bodies of different departments
- It is recommended to integrate or strengthen the MHM agenda in the existing programs of the departments and can be achieved through building capacities of their staffs and frontline workers as Master trainers and community level resource persons on MHM so that the program reaches out to the last mile
- The remaining Jeevika cadre mainly CLF level staffs, CM, Jeevika didi in Sitamarhi and Purnea who did not receive training on MHM need to be trained to intensify the MHM agenda at grassroot level in the entire districts
- Refresher trainings for all the existing resource persons like Master Trainers, Jeevika CM and Jeevika didi in the implementing districts is worthwhile to include in the next phase of the program.
- It is suggested to organise learning exchange visits among the Master trainers and other resource persons ( specially Frontline workers) of all the responsible departments (as indicated in the MHM Action plan) would promote functioning collaborations at grassroot level
- Promoting substantial number of best functioning (model) SHGs and VOs in the implementing area is recommended to demonstrate the possible MHM practices in limited resource settings
- Special focus for improving MHM practices in the vulnerable communities such as religion minorities, mahadalit (mushahar communities in Bihar), migrating groups and daily wage workers through capacitating the responsible cadres such as capacity building of Mahila Vikas Mitra on MHM working with Mahadalit community is suggested.
- It is critical but essential to engage young and adult men in girl centric programmes. Hence, future programmes must incorporate activities to influence them.
- Strengthening the capacities of the existing Nodal teachers and adolescent members of Meena Manch to sustain the MHM knowledge in schools is recommended. Further, also scaling up the program in the schools of neighbouring blocks and panchayats through capacitating more Nodal teachers on MHM.
- Developing capacities of Health department particularly ASHAs and primary health care service providers on MHM and advised to prioritized menstrual health equally with other services would accelerate the action at the grassroot level.

- Facilitating the availability of sanitary napkins and other relevant products by establishing adequate sanitary napkin banks/Pad bank through SHGs or trained resource persons is recommended. Schools can be mobilized to ensure the availability of sanitary napkins at a low cost so that the students can use the support price received for purchasing sanitary napkins through Mukhya Mantri Kanya Uthhan Yojna.
- Govt. middle and high schools with the support of Nodal teachers can provide a great platform where functionaries and staff of WCD, PRI, Health and Jeevika and other collaborating departments can jointly celebrate the World Menstrual Hygiene Day and could reward the change makers and champions who promoted best MHM practices.
- An effective disposal solution needs to be explored at the local levels in convergence with Panchayat and District Administration so that disposal of sanitary products becomes safe, environment friendly and dignified. The MHM convergence action plan can keep provision for appropriate WASH budgeting through establishing incinerators at Panchayat level and in schools. More awareness generating event need to be conducted at the community level for proper disposal of menstrual waste
- A special committee under the supervision of DM or Nodal department can be formed for regular monitoring while executing MHM action plan and provide necessary support to overcome the challenges in the respective district.
- It would be effective to systematically conduct impact evaluation and cost- benefit analysis of this program to assess the viability of the program prior to scaling up

In conclusion, all stakeholders have to move beyond MHM and address the right to voice, choices and agency, and a feeling of pride, dignity and sense of empowerment of each person who suffers in silence. We will then have moved on from shame to pride.

## Chapter VI: Human interest stories

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### My First Period

“My first period was in class VIII. I play basketball and it happened when I was playing. I was very scared. My mother asked me to stop playing games and explained it to me. I think every mother should share information with her child at 10 yrs of age about the natural process of menstruation so that she is aware and prepared beforehand and does not get scared.”- Ratna Kumari, Kasba

“When I was about 11 yr. old in Class VIII, I experienced my first period. There was a lot of pain and discomfort. I kept the fears to myself for three days. I thought I had some disease. When I finally shared with a friend, she told me that it was nothing to fear and that her sister had told her. My mother gave me a pad. I want other girls to know about this process early in life from their mothers, friends, or sisters. We should take a pledge regarding sharing the information about periods.”

“I was giving my exams when I had my first period. It really disturbed me and I could not share with anyone. I was scared to think what was happening to me. Then my mother explained the process. Sanitary pad was not available, so I used cotton cloth.”

“I had my first period when I was 13 yrs old. I had no knowledge of menstruation, why it happens or the process because I had never heard any discussion on the topic among my friends or family members. My mother had not told me either. I was in school, studying with my friends, when I had this strange feeling. I stood up after a while and my friend told me that there was a red spot on my dress. I was disturbed and started worrying about it. My class teacher entered and when she saw it she asked me to go home. On reaching home, I shared the incident with my mother. My mother took me to a room and told me one can't talk about the topic openly. She gave me a piece of cloth to use but I felt uncomfortable using it. So she went to the market and got me sanitary pads. Whenever I needed pads I would tell my mother because we didn't discuss the topic openly. When I went for the three-day training, I found that the trainer was talking openly about the issues. In fact, there were two brothers in the group as well. For two days I didn't say anything because I was too ashamed, but on the third day I opened up as a result of all that I had heard for two days. Now I freely discuss the topic in the group and share information among the Didis who are members of the group. I feel that if my mother had told me about Menstruation earlier, I would not have had to face many problems. So now I tell the Didis to share the information with their daughters before their first period so that they don't face similar problems. At home, I deliberately talk about the issue in front of my father so that there is no more hesitation and shame around discussing the topic and I and my sisters feel comfortable in sharing our problems. – Bharati Kumari, 20 yrs, CM, Riga

## **Changed lives- 1: Chandramani Devi, CNRP, Jeevika, Sitamarhi**

- **The cloth pad: a harbinger of change and empowerment**

“I live with my husband and my in-laws in a rural area. Sanitary pads are not available here. Normally, I have to ask my husband to procure them for me, but he refuses to do so frequently. Since I live with my in-laws, it is not easy for me to buy. So I am forced to use cloth during my periods. When I participated in the MHM program conducted by NAF and UNICEF, I understood the importance of using sanitary pads along with the method of making cloth pads. They taught us to make pads for our own use as well as providing them to others at a low cost. I took a pad home and made one using the method taught by Didi. Soon, I started making more and when I used it, it gave me a good feeling! The good thing was that I was not dependent on my husband to bring them for me any longer and I could make the pad with cotton clothes available at home. Now, I procure cotton cloth from many places, make 20-25 pads every week, and share them among others in the group. During the meeting, I also discussed the process of making such pads. My decision has motivated many other women and they contact me for making pads. Sharing both information and pads with others has led to awareness of the importance of using pads during menstruation. Whenever they need pads, they contact me for purchasing pads, so I earn some money as well. Making pads for selling is a good way of earning one’s livelihood and helping women to stay safe from the risks of infection. If selling such cloth pads brings changes to women’s lives in our community and society, then I am always ready to help others. Thanks to NAF for conducting the training workshops and increasing our knowledge. We are aware and empowered due to this program.”

## **Changed Lives -2: Seema Devi, Community Mobiliser, Jeevika, Sitamarhi**

- **Breaking the silence**

“The three day training helped to break the silence regarding menstruation and showed us how important it was to discuss the issue. We learned that poor menstrual hygiene could lead to infections. Women face many issues during menstruation and need to seek medical advice without shame and without remaining silent. ...I faced many reproductive health problems after undergoing a hysterectomy when I was 30 year old. After the training, whenever I participate in meetings, I tell others that they need to visit a doctor immediately whenever they face problems during menstruation due to either excessive or very less bleeding. Expert advice before going ahead with uterus removal is critical, or else it may lead to lifelong reproductive problems such as the ones I am facing. Sharing with husbands and other family members is also important. If all women get the knowledge we received during training and follow it on a regular basis, then they will have less reproductive health problems.”

## **Changed Lives -3: Kehkasha Praveen, President, CLF Jeevika, Purnea**

- **No more fears: A mother prepares her daughters for menstruation**

“When I found out about the training for the CMs in my CLF, I too participated and learned many new things about issues related to MHM. I did not know anything about the process of Menstruation until my first period. I have never been able to forget that day. I was playing at school when I experienced it and even after giving birth to two children, I still remember the

fear I felt. My mother never shared any information with me. So I thought that something had happened to me during playing and hence the bleeding. I was very scared and thought that I am suffering from some disease and am going to die. Even today, that fear still bothers me. Since my mother never shared anything with me, I did not know when to tell my daughters. During the training, I learned that mothers should prepare their daughters regarding menstruation at the onset of puberty (during the period 9-15 yrs) when they start experiencing physical changes. Thus, after the training, I shared everything with my daughters, telling them not to be scared and that they should keep a pad with them always. I also showed them how to use the pads. I have always ensured that along with the Jeevika didis of my CLF, their daughters are also informed regarding MHM in time so that they are not caught unawares and are prepared for it. I tell the girls that it is a natural process just like other processes of defecation and urination and there is no need to fear it. “

#### **Changed Lives -4: SulekhaBaksala, CM, Jeevika, Purnea**

- ***Maahwari ka gullak: Saving for menstrual health and hygiene***

“During the training, one of the things they shared was about the *Maahwari ka Gullak (a home-made piggy bank)*. Didi told us that we could easily save 1/2/5 rupee coins daily in it every month from our daily expenses and use it to purchase sanitary products. My female relatives and I made one at home and all of us started saving a little each day. It has only been one month since the training and we have been able to save a tidy sum in it. Now there will be no problems in buying sanitary products. I tell all my group members about the benefits of keeping a Gullak at home to save for sanitary products, the importance of nutrition and hygiene and the myths and misconceptions related to menstruation to increase their awareness about MHM.”

#### **Changed Lives-5: Nandlal Kumar, Book keeper Jeevika, Riga**

- **Spreading awareness among family members**

“I am a bookkeeper with Jeevika. My wife is a community mobilizer. I have motivated and encouraged my wife to participate in the training programme and understand the issues related to MHM well. I feel that the information should be spread within the family as well and have asked her to do so.”





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कर्म भोग

रटना: 28 मई 2021 को नव अस्तित्व फाउंडेशन के द्वारा युनिसेफ और मीथिका के तत्वावधान में माहवारी उत्सव कार्यक्रम का आयोजन किया गया। यह कार्यक्रम पूर्णिया जिले के 'करबा ब्लॉक' और सीतामढ़ी जिले के 'रिंगा ब्लॉक' में 'डिजिटल प्लेटफॉर्म' के माध्यम से मनाया गया।

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 कार बेचने और खरीदने के लिए संपर्क करें

**दैनिक भास्कर** पूर्णियाँ भास्कर 10-07-2021

पूर्णिया पूर्व. रानीपतरा. केन

जामकस्ता • नव अस्तित्व फाउंडेशन व युनिसेफ ने जौहियर के साथ मिल करबा में क्षेत्रीय फाउंडेशन प्रोजेक्ट

**माहवारी स्वच्छता निहायत जरूरी, समाज में इस मुद्दे पर खुलकर बात करने की जरूरत**

कमेन्ट में माहवारी स्वच्छता अभियान को निवारण के माध्यम से आयोजित

काका नरु | पूर्णिया

माहवारी स्वच्छता अभियान का शुभारंभ रानीपतरा में हुआ था। इस मुद्दे पर खुलकर बात करने की जरूरत है। समाज में इस मुद्दे पर खुलकर बात करने की जरूरत है।

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जनसंख्या नियंत्रण के लिए घर-घर जाकर दी जायें जानकारी





# नव अस्तित्व फाउंडेशन एवं यूनिसेफ के तत्वाधान में माहवारी स्वच्छता प्रबंधन को लेकर कार्यशाला आयोजित

स्वतंत्र नवविचार प्रतिनिधि सीतामढ़ी ।

जिला प्रशासन के सहयोग से नव अस्तित्व फाउंडेशन एवम यूनिसेफ के तत्वाधान में समग्रपाल्खी के परिचरवां भवन में उप विकास आयुक्त तरनजोत सिंह ( IAS ) को अध्यक्षता में विभिन्न संबंधित विभागों के माहवारी स्वच्छता प्रबंधन विषय पर समन्वय बैठक सह कार्यशाला का आयोजन किया गया, जिसका विधिवत उद्घाटन उप विकास आयुक्त ने दीप प्रज्वलित करके किया। नव अस्तित्व फाउंडेशन की प्रतिनिधि पार्लवी सिन्हा ने सभी उपस्थित का स्वागत करते हुए प्रसार पीठ प्रजेंटेशन के माध्यम से माहवारी स्वच्छता प्रबंधन पर विस्तार से प्रकाश डाला। उन्होंने बताया की सीतामढ़ी जिले के वर्चस्व रोगा बर्ताओं में जीविका, आईसीडीएस, स्वास्थ्य, शिक्षा, पंचायती राज, जनसम्पर्क, कल्याण विभाग आदि के साथ सहयोग से

माहवारी स्वच्छता प्रबंधन प्रोजेक्ट को सफल पूर्वक लागू किया जाएगा। इसके पूर्व पटना से ऑनलाइन जुड़े यूनिसेफ के राज्य प्रतिनिधि ने भी बर्चुअल माध्यम से अपने विचार रखे। उपविभागाय आयुक्त तरनजोत सिंह ने सरकार की विभिन्न कल्याणकारी योजनाओं तथा कन्या उन्नयन योजना, मुख्यामंत्री क्विगोरी स्वस्थ योजना आदि पर विस्तार से प्रकाश डालते हुए कहा कि सभी संबंधित योजनाओं को एक साथ लेकर अपनी समन्वय के माध्यम से माहवारी स्वच्छता प्रबंधन कार्यक्रम को मानवृत्ती के साथ सफलता पूर्वक लागू किया जा सकता है। उन्होंने कहा कि आज भी माहवारी स्वच्छता प्रबंधन को लेकर समाज में कई प्रकार की भ्रमियां, अन्विचार्यवास आदि ख्याल है, जिसको लेकर व्यापक जागरूकता किया जाना आवश्यक है। उन्होंने कहा कि विभिन्न विभागों विशेषकर मूचना एवम जनसम्पर्क एवम मीडिया के विभिन्न माध्यमों से व्यापक जागरूकता

अधिवाण चलाया जाएगा। टीपीअरओ परिमल कुमार ने कहा कि माहवारी स्वच्छता को लेकर जिले की सबसे स्ट्रेटी की विभिन्न माध्यमों से जन-जन तक पहुँचाकर लोगों को जागरूक किया जाएगा, साथ ही प्रचार-प्रसार के विभिन्न माध्यमों के द्वारा व्यापक जागरूकता अधिवाण चलाई जाएगी। जीविका डीपीएम इंद्रु रोषार ने कहा कि जीविका के प्रत्येक स्तर पर कार्यरत जीविका डीपीएम और समुदाय की महिलाओं के बीच माहवारी स्वच्छता प्रबंधन हेतु कारगरता सह प्रशिक्षण को लेकर कार्ययोजना बनाकर कार्य किया जायेगा, साथ ही संस्था के सहयोग से जीविका डीपीएमों के द्वारा सस्ते एवम गुणवत्तापूर्ण सैनेटरी पैड निर्माण को लेकर योजना बनाई जाएगी। कार्यशाला में उपस्थित डॉ रविंद्र यादव ने माहवारी के विषय में अन्विचार्यवास, मिथक पर प्रकाश डालते हुए उसके वैज्ञानिक वास्तुओं पर भी विस्तृत प्रकाश डाला। इसके अतिरिक्त संस्था की प्रतिनिधि अमृता सिंह सहित विभिन्न

विभागों के अधिकारियों ने भी अपनी बात रखी। बैठक ने उपस्थित मीडिया प्रतिनिधियों ने भी अपने बाह्यमूल्य सुभाव दिए। कारगरता में सभी विभागों को माहवारी जैसे सेवेदनशील विषय पर एक मंच पर साकार माहवारी स्वच्छता प्रबंधन से जुड़ी योजनाओं, चुनौतियों तथा सुभाव एवं समाधान पर व्यापक चर्चा की गई ताकि सीतामढ़ी जिले के रोग बर्ताओं में नव अस्तित्व फाउंडेशन तथा यूनिसेफ, विहार के इस माहवारी योजना को सफलतापूर्वक लागू किया जा सके। उक्त कार्यक्रम में सुरेश चंद्र लाल, टीपीअरओ परिमल कुमार, डॉ रविंद्र यादव, जिला शिक्षा पठ्याधिकारी सचिंद्र कुमार, जीविका डीपीएम इन्द्रु रोषार इंद्रु, रूपम कुमारी, प्रभारी साहायक निदेशक आन संरक्षण इकाई, सोनी कुमारी, नव अस्तित्व फाउंडेशन की प्रतिनिधि पार्लवी सिन्हा, अमृता सिंह, उज्ज्वल कुमार, प्रकाश टाकुर, ज्योति शर्मा, और नूतन साह आदि उपस्थित थे।



सीतामढ़ी 28-07-2021

रोगा बर्ताओं में जीविका, आईसीडीएस, स्वास्थ्य विभाग के सहयोग से माहवारी स्वच्छता प्रोजेक्ट होगा लागू

## सस्ते व गुणवत्तापूर्ण सैनेटरी पैड निर्माण को बनेगी योजना

मसकरा नूतन सीतामढ़ी

पार्लवी सिन्हा को रोगा वैकार स्वागत करते उप विकास आयुक्त।

**कार्यशाला में वैज्ञानिक पहलुओं पर दिया गया बत**

कार्यशाला में उपस्थित डॉ. रविंद्र यादव ने माहवारी को लेकर अन्विचार्यवास व निषक पर प्रकाश डालते हुए उसके वैज्ञानिक पहलुओं पर भी विस्तृत प्रकाश डाला। इसके अतिरिक्त संस्था की प्रतिनिधि अमृता सिंह सहित विभिन्न विभागों के अधिकारियों ने भी अपनी बात रखी। माहवारी स्वच्छता प्रबंधन से जुड़ी योजनाओं, चुनौतियों, सुभाव एवं समाधान पर व्यापक चर्चा की गई ताकि सीतामढ़ी जिले के रोग बर्ताओं में नव अस्तित्व फाउंडेशन तथा यूनिसेफ, विहार के इस माहवारी योजना को सफलतापूर्वक लागू किया जा सके। उक्त कार्यक्रम में सुरेश चंद्र लाल, टीपीअरओ परिमल कुमार, डॉ रविंद्र यादव, जिला शिक्षा पठ्याधिकारी सचिंद्र कुमार, जीविका डीपीएम इन्द्रु रोषार इंद्रु, रूपम कुमारी, प्रभारी साहायक निदेशक आन संरक्षण इकाई, सोनी कुमारी, नव अस्तित्व फाउंडेशन की प्रतिनिधि पार्लवी सिन्हा, अमृता सिंह, उज्ज्वल कुमार, प्रकाश टाकुर, ज्योति शर्मा, और नूतन साह आदि उपस्थित थे।

## "माहवारी" स्वच्छता प्रबंधन पर प्रेरक शिप का انعقاد

मसकरा नूतन सीतामढ़ी





# माहवारी स्वच्छता पर रहें सतर्क

सीतामढ़ी | कार्यालय संवाददाता

शहर के स्टेशन रोड स्थित एक निजी पैलेस में युनिसेफ बिहार व नव अस्तित्व फाउंडेशन के तत्वाधान में दो दिवसीय कार्यशाला का उद्घाटन शुक्रवार को किया गया। विभाग व संस्थान के अधिकारियों ने दीप प्रज्वलित कर इसका उद्घाटन किया।

प्रशिक्षण कार्यक्रम में जिला प्रशासन के सहयोग से जीविका दीदियों ट्रेनिंग दी जाएगी। यह प्रशिक्षण कार्यक्रम जिले के सभी प्रखंड के जीविका दीदियों के बीच विस्तृत जानकारी देकर समाज में जागरूकता फैलाने एवं संस्था के उद्देश्यों को समाज के सभी स्तर के लोगों तक पहुंचाने के लिए होगा। प्रशिक्षण के दौरान माहवारी स्वच्छता प्रबंधन पर विशेष रूप से चर्चा की गयी।

महिलाओं में माहवारी को लेकर सही जानकारी नहीं हो पाने



प्रशिक्षण कार्यक्रम का उद्घाटन करते विभाग व संस्थान के प्रतिनिधि।

के कारण भी उन्हें बहुत सारी समस्याओं एवं बीमारियों का सामना करना पड़ता है, जिसे इस प्रशिक्षण के माध्यम से दूर करने का प्रयास की जा रही है।

इस प्रशिक्षण कार्यक्रम में दोनों दिन सभी जीविका दीदियों ने बढ़चढ़ कर भागीदारी निभाई और ऑनलाइन जुम मीटिंग के माध्यम से युनिसेफ के प्रतिनिधि डॉ अमर निधि और भावना के द्वारा बताई गई

सारी जानकारी को वह समुदाय में सभी के बीच रखने के लिए अब तैयार है।

कार्यक्रम के मुख्य अतिथि जीविका सीतामढ़ी के जिला प्रोग्राम प्रबंधक इंद्र शेखर इंदु, शिक्षा विभाग से सरिता कुमारी, नव अस्तित्व फाउंडेशन से पल्लवी सिन्हा, अमृता सिंह, उज्वल कुमार, ज्योति कुमारी आदि उपस्थित थे।



पूर्णिमा भास्कर 06-10-2021

ग्राम सड़क योजना के तहत साल 2018 में इस सड़क का निर्माण हुआ था।

## 150 जीविका दीदियों को माहवारी स्वच्छता की दी जानकारी



**पूर्णिमा |** नव अस्तित्व फाउंडेशन और युनिसेफ, बिहार के तत्वाधान में पूर्णिमा जिले के करमा प्रखंड 150 जीविका दीदियों के लिए माहवारी स्वच्छता प्रबंधन पर तीन दिवसीय प्रशिक्षण कार्यशाला आयोजित की गई। कार्यशाला का उद्घाटन जीविका बीपीएम करमा राधेश कुमार ने किया। इस तीन दिवसीय प्रशिक्षण कार्यशाला को करमा के तीनों ब्लॉक में आयोजित करवाया गया जो सदरती जीविका संकुल संच कार्यालय और संस्कार संकुल संच हॉल के प्रांगण में संचालित हुए। नव अस्तित्व फाउंडेशन की अमृता सिंह और पल्लवी सिन्हा के दौरान सभी प्रतिभागियों को माहवारी स्वच्छता के बारे में विस्तार से बताने के साथ इस विषय से जुड़ी मिथ को भी दूर किया गया। उन्होंने बताया कि आज भी हमारे समाज में माहवारी से जुड़े मुद्दों को लेकर किसी के साथ महिलाएं खुल कर चर्चा नहीं कर पाती हैं। सभी प्रशिक्षित कम्युनिटी मोबिलिटीजर अपने अंतर्गत आने वाली सभी एसएचजी की महिलाओं को समुदाय में जाकर माहवारी स्वच्छता प्रबंधन पर प्रशिक्षित करेंगी।

सूचना उद्यम पर ऑफिस मायब या (कस्त) प्रचारिणी जिल्हिक कुमारी सुपिन, जिल्हिक कुमारी आदि उपस्थित थे।

## माहवारी स्वच्छता प्रबंधन पर कार्यशाला का आयोजन



कार्यशाला का उद्घाटन करते बीपीएम, जिला सार्वजनिक अधिकारी व प्रखंड अधिकारी - करमा **राधेश कुमार**। नव अस्तित्व फाउंडेशन और युनिसेफ, बिहार के तत्वाधान में पूर्णिमा जिले के करमा प्रखंड में जीविका के सभी 150 कम्युनिटी मोबिलिटीजरों में से 150 जीविका दीदियों के लिए माहवारी स्वच्छता प्रबंधन पर तीन दिवसीय प्रशिक्षण कार्यशाला का आयोजन किया गया। इसका उद्घाटन बीपीएम करमा राजकुमार द्वारा की गई। इस तीन दिवसीय प्रशिक्षण कार्यशाला की सीमा के चारों ब्लॉक में आयोजित किया गया। पहले तीन दिन करमा 37 पूर्व 03 कम्युनिटी मोबिलिटीजरों का प्रशिक्षण हुआ। उसके बाद बाकी बचे 07 कम्युनिटी मोबिलिटीजरों का प्रशिक्षण करवाया गया। सभी

## कुपोषण की समस्या को दूर

बीकानेर, रायस, अरजुनचंदन करवालय परिसर में कुपोषण रोकथाम की योजना को अद्ययावत में राष्ट्रीय पोषण मंडल के तहत बैठक आयोजित की गई। बैठक में कुपोषण में निवारण की



यहां प्रतिनिधि कुमारी आदि उपस्थित थे। कार्यक्रम के मुख्य अतिथि जीविका सीतामढ़ी के जिला प्रोग्राम प्रबंधक इंद्र शेखर इंदु, शिक्षा विभाग से सरिता कुमारी, नव अस्तित्व फाउंडेशन से पल्लवी सिन्हा, अमृता सिंह, उज्वल कुमार, ज्योति कुमारी आदि उपस्थित थे।

## यूनिसेफ ने 25 जीविका दीदियों को माहवारी स्वच्छता प्रबंधन के प्रति किया जागरूक



कार्यशाला के दौरान जीविका समूह की दीदियाँ।

**पुर्णिया** | नव अस्तित्व फाउंडेशन और यूनिसेफ के द्वारा जीविका समूह की 25 जीविका दीदियों के बीच माहवारी स्वच्छता सह कौशल प्रशिक्षण कार्यशाला का आयोजन किया गया। नव अस्तित्व फाउंडेशन और यूनिसेफ, तत्वावधान में माहवारी स्वच्छता सह कौशल प्रशिक्षण कार्यशाला में कस्बा प्रखंड में जीविका समूह की 25 जीविका दीदियों के लिये एकदिवसीय प्रशिक्षण दिया गया। प्रशिक्षण सह कार्यशाला के दौरान प्रशिक्षक के रूप में उपस्थित नव अस्तित्व फाउंडेशन की तरफ से पल्लवी सिन्हा, अमृता सिंह और मो. रिजवान आदि में स्थानीय स्तर उपलब्ध संसाधनों से माहवारी प्रबंधन के प्रति जागरूक करने के साथ-साथ कौशल प्रशिक्षण के द्वारा उन्हें खुद पर निर्भर बनाकर उनके जीवनयापन में मदद करने के लिए नेफकिन पैड निर्माण और महिलाओं के लिए पैंटी निर्माण की जानकारी दी गई। प्रशिक्षण सह कार्यशाला के दौरान कस्बा जीविका के बीपीएम राजेश कुमार, नव अस्तित्व फाउंडेशन के जिला समन्वयक प्रकाश ठाकुर, प्रखंड समन्वयक नूतन साह एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।

## जावका दीदियों को दी गई समूह को जागरूक करने की जानकारी



माहवारी स्वच्छता सह कौशल प्रशिक्षण कार्यशाला में शामिल जीविका दीदियाँ © जावका

**सीतामढ़ी** संस: नव अस्तित्व फाउंडेशन व यूनिसेफ की ओर से जिले के रीगा प्रखंड में जीविका समूह की 25 जीविका दीदियों के लिए एक दिवसीय माहवारी स्वच्छता सह कौशल प्रशिक्षण कार्यशाला आयोजित की गई। कार्यशाला में समुदाय की दीदियों को प्रशिक्षित कर उन्हें समूह में चर्चा कर सबको जागरूक करने की जानकारी दी गई। वहीं कौशल प्रशिक्षण के द्वारा उन्हें खुद पर निर्भर बनाकर उनके जीवनयापन में मदद करने की कोशिश की गई। नव अस्तित्व फाउंडेशन की ओर से पल्लवी

**25** जीविका दीदियों के लिए एक दिवसीय माहवारी स्वच्छता सह कौशल प्रशिक्षण कार्यशाला का आयोजन

सिन्हा, अमृता सिंह व रिजवान ने प्रशिक्षण दिया। प्रशिक्षण सह कार्यशाला में रीगा जीविका के बीपीएम राज कुमार, नव अस्तित्व फाउंडेशन के जिला समन्वयक उज्ज्वल कुमार, पुर्णिया के जिला समन्वयक श्री प्रकाश ठाकुर, प्रखंड समन्वयक ज्योति कुमारी, कीर्तिमान एवं अन्य तकनीकी सहायक मौजूद थे।



पुर्णियाँ भास्कर 23-02-2022

क कमा व अन्य विभागों के अधिकारों का मजदूत था।

## स्वच्छता को लेकर दो दिवसीय प्रशिक्षण कार्यशाला

**पुर्णिया** | नव अस्तित्व फाउंडेशन और यूनिसेफ बिहार के द्वारा प्रखंड संसाधन केन्द्र कसबा में शिक्षा विभाग की 25 नोडल शिक्षिकाओं और शिक्षकों एवं आदर्श मध्य विद्यालय की 50 मीना मंच की बच्चियों के लिए दो दिवसीय माहवारी स्वच्छता प्रशिक्षण कार्यशाला का आयोजन किया गया। इस प्रशिक्षण कार्यक्रम में नव अस्तित्व फाउंडेशन की तरफ से पल्लवी सिन्हा, अमृता सिंह के द्वारा प्रशिक्षण दिया गया। प्रशिक्षण सह कार्यशाला में प्रखंड के शिक्षा विभाग से पंकज पाठक और नव अस्तित्व फाउंडेशन के जिला समन्वयक प्रकाश ठाकुर, सीतामढ़ी जिला समन्वयक उज्ज्वल कुमार, प्रखंड समन्वयक नूतन साह एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।



## शिक्षिकाओं व मीना मंच की बच्चियों को दिया स्वच्छता प्रबंधन का प्रशिक्षण

**सीतामढ़ी** संस: नव अस्तित्व फाउंडेशन और यूनिसेफ बिहार द्वारा प्रखंड संसाधन केन्द्र रीगा के विभिन्न विद्यालयों की नोडल शिक्षिकाओं एवं मीना मंच की बच्चियों का दो दिवसीय माहवारी स्वच्छता प्रबंधन पर प्रशिक्षण कार्यशाला का आयोजन किया गया। इसके तहत रीगा प्रखंड के 25 नोडल शिक्षिकाओं और 50 मीना मंच की बच्चियों को प्रशिक्षण दिया गया। जिसमें माहवारी के समय जागरूक रहने तथा पोषण, स्वास्थ्य, स्वच्छता आदि के बारे में जानकारी दी गई। बताया गया कि माहवारी के दौरान रहन-सहन व खान-पान के प्रति जागरूक रहें। इस प्रशिक्षण कार्यक्रम में नव अस्तित्व फाउंडेशन की तरफ से पल्लवी सिन्हा, अमृता सिंह द्वारा प्रशिक्षण दिया गया। नव अस्तित्व फाउंडेशन के जिला समन्वयक



प्रशिक्षण में शामिल शिक्षिका व मीना मंच की सदस्य। © जावका

उज्ज्वल कुमार, जिला समन्वयक (पुर्णिया) श्रीप्रकाश ठाकुर एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।



प्रमिला यादव, शिवू सिंह, उमा रावकर रस्तोगी, सुषिताल गुप्ता,

सुनील सिंह के बीमार पड़ जाने के कारण 23 वें पाटी जिला सम्मेलन

समस्त राज्य कमिटी के प्रति सूची को व्यक्त करते हुए आभार प्रकट किया।

रहे हैं। इसीलिए हम शादी कर रहे हैं। जिनका का भी समझना गया कि अभी पढ़ने लिखने का उम्र है।

परमेश्वर किया गया है। मामल में एक बहक भी जल गई है। एक सेटो से 45 स्लेटर

मामल में एक बहक भी जल गई है। एक सेटो से 45 स्लेटर

# उपलब्धि • 1.29 करोड़ से आंगनबाड़ी केन्द्रों में लगाई जाएगी ग्रोथ मॉनिटरिंग मशीन माहवारी प्रबंधन लागू करने वाला पहला जिला बना पूर्णिया

**भारत न्यूज | पूर्णिया**  
अंतरराष्ट्रीय महिला दिवस पर जिले के लिए मंगलवार का दिन उपलब्धि भरा रहा। एक तरफ जहां पूर्णिया राज्य में डिस्ट्रिक्ट एक्शन प्लान पर मैनेस्ट्रेशन हाइजीन मैनेजमेंट यानी माहवारी प्रबंधन (एमएचएम) लागू करने वाला पहला जिला बन गया। वहीं दूसरी तरफ नीति 29 की एमएचएम कमीटी की बैठक में 4 करोड़ की योजना को मिली मंजूरी मिल गई। योजना के तहत नीति आयोग ने जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।



राहुल कुमार, डीएम, पूर्णिया

ही साथ 1.29 करोड़ की लागत से आंगनबाड़ी केन्द्रों में ग्रोथ मॉनिटरिंग मशीन लगाई जाएगी। इसके तलाब 2.22 करोड़ की राशि से पंचायतों में बने मॉडल लाइब्रेरी के लिए समान की खरीदारी होगी। जिलाधिकारी राहुल कुमार ने इस संबंध में ट्वीट कर जानकारी दी है। डीएम ने इस ऐतिहासिक कदम बताया है तथा इस योजना में सहयोग के लिए सभी

कार्यियों को बधाई दी है। डीएम ने बताया कि चतुर्भुज मायम से नीति 29 की एमएचएम कमीटी की बैठक का आयोजन किया गया था जिसमें जिले में द्वारा भेजे गए प्रस्ताव की विस्तार से चर्चा की गई जिससे नीति आयोग ने अपने मंजूरी दे दी है। डिस्ट्रिक्ट एक्शन प्लान पर मैनेस्ट्रेशन हाइजीन मैनेजमेंट को लेकर, उन्होंने बताया कि जिले में करूबा प्रखंड से इस योजना की शुरुआत की गई थी जिसमें पूरे जिले में लागू किया जाएगा। इससे माहवारी स्वच्छता प्रबंधन परियोजना का लाभ पूरे जिले की महिलाओं को मिलेगा। डीएम ने बताया कि इस दिवस विशेष पर महिलाओं के लिए यह ऐतिहासिक

य सहायनीय कदम है। उन्होंने बताया कि नीति आयोग ने जिले के 200 सरकारी विद्यालयों में एमएचएम फ्रेण्डली टायलेंट बनाने की स्वीकृति प्रदान कर दी है। इस पर 49 लाख रुपये खर्च किए जाएंगे। डीएम ने बताया कि विद्यालयों में छात्रों खासकर बालिकाओं के लिए विशेष सुविधा का विस्तार किया जाएगा। इसके लिए नीति आयोग से स्वीकृति मिल गई है। जिले में 200 बालिका धर्म के समर्थन वाली विद्यालयों का इसके लिए चयन किया गया है। उक्त टायलेंट का निर्माण करने के लिए कई साधन उपलब्ध कराए जाएंगे। वहां एमएचएम अवैसम किट रखा जाएगा जिसमें

सेनेटरी पैड, आर्जिनियम टॉय, पंपलेट अदि रखे जाएंगे ताकि छात्रों मासिक धर्म के प्रति आसानी जानकर से अवगत हो सके। पंपलेट के माध्यम से मासिक धर्म के समय बरती जाने वाली साधनियों एवं हाइजीनिक जाटि के बारे में जानकारी दी जाएगी। युक्ति छात्रों संबंधी बस मासिक धर्म के बारे में किसी से चर्चा नहीं करती है जिस कारण वे कई बीमारी का शिकार हो जाती हैं। इसीलिए बालिका बहल विद्यालयों एमएचएम फ्रेण्डली टायलेंट का निर्माण का प्रस्ताव लिया गया है। छात्राओं में मासिक धर्म के प्रति जागरूकता के लिए विद्यालयों में वर्कशॉप का भी आयोजन किया जाएगा।

**मिड डे मील राशन उपलब्ध कराने वाले की सूची जारी**  
एमएचएम प्रखंड के विद्यालयों में मिड डे मील को जैसे जैसे आरंभ कर दिया गया है। लेकिन अधिकतर विद्यालय प्रधान वेदरा की सूची जारी नहीं होने के कारण उदाहरण की स्थिति में है। हालांकि प्रशासनिक अधिकारी के प्रयास से पहले दिन माध्यम भोजन लगभग विद्यालयों में संचालित हो गया है तो कुछ एक प्राथमिक विद्यालय आरंभ होने के बाद टोबाबा से मिड डे मील नहीं बन पाया है। वहीं माध्यम भोजन आरंभ होने के बाद से लगातार अधिकतर विद्यालय प्रधान इस बात को लेकर परेशान हैं कि माध्यम भोजन का संचालन आखिर कब शुरू हो सकेगा। वहीं अनेक विद्यालयों में मिड डे मील की सूची जारी की गई है और ही माध्यम भोजन संचालन करने लिए उक्त पास राशि हो है।

**पूर्णियाँ भारत 09-03-2022**

## पूर्णिया पूर्व रानीपतरा

### अंतरराष्ट्रीय महिला दिवस • समारोहनालय में माहवारी स्वच्छता प्रबंधन को लेकर कंवर्जेंस मीट

# माहवारी को लेकर सामाजिक चुप्पी तोड़ने की जरूरत, पूरे जिले में लागू होगा एक्शन प्लान

माहवारी प्रबंधन के क्षेत्र में बेहतर काम के लिए 6 महिलाओं को किया सम्मानित

**भारत न्यूज | पूर्णिया**

अंतरराष्ट्रीय महिला दिवस पर समारोहनालय परमेश्वर में माहवारी प्रबंधन को लेकर कंवर्जेंस मीट आयोजित की गई। कार्यक्रम की अध्यक्षता जिला महिला प्रमुख डॉ. वसुंधरा की अध्यक्षता में की। माहवारी स्वच्छता प्रबंधन को लेकर अतिथि वक्ताओं के दौरान जिले के माहवारी प्रबंधन को लेकर एक्शन प्लान का विस्तार किया गया। कार्यक्रम के दौरान डॉ. वसुंधरा ने बताया कि माहवारी प्रबंधन के अभाव पर जिले का एक्शन प्लान का रूप लेना सही उपाय है। उन्होंने कहा कि करूबा प्रखंड के कुछ ही ग्राम एक्शन प्लान को पूरे जिले में लागू किया जाएगा। उन्होंने कहा कि एक्शन प्लान में जहां भी माहवारी की लेकर जिले में कई तरह की चुप्पी है, निवारण की आवश्यकता है। एक्शन प्लान के माध्यम से समाजिक चुप्पी तोड़ने की जरूरत है। डॉ. वसुंधरा ने बताया कि माहवारी प्रबंधन को लेकर एक्शन प्लान को लागू करने में जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।

**कसबा में नव अस्तित्व फाउंडेशन ने शुरू किया प्रोजेक्ट**

कसबा के डीएम राहुल कुमार ने नव अस्तित्व फाउंडेशन के प्रमुखों को 6 महिलाओं को भी सम्मानित किया। उन्होंने कहा कि एक्शन प्लान को लागू करने में जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।

**माहवारी प्रबंधन में बेहतर काम करने वाली 6 महिलाओं का किया सम्मान**

डिस्ट्रिक्ट एक्शन प्लान पर मैनेस्ट्रेशन हाइजीन मैनेजमेंट को लेकर जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।

**पूर्णिया जागरण**

## एमएचएम एक्शन प्लान लागू करने वाला बिहार का पहला जिला बना पूर्णिया

### 200 विद्यालयों में एमएचएम टायलेंट निर्माण को भी मिली स्वीकृति

जानकीनगर से पटना को निकला इन्टीमिडिटी का छत्र ताता

200 विद्यालयों में एमएचएम टायलेंट निर्माण को भी मिली स्वीकृति

डिस्ट्रिक्ट एक्शन प्लान पर मैनेस्ट्रेशन हाइजीन मैनेजमेंट को लेकर जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।

डिस्ट्रिक्ट एक्शन प्लान पर मैनेस्ट्रेशन हाइजीन मैनेजमेंट को लेकर जिले में 49 लाख की लागत से बनने वाले 200 विद्यालयों में एमएचएम (मैनेस्ट्रेशन हेल्थ मैनेजमेंट) फ्रेण्डली टायलेंट्स मिशन को स्वीकृति दे दी है।

## माहवारी जागरूकता अभियान की छह नायिकाओं को मिला सम्मान

अतिथि, पूर्णिया



अंतरराष्ट्रीय महिला दिवस के अवसर पर जिला समाहरणालय में माहवारी स्वच्छता प्रबंधन पर कन्वर्जेंट मीट आयोजित की गयी। कार्यक्रम की अध्यक्षता उप विकास आयुक्त मनोज कुमार के द्वारा की गयी तथा जिला एमएचएम एक्सन प्लान का विमोचन भी किया गया। कार्यक्रम में सभी विभागों के आधिकारी उपस्थित रहे और पिछले 11 महीनों से पूर्णिया जिले के कसबा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी बैठक में साझा की गयी। कार्यक्रम का उद्घाटन दीप प्रज्वलित कर किया गया। सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में छः माहवारी की नायिका का चयन कर जिन्होंने माहवारी जागरूकता अभियान में अपनी सक्रिय भागीदारी दी उनको सम्मानित किया गया। कार्यक्रम में जिलाधिकारी खुद उपस्थित हुए और इस ऐतिहासिक कदम की सराहना की और इस एक्सन प्लान को पूरे जिले में लागू करने का आश्वासन दिया। साथ ही सभी विभागों ने अपने अपने विचार साझा किये। महिला दिवस पर महिलाओं के लिए यह ऐतिहासिक व सहरानीय कदम उठाने वाला पहला जिला बनने का गौरव पूर्णिया को प्राप्त हुआ है। इस कार्यक्रम को सफल बनाने में नव अस्तित्व फाउंडेशन की तरफ से पल्लवी सिन्हा, अमृता सिंह व पूर्णिया के जिला समन्वयक श्रीप्रकाश टाकर, प्रखंड समन्वयक नूतन साह, सीतामढ़ी के जिला समन्वयक उज्ज्वल कुमार, कीर्तिमान प्रकाश एवं अन्य तकनीकी सहायता के लिए कई लोग उपस्थित थे।

## अंतरराष्ट्रीय महिला दिवस पर माहवारी स्वच्छता प्रबंधन पर सम्मेलन पूर्णिया

अंतरराष्ट्रीय महिला दिवस के अवसर पर जिला समाहरणालय में माहवारी स्वच्छता प्रबंधन पर कन्वर्जेंट मीट आयोजित की गयी। कार्यक्रम की अध्यक्षता उप विकास आयुक्त मनोज कुमार के द्वारा की गयी तथा जिला एमएचएम एक्सन प्लान का विमोचन भी किया गया। कार्यक्रम में सभी विभागों के आधिकारी उपस्थित रहे और पिछले 11 महीनों से पूर्णिया जिले के कसबा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी बैठक में साझा की गयी। कार्यक्रम का उद्घाटन दीप प्रज्वलित कर किया गया। सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में छः माहवारी की नायिका का चयन कर जिन्होंने माहवारी जागरूकता अभियान में अपनी सक्रिय भागीदारी दी उनको सम्मानित किया गया।



कार्यक्रम में जिलाधिकारी खुद उपस्थित हुए और इस ऐतिहासिक कदम की सराहना की और इस एक्सन प्लान को पूरे जिले में लागू करने का आश्वासन दिया। साथ ही सभी विभागों ने अपने अपने विचार साझा किये। महिला दिवस पर महिलाओं के लिए यह ऐतिहासिक व सहरानीय कदम उठाने वाला पहला जिला बनने का गौरव पूर्णिया को प्राप्त हुआ है। इस कार्यक्रम को सफल बनाने में नव अस्तित्व फाउंडेशन की तरफ से पल्लवी सिन्हा, अमृता सिंह व पूर्णिया के जिला समन्वयक श्रीप्रकाश टाकर, प्रखंड समन्वयक नूतन साह, सीतामढ़ी के जिला समन्वयक उज्ज्वल कुमार, कीर्तिमान प्रकाश एवं अन्य तकनीकी सहायता के लिए कई लोग उपस्थित थे।

## जीविका की चार नायिका सम्मानित

**सीतामढ़ी.** नवअस्तित्व फाउंडेशन एवं यूनिसेफ, बिहार के तत्वावधान में शुक्रवार को जीविका सभा-कक्ष में माहवारी स्वच्छता प्रबंधन पर समन्वय बैठक सह कार्यशाला का आयोजन किया गया, जिसका उद्घाटन डीडीसी विनय कुमार ने दीप प्रज्वलित कर किया. मौके पर जिला माहवारी स्वच्छता प्रबंधन के प्लान का विमोचन भी किया गया. इसके पूर्व सभी अतिथियों को पौधा देकर सम्मानित किया गया. कार्यक्रम में रीगा प्रखंड से जीविका की चार माहवारी की नायिका चंद्रमणि देवी, चंदा देवी, विभा देवी, सीमा देवी व एक किशोरी निधि कुमारी का चयन कर सम्मानित किया गया. डीडीसी ने रीगा में चल रहे प्लान की सराहना की और इसे पूरे जिले में लागू करने की बात कही. मौके पर सीएस, जीविका के डीपीएम, नव अस्तित्व फाउंडेशन की अध्यक्ष पल्लवी सिन्हा, सचिव अमृता सिंह व सीतामढ़ी के समन्वयक उज्ज्वल कुमार, पूर्णिया के समन्वयक श्रीप्रकाश टाकर व प्रखंड समन्वयक ज्योति कमारी समेत अन्य मौजूद थे.





कार्यशाला में मौजूद पदाधिकारी • जलदण्ड

## माहवारी स्वच्छता प्रबंधन पर कार्यशाला चार दीदियों को किया गया सम्मानित

जास, सीतामढ़ी : माहवारी स्वच्छता प्रबंधन पर समन्वय बैठक सह कार्यशाला शुक्रवार को जीविका सभा-कक्ष में आयोजित की गई। डीडीसी विनय कुमार की अध्यक्षता में यह कार्यशाला हुई। नव अस्तित्व फाउंडेशन एवं युनिसेफ बिहार के सौजन्य से यह कार्यक्रम हुआ। डीडीसी ने कार्ययोजना का विमोचन किया गया।



कार्यक्रम में सभी संबंधित विभागों के अधिकारी उपस्थित रहे। पावर पॉइंट के माध्यम से पिछले 11 महीने से सीतामढ़ी जिले के रीगा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी एवं अनुभवों को साझा की गई।

माहवारी स्वच्छता प्रबंधन कार्य योजना का विमोचन उप विकास आयुक्त सीतामढ़ी के द्वारा किया गया

उप विकास आयुक्त श्री विनय कुमार जी की अध्यक्षता में 11 मार्च 2022 को नव अस्तित्व फाउंडेशन एवं युनिसेफ बिहार के द्वारा जीविका सभा-कक्ष में माहवारी स्वच्छता प्रबंधन पर समन्वय बैठक आयोजित की गयी। कार्यक्रम का उद्घाटन उप विकास आयुक्त सर के द्वारा दीप प्रज्वलित कर एवं DISTRICT MHM ACTION PLAN का विमोचन कर किया गया। कार्यक्रम में सभी विभागों के अधिकारी उपस्थित रहे और पिछले 11 महीनों से सीतामढ़ी जिले के रीगा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी बैठक में साझा की गयी जिसमें बताया गया अब तक रीगा प्रखंड में जीविका दीदियों के साथ मिलकर 27000 महिलाओं और 50000 किशोरियों को माहवारी के प्रति जागरूक किया गया है। कार्यक्रम में सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में रीगा प्रखंड से जीविका की पांच माहवारी की नायिका चंद्रमनी देवी, चन्दा देवी, विभा देवी, सीमा देवी एवं किशोरी निधि कुमारी का चयन कर सम्मानित किया गया, जिन्होंने माहवारी जागरूकता अभियान में अपनी सक्रिय भागीदारी दी। उप विकास आयुक्त श्री विनय कुमार जी ने इस ऐतिहासिक कदम की सराहना की और इस Action Plan को पूरे जिले में लागू करने का आश्वासन दिया। साथ ही सभी विभागों ने अपने अपने विचार साझा किये। यह ऐतिहासिक व सहवर्तीय कदम उठाने वाला दूसरा जिला बनने का गौरव सीतामढ़ी को प्राप्त हुआ है। इस कार्यक्रम को सफल बनाने में नव अस्तित्व फाउंडेशन की तरफ से अध्यक्ष पल्लवी सिन्हा, सचिव अमृता सिंह व सीतामढ़ी के जिला समन्वयक उज्ज्वल कुमार, पूर्णिया के जिला समन्वयक श्रीप्रकाश ठाकुर, प्रखंड समन्वयक ज्योति कुमारी एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।



# आज

## उप विकास आयुक्त ने की माहवारी स्वच्छता प्रबंधन कार्य योजना का विमोचन

**सीतामढ़ी :** उप विकास आयुक्त विनय कुमार की अध्यक्षता में नव अस्तित्व फाउंडेशन एवं युनिसेफ बिहार के द्वारा जीविका सभा-कक्ष में माहवारी स्वच्छता प्रबंधन पर समन्वय बैठक आयोजित की गयी। कार्यक्रम का उद्घाटन उप विकास आयुक्त ने दीप प्रज्वलित कर माहवारी स्वच्छता प्रबंधन कार्य योजना का विमोचन कर की। कार्यक्रम में सभी विभागों के अधिकारी उपस्थित थे। पिछले 11 महीनों से सीतामढ़ी जिले के रीगा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी बैठक में साझा की गयी। जिसमें बताया गया अब तक रीगा प्रखंड में जीविका दीदियों के साथ मिलकर 27000 महिलाओं और 50000 किशोरियों को माहवारी के प्रति जागरूक किया गया है। कार्यक्रम में सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में रीगा प्रखंड से जीविका की पांच माहवारी की नायिका चंद्रमनी देवी, चन्दा देवी, विभा देवी, सीमा देवी एवं किशोरी निधि कुमारी का चयन कर सम्मानित किया गया। जिन्होंने माहवारी जागरूकता अभियान में अपनी सक्रिय भागीदारी दी। उप विकास आयुक्त विनय कुमार ने इस ऐतिहासिक कदम की सराहना की और इस एकात्मक प्लान को पूरे जिले में लागू करने का आश्वासन दिया। साथ ही सभी विभागों ने अपना अपना विचार साझा किया। यह ऐतिहासिक व सहवर्तीय कदम उठाने वाला दूसरा जिला बनने का गौरव सीतामढ़ी को प्राप्त हुआ है। इस कार्यक्रम को सफल बनाने में नव अस्तित्व फाउंडेशन की तरफ से अध्यक्ष पल्लवी सिन्हा, सचिव अमृता सिंह व सीतामढ़ी के जिला समन्वयक उज्ज्वल कुमार, पूर्णिया के जिला समन्वयक श्रीप्रकाश ठाकुर, प्रखंड समन्वयक ज्योति कुमारी एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।

## माहवारी प्रबंधन को ले कदम उठाने वाला दूसरा जिला सीतामढ़ी कार्यशाला में सम्मानित की गई 4 जीविका दीदियां

भास्कर न्यूज़/सीतामढ़ी

स्थानीय जीविका के समा कक्ष में शुक्रवार को नव अस्तित्व फाउंडेशन एवं युनिसेफ बिहार के तत्वाधान में डीडीसी विनय कुमार की अध्यक्षता में माहवारी स्वच्छता प्रबंधन कार्यशाला का आयोजन किया गया। कार्यशाला का उद्घाटन डीडीसी व डीपीएम ने संयुक्त रूप से दीप प्रज्वलित कर किया। इस अवसर पर डीडीसी ने कहा कि माहवारी प्रबंधन को लेकर ऐतिहासिक व सराहनीय कदम उठाने वाला दूसरा जिला बनने का गौरव सीतामढ़ी को प्राप्त हुआ है। उन्होंने इस कदम की सराहना करते हुए प्लान को पूरे जिले में लागू करने को लेकर आगे की कार्यवाई का आग्रह किया। कार्यक्रम में जीविका के अधिकारियों ने दो अपने-अपने विचार साझा किये। इन अवसर पर जिला समन्वयक एमएस प्लान का भी विमोचन किया गया। कार्यशाला में पावर पॉइंट के माध्यम से पिछले 11 महीनों से सीतामढ़ी जिले के रीगा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी एवं अनुभवों को साझा किया गया। इसके पूर्व सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में रीगा प्रखंड से जीविका की चार माहवारी नायिका चंद्रमनी देवी, चन्दा देवी, विभा देवी, सीमा देवी एवं एक किशोरी निधि कुमारी को सम्मानित किया गया।



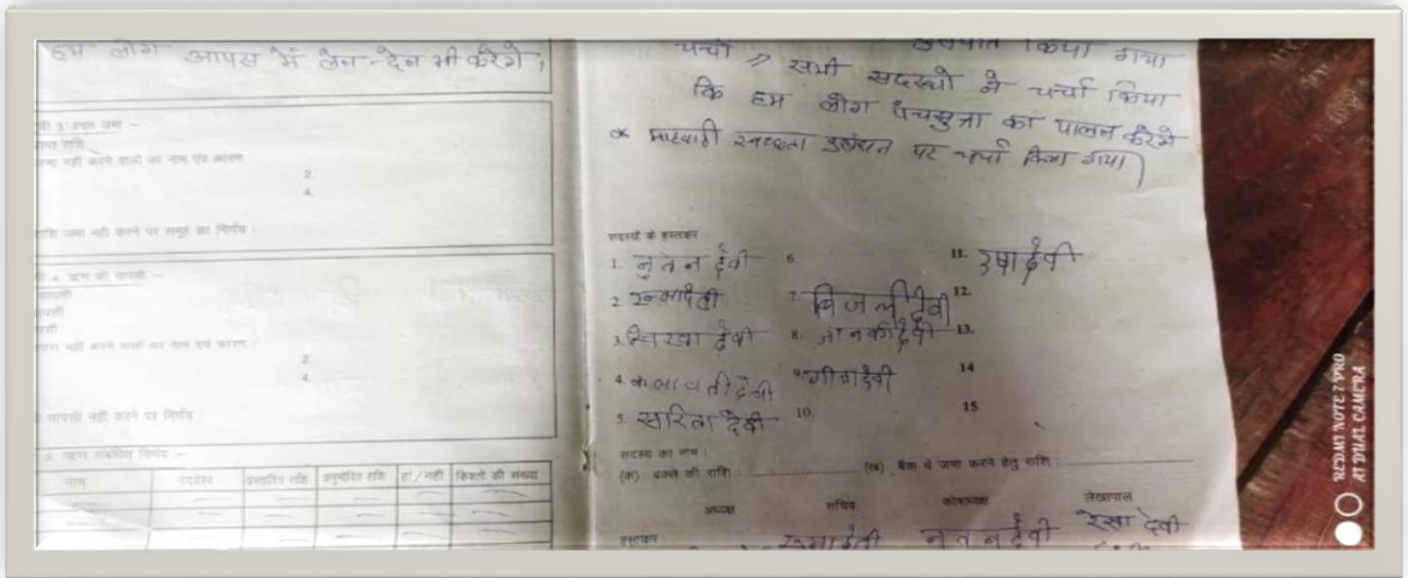
## ज्योतिका की चार बहनों को माहवारी की हेरौन से नोअर आग्या

सीतामढ़ी 11 मार्च (महफर्रालम) नोअर- फाउंडेशन और युनिसेफ बिहार के संयुक्त आयोजित कार्यक्रम में ज्योतिका की चार बहनों को माहवारी की हेरौन से नोअर आग्या। कार्यक्रम में ज्योतिका की चार बहनों को माहवारी की हेरौन से नोअर आग्या। कार्यक्रम में ज्योतिका की चार बहनों को माहवारी की हेरौन से नोअर आग्या।

शुक्रवार को नव अस्तित्व फाउंडेशन एवं युनिसेफ बिहार के द्वारा जीविका सभा-कक्ष में माहवारी स्वच्छता प्रबंधन पर समन्वय बैठक आयोजित की गयी। कार्यक्रम का उद्घाटन उप विकास आयुक्त ने दीप प्रज्वलित कर माहवारी स्वच्छता प्रबंधन कार्य योजना का विमोचन कर की। कार्यक्रम में सभी विभागों के अधिकारी उपस्थित थे। पिछले 11 महीनों से सीतामढ़ी जिले के रीगा प्रखंड में चल रहे माहवारी स्वच्छता प्रबंधन परियोजना की विस्तृत जानकारी बैठक में साझा की गयी। जिसमें बताया गया अब तक रीगा प्रखंड में जीविका दीदियों के साथ मिलकर 27000 महिलाओं और 50000 किशोरियों को माहवारी के प्रति जागरूक किया गया है। कार्यक्रम में सभी अतिथियों को पौधा देकर सम्मानित किया गया। कार्यक्रम में रीगा प्रखंड से जीविका की पांच माहवारी की नायिका चंद्रमनी देवी, चन्दा देवी, विभा देवी, सीमा देवी एवं किशोरी निधि कुमारी का चयन कर सम्मानित किया गया। जिन्होंने माहवारी जागरूकता अभियान में अपनी सक्रिय भागीदारी दी। उप विकास आयुक्त विनय कुमार ने इस ऐतिहासिक कदम की सराहना की और इस एकात्मक प्लान को पूरे जिले में लागू करने का आश्वासन दिया। साथ ही सभी विभागों ने अपना अपना विचार साझा किया। यह ऐतिहासिक व सहवर्तीय कदम उठाने वाला दूसरा जिला बनने का गौरव सीतामढ़ी को प्राप्त हुआ है। इस कार्यक्रम को सफल बनाने में नव अस्तित्व फाउंडेशन की तरफ से अध्यक्ष पल्लवी सिन्हा, सचिव अमृता सिंह व सीतामढ़ी के जिला समन्वयक उज्ज्वल कुमार, पूर्णिया के जिला समन्वयक श्रीप्रकाश ठाकुर, प्रखंड समन्वयक ज्योति कुमारी एवं अन्य तकनीकी सहायता के लिए उपस्थित थे।

## Tacking Mechanism-MIS reports





Format 1: Image of meeting Register of Jeevika Didi

दिनांक	कार्यक्रम	स्थिति	समय	स्थान	कार्यकर्ता
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम
9.8.14	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	समय पर	9:30 AM	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम	विद्यार्थियों के लिए प्रशिक्षण कार्यक्रम

Format 2: Tracking Mechanism of Community Mobilizers.

6	पेशी SHG	दा. रमिया दा. दीपादेवी दा. विजय दा., अनी दा. अरुण दा. अरुण -	15	नीती देवी अरुण
7	विशु SHG	देवा दा. देवा दा. - अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. - अरुण दा. अरुण दा.	15	दीपादेवी लक्ष्मी राधिका (अरुण दा.)
8	पेशी SHG	देवा दा. अरुण दा. अरुण दा. अरुण दा. दा. अरुण दा. अरुण दा. अरुण दा. दा. अरुण दा. अरुण दा. अरुण दा.	22	पार्वती देवी दीपा अरुण
9	विशु SHG	मौला अरुण अरुण, अरुण अरुण अरुण अरुण अरुण अरुण अरुण अरुण अरुण अरुण अरुण	18	वीवी अरुण अरुण
10	पेशी SHG	देवा देवी अरुण दा.	12	नूनमती दीपा अरुण
11	अरुण SHG	अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा. अरुण दा.		Sheela Devi अरुण

Format 3: Tracking Mechanism of members of SHG group.

Format 4: Image of Meeting Register of Community Mobilizer.