



NAV ASTITVA
FOUNDATION

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MH DAY REPORT

Presented to

UNICEF , Bihar

Presented by

**Nav Astitva
Foundation**

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MENSTRUAL HYGIENE DAY (28 MAY 2022) – UNICEF BIHAR FIELD OFFICE REPORT SITAMARHI / PURNEA

Type of the activity	Location GP/Block/District	Departments partnered with	Outreach		Remarks if any
			Direct	Indirect	
		Jeevika (Riga-			
Introduction of the Event & Project	Jila Udyog Kendra Sitamarhi/Zila School	Sitamarhi/Kasba-Purnea), Education (Riga-	Riga- 1614 Sitamarhi- 180 (Total 180 members	Riga- 179*4 = 716 (We reached out to 179	
	Purnea	Sitamarhi/Kasba	present in MH	community	
		-Purnea), Health	Day Event)	women in Riga	
		(Riga-		block through	
		Sitamarhi), ICDS	Kasba- 1669	activities and on	
		(Riga),	Purnea – 200	an average,	
			(Total 200	each community	
			members	woman told	
			present in MH	about	
			Day Event)	menstruation to	
				4 women in and	
				around her	
			Including	home.)	
			Jeevika didi's,		
			Aanganwari	Kasba- 219 * 4	
			sevika,	= 876.	
			Adolescent girls,	(We reached out	
			Aasha didi's &	to 219	
			School	community	
			Adolescents.	women in Kasba	
				block through	
				activities and on	
				an average,	
				each community	
				woman told	
				about	
				menstruation to	
				4 women in and	
				around her	
				home.)	
				Purnea	
				Block- 850(Jeevika Didi's	
				of all the blocks	
				of Purnia	
				carried out the	
				menstrual	
				activities)	

Sitamarhi:-Community activity among Jeevika Didi(3 Cluster & 10SHG)- 179 Through School Activity – 1435 Total 179+1435 = 1614 (134 Community women participate in SHGs Activity & 45 Jeevika Didi participate in Poster Making activity+ 1435 School Adolescents participate in Bhranti todo rally, Meri Pahl Mahwari par nibandh, Thermocol model of MHM friendly toilet activity.= 1614)

Purnea:-Community activity among Jeevika Didi(3 Cluster & 10SHG)- 219 Through School Activity – 1450 Total 219 + 1450 = 1669 (159 Community women participate in SHGs Activity & 60 Jeevika Didi participate in Poster Making activity+ 1450 School Adolescents participate in Bhranti todo rally, Meri Pahl Mahwari par nibandh, Thermocol model of MHM

				Reach Thousands of people through Media.	friendly toilet activity.= 1669)
Inauguration by Diya lighting	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	DDC - Sitamarhi/ DEO- Purnea	-do-		Theme of the event was red and white so Diyas were painted in red/ white. A shape of pad was created with white and red rose petals outlined by painted Diyas. Lighting of Diyas added an exquisite beauty to the inauguration.
Chef Guest speech	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	DDC - Sitamarhi (Mr. Vinay Kumar)/DEO - Purnea (Mr. Shivnath Rajak)	-do-		Sitamarhi- DDC Sitamarhi Mr. Vinay Kumar, Chief Guest inaugurated the event. Sitamarhi DPM, Jeevika along with BPM Riga joined the event. Representatives from Health Dept. & DCPU were also present.
					Purnea -
					DEO, Purnea & DPM Purnea were invited as Chief Guest but they couldn't come due to an emergency meeting called by MP Purnea so NAF invited Lions club of Purnea greater as Special guests.
Welcome			-do-		
Song	Jila Udyog				
	Kendra	Jeevika Didi's			
	Sitamarhi/				
	Zila School				
	Purnea				
Mahwari			-do-		This represented celebration
utsav	Jila Udyog				of menarche of an
Activity	Kendra	(Jeevika) CMs &			adolescent girl. It involved
	Sitamarhi/	Community			participation of each & every
	Zila School	women			member of family and
	Purnea				neighborhoods.

Gajara Activity	Jila Udyog Kendra Sitamarhi/ Zila SchoolPurnea	(Jeevika) CMs & Community women	-do-		Using white and red flowers Gajara was made and ornamented the hairs representing 28 days of menstrual cycle in white and 5 days if periods in red.
Red/White Churi Activity	Jila Udyog Kendra Sitamarhi/ Zila SchoolPurnea	(Jeevika) CMs & Community women	-do-		Represents Menstrual Cycle
Thermocol Balls Mahwari chakra Making	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	(Jeevika) CMs & Community women	-do-		Represents Menstrual Cycle
Shapath on Mahwari	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	(Jeevika-Riga) / (Jeevika - Kasba)	-do-		Oath taken by female and male and Adolescents at community, schools, cluster office, BPM office and at MH Day event for sharing right & factual information on Menstruation.
Poster Making	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	(Jeevika) MRP/C NRP	-do-		Organized at all CLF representing Disposal management, menstrual management products, female reproductive system,hygienic practices.
Red dot with alta	Jila Udyog Kendra Sitamarhi/ Zila SchoolPurnea	(Jeevika) CMs & Community women	-do-		To represent red stains of periods (kuchh daag achhe hain).
Mahwari Special Salad	Jila Udyog Kendra Sitamarhi/ Zila SchoolPurnea	(Jeevika) CMs & Community women	-do-		Mahwari Special SaladTo promote intake of iron rich food among women in community.
Slide show of Pad,Panty activity & Red Colour	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	(Jeevika) CMs & Community women	-do-		Pad, panty activity with dot To reduce hesitation and shame of Periods.

Slide show of School Activity:- 1. Bhranti todo rally2. Meri Pahl Mahwari par nibandh 3. Thermocol model of MHM friendly toilet.	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	(Education)-HM of Middle school, Teacher, Adolescents Girls & Boys	-do-		1. To break the silence on social myths related with periods.2. To spread awareness on pre menarche education.3. To promote MHM friendly toilets in every school in order to prevent school dropouts.
Gallery Walk	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	All	-do-		Representation of the ongoing field activities through exhibition of various models e. g. Pad Bank Model, MHM friendly toilets, Mahwari wali Gullak, Availability & Disposal, ClothPad making mechanism.
Dance Performance	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	Jeevika	-do-		By community girls on song that denoted menarche celebration.
Experience Sharing	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	Sitamarhi(Jeevika) CMs/Purnea (Jeevika) CMs /MRP	-do-		By Field Workers of Jeevika.3 female cadres from Sitamarhi, 2 female cadres from Purnea along with 2male employees.
Poetry on Mahwari	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	NAF Team- Sitamarhi/ Jeevika-Purnea	-do-		Poems on myths and important information's on Periods.
Catwalk on Periods	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	By Jeevika	-do-		Walk on Periods by three age groups to represent three phases of menstruation.i.e. Menarche, Menstruating, Menopause
Prize Distribution	Jila Udyog Kendra Sitamarhi/ Zila School Purnea	NAF Team	-do-		MHM kits and Sanitary Vending machine along with participation certificates to all participants given as prize to winners by Nav AstitwaFoundation.
Vote for	Jila Udyog	NAF Team	-do-		

OUTREACH OF MHDAY CELEBRATION ALONG WITH WEEK LONG ACTIVITIES.

DATE	NAME OF ACTIVITY	PLACE(SHG/CLF/PANCHAYAT)		DIRECT		OUTREACH		INDIRECT	
		RIGA	KASBA	RIGA	KASBA	RIGA	KASBA	RIGA	KASBA
21/05/2022	THERMOCL BALL MENS TRUAL CYC LEMAKING	SHG- GULAB VO- GAURI VOPAN CHAYAT-RIGA-2	SHG-SIMA	15	14	75		70	
21/05/2022	GAJARA ACTIVITY	SHG- HANUMAN VO- GAURIPANCHAYAT-RIGA-2	SHG- TAJMAHAL	15	15	75		75	
22/05/2022	MAHWARI UTSAV	SHG- VAISHALI VO- SAMRATPANC HAYAT-RIGA-1	SHG- CHAND ANI	35	30	175		150	
22/05/2022	BALOOON ACTIVITY	SHG- SHARDA VO- SAMRATPANC HAYAT-RIGA-1	SHG- JAI GUR U	15	25	75		125	
23/05/2022	MAHWARI SPECIAL SALAD	SHG- SAHELI VO- CHANDAPANC HAYAT-RIGA-2	SHG- SONI	15	13	75		65	
23/05/2022	DO'S & DON T'S	SHG- MAMTA VO- CHANDAPANC HAYAT-RIGA-2	SHG- MAA KA LI SHG	15	14	75		70	
23/05/2022	MAHWARI WALI MEHA NDI	SHG- MAA BHAWANI VO- SARTHAK PAN CHAYAT-RIGA-2	SHG- MAHAD EV	15	14	75		70	
24/05/2022	CHURI ACTI VITY	SHG- JANTA VO- SARTHAKPANC HAYAT-RIGA-2	SHG-MAA KALI SHG	15	12	75		60	
24/05/2022	PADS & ALT A ACTIVITY	SHG- MANGAL VO- SUHANI VOPA NCHAYAT- RIGA-1	SHG- GURUM AHRAJ	15	13	75		65	
25/05/2022	SHAPATH A CTIVITY BY MALE MEMB ER	BPIU RIGA	CLF MEMBER S	06	24	30		120	
25/05/2022	SHAPATH A CYTIVITY BY FEMALE ME MBER	RIGA-1		30		150			
25/05/2022	Talk show of Nodal Teachers of kasba and Sitamarhi	streamyard	streamyard	25	25	2500		2500	

26/05/2022	POSTER MAKING	CLF-1	CLF-1	15	20	75	100
26/05/2022	POSTER MAKING	CLF-2	CLF-2	15	20	75	100
26/05/2022	POSTER MAKING	CLF-3	CLF-3	15	20	75	100
21/05/2022	MIDDLE SCHOOL	YOGWANA RIGA	DUBELI KASBA	300	110	1500	550
21/05/2022	MIDDLE SCHOOL	MAJHAURA RIGA	DUMRI KASBA	150	120	750	600
22/05/2022	MIDDLE SCHOOL	RIGA GAON RIGA	BOCHGAOWNKAS BA	200	105	1000	525
23/05/2022	MIDDLE SCHOOL	PIPRA RIGA	SIMRIYA KASBA	150	250	750	1250
23/05/2022	MIDDLE SCHOOL	SONAR RIGA	LACHHAMPURKAS BA	98	150	490	750
24/05/2022	MIDDLE SCHOOL	BULAKIPUR RIGA	MALHARIYAKASBA	165	190	825	950
24/05/2022	MIDDLE SCHOOL	SNK RIGA	BISANPUR KASBA	80	150	400	750
25/05/2022	MIDDLE SCHOOL	PATANIYA RIGA	DEVDAHA KASBA	95	145	475	725
26/05/2022	MIDDLE SCHOOL	POSUA RIGA	LAKHNA KASBA	95	120	475	600
26/05/2022	MIDDLE SCHOOL	BUNYADI TOLA RI GA	JALKAR KASBA	85	105	425	525
28/05/2022	MH DAY 2022	UDHYOG BHAWAN SITAMARHI	JILA SCHOOLPURN EA	180	200	900	1000
TOTAL				1859	1904	11670	11895
DIRECT REACH OF SITAMARHI=1859 INDIRECT REACH OF SITAMARHI=1859*5=11670 DIRECT REACH OF PURNEA=1904 INDIRECT REACH OF PURNEA= 1904*5= 11895				NOTE: - Every individual participant reaches at least 5 members in their family/neighbourhood so on an average each member's reach 5 indirectly.			
TOTAL DIRECT REACH OF BOTH DISTRICT = 3763				OUTREACH OF BOTH DISTRICT =27328			
TOTAL INDIRECT REACH OF BOTH DISTRICT= 23565							

MH DAY PICS AND MEDIA COVERAGE



<https://drive.google.com/drive/folders/17aWwIWxSd4tm8we9ZV1axAtckfXAHg4?usp=sharing>



<https://drive.google.com/drive/folders/1XwtHSES8Wquw7CTyNuX54YtrGKZKUDWK?usp=sharing>



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**THANK
YOU**