



**REPORT ON THE ACTIVITIES
FACILITATED IN THE 2ND
PHASE OF IMPLEMENTATION**



NAV ASTITVA FOUNDATION

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A. Introduction

Menstrual Health and Hygiene (MHH) is essential to the well-being and empowerment of women and adolescent girls. On any given day, more than 300 million women worldwide are menstruating. In total, an estimated 500 million lack access to menstrual products and adequate facilities for menstrual hygiene management (MHM)¹. To effectively manage their menstruation, girls and women require access to water, sanitation and hygiene (WASH) facilities, affordable and appropriate menstrual hygiene materials, information on good practices, and a supportive environment where they can manage menstruation without embarrassment or stigma. According to the WHO/UNICEF Joint Monitoring Programme 2012, menstrual hygiene management is defined as: *“Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear.”*

Menstrual health and hygiene (MHH) expands this definition to include the broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights. These systematic factors include accurate and timely knowledge about menstruation, hygiene, and health; available, safe, and affordable materials; sanitation and washing facilities; safe and hygienic disposal; informed health and education professionals; referral and access to health services; positive social norms; and MHH advocacy and policy (UNICEF 2019a). MHH is a cross-sectoral issue that is most effectively addressed through collaboration among officials and practitioners in water supply, sanitation, and hygiene (WASH), education, public health, sexual and reproductive health and rights, urban development, and the private sector.

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 in comparison to NFHS-4 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) being implemented in the state along with the Mukhyamantri Kanya Utthan Yojna (MKUY) is significant in its inclusion of MHM as a part of the ‘equity and inclusion’ component along with providing financial support to school going adolescent girls. The MHM Guidelines issued by the Ministry of Drinking Water and Sanitation (2015) embarks its commitment to support girls and women on this issue.

¹ www.worldbank.org/en/topic/water/brief/menstrual-health-and-hygiene

B. Background:

Good menstrual hygiene management (MHM) plays a fundamental role in enabling women, girls, and other menstruators to reach their full potential. Menstrual health and hygiene (MHH) include the broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights. These systematic factors include accurate and timely knowledge about menstruation, hygiene, and health; available, safe, and affordable materials; sanitation and washing facilities; safe and hygienic disposal; informed health and education professionals; referral and access to health services; positive social norms; and MHH advocacy and policy formulation. MHH is a cross-sectoral issue that is most effectively addressed through collaboration among officials and practitioners in water supply, sanitation, and hygiene (WASH), education, public health, sexual and reproductive health and rights, urban development, and the private sector.

To demonstrate menstrual health and hygiene and propose the MHM roadmap in Bihar, UNICEF in partnership with Nav Astitva Foundation (NAV) has been working in two districts of Bihar with government departments and the community as a whole using the **Jeevika** platform to roll out the program. The program aimed to increase awareness among women and adolescent girls at the grass root level about Menstrual Hygiene (MH) so that they can fully participate in their private and public life.

The two districts that has been taken up to demonstrate the project “Strengthening Rural Women Self Help Groups to promote **Menstrual Health & Hygiene Management (MHHM)**” are – Purnea and Sitamarhi. In both the districts two blocks are also being supported, i.e., Riga in Sitamarhi and Kasba in Purnea on MHHM issues. The project is being implemented from 1st April 2021 and ends on 31st December 2022.



This report documents the activities that has been done in the 2nd phase of implementation in both the districts.

C. Implementing Agency

The program is being implemented by Nav Astitva Foundation (NAV) having its head office in Patna and field offices in the respective blocks of the two districts of Sitamarhi and Purnia.

Nav Astitva Foundation (NAF), a professional development agency from Bihar specializing in community processes with special focus on women empowerment, education, health and hygiene. The organization came into existence in the year 2012 and registered under the society registration act 1860. Nav Astitva Foundation was started with a vision and mission to provide better education, health, empowerment, and nutritious food for underprivileged people, especially women and girls. The organisation has a highly committed and dedicated team having wide and rich experience in working with women and children, marginalized sections of the society, vulnerable populations for their empowerment and development.

D. Objective of Intervention

The programme primarily focused on the infrastructure, facility and behaviour change 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. The key objective of the intervention was:

- ♣ Mainstream MHHM agenda in the implementation of development programs across all departments and establish Jeevika as a platform and driving force to carry the issue forward
- ♣ To bring convergence and coordination among key line departments to mainstream MHHM 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 MHHM 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 MHHM agenda in VO and SHG meetings

- ♣ To observe Global Menstrual Hygiene Day and create a momentum in the selected Districts for a continued dialogue on MHM

E. Period for the 2nd Phase of Project Implementation

15th April to 31st Dec 2022

F. Results of Intervention

Nav Astitva Foundation (NAV) has been implementing the project since April 2021 in two phases in the two blocks of Sitamarhi and Purnia district along with the district wide support to promote menstrual health and hygiene among various stakeholders. The implementation that was carried in a phase wise manner provided some great insights and results in these two districts. Some of the key results of the intervention in 2nd phase are:

- ♣ Different Departments – Education, Health, ICDS, Social Welfare have been sensitized to roll out the MHM action plan in both the districts. It needs more push and advocacy to roll out the MHM action plan at the departmental level.
- ♣ In Sitamarhi, 117 Master Trainers from the Education and the ICDS department has been developed to take the MHM issues down the line among the schools and AWCs. In Purnea, 36 Master Trainers that included BHM, BCMs and MOICs from all 14 blocks of Health Department have been developed. **Departmental teams are ready to scale up MHM in the district in close coordination with Jeevika.**
- ♣ Refresher training was again provided to the 100 CLF representatives trained during the 1st phase. **The refresher training made them more self-confident & empowered to tackle and address issues related to menstrual hygiene.**
- ♣ In both blocks 100 identified Community Mobilizers were provided refresher training on MHM to refurbish the knowledge and skills along with effective communication and Use of IEC tools on menstrual hygiene. **These Community Mobilizers are now taking up MHM as an important topic for discussion in their SHG meetings on a regular basis**
- ♣ Using the SHG and VO platform of Jeevika handholding support is being provided to mainstream MHM dialogues in SHG/VO meetings. **This has resulted in more aware women members on MHM, families and adolescent girls more responsive, sensitized and vocal on MHM needs.**
- ♣ **Four cloth pad making centres two in each district was established involving the Jeevika SHG groups.** Necessary materials & machines along with skill based training have been provided to 5 SHG to run the centre. **COST of CLOTH PAD: Rs. 5.00**

- ♣ Sensitization of district, block officials and Jeevika team with the observation of Global Menstrual Hygiene Day in both the districts and other events facilitated. In this phase in 10 middle schools involving the Meena Manch girls, teachers along with the Jeevika CLFs/VO/SHGs were used as a platform to disseminate MHM messages to women members, adolescent girls and other stakeholders across the community.
- ♣ To ensure regular sanitary pad availability in the schools for adolescent girls '**Sanitary Pad Banks**' have been **established in 20 schools** for regular availability of menstrual absorbents in schools.

G. Programme Reach in the 2nd phase of Implementation

District Sitamarhi

Indicators	Phase 2
SHG Linked	854
VO Linked	60
CLFs Linked	1
Total Women Linked	3319

From Trainings and Other Activities

Indicators	Phase 2
Direct Reach (Population)	8860
Indirect Reach (Population)	101570

District Purnia

Indicators	Phase 2
SHG Linked	555
VO Linked	46
CLFs Linked	1
Total Women Linked	3951

From Trainings and Other Activities

Indicators	Phase 2
Direct Reach (Population)	8288
Indirect Reach (Population)	102807

H. Implementation Strategy

Participation, Involvement and Engagement of the different stakeholders (both government officials and the community level people) has been the highlights of the implementation methodology. NAF has been constant engaging government officials and community members of the districts through discussions, workshops, trainings, events and awareness drives on this issue of MHHM. Some of the key activities in the 2nd phase of implementation has been detailed herewith:

1. Training of CLF Cadres on Menstrual Hygiene management

In the second phase of implementation CLF cadres in both the district were oriented simultaneously on Menstrual Hygiene management. In Sitamarhi and Purnea the training was done on 16th June and 22nd June respectively where 50 participants participated each from both the districts. The objective of the training was to refresh the knowledge acquired in the first phase of training and also share the experience of implementation done post training.



Media also covered the event in both the districts. Media coverage also helped to sensitize and create a buzz among the readers on the issue of menstrual hygiene.


पूर्णिमाँ भास्कर 23-06-2022

कार्यक्रम • सभी केंद्रों ने माहवारों स्वच्छता के प्रति लोगों को जागरूक करने का लिया शपथ

माहवारी स्वच्छता प्रबंधन को लेकर सीएलएफ केंद्रों के रिफ्रेशर ट्रेनिंग कार्यक्रम का आयोजन

भारत नवज्योति

पुनर्सेवा की संयोग से नव अस्तिव फाउंडेशन के द्वारा जिले में माहवारी स्वच्छता प्रबंधन कार्यक्रम चलाया जा रहा है। जिले के कल्याण प्रखंड से 'पावलेट प्रोजेक्ट' के रूप में शुरू हुए कार्यक्रम को अब विद्विष्टक एखान प्लान तैयार होने के बाद जिला स्तर पर लागू किया जा रहा है। इसी क्रम में बुधवार को जिले के सभी 14 प्रखंडों के जीविका समूह के सीएलएफ केंद्रों के रिफ्रेशर ट्रेनिंग कार्यक्रम का आयोजन किया गया। जिला प्रबंधक की अध्यक्षता में आयोजित प्रशिक्षण कार्यक्रम के दौरान जिले के सभी महिलाओं एवम किशोरियों के बीच माहवारी की जानकारी पहुंचाने का उद्यम पूरा करने को लेकर विस्तार से चर्चा किया गया। प्रशिक्षण कार्यक्रम के दौरान नव अस्तिव फाउंडेशन के तरफ से अमृता सिंह और पत्सवी सिन्हा के द्वारा प्रशिक्षण दिया गया जिसमें माहवारी से संबंधित बाते बतवाई गईं और साथ ही सभी केंद्रों के द्वारा माहवारी पर शपथ लिया गया। इस कार्यक्रम में जीविका, सीतामढ़ी के स्वास्थ्य एवम पोषण अरुण कुमार उपस्थित, जिला परिवोजना प्रबंधक, सुनिर्मल ग्रेस, नव अस्तिव फाउंडेशन के पत्सवी सिन्हा एवम अमृता सिंह, जिला समन्वयक प्रकाश ठाकुर, प्रखंड समन्वयक नूतन साह एवम अन्य लोग उपस्थित थे।



प्रशिक्षण में उपस्थित जीविका सीएलएफ केंद्रों की सदस्यिकाएँ।

2. Refresher Training of Community Mobilizers on Menstrual Hygiene management

Community mobilisers are an integral part of Jeevika who act as one of key human resource between the SHG members and the Jeevika system. The community mobilisers mobilises the Jeevika didis in the villages/community to act progressively towards development schemes and awareness activities. Taking cue of the importance of community mobilisers in Jeevika, they were duly engaged and trained on MHHM activities. As these community mobilizers were trained for three days in the first phase so, in the second phase these community mobilizers were engaged for a one-day refresher training in both the districts. In Sitamarhi and Purnea the training was done on 06th July and 28th July respectively where 50 participants participated each from both the districts. 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 readdressed during the training. 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. They were also oriented on the safe reuse and safe disposal of sanitary pads in the training.



3. Roll out of MHM Action Plan

In both the district of Purnia and Sitamarhi, District MHM action plan was developed through an intensive consultative process with Jeevika, Health, Education and Social Welfare Department from both the districts. The MHM Action plan includes an implementation framework for increasing access to information, sanitary products and female friendly WASH and waste management solutions. It has been 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). In the new phase NAF and UNICEF jointly facilitated several events and workshops for the roll out of MHM action plan. These were

- ❖ On 07th July 2022 Nav Astitwa Foundation and UNICEF Bihar conducted one-day District level capacity Enhancement program of Nodal teachers on Menstrual Health & Hygiene Management in collaboration with Education Department. 60 participants from the department participated in the training.
- ❖ On 08th July 2022 Nav Astitwa Foundation and UNICEF Bihar conducted District Level Master training program on Menstrual Health & Hygiene Management in collaboration with ICDS Department. 57 participants from the department participated in the training.
- ❖ On 27th July 2022 Nav Astitwa Foundation once again facilitated one-day orientation and skill training program of MOIC, BHM & BCM on Menstrual Hygiene Management in collaboration with Health Dept. at Purnea District. 36 participants from the department participated in the training.
- ❖ On 17th November 2022 Nav Astitwa Foundation & UNICEF Bihar conducted District Level Master training program on MHM in collaboration with Education Department where 50 participants participated in the training



4. Capacity building of Community Mobilizers of Riga & Kasba block of Sitamarhi and Purnia district respectively

Community mobilisers are an integral part of Jeevika who act as one of key human resource between the SHG members and the Jeevika system. The community mobilisers mobilises the Jeevika didis in the villages/community to act progressively towards development schemes and awareness activities. Taking cue of the importance of community mobilisers in Jeevika, they were duly engaged and trained on MHHM activities in the first phase.

On 6th July and 28th July 2022 Nav Astitwa Foundation facilitated one-day capacity building program of Community Mobilizers on Menstrual Hygiene Management in collaboration with Jeevika at Sitamarhi and Purnia district respectively. In total 100 community mobilisers (50 from each district) were oriented during the training.



5. Capacity building of front line workers [ASHA, ANM, AWW, PRIs and Vikash Mitra] of key line departments

Nav Astitwa Foundation has been constantly sensitizing different stakeholders in both the districts and providing the handholding assistance. In the two blocks the frontline workers that included ASHA, ANM, AWW, PRIs and Vikash Mitra were sensitized and trained on MHM issues and developed as Master trainers. The availability of sensitized ASHA, ANM, AWW, PRIs and Vikash Mitra on MHM can support mainstreaming of MHM agenda in community and spread awareness on menstruation during their community interactions. On 25th August 2022 and 06th September 2022 NAF conducted one-day capacity building training program of Frontline worker on Menstrual Hygiene Management in collaboration with ICDS, SC/ST welfare, Health & PRI at Riga, Sitamarhi & Kasba, Purnea. 110 & 100 participants were present for training at Riga & Kasba blocks respectively.



6. Observation of MH Day in both the districts

MH Day which falls on the 28th May every year was celebrated in both the districts and also in the two designated blocks to raise awareness and knowledge on MHHM. In this year of 2022, functions were organised in coordination with the district administration and block level teams from Jeevika, Education, ICDS and Health department. 180 Participants were present in Sitamarhi and 200 Participants were present in Purnea District on this day. Several activities were done at the district level and also at the block to create awareness, sensitize and generate a buzz around MHHM. Along with the one-day celebration activity in the district and block, a week long activity on MHHM was also done by NAF in the two blocks with the concerned departments and Jeevika team. Activities like Red & White Alta Activity, Poster Making Activity, Churi Activity, Balloon Activity, Bracelet Activity, Flower Necklace Activity, Quiz competition, Poetry on Mahwari, Mahwari wali Gullak, Bhranti Todo Rally, Mahwari pe Charcha & Mahwari Utsav were organized at both the districts.



7. Cross Learning Visits in the Districts

In the 2nd phase of implementation at both the district, cross learning visits was done by the Jeevika team. In Sitamarhi, the select members of Jeevika from Riga and Dumra visited the different centres, meetings to understand the MHM activities. On 24th August 2022, first Intra Cross Learning Visit at Dumra Block Sitamarhi was done where the training session was done by MRP & CM of Riga Block under the guidance of NAF team. On 25th August 2022, second

Intra Cross Learning Visit at Riga Block Sitamarhi was done where the orientation session was done by MRP & CNRP of Dumra Block.



At Purnea on 07th September 2022, first Intra Cross Learning Visit was done at B.Kothi Block Purnea where the orientation session was facilitated by MRP & CM of Kasba Block Purnea. On the 08th September 2022, second Intra Cross Learning Visit at Kasba Block Purnea was done where the orientation session was facilitated by MRP & CNRP of B.Kothi block, Purnea.



8. Handholding support to ICDS, Health and Education department in rolling out MHM action plan in Sitamarhi and Purnia district

NAF has been providing handholding support to the ICDS, Health and the Education department in rolling out the MHM action plan in both the districts. Although the department involvement is low, they are being constantly triggered and motivated to take up issue of MHM downline.

In Sitamarhi district with the support of education department on **07th July 2022**, 51 Nodal teachers from middle school of 17 blocks and 5 already trained high school nodal teachers were trained as master trainers on MHM in a one-day orientation program. Education department requested one more full day orientation program for these 51 middle school nodal teachers. After training a WhatsApp group was created by team NAF where all soft copy of training modules is shared for the nodal teachers so that they can use these contents in

their awareness session in schools. Most of the nodal teachers are conducting awareness sessions, MHM friendly activities among the adolescents in their respective schools. This initiative has led to the direct involvement of 57 teachers and 11400 indirect stakeholders.

Similarly, the ICDS department at Sitamarhi organized a one-day master trainers programme for CDPO & LS from all 17 blocks on 08th July 2022 where 60 participants were oriented. These 60 participants went on to disseminate MHHM issues down the line in their meetings and AWC visits. They also assured to celebrate **Mahawari Utsav** in AWCs just like the Godbharai and Annaprasan activities. This initiative has led to the direct involvement of 60 ICDS functionaries and 600 indirect stakeholders.

In Purnia district the health department organised a one-day orientation workshop on 27th July 2022 of the selected BHM, BCMs and MOICs from all 14 blocks of Purnea. 36 participants participated in the workshop that comprised of 31 male and 05 female participants. This training might create a milestone in the history of women's period as these trained officials of health department will be a big change maker through their open talks on periods by being silence breakers & taboos fighter. They can be good guide on MHM for their subordinating working layers. This initiative has led to the direct involvement of 36 health functionaries and 360 indirect stakeholders comprising of ASHA & ANMs.



9. Handholding support to mainstream MHM agenda through CLF representatives

The CLF representatives in both the districts were provided refresher training of MHHM this year and handholding support to roll out the campaign. 50 CLF members were trained at Sitamarhi district on 16th July 2022 and 50 CLF cadres were trained at Purnea on 22th July 2022. These already trained Jeevika cadres are being provided handholding support on a continuous basis in mainstreaming MHM agenda in their respective blocks. IEC materials and related stationeries have been provided to these group members such as the MHM calendar²,

² MHM calendar: This module has been designed in such a way that keeps track of MHM every month and discuss in their periodic meeting

Apron³ and Vivran Pustika⁴ etc. for easy facilitation in the community and to maintain records. The NAF team constantly monitors and provides the needed support to these CLF members and the community mobilisers through the What's App group formed and through field visits in the blocks during the monthly meetings.

In Sitamarhi this initiative has led to the direct involvement of 50 CLF members and 52500 indirect stakeholders while in Purnia it has involved 50 CLF members directly and 61250 indirectly women members.

10. Facilitation of SHGs to initiate the production of cloth pad making in selected cluster

Nav Astitva Foundation has been providing the much needed handholding support to the different departments along with the Jeevika members in two blocks of the two districts. To develop the SHG members as entrepreneurs in pad making two centres each has been open in Riga and kasba block of Sitamarhi and Purnia district respectively. These centres are being managed by the SHG members where one sewing machine has been provided by NAF at each centres. Handholding support and training has been provided by NAF in these centres for the making of sanitary pads.



I. Key Learnings in the 2nd Phase

The implementation of the project in the 2nd phase has led to strengthening of the initiatives that was initiated in the 1st phase of implementation. Although the results to show is less as the project has completed its initiation phase. The preparations to take the actual MHM impact to follow in the community and departments will now start to come. Now the onus lies on the different departments and Jeevika to constantly take the MHM issue in their

³ Apron: Using this MHM tool which describes the physiology of periods. This helps the CLFs and other trained cadres to easily understand and explain it to the SHGs groups, adolescent girls and women.

⁴ Vivran Pustika: This helps the cadres to keep records of their periodic meeting on MHM and outreach which is the best tracking tool at the block level of Jeevika CLF members.

meetings, activities and community interactions so that the hard work done in these two phases can be sustained. Some of the key learnings from the implementation are:

- Nobody talks on this very important health issue but MHM dialogues are required in the society
- The project has led to the development of several IEC materials, demonstration materials and tool kits on MHM which can be readily used for sensitization and awareness creation
- The departments need to engage more people and orient them on MHM
- The VHSND platform needs to be used to discuss MHM issues
- Jeevika can make MHM discussions mandatory in SHG, VO and CLF meetings
- The Health and ICDS department needs to sensitize women and adolescent girls through their outreach workers (ASHA, ANM, AWW) and awareness activities on MHM
- The production of cloth pads needs to be enhanced as it can support livelihood opportunity and also poor women and families who cannot buy costly market pads
- The creation of sanitary pad banks needs to be scaled up in the schools and institutions for easy availability of sanitary napkins at low rate for women and use of MKUY funds for adolescent girls

J. Conclusion and Way Forward

The MHHM interventions in both the districts went well with the support from UNICEF team members, district administration, block administration and the Jeevika team. The interventions facilitated has sensitized lot of women and men in both the districts. During the course of implementation, it was understood that Interdepartmental collaboration and convergence is significant to mainstream MHM at the community level. It is also recommended to integrate or strengthen the MHM agenda in the existing programs of the government departments focussing gender and equity. It can be achieved through building the 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. Jeevika can be the appropriate platform for the roll out of this MHHM agenda in the entire state as it comprises of women groups, has a proper and efficient management and monitoring system and more important it has the capacity and experience to implement community based projects focussing on improving the health and hygiene of women in the community. Approximately 48% of the population as per Census 2011 are female so, taking up of menstrual hygiene by the government departments will certainly benefit the women and the adolescents to lead a healthy life. The availability of sanitary pads is also very critical to the women and adolescents hence, the SHG members gets into the business of preparing sanitary cloth pads will certainly fetch them with ample livelihood opportunity and will also have a direct impact on the health of women and adolescents.

K. Human Interest Stories

1. Human Interest Story No: 1

नाम- अंकिता कुमारी

पता:- भूतही बाजार

आदर्श राजकीय मध्य विद्यालय भूतही बाजार

प्रखण्ड- सोनबरसा, जिला- सीतामढ़ी

मेरा नाम अंकिता कुमारी है। मेरी उम्र 14 साल है। मैं आदर्श राजकीय मध्य विद्यालय भूतही बाजार कक्षा 8 में पढ़ती हूँ। मैं भूतही बाजार सोनबरसा की रहनेवाली हूँ। मेरी पहली माहवारी 1 साल पहले आई थी। मेरी माहवारी आने के बाद माँ ने इसके बारे में बताया मुझे पहले मुझे ये भी नहीं पता था, कि माहवारी होती क्या है? फिर हमारे स्कूल में ज्योति दीदी आई जब वो माहवारी के बारे में बहुत सारी जानकारी दी। की माहवारी कैसे होती है। और माहवारी का होना कितना जरूरी है। और भी बहुत सारी बात बताई। उनमें से एक बात ये थी की कभी कभी बच्चियों को पहली माहवारी आती है। कुछ दिनों तक पीरियड सही से रहता है। लेकिन कुछ दिनों के बाद उनका पीरियड अनियमित समय से आने लगते हैं। तो फिर हम ज्योति दीदी को अपने पास बुलाये बाद में क्यूकी उस समय एक भैया भी थे तो हम शर्म से कुछ पूछे नहीं। बाद में हम ज्योति दीदी को बोले की दीदी मेरा पीरियड पहले नियमित समय से आता था। लेकिन कुछ महीनों से मेरा पीरियड अपने नियमित समय से नहीं आ रहे हैं। जैसे कभी 3 महीने पे तो कभी 4 महीनों पे तो दीदी बोली इस बारे में अपनी मम्मी को बताई हो। तो हम बोले की नहीं बताए हैं हमको शर्म आता है और डर भी लगता है। की मम्मी क्या बोलेगी। इसलिए नहीं बताए हैं। तो फिर दीदी हमको समझाई की ऐसा झिझक या डर का कोई बात नहीं है। तुम अपनी मम्मी को बताओ और मम्मी को बोलना की डॉक्टर से दिखा दे। अगर कोई समस्या होगी तो अभी इलाज से ठीक हो जाएगा। इसको नजरंदाज नहीं करना है। मम्मी को समझाना की आज मेरे स्कूल में दीदी ये सब बात बताई हैं। हमको डॉक्टर से दिखा दो। दीदी हमको इतना बात समझाई। तब मेरा डर खतम हुआ। अब हम सबसे पहले स्कूल से जाकर मम्मी से बात किए और अपनी समस्या बताये, तब मम्मी ने कहा ठीक है डॉक्टर से दिखवा देंगे, डॉक्टर से दिखवा कर दवा ले लिए और खा रहे हैं देखते हैं अगले बार माहवारी कब आता है ?

2. Human Interest Story No: 2

नाम- सलोनी कुमारी
पता:- योगवाना, रीगा
मध्य विद्यालय योगवाना
प्रखण्ड-रीगा, जिला- सीतामढी

मेरा नाम सलोनी कुमारी है। मेरी उम्र 15 साल है। मैं रीगा प्रखण्ड के मध्य विद्यालय योगवाना कक्षा 8 की छात्रा हूँ। मैं रीगा योगवाना की रहने वाली हूँ। मैं ग्रामीण क्षेत्र से हूँ। तो हम बच्चियाँ बहुत सारी ऐसी बातें हैं जिसे अपने घर या स्कूल के शिक्षक, शिक्षिका से बात नहीं कर पाते हैं। उनमें से एक विषय पीरियड भी है। इसके बारे में हम न कभी अपने घर में बात किए, न स्कूल में और हमारे स्कूल में पैड की भी उपलब्धता नहीं है। जिस वजह से हमें काफी समस्या होती है। मेरा पीरियड एक, दो बार स्कूल में ही आ गया था, जिस वजह से हमको पढ़ाई छोड़कर घर जाना पड़ा। सर, मैडम हमसे पूछें कि घर क्यों जा रही हो तो हम शर्म से कुछ बोलें नहीं बस इतना बोलें कि मेरा तबीयत खराब है और फिर हम दो दिन तक स्कूल नहीं गए। क्योंकि हमको दो दिनों तक काफी समस्या होती है। और स्कूल में पैड की भी सुविधा नहीं है कि जरूरत होने पर इस्तेमाल कर सकें। फिर एक दिन हमारे स्कूल में नव अस्तित्व फ़ाउंडेशन के भैया और दीदी के द्वारा माहवारी स्वच्छता पर प्रशिक्षण दिया गया। उसमें पीरियड से संबंधित बहुत सारी बातें बताईं गयीं। और हमारे स्कूल से हमलोगों के द्वारा स्कूल का मॉडल भी बनवाया गया। जिसको 28 मई विश्व माहवारी स्वच्छता दिवस पर जिला में हमारे विद्यालय के द्वारा प्रदर्शित किया गया, जिसमें पहला स्थान मेरे ही स्कूल का था और उपहार स्वरूप मेरे स्कूल को सैनिटरी पैड वेंडिंग मशीन दिया गया, जो अब मेरे स्कूल में लगा हुआ है। अब हमलोगों को जब भी पैड की जरूरत होता है तो हम मशीन में पाँच रुपया डाल कर एक पैड लेते हैं और उसका इस्तेमाल करते हैं। अब हमको स्कूल भी नहीं छोड़ना पड़ता है उन दिनों में वेंडिंग मशीन की उपलब्धता से हम सब बच्चियों को बहुत सुविधा हो गया है। और प्रशिक्षण के बाद से हमलोग पीरियड से संबंधित बातों पर चर्चा भी करते हैं। अपने दोस्तों से और मैडम से भी कोई भी समस्या होती है तो हमलोग खुलकर बात करते हैं।

3. Human Interest Story No: 3

नाम- दिनेश कुमार
पता:- योगवाना
मध्य विद्यालय योगवाना
प्रखण्ड-रीगा, जिला- सीतामढी

मेरा नाम दिनेश कुमार है। मैं प्रखण्ड रीगा मध्य विद्यालय योगवाना का प्रधानाचार्य हूँ। मैं अपने स्कूल के कार्य के प्रति हमेशा तत्पर रहता हूँ। ताकि हमारे स्कूल के बच्चों को भी अच्छी सीख मिले। क्योंकि जैसा स्कूल के शिक्षक व्यवहार रखेंगे वैसा ही बच्चे भी सीखते हैं। लेकिन माहवारी एक ऐसा विषय है जिससे कोई भी खुल कर बात नहीं करना चाहता है। हमारे स्कूल में भी बच्चियाँ इस विषय से झिझक करती थीं। क्योंकि स्कूल के शिक्षक भी उनसे इस विषय पर बात नहीं करते थे। ना वो लोग अपने घर में खुलकर बात की क्योंकि इस विषय को शुरू से ही कोई महत्व नहीं दिया गया। हमारे घर की भी महिलाएं छुपकर बात करती थी कहीं घर के पुरुष न सुनले। बहुत शर्म और झिझक का ये विषय मानते थे। और पुरुष भी यही समझते हैं की ये सिर्फ महिलाओं का ही विषय है इसलिए पुरुष भी ज्यादातर इसको नजर अंदाज करते हैं। लेकिन जबसे नव अस्तित्व फ़ाउंडेशन के द्वारा बच्चियों से स्कूल का मॉडल बनवाया गया। उनके द्वारा प्रशिक्षण दिया गया। माहवारी से संबन्धित सारी जानकारी दी गयी। माहवारी शर्म का नहीं बल्कि गर्व का विषय है। स्कूल के मॉडल को माहवारी दिवस के अवसर पर सीतामढी में पेश किया गया। उप विकाश आयुक्त श्री विनय कुमार के द्वारा स्कूल के मॉडल विजेता को सम्मानित किया गया। वहाँ और भी स्कूल के मॉडल थे लेकिन हमारे स्कूल के मॉडल को सम्मानित किया गया। और नव अस्तित्व फ़ाउंडेशन के द्वारा पैड वेंडिंग मशीन दिया गया। उपहार स्वरूप जिसमें बच्चियाँ पाँच रुपये डालकर अपने लिए एक पैड ले सकती हैं और स्कूल में इस्तेमाल कर सकती हैं। इस वजह से बच्चियों का मनोबल भी बढ़ा। इससे बच्चियों को लगा की माहवारी शर्म नहीं बल्कि गर्व का विषय है। अब तो स्कूल में सप्ताह में एक दिन नोडल शिक्षिका के द्वारा बच्चियों को माहवारी के ऊपर शिक्षा दी जाती है और बच्चियाँ भी अब बेझिझक बात करती हैं।

4. Human Interest Story No: 4

नाम- उषा कुमारी

प्रखंड: रुपौली

जिला- पूर्णिया

मेरा नाम उषा कुमारी है मैं रुपौली ब्लॉक में जीविका की जननी सीएलएफ की HNS हूं और जीविका में मैं 2019 से काम कर रही हूं एक बार मैं अपनी भगिनी के घर गई थी। मेरी भगिनी का नाम जूही कुमारी है वह 18 से 19 साल की है। मैंने उसको शाम में पूजा करने के लिए कहा उसने कहा कि वो पीरियड हुए हैं और पूजा पाठ नहीं करेंगी। तब मैंने उसको बताया कि मेरा नव अस्तित्व फाउंडेशन एवं यूनिसेफ बिहार की तरफ से 2 दिन का माहवारी स्वच्छता प्रबंधन पर ट्रेनिंग हुआ था। उस ट्रेनिंग में हमको बताया गया था कि पहले के समय जब महिलाओं को पीरियड होता था तो उस समय पैड या कपड़े का उस तरीके से प्रबंध नहीं था और मंदिर बहुत ऊंचे ऊंचे स्थान पर होते थे, जिसके कारण महिलाएं जब वहां पर पूजा करने आती थी माहवारी के समय खून की सुगंध से हिंसक जानवर उन महिलाओं पर हमला कर देते थे। तब माहवारी के समय महिलाओं को पहाड़ पर या ऊंचे स्थान पर मंदिर में जा कर पूजा करने को मना किया गया था और उनको घर पर रहकर ही पूजा-पाठ करने को कहा जाता था। पर इस प्रकार समाज में गलत परंपरा बना दी गई कि यदि लड़की या महिला को माहवारी होगी तो वह उस समय पूजा पाठ नहीं कर सकती है। मैंने उनको बताया कि आप पूजा पाठ कर सकते हो माहवारी एक प्राकृतिक प्रक्रिया है, इसी माहवारी के खून से हमें संतान की प्राप्ति होती है, तो यह खून अशुद्ध कैसे हो सकता है। मेरे समझाने पर उसने एक दिन मंदिर में पूजा किया पर नानी को पता चला तो नानी ने उसको पूजा करने से मना कर दिया। तब मैंने उनको अपनी ट्रेनिंग में हुई सभी बातों को बताया और मैंने कहा यदि छठ पर्व पर आप माहवारी हो जाते हैं तो क्या आप छठ पर्व नहीं करिएगा, जो कि एक महापर्व है। तब नानी ने कहा कि हां हम लोग छठ करेंगे हम लोग छठ कैसे छोड़ सकते हैं। तब मैंने नानी से कहा यह तो छोटी मोटी रोज की पूजा है तो आप यह पूजा को क्यों नहीं कर सकते हैं। पर मेरे समझाने पर भी वह नहीं समझी और कहा कि तुम हमको बता रही हो कि माहवारी के समय पूजा कर सकते हैं पर तुम खुद तो नहीं करती होगी मैंने उनको कहा कि पहले माहवारी के समय मैं भी पूजा नहीं करती थी पर जब से मैं ट्रेनिंग लेकर आई हूं और मुझे सही जानकारी प्राप्त हुई है तब से मैं माहवारी के समय भी अपने घर के मंदिर में हर प्रकार की पूजा पाठ करती हूं। इस बार जब मुझे माहवारी आई तो मैंने नानी और भगिनी दोनों को ही बताया कि मुझे माहवारी आई है और मैं अपने घर के मंदिर में पूजा कर रही हूं वह आकर देख सकती हैं। उन्होंने देखा कि अरे इसको तो माहवारी आई हुई है और यह अपने घर में पूजा पाठ सब करती है, तब वह लोग समझ गई और मेरी भगिनी भी यह देखकर अपने घर की मंदिर में माहवारी आने के बाद भी पूजा पाठ करने लगी। जैसे मैंने ट्रेनिंग लेने के बाद अपने जीवन से भ्रम और भ्रांति को हटाया और मेरे समझाने के बाद मेरी भगिनी ने भी अपने जीवन से माहवारी को लेकर भ्रम और भ्रांति को हटाया है ठीक इसी प्रकार मैं अपने समूह में, परिवार में और समुदाय में माहवारी स्वच्छता प्रबंधन को लेकर और इसकी भ्रम भ्रांतियों को लेकर प्रत्येक महिला और लड़की को जागरूक करती रहूंगी।

5. Human Interest Story No: 5

नाम- पूजा कुमारी

प्रखंड: बी. कोठी

जिला- पूर्णिया

मेरा नाम पूजा कुमारी है | मैं बी. कोठी प्रखंड के सीएलएफ चांदनी में 2020 से जीविका में सी एन आर पी पद पर काम कर रही हूं | मेरा कार्य है स्वास्थ्य से संबंधित सभी विषयों पर जीविका दीदियों के समूह में और बैठकों में जाकर जागरूक करना | एक दिन मैं एक SHG के बैठक में गई हुई थी वहा सभी दीदी बैठी हुई थी, मैं माहवारी स्वच्छता प्रबंधन ट्रेनिंग में मिले सामान को लेकर गई थी | उनमें से एक दीदी ने मेरे पास पड़े सभी किताबों को मीटिंग खत्म होने के दौरान पढ़ने लगी और उन्होंने कहा कि आप थोड़ा रुक कर जाइएगा, तो हम मीटिंग के बाद वहां पर दीदी के आंगन में रुक गए | उसके बाद दीदी हमारे पास आई और उन्होंने कहा कि मेरी एक समस्या है जो मैं आपको बताना चाहती हूं | उन्होंने कहा कि मेरी एक बेटी है वो 15 साल की हो गए हैं और अभी तक माहवारी उसको नहीं आई है | मैंने उनकी बातों को सुना क्योंकि मैं नव अस्तित्व फाउंडेशन एवं यूनिसेफ बिहार से माहवारी स्वच्छता प्रबंधन पर तीन बार ट्रेनिंग चुकी हूं और इस विषय में मुझे बहुत अच्छे से पता था कि दीदी को क्या सलाह देनी है | मैंने दीदी को बताया कि हर लड़की को माहवारी आने की उम्र सीमा 9 से 16 साल होती है और अभी आपकी बेटी को 15 साल हुए हैं | यदि आपको फिर भी लगता है कि उसको माहवारी अभी तक नहीं आई है तो आप एक काम कर सकती हैं | आप इसके लिए डॉक्टर से संपर्क कर सकते हैं, यदि डॉक्टर आपको कुछ सलाह देते हैं तो आप हमको भी बताईये | दीदी को सलाह देकर हम वहां से चले गए कुछ दिनों के बाद हम बैठक करने के लीये उसी SHG में गए तो मैंने दीदी से बात की और कहा क्या आपने अपनी बेटी को डॉक्टर से दिखाया है तो उन्होंने कहा कि दीदी आपके बताने के बाद मैंने अपने घर परिवार में बात की और सब ने मन बनाया कि हां एक बार हम इनको डॉक्टर को दिखा सकते हैं पर देखिए हम लोगों को डॉक्टर के पास जाना ही नहीं पड़ा क्योंकि मेरी बेटी को माहवारी आ गई | तब मैंने उन्हें समझाया कि मैंने आपको कहा था 9 से 16 साल की वर्ष तक माहवारी आती है पर फिर भी आप बहुत ज्यादा चिंतित लग रही थी इसलिए मैंने कहा कि आप डॉक्टर को दिखा दीजिए पर अब उसको माहवारी आ गई है तो अच्छी बात है आप माहवारी के समय साफ-सफाई का किस प्रकार ध्यान रखना है, खान-पान का क्या ध्यान रखना है, यह सब मैंने आपको बैठक में बताया ही है | तो आप अपनी बेटी से इस बात पर जरूर से चर्चा करिएगा तब दीदी ने सुनकर हां कहा और मुस्कुरा कर चली गई |