



**Ladli Foundation Trust**  
A National Award Winning  
Non-Profit Organization

## PROJECT REPORT- PHASE I

**Special CSR Initiatives of HPCL-Mittal Foundation and Drive for Sensitizing more than 2000 adolescents Girls about safe Menstrual Hygiene Management & Sanitation through Interactive Counselling, Video session, Creative Competitions under Saheli IEC Project in association with Ladli Foundation Trust**

*(Date: 13<sup>th</sup> February – 17<sup>th</sup> February, 2023)*



## **Project Title**

To implement Saheli IEC & Sensitization Program to enable sustainable menstrual practices for females and educating them about MHM, Prevention of COVID-19 & Other transferable diseases by Ladli Foundation Trust in 16 HMEL supported Government schools

## **Introduction:**

A workshop was conducted with an aim to girls on menstrual hygiene management (MHM), water, sanitation, and hygiene (WASH), good touch-bad touch, gender neutrality, and breaking the stigmas associated with gender and menstruation in 16 government schools of Bathinda villages.

## **Workshop Content:**

The workshop started with an introduction by the workshop facilitators who explained the objectives and importance of the workshop. The facilitators then conducted sessions on menstrual hygiene management (MHM), water, sanitation, and hygiene (WASH), good touch-bad touch, gender neutrality, and breaking the stigmas attached with gender and menstruation.

The sessions on MHM covered topics like the menstrual cycle, types of sanitary products, how to use and dispose of them properly, and how to manage menstrual cramps. The facilitators also emphasized the importance of maintaining proper hygiene during menstruation and the ill-effects of using unhygienic methods to manage menstruation. Furthermore, the facilitators addressed various myths and taboos associated with menstruation and explained the scientific reasons behind menstruation. They also emphasized the importance of breaking the stigma associated with menstruation and treating it as a natural and normal process.

The session on water, sanitation, and hygiene (WASH) covered topics like the importance of handwashing, the benefits of using toilets, and the ill-effects of open defecation. The facilitators also explained the importance of clean water and proper sanitation facilities in maintaining good health.

The session on good touch-bad touch focused on educating girls about different types of touches and how to recognize and report any inappropriate or uncomfortable behaviour. The facilitators emphasized the importance of speaking up and seeking help if any unwanted behaviour is encountered. Also, the students were informed about their safe circle and the Child Helpline Number (1098).

The facilitators encouraged girls to pursue their interests and dreams without being held back by societal norms and gender roles.

## **Creative Activities**

Menstrual hygiene management (MHM) is an important issue that needs to be addressed to ensure the well-being of women and girls. In order to create awareness and educate girls about the importance of MHM, creative activities were conducted in a school setting.

1. MHM posters - Girls were provided a topic related to the menstruation with paper and encouraged to create posters a small draw that promote menstrual hygiene management.

These drawing were then displayed in the school, creating awareness and educating others about the importance of maintaining good menstrual hygiene.

2. Conducted an activity related to pads demonstration in which girls were participating in groups and individuals too for the pad's demonstration
3. Encourage Beneficiaries to write a note about their learnings and feedback of the sessions and menstruations on the paper.

## **Objectives and Outcomes**

Menstrual hygiene management is an important aspect of women's health and well-being. Unfortunately, in many parts of the world, it is still a taboo subject, and women lack access to proper information and resources to manage their menstruation hygienically. MHM workshops aim to address this issue by providing information and resources to girls and women about menstrual hygiene management.

### **Objectives:**

The main objective of the MHM workshops was to raise awareness and educate girls and women about menstrual hygiene management. Specifically, the workshops aimed to achieve the following outcomes:

- Improve knowledge and understanding of menstrual hygiene management.
- Promote good menstrual hygiene practices.
- Increase access to menstrual hygiene products.
- Encourage open discussion about menstruation and break the taboo.
- Empower girls and women to manage their menstruation with confidence.

### **Outcomes:**

The outcomes of the MHM workshops were measured through workshop, focus group discussions, and feedback from the participants. The following outcomes were observed:

- Improved knowledge and understanding of menstrual hygiene management: The pre-workshop interaction revealed that the participants had limited knowledge about menstrual hygiene management. However, after the workshop students showed a significant improvement in their knowledge and understanding of the subject, which can be observed through increase participations in the creative activities
- Promoted good menstrual hygiene practices: The workshops provided information on good menstrual hygiene practices such as using clean and absorbent menstrual hygiene products, changing them regularly, and washing hands before and after handling menstrual hygiene products.
- Increased access to menstrual hygiene products: The workshops provided information on various menstrual hygiene products, bio- degradable pads or sanitary pads. The participants were also provided with sample of the product to try. The workshop and interaction with



beneficiaries have revealed that a majority of the participants have started using sanitary pads rather than cloth.

- Encouraged open discussion about menstruation and broke the taboo: The workshops provided a safe and open platform for the participants to discuss menstruation. The focus group discussions revealed that the participants were more comfortable talking about menstruation after attending the workshops.
- Empowered girls and women to manage their menstruation with confidence: The workshops empowered the girls and women to manage their menstruation with confidence. The post-workshop survey revealed that the participants felt more confident and less anxious about their menstruation.

### Conclusion:


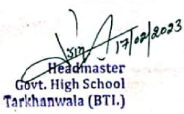
The workshop was a success, and the girls actively participated in all the sessions. The facilitators addressed various questions and doubts raised by the girls, and their concerns were addressed effectively. The girls were encouraged to spread awareness and educate their peers and family members about the importance of menstrual hygiene, water, sanitation, and hygiene, good touch-bad touch, gender neutrality, and breaking the stigmas attached with gender and menstruation. Overall, the workshop created awareness and educated girls on crucial topics related to their health, safety, and well-being.







# School Appreciation Letters

 <b>PSEB</b> <b>SAS Nagar Mohali</b>	<b>ਸਰਕਾਰੀ ਹਾਈ ਸਮਾਰਟ ਸਕੂਲ</b> <b>ਤਰਖਾਣਵਾਲਾ (ਬਠਿੰਡਾ)</b> <b>(ਪੰਜਾਬੀ/ਅੰਗਰੇਜ਼ੀ ਮਾਧਿਅਮ)</b> <b>Govt High Smart School</b> <b>Tarkhanwala (BTI)</b> <b>(Punjabi/English Medium)</b> <b>Punjab School Education Board, Mohali</b> <b>Udise : 03140704203</b>	<b>ਵੱਲ.</b> _____ _____ _____
M. 99887-71781 Email id: bti.ghstarkhanwala@punjabeducation.gov.in		
<b>ਪੱਤਰ ਨੰ.</b> <span style="float: right;">Date: 17/02/2023</span>		
<b>Letter of Appreciation</b>		
<b>To,</b> <b>Ladli Foundation Trust</b> <b>C-3, Qutub institutional Area,</b> <b>(Block - C, Building Number -3, Building Name - Habitat India)</b> <b>Near NCERT, Katwariya Sarai, New Delhi 110016</b>		
<p>I would like to sincerely express my gratitude to Guru Gobind Refinery, HPCL foundation, and Ladli Foundation Trust for organising a workshop on Menstrual Hygiene Management in our school to enable sustainable menstrual practises for adolescent girls. Additionally, the students were informed on transferable diseases. The team has also distributed personal hygiene kits to the students.</p> <p>The session was very engaging and informative. The team has addressed the sensitive topic in an extremely creative manner. Our students have learned a lot through the sessions, activities, and videos exhibited.</p> <p>The organisation is doing a great job by promoting health and education and establishing health literacy among the girls. The school greatly appreciates the hard work and dedication of the team and all the stakeholders. We are looking forward to the upcoming sessions.</p>		
<i>With warm regards &amp; All Good wishes.</i>		
 <b>Headmaster</b> <b>Govt. High School</b> <b>Tarkhanwala (BTI)</b> <i>Signature and stamp</i>		

**ਦਫਤਰ ਹੈੱਡਮਾਸਟਰ ਸਰਕਾਰੀ ਹਾਈ ਸਕੂਲ**  
**ਮਲਕਾਣਾ**  
**ਡਾਕਘਰ: ਮਲਕਾਣਾ / ਤਹਿਸੀਲ-ਤਲਵੰਡੀ ਸਾਬੋ (ਬਠਿੰਡਾ)-151302**  
**ਫੋਨ ਨੰ: +91-99143-67335** **ਈਮੇਲ: bti.ghsmalkhana@punjabeducation.gov.in**

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**Letter of Appreciation**

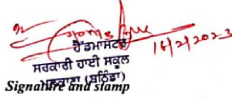
**To,**  
**Ladli Foundation Trust**  
**C-3, Qutub institutional Area,**  
**(Block - C, Building Number -3, Building Name - Habitat India)**  
**Near NCERT, Katwariya Sarai, New Delhi 110016**


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*With warm regards & All Good wishes.*

  
**ਸਰਕਾਰੀ ਹਾਈ ਸਕੂਲ**  
**ਮਲਕਾਣਾ (ਬਠਿੰਡਾ)**  
**Signature and stamp**

 <b>Govt. Sen. Sec. School, Naurang (Sirsa)</b> <b>Block Odhan, Distt. Sirsa (Hry.)</b>					
From - Principal Gsss Naurang			To		
Contact No. ....			.....		
E-mail : ghsnaurang@gmail.com					
Office	DSE	HR EDU BOARD	UDISE	TREASURY	TAN
Codes	2879	17205	06110502302	0816	RTKG-03309F
A/c No. SMC - 1025000400-17364			MDM-1025000400-118141		
REF - 1025000400118707			CCWF-1025000400-118716		
			CWF-1025000400118725		

Ref. No. Spl/23 Date: 17/2/23

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*With warm regards & All Good wishes.*

  
**Principal**  
**G.S.S. Naurang**  
**Sirsa (Sirsa)**  
*Signature and stamp*

**Principal PH 9417158977** **To,**  
**Govt. Sen. Sec. School,** **Ladli Foundation Trust**  
**Bangi Kalan ( Bathinda)** **C-3, Qutub institutional Area,**  
**(Block - C, Building Number -3,**  
**Building Name - Habitat India)**  
**Near NCERT, Katwariya Sarai,**  
**New Delhi 110016**

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No. 397/2023..... Date: 14.02.2023

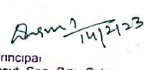
**Letter of Appreciation**

I would like to express my sincere gratitude to Shri Guru Gobind Singh Refinery, HPCL foundation, and Ladli Foundation Trust for organising a workshop on Menstrual Hygiene Management in our school Govt Sen Sec School, Bangi Kalan Dist Bathinda to enable sustainable menstrual practises for adolescent girls. Additionally, the students were informed on transferable diseases. The team has also distributed personal hygiene kits to the students.

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**Principal**  
**Govt. Sen. Sec. School**  
**Bangi Kalan (BTI)**