



Ladli Foundation Trust
A National Award Winning
Non-Profit Organization

PROJECT REPORT- PHASE II

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: 13th March– 20th March, 2023)



Contents

1. Project Title	1
2. Introduction	1
3. Workshop Content	1
4. Creative Activities	2
5. Objectives and Outcomes	9
6. Success Stories	11
7. Conclusion	12

1. 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

2. Introduction

A workshop was conducted with an aim to educate 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.

3. 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.

4. 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.

- a) **Pad demonstration:** Conducted an activity related to pads demonstration in which girls participated for the pad's demonstration which is a practical and effective way to educate women and girls about menstrual hygiene practices.

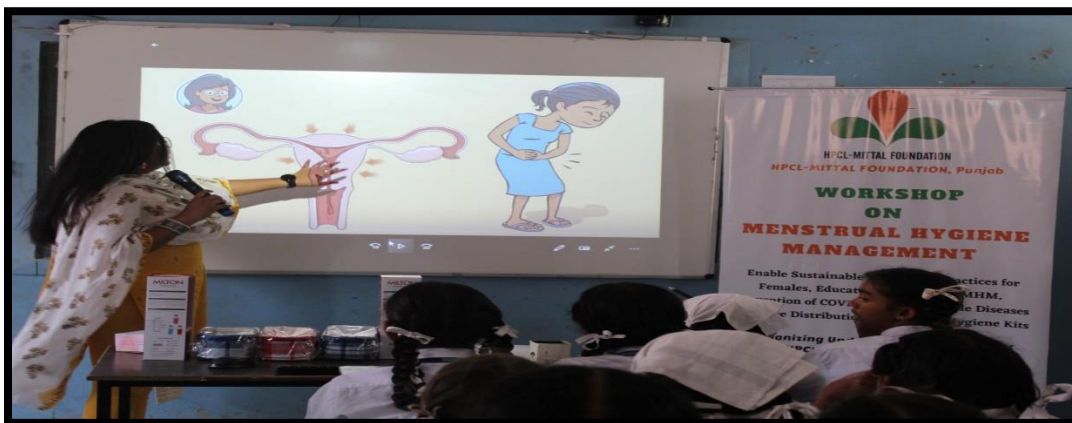
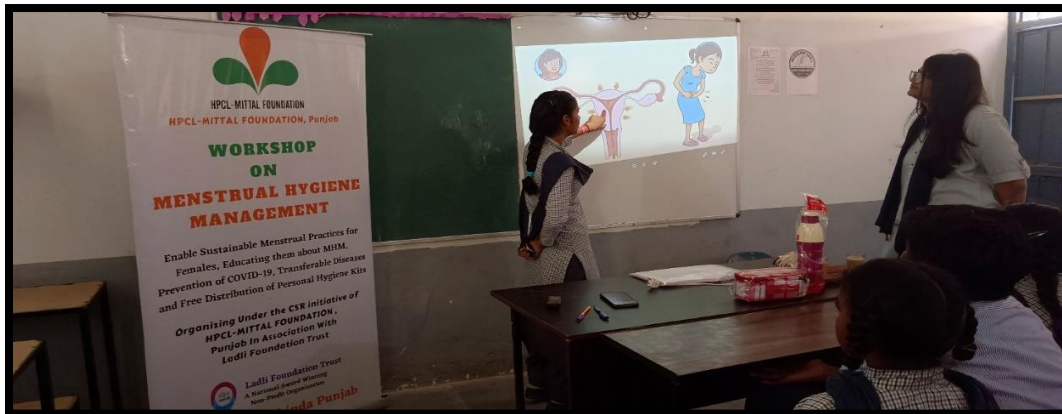


It aids in creating an open and comfortable environment for discussing menstrual health-related issues. A pad demonstration illustrates the right way to wear a pad, how to dispose of it, and how to maintain hygiene during menstruation. an important component of MHM counselling sessions.

During the workshop it was observed that most of the students from class 6th and 7th were unaware about the sanitary napkins and how to wear it, which points towards engaging these girls in MHM workshops.



b) **Video sessions:** Students were engaged in video sessions for better comprehension on menstrual cycle, importance of hygiene management, life style management and adequate food and sleep consumption etc. to manage their cycle. It proves to be a useful tool to normalize menstruation and promote positive attitudes towards it.



c) **Quiz Competition:** Encouraged Beneficiaries to discuss on periods, and how they can create awareness in the society for the same. The quiz competition and discussion sessions were held and the best explanation was rewarded with the gifts. The students were also provided with the menstrupedia books on the Ladli Foundations' own administrative cost.







d) **Volunteer Team:** A student volunteers’ team was formed to ensure the sustainability of the project. The table 1 demonstrates the example of students’ volunteers and their required details.

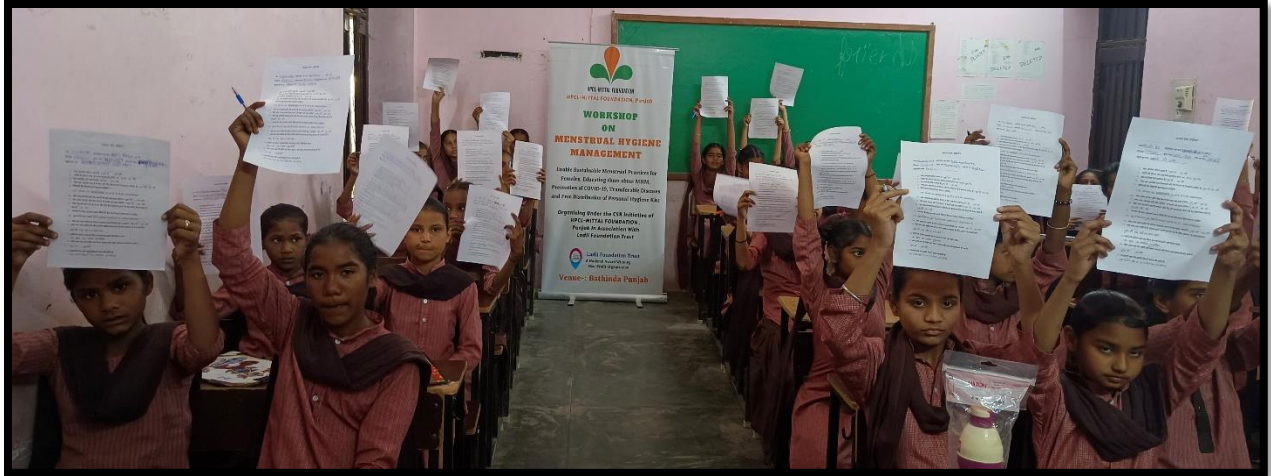
Table 1. School Volunteer list

VOLUNTEERS LIST				
S.No.	Name	Class	Contact Number	School Name
1	Anshika Rani	9th	9876538055	GHS Jajjal
2	Kosar Parveen	9th	7657992335	GHS Jajjal
3	Ravjot Kaur	9th	7814524821	GHS Phullokhari
4	Saneha Rani	9th	6284990161	GHS Phullokhari
5	Deep Kaur	10th	9056670964	GHS Bangi Rughu
6	Baljit Kaur	10th	7380293302	GHS Bangi Rughu
7	Kulwinder Kaur	10th	8427230895	GHS Bangi Rughu
8	Beant Kaur	9th	9463417553	GHS Pakka Khurd
9	Ramandeep Kaur	9th	8556818219	GHS Pakka Khurd
10	Gagandeep Kaur	9th	8427111631	GHS Pakka Khurd

11	Ramandeep Kaur	9th	9872271442	GHS Pakka Khurd
12	Sania	11th	9478525127	GSSS Sekhu
13	Harmjot	11th	6280916220	GSSS Sekhu
14	Rajbala	9th	8146945989	GSSS Sekhu
15	Manpreet	9th	9478685206	GSSS Sekhu
16	Jaspreet	11th	8427143049	GSSS Sekhu
17	Gurnoor	9th	8360820383	GSSS Sekhu
18	Varinderpal	9th	6239025588	GSSS Sekhu
19	Reena	11th	9417971609	GSSS Sekhu
20	Komalpreet	9th	9530679547	GSSS Sekhu

e) **Q & A Sessions:** A written Q & A sessions was held for all the students by using prepared questionnaires to collect information on various aspects related to menstrual hygiene management, including menstrual practices, knowledge, beliefs, and attitudes of girls towards menstruation.





5. 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.

6. Success Stories

1. Sustainability of the workshop – A journey of knowledge sharing between two sisters



The two sisters from the school GHS, Pakka Khurd, Bathinda have demonstrated the positive and long-term impact of the MHM workshop and its sustainability.

The younger sister in class VII, who was present for the second phase of the MHM counselling session, was quite aware of the periods and the measures needed to be taken for menstrual hygiene management. This was the information that she received from her elder sister, who is a class IX student.

This narrative highlights the value of MHM counselling sessions for raising awareness and the sustainability of the initiative.

2. The journey of learning from Phase I to Phase II

During Phase I of the MHM counselling session, the students were advised to always carry a safety bag with them, consisting of sanitary pads, underwear, and soap. The team observed that during phase I of the MHM counselling session, many girls in GSSS Sekhu and GSSS Raman Mandi used to keep this safety bag with them, which depicts the success of the MHM workshop.

7. Conclusion

Menstrual hygiene management (MHM) is an important aspect of women's health, but unfortunately, it is often neglected or overlooked in many parts of the world. This is particularly true for adolescent girls, who may not have access to adequate education and resources to manage their menstrual cycle effectively.

MHM workshops for adolescent girls can be a powerful tool to address this issue. These workshops provide a safe space for girls to learn about their menstrual cycle, how to manage it effectively, and how to address any challenges they may face.

During these workshops, girls can also learn about the importance of maintaining good hygiene practices during menstruation to prevent infection and other health issues. Additionally, the workshops can help to break down the stigma and taboo surrounding menstruation, which can often lead to shame and isolation for girls.

Overall, 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.



Note:

As there were exams of the proposed classes at different examination schedules, it was not possible to cover all the proposed students at a time and therefore, the girls from classes 6th and 7th were also included and it was observed that the MHM counselling session is vital for these students as well. Therefore, we have counselled more than the proposed number of students. Hence, in many schools, the attendance of the students was increased and is more than the proposed. The sanitary kits of the proposed students were provided to the teaching staff.

For example:

- 1) GHS Bagha: the proposed number of students was 28. However, a total number of 60 students were counselled as the proposed classes had examinations.*
- 2) GHS Tarkhanwala: the proposed number of students was 50. However, a total number of 80 students were counselled as the proposed classes had examinations.*
- 3) GHS Jajjal: the proposed number of students was 53. However, a total number of 90 students were counselled as the proposed classes had examinations.*
- 4) GSSS Bangi Rughu: the proposed number of students was 105. However, a total number of 173 students were counselled as the proposed classes had examinations.*
- 5) GHS Gurthari: the proposed number of students was 37. However, a total number of 42 students were counselled as the proposed classes had examinations.*
- 6) GSSS Pakka Kalan: the proposed number of students was 235. However, a total number of 238 students were counselled as the proposed classes had examinations.*
- 7) GHS Gatwali: the proposed number of students was 35. However, a total number of 54 students were counselled as the proposed classes had examinations.*

- 8) *GHS Pakka Khurd: the proposed number of students was 25. However, a total number of 36 students were counselled as the proposed classes had examinations.*
- 9) *GHS Phullokhari: the proposed number of students was 35. However, a total number of 37 students were counselled as the proposed classes had examinations.*
- 10) *GSSS Sekhu: the proposed number of students was 170. However, a total number of 200 students were counselled as the proposed classes had examinations.*

The sanitary kits of the proposed students were provided to the teaching staff/ school authority. For instance, in school such as:

- 1) *GSSS Bangi Kalan: the proposed number of students were 369 , but only 220 students have attended the session. The kits of the proposed students were provided to the school staff.*
- 2) *GSSS Raman Mandi: the proposed number of students were 497, and the session was attended by 461 students and the kits of the proposed students were provided to the school staff.*
- 3) *GSSS Naurang: the proposed number of students were 84, and the session was attended by 60 students and the kits of the proposed students were provided to the school staff.*
- 4) *GSSS Giana: the proposed number of students were 94, and the session was attended by 55 students and the kits of the proposed students were provided to the school staff.*
- 5) *GSSS Malkana: the proposed number of students were 131, and the session was attended by 120 students and the kits of the proposed students were provided to the school staff.*