

# PROJECT BHOOMIKA

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## Inculcating the safe Menstrual Hygiene Practices among the women



Initiated by:

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## Executive Summary

Although menstruation is an integral and normal part of human life, indeed of human existence, the subject is however too often a taboo and has met many negative cultural hindrances and attitudes. The issue of poor Menstrual Hygiene Management is fairly common in India. Women generally resort to using rags and scraps of old clothes, wads of toilet paper or newspaper – materials which are neither effective nor comfortable. Faced with frequent, embarrassing leaks and a susceptibility to recurrent infections, this situation reduces experiences of menstruation to a monthly dose of discomfort and shame.



Thus there is a need for Menstrual Hygiene Management (MHM) intervention in these set-ups. It's imperative for women and girls to have access to the necessary knowledge, facilities and cultural environment that will allow them to manage menstruation hygienically and with their dignity intact. The overall goal of this project is to inculcate a habit of safe menstrual hygiene practice and hence strengthen their agency.

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Contree Foundation in association with Digital Empowerment Foundation proposes to solve the issue by adopting a holistic approach. A fun learning and interactive Menstrual Hygiene Workshop have been conducted in the underdeveloped community of Bharatpur and Alwar Districts of Rajasthan in the month of April 2019 to raise awareness around the issue.

## Project Objectives

MHM workshops are conducted taking into consideration the following objectives:

- To create awareness within Girls and women of underdeveloped communities
- To educate them about Periods and its biological process
- To solve common questions and myths around periods
- To inculcate the habit of using safe practises around periods
- To help them maintain basic hygiene
- To Inform them around Exercises and diet to ease the pain during periods
- To help them raise their self-confidence through better understanding of Periods



## Conducting the workshop

The workshop was divided into 6 stages over a period of 120 Minutes.

Two experts of the field conducted the workshop with the help of an informative video and PPT.

Major topics covered under the Workshop were:

- General FAQ's around Periods : Stages of Growing up, Puberty, Vaginal Discharge, Female reproductive organ and its basics
- Biological Basics of a Female Body: Reproductive system, Menstrual Cycle
- Personal Hygiene and cleanliness: Urinary Tract Infection, Cleaning the area, usage of Clean pads (Cloth and Sanitary), Disposal, Itchiness
- Nutrition and Exercises: Diet and exercises for soothing the pain during Periods.
- Period Calendar: A year long effective Period Calendar was distributed to each Beneficiary to help them understand their Monthly Period cycle.



Place of Workshop	Ladamka, Bharatpur District	Ghasoli, Alwar District
Date of workshop	19 <sup>th</sup> April 2019	22 <sup>nd</sup> April 2019
No. of Beneficiaries	17	41
Supporting community partner	Digital Empowerment Foundation	Digital Empowerment Foundation, AIMED Foundation



## Impact and Outcomes

1. Females shall start practicing safe and hygienic menstrual practices.
2. Better knowledge of reproductive and sexual health.
3. Acceptance of Menstrual Hygiene practice and doing away with its perception of a Taboo
4. Understanding their Monthly Cycle
5. Developing their Confidence and Education around Menstrual Hygiene.



## Conclusion

The reality of taboos and socio – cultural restrictions around menstrual practises in the underdeveloped communities of any area prevents women in such geographies from accessing vital and accurate information and facts on menstrual hygiene leading to diseases and bad health in women all around the country. Contree Foundation through its Menstrual Hygiene Management Program, Project Bhoomika, appeals to the informed citizens of the society to come forward and be a part of the change and help develop safe menstrual Practises.

