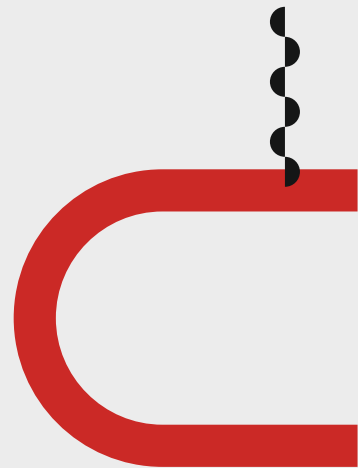


Project prakriti in platinum valley International school

Duration of Event : One Day

Location : PLATINUM VALLEY INTERNATIONAL SCHOOL, GHAZIABAD





SHINING SOULS Project Review

PROJECT PRAKRITI IN PLATINUM VALLEY INTERNATIONAL SCHOOL, GHAZIABAD

Project Title

PROJECT PRAKRITI IN PLATINUM VALLEY INTERNATIONAL SCHOOL, GHAZIABAD

Introduction

Women and young girls across age groups have been subjected to various forms of discrimination and stigma just by virtue of experiencing the natural process of menstruation. The taboo around menstruation has impacted the social and economic development of women, has impacted their participation and presence in schools, other public spaces and even in households.

Therefore, there is a constant need to normalize the natural and empower women in their adolescence to understand the female body, cater to best menstrual hygiene practices, improve their overall menstrual and physical health and increase their participation in private and public spaces. Project Prakriti is designed not only to build knowledge on menstruation but also to bring behavioral change, challenge the societal norms and perceptions around menstruation and create a safe, respectful and better world for women.

1. Educate

Provide accurate information on the menstrual cycle, including its biological phases and health implications.

2. Normalise

Break down stigma and taboos around menstruation to create a more open and accepting environment.

3. Promote Hygiene

Teach proper menstrual hygiene practices, including the correct use and disposal of menstrual products.

4. Support Access

Raise awareness about the availability of menstrual products and health services, especially in underserved areas.

5. Empower

Equip individuals with knowledge and confidence to manage their menstruation effectively and advocate for their needs.

6. Address Myths

Dispel common myths and misconceptions about menstruation to prevent misinformation and enhance understanding.





Project Prakriti in School

Project Prakriti is being implemented in schools to increase awareness amongst adolescent girls from the age (8-18) years on menstrual health and best practices to maintain menstrual hygiene. This will help influence their attendance, participation and behaviour, and help maintain a quality life, ultimately leading to improved physical and mental health. This project will also sensitise young boys, teachers and parents on the need for creating safe spaces for adolescent girls experiencing menstruation.

Implementation

Pre Survey

The Platinum Valley International school Ghaziabad

To gain a foundational understanding of menstrual health and hygiene issues among girls aged 8 to 18 years at Platinum Valley International School in Ghaziabad, a pre-survey was conducted by a team of eight survey interns. These interns engaged in one-on-one interactions with the students, guiding them on how to complete the survey forms using hard copies to ensure a more comfortable and engaging experience. The survey primarily targeted girls in grades 6 to 12, resulting in approximately 209 participants. This initiative provided valuable insights into the common menstrual health and hygiene challenges faced by the girls during their period, highlighting prevalent unhealthy practices and identifying key areas of concern.

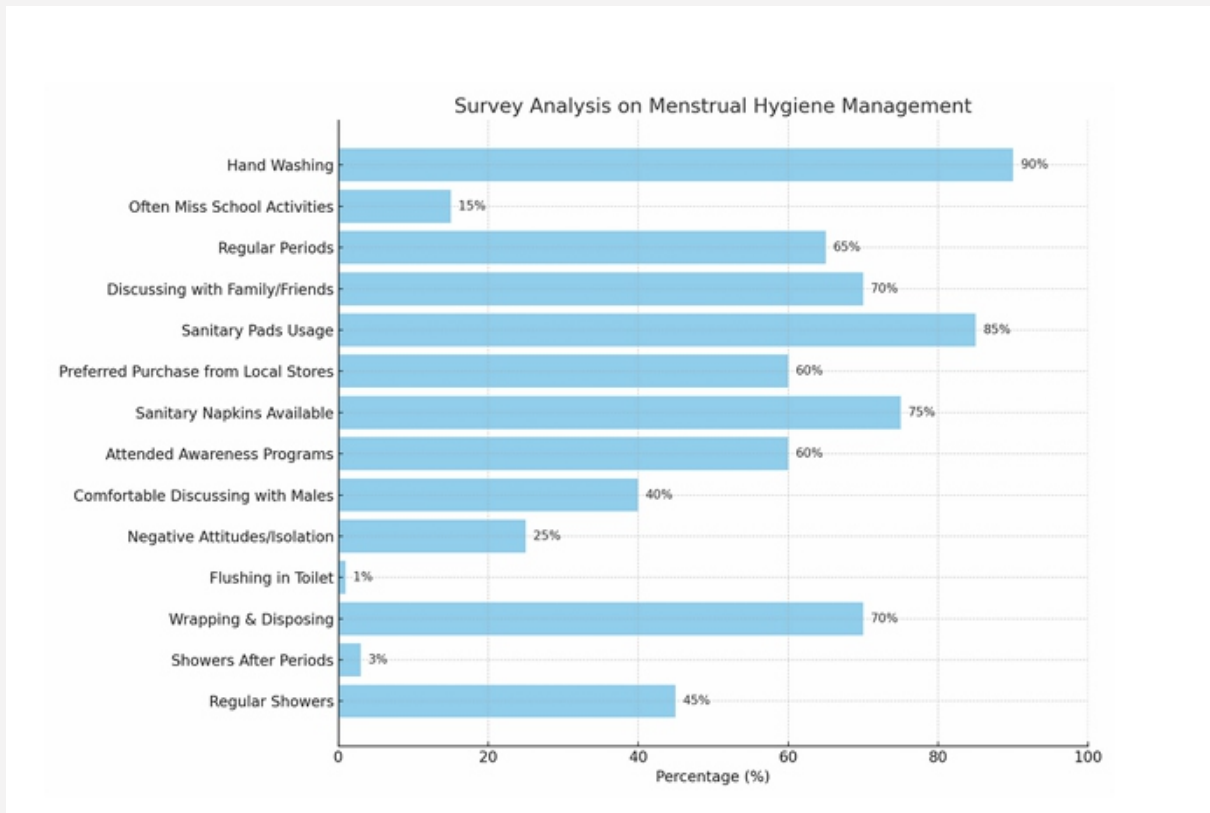
Key Findings of the Survey Data:

1. **Shower Habits:** 45% shower regularly during their periods; 55% only shower after.
2. **Disposal of Sanitary Products:** 70% wrap and dispose of used products in a dustbin; less than 1% flush them.
3. **Negative Attitudes:** 25% have experienced negative attitudes or isolation during their periods.
4. **Discussion with Males:** 40% are comfortable discussing periods with male friends or family; 60% are not.
5. **Menstrual Awareness Programs:** 60% have attended awareness programs; 40% have not attained yet.
6. **Sanitary Napkin Availability in Schools:** 75% report availability in schools.
7. **Purchase Sources:** 60% prefer local stores for sanitary products; 20% use online delivery apps.
8. **Product Usage:** 85% use sanitary pads; minimal use of cloth, tampons, or menstrual cups.
9. **Symptoms Experienced:** Common symptoms include mood swings, bloating, and cramps; acne and headaches are also noted.





10. **Discussion About Periods:** 70% discuss periods with family/friends; about 30% have never discussed them.
11. **Frequency of Periods:** 65% have regular periods; around 35% report irregularity.
12. **Missing School Activities:** 45% miss school activities due to periods; 30% sometimes miss them.
13. **Hygiene Practices:** 90% wash hands before and after changing sanitary products.



Key Insights from the Analysis:

Hand Washing: A significant 90% of respondents wash their hands before and after changing sanitary products.

Sanitary Pads Usage: A vast majority (85%) use sanitary pads.

Regular Periods: 65% report having regular periods.

Awareness Programs: 60% have attended menstruation awareness programs.

Negative Attitudes: 25% have experienced negative attitudes or isolation during their periods.

IMPLEMENTATION ON GROUND

After conducting the pre-survey, we identified a significant need for comprehensive education on menstrual hygiene and an understanding of the reproductive system among students. To address this, we have decided to conduct mixed-gender sessions rather than separating male and female students. The sessions will be aimed at students in grades 6 to 12, and we have appointed an experienced resource person with expertise in this field to facilitate the discussions.





RESOURCE PERSON

Name: Sumeena Sawhney

Profession: Development Professional

With over eleven years of experience in the development sector, she made significant contributions to the growth and development of children and youth from diverse backgrounds. Her work has focused on advocating for the rights of children and youth in need of care and protection.

Throughout her career, she has successfully held positions as a project and program head at various organizations, leading key initiatives that drive meaningful change. Additionally, she has established as a trainer on important topics such as diversity, inclusion, and menstrual health.

She has the writing passion, and she regularly shares insights on fundamental concepts through her blogs.

Session Outline for Menstrual Hygiene Awareness

1. Introduction

This session aims to educate participants about menstruation, its physiological aspects, and the importance of menstrual hygiene. Understanding these topics fosters a supportive environment for menstruators and reduces stigma.

2. Ice Breaking

Engage participants in a light-hearted activity to create a comfortable atmosphere. This helps to ease any tension and encourages open dialogue about the often-taboo subject of menstruation.

3. Puberty and Growing Up

Discuss the changes that occur during puberty, including physical and emotional transformations. Highlight how these changes prepare individuals for adulthood and the onset of menstruation.

4. Nutrition

Emphasize the role of nutrition in menstrual health. Discuss essential nutrients that support overall well-being during the menstrual cycle, including iron, calcium, and vitamins.

5. Physiology of Menstruation

Explain the biological process of menstruation, including hormonal changes and the shedding of the uterine lining. This understanding demystifies menstruation and highlights its natural occurrence.

6. Why is it Called a Cycle?

Clarify the term "menstrual cycle" by discussing its phases—menstruation, follicular phase, ovulation, and luteal phase. Explain how this cyclical process is crucial for reproductive health.

7. Menstrual Cramps and Other Effects of Menstruation

Address common symptoms associated with menstruation, such as cramps, mood swings, and fatigue.

Discuss coping mechanisms and when to seek medical advice for severe symptoms.





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Address common symptoms associated with menstruation, such as cramps, mood swings, and fatigue.

Discuss coping mechanisms and when to seek medical advice for severe symptoms.

8. Hygiene

Highlight the importance of maintaining hygiene during menstruation to prevent infections and promote comfort. Discuss proper practices, including changing sanitary products regularly and washing hands.

9. Alternative to Sanitary Pads (9th Grade and Above)

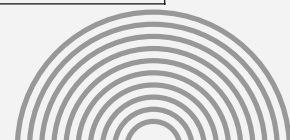
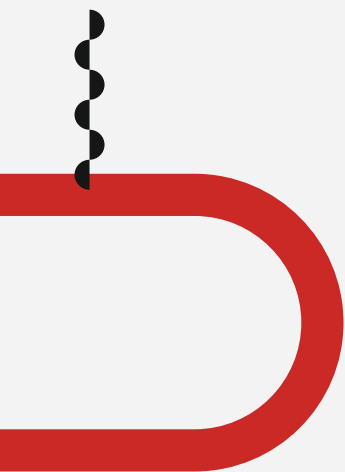
Introduce eco-friendly alternatives to traditional sanitary pads, such as menstrual cups and reusable cloth pads. Discuss their benefits, including cost-effectiveness and reduced environmental impact.

10. Q/A

Conclude with an open question-and-answer session to address any lingering doubts or concerns. This encourages participants to engage further and clarifies misconceptions about menstruation and hygiene practices.

Project Execution

Name	Designation/Roles	Total
Jyoti Saxena	PVIS School Principal	1
Minakshi Chauhan	Coordinator from the School to Support the "Project Prakriti"	1
Sumeena Sawhney	Resource Person	1
Intern Team 1. Khushi 2. Sakshi 3. Sabra 4. S.Yogitha 5. Alma Abid 6. Saniya 7. Laiba 8. Aiman	Intern Team From lady Irwin College University of Delhi	8
Neha	Project Coordinator	1
Nisha Sukrawa	Project Coordinator	1





Participants Beneficiary

Female Student	206 (Approximately)
Male Students	397 (Approximately)
Total Students	603 Students
Teachers	Half of the school staff

IMPLEMENTATION PLANING

Post-Survey for Project Prakriti: Menstrual Hygiene and Behavioural Change Among Students

Introduction

After three months of Project Prakriti, a post-survey is essential to evaluate the effectiveness of our interventions on male participants regarding menstrual hygiene and behavioural change.

Objectives

1. **Evaluate Knowledge Gain:** Assess what participants have learned about menstrual hygiene
2. **Assess Attitude Shifts:** Measure changes in attitudes towards menstruation and stigma reduction.
3. **Behavioural Changes:** Identify improvements in communication and support for menstruators
4. **Feedback on Interventions:** Gather insights on the effectiveness of educational materials and activities
5. **Identify Future Needs:** Determine additional resources needed for ongoing awareness.

Methodology

1. **Survey Design:** Create a structured questionnaire with multiple-choice, Likert scale, and open-ended questions.
2. **Target Population:** Focus on male participants engaged in the project, including students and community members.
3. **Data Collection:** Distribute surveys online or on paper, ensuring anonymity for honest responses.
4. **Timing:** Conduct the survey shortly after project completion for immediate feedback.

Key Areas to Explore

1. **Knowledge Assessment:** Questions on menstrual cycles, hygiene practices, and myths.
2. **Attitude Measurement:** Likert scale items on comfort discussing menstruation and views on gender roles.





3. **Behavioural Changes:** Inquiries about peer discussions and support actions taken.
4. **Feedback on Activities:** Insights on valuable aspects of the project and areas for improvement.
5. **Future Support Needs:** Open-ended questions about additional topics or resources required.

Analysing Results

1. **Quantitative Analysis:** Use statistical tools to identify trends in knowledge gain and attitude shifts.
2. **Qualitative Analysis:** Review open-ended responses for themes and suggestions.
3. **Comparison with Pre-Survey Data:** Analyse changes from the initial survey conducted at the project's start.

This concise approach will help us measure the impact of Project Prakriti effectively and guide future initiatives in menstrual health awareness.

AFTER THE POST SURVEY ACTIVITIES

Ending steps of "Project Prakriti"

After completing a three-month session, Shining Souls Trust, in collaboration with team members and based on the school's needs, we will provide services such as installing vending machines in schools to donate sanitary pads and other essential items.

1. **Installation of Vending Machines-** Vending machines for sanitary products will be installed throughout the shining Souls Trust. This initiative aims to provide convenient and discreet access to menstrual hygiene supplies, thereby normalising menstruation and reducing associated stigmas. By ensuring that these products are readily available, we empower our female students to manage their menstrual health with dignity.
2. **Donation of Sanitary Pads-** We will implement a program dedicated to donating sanitary pads to students in need. This initiative seeks to eliminate the embarrassment and discomfort faced by those who may be unprepared during their menstrual cycles. By collaborating with local organizations and leveraging community resources, we aim to create a sustainable model that prioritizes the health and well being of all students.

