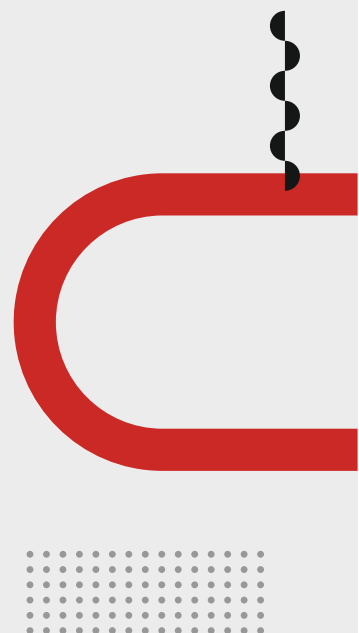


Project prakriti in slum area of okhla phase 1

Duration of Event : One Day

Location : Okhla Phase 1 Kalyan Vihar Delhi





SHINING SOULS Project Review

PROJECT PRAKRITI IN SLUM AREA OF OKHLA PHASE 1

Project Title

PROJECT PRAKRITI IN SLUM AREA OF OKHLA PHASE 1

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.

Project Prakriti in Slum Areas

Project Prakriti will focus on capacity building and behavioral change in the context of menstrual health and hygiene amongst adolescent girls aged between (9-18 years). This project in slum areas will sensitize the community towards the natural and essential process of menstruation and impart much needed knowledge and awareness on best practices to menstrual hygiene.

Implementation

Slum: Okhla Phase 1 Kalyan Vihar Delhi

To ensure the smooth execution of the project activities in the Slum of Okhla Phase 1 Kalyan Vihar Delhi, the team initially informed all relevant local authorities and Non Profit organization including the Anganwadi centers, ANM, ASHA worker, dwellers, youth societies, about Project Prakriti pre survey and the Shining Souls Trust. After receiving a positive response and securing their support, the team began implementing the project activities at the grassroots level in the Slum. This collaborative approach facilitated effective engagement and ensured that the project's objectives were addressed in a community-centered manner.





The following activities were carried out

1. Pre Survey

To gain a grassroots understanding of menstrual health and hygiene issues among Girls (8 to 18 Years) in Slum of Okhla Phase 1, A pre-survey was conducted by The survey our Survey Interns involved one-on-one interviews using Google Forms, with the majority of girls (8 to 18 Years) responding via mobile phones. In total, 40 girls from the Specific area participated in the survey. This survey provided valuable insights into the common menstrual health and hygiene problems faced by the Girls in the community, revealing prevalent unhealthy practices and areas of concern.

Key Findings of the Survey

1. Product Used

Almost all respondents used commercially available sanitary pads. They are unaware of menstrual cups and tampons.

2. Hygiene practices

Most Girls change their menstrual hygiene product within 5-6 hours a day. 38% of girls change sanitary napkins from 9-12 hours a day due to unawareness of personal hygiene during their periods. However, a significant portion faced challenges due to lack of private and clean facilities in the community.

3. Facility Availability

Community public washrooms often lacked proper facilities for menstrual hygiene management including disposal bins. 48.4% found unhygienic washrooms. Found no separate clean and private washrooms in the community.

4. Irregular Periods

Many girls reported experiencing irregular menstrual cycles.

5. Unawareness of Dietary Practices

There was a lack of awareness regarding appropriate food practices during menstruation.

6. Menstrual Cramps/ Mood Swing

68.4% of Girls face mood Swings and 32.6% suffer from Bloating , Nausea, Headache, Acne/ Pimples on face, Cramps and Body Pain .

7. Perceptions of Menstruation

A large proportion of girls do not consider menstruation a natural or sacred process. 63.4% discussed their period's experience with their friends . A very rare family plays a role in this.





8. Discrimination

Many girls face discrimination related to menstruation in their daily lives.

9. Barrier

78.8% of girls miss out school and school activities.

Participants

Name	Total	Designation
Neha		Project Coordinator
Nisha Sukrawa		Project Coordinator
Team	8 Interns	Survey Interns
Mrs Sarmilla		Worker in ICDS center
Mrs Kajal		Helper in ICDS center
Mrs.Khushboo		Staff of Chiranjilal Shiksha Samiti Ngo

Beneficiary Participants:

Girls	40
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Project Prakriti to be Continued...

Through our observations of the Pre Survey, we noted that community girls (8 to 18 years) tend to avoid discussing menstrual periods with their families. Despite a general awareness about menstrual hygiene, we identified some areas for improvement.

These include:

- Encouraging open discussions about menstrual periods and hygiene within families.
- Addressing the issue of girls missing school and school activities due to menstruation.
- Overcoming negative attitudes and behaviors related to menstruation.
- Educating community members about alternative sanitary products like tampons and menstrual cups.

To address these gaps, Shining Souls Team plans to conduct an awareness program in the Okhla Phase 1 community.

