

One Day Online Training/Webinars completed till date

Si No	Name of the Organisation	Date of training conducted	Number of Participants attended the program		Number of Participants	City, State	Trainers attended the session	Annexure No
			Male	Female				
1	GIWA Refresher Training	25-7-2020	8	10	18	Rishikesh, Uttarakhand	Ishleen Kaur	B1
2	Mock Sessions	30-7-2020 & 1-8-2020	6	6	12	Rishikesh	GIWA Instructors	B2
3	Caritas India	4-8-2020	0	29	29	Delhi	Ishleen Kaur	B3
5	Sarvodaya Ashram	5-8-2020	8	85	93	Hardoi, Lucknow, Uttar Pradesh	Vandana Sharma & Dr Priya Parmar	B4
5	Sarvodaya Ashram	6-8-2020					Vandana Sharma & Dr Priya Parmar	B4
6	Sarvodaya Ashram	7-8-2020					Vandana Sharma & Dr Priya Parmar	B4
7	Jan Kalyan Samiti	8-8-2020	41	1	42	Muzaffaranagar, Uttar Pradesh	Vandana Sharma & Dr Priya Parmar	B5
8	Sarojlalji Nursing College c/o Brahmakumaris - Mt Abu	19-8-2020	28	22	50	Sirohi, Rajasthan	Vandana Sharma & Dr Priya Parmar	B6
9		20-8-2020					Dr Krupali Patel & Dr Priya Parmar	B6
10		21-8-2020					Vandana Sharma & Dr Priya Parmar	B6
11	Uttarakhand Open University	23-8-2020	12	9	21	Dehradun, Uttarakhand	Priyanka Tripathi	B7
12	Mahila Prabodhini Sanstha	24-8-2020	0	19	19	Mirzapur, Uttar Pradesh	Vandana Sharma &	B8

							Pushplata Swarnkar	
13	Al Jamiatul Islamia Mangaldai Banat, Assam (Muslim Faith Group)	25-8-2020	0	15	15	Agartala, Assam	Vandana Sharma	B9
14	Odissi Natya Sala	31-8-2020	0	16	16	Delhi	Dr Krupali Patel & Vandana Sharma	B10
15	Motherhood University	4-9-2020	14	13	27	Roorkee, Uttarakhand	Vandana Sharma	B11
16	Voluntary Health Association of Tripura	19-09-2020	8	19	27	Agartala, Tripura	Vandana Sharma and Dr Priya Parmar	B12
17	Bihar Sewa Samiti	21-09-2020	19	8	27	Madhubani, Bihar	Priyanka Tripathi	B13
18	Anmol Foundation	22-09-2020	8	17	25	Raipur, Chhattisgarh	Surekha Lambe	B14
19	Zee Mount Litera School, Muzzaffar Nagar	23-09-2020	0	12	12	Muzzaffarnagar, Uttar Pradesh	Vandana Sharma	B15
20	Zee Mount Litera School, Udaipur	24-09-2020	0	11	11	Udaipur, Rajasthan	Vandana Sharma	B16
21	Veerayatan Vidhyapeeth	27-09-2020	NA	NA	35	Kutch, Gujarat	Vandana Sharma and Dr Priya Parmar	B17
22		28-09-2020	NA	NA	34			B17
23	The Doon Yudhister Munjal School, Dehradun,	29-09-2020	0	17	17	Dehradun, Uttarakhand	Surekha Lambe	B18
24	Jan Kalyan Samajik Sansthan	29-09-2020	42	32	74	Rajasaon, Chhattisgarh	Vandana Sharma and Dr Priya Parmar	B19
25	Tejswani Foundation	30-09-2020	0	7	7	Bhilai, Chhattisgarh	Dr Krupali Patel & Dr Priya Parmar	B20
26	Group inspired by Sadhvi Kalpana Ji	04-10-2020	6	9	15	Jhansi, Uttar Pradesh	Priyanka Tripathi &	B21

							Vandana Sharma	
27	QA Session on MHM with Veerayatan Veedyapeeth	13-10-2020	0	32	32	Kutch, Gujrat	Dr Priya Parmar	B22
28	Caritas India	14-10-2020	19	11	30	PAN India	Ishleen Kaur	B23
29	Govt High School, Zambaulim, Goa	16-10-2020				Goa	Dr Priya Parmar & Vandana Sharma	B24
30	Govt High School, Pernem, Goa	17-10-2020				Goa	Dr Priya Parmar & Vandana Sharma	B25



WEBINAR /TRAINING ON COVID 19 - MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Submitted to: Institute of Development Support

Date: 25th July, 2020

Place: New Delhi

Trainer: Miss Ishleen Kaur

ACKNOWLEDGEMENT

WSSCC India has played a convening role in Menstrual Health and Hygiene Safe Practices webinar in New Delhi, India for adolescent girls group. WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

CONTEXT

The Global Interfaith WASH Alliance (GIWA), is the world's first initiative that is engaging the planet's many faiths as allies in efforts to create a world where every human being has access to safe drinking water, improved sanitation and proper hygiene. In 2019, WSSCC conducted a national training of trainers with over 60 participants. Some of the trainees belonged to GIWA and carried forward the MHH learnings to the local population. In July, 2020, WSSCC conducted a refresher zoom training for GIWA trainers and other volunteers.

PARTICIPANTS PROFILE

The participants were GIWA trainers erstwhile trained by WSSCC in 2019 and other volunteers of the organisation. In total, there were 18 participants. The gender ratio was 10 female and 8 male participants. The wide age bracket was 25-50 yrs. All participants are currently based out of Rishikesh, Uttarakhand. (Annexure 1)

OBJECTIVE:

In the wake of the COVID-19 pandemic, the global community faces a shortage of necessities, supplies, and commodities that are central to women and girls' health, empowerment, and dignity. While practicing vigilant hand washing and sanitizing the house due to COVID-19, it is important to practice the same type of hygiene care with your menstrual products. Hence the webinar ensures:

- Understanding different types of menstrual materials, their hygienic usage, care, and disposal in different situations.
- Safely manage water, sanitation, and hygiene (WASH) services which are an essential part of preventing and protecting human health during infectious disease outbreaks.

SESSIONS CONDUCTED

The session was divided into 4 parts namely -

1. Menstrual Health and Hygiene -

The participants were introduced to the biological process of menstruation through a tactile diagram of the female reproductive system.

The follow up session displayed several absorbents and gave detailed information about their advantages and disadvantages, usage & safe disposal practices – ensuring mechanisms for safe reuse, collection and disposal of menstrual waste with dignity in an environmentally safe manner. This element is focused on innovations and local, context-specific solutions. Each absorbent was discussed in detail and a demonstration of insertion and removal of tampons and menstrual cups was shown. The natural process of white discharge and its symptoms during infections. A number of different home remedies to manage menstrual cramps/pain was also shared.

A short discussion on myths, taboos and misconceptions including virginity also took place wherein the harmful effects of myths on personal hygiene and body were emphasised. These myths make it harder for adolescent girls to talk about their period which leads to silence and shame. The natural process of night dreams in adolescent boys was also discussed.

The participants were introduced to 'MHH Friendly Toilets' ensuring adequate water, cleansing and washing materials and private spaces for managing menstrual flows hygienically and privately, menopause and/or any related issues with dignity, in the home and in public spaces.

2. Handwashing and COVID-19

This session focused on the importance of handwashing during COVID-19 pandemic and general hygiene of the body. Hand washing is a way of cleaning one's hands that substantially reduces potential pathogens (harmful germs) on the hands. Example - After coughing/sneezing and after touching a surface in the open. The World Health Organisation (WHO) has found handwashing as a critical precautionary step to prevent the spread of pandemic.

3. Trainer skills/ Communication skills

As participants are trying to create awareness about MHH in local communities, communication skills that would create an atmosphere of The following points were shared -

- Always insure a positive body language
- Share your own personal period experiences without shame or hesitation
- Use diagrams/blackboard/whiteboard/charts to describe menstrual cycle
- Conduct street plays, poster making or painting competitions to promote dialogue
- Speaking clearly and loudly
- Planning & practising sessions beforehand

- Encouraging girls to ask more questions and keeping a note of it
- Cultivating listening skills
- Refrain from giving any medical advice
- Not to be judgemental etc.
- Use of local words/local language, if possible.

4. The MHM Lab

As part of the refresher, participants were introduced to WSSCC's MHM Lab through a powerpoint. The session sought to introduce the participants to the MHM lab as a powerful platform that they could use to engage large numbers of participants meaningfully but within a short time frame. The MHM can be run in marketplaces, schools, community centers, gatherings or fairs. The Lab displays several absorbents and gives detailed information about their advantages and disadvantages & safe disposal practices. GIWA has set up its own physical lab in Parmarth Niketan Ashram, Rishikesh to break the silence.

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included -

- Where can I purchase menstrual cups from?

Menstrual cups are easily available online for purchase. They can also be purchased in bulk directly from the companies that manufacture them.

- Can tampons or menstrual cups cause itching?

Tampons or menstrual cups can cause itching in the body if they are used unhygienically or if a woman forgets to remove it from the body for a long duration. It is also important to choose the right size of the cup.

- How to ensure period friendly toilets for visually impaired girls?

WSSCC's Training of Trainers Manual contains Learning Unit 3 which talks about disability and MHH in detail. Some other points include- Provide a slab to keep material in the toilet, tactile tiles on the ground to guide visually impaired women to the toilet, unless it is an emergency, do not touch the woman before telling her who you are, provision of railing, handles for easy access etc.

- How to ensure MHH facility in flood affected areas of Assam & Bihar ?

In flood affected areas, the monsoons and amount of rain can be predicted well in advance through technological development in meteorology. The awareness programs on MHH can run in advance and women can be provided with emergency MHH kit. In shelter home/ evacuation camps set up by the local authorities, provisions for

toilets with running water, soap and absorbents is necessary. Arrangements should also be made to take women to the nearest hospital if any medical emergency arises.

PARTICIPANTS FEEDBACK ON SESSION

The participants shared the following written feedback with GIWA.

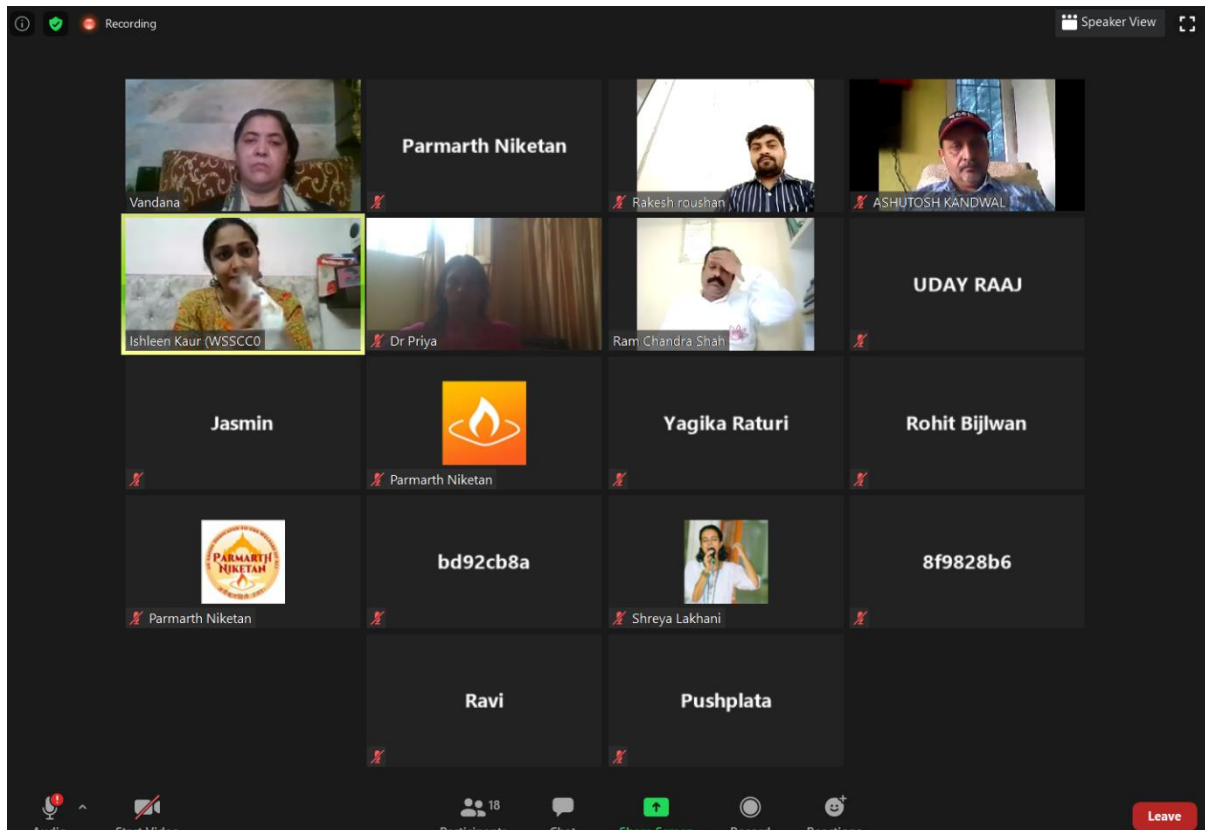
- Even as a doctor I learned so much and have so much more depth and richness to this conversation around MHM. I am doing my entire thesis on MHH around the world and it was so great to see this in the Indian perspective. Ishleen is a great facilitator!
-Dr Krupali Patel
- The three hours training duration, to me, never was a bother, perhaps because of the Trainer's way of handling the session, contents, the flow and her ability to demonstrate whenever required. We will have to inculcate if not same at least to some extent these qualities to ensure rapt attention of participants / audience. We may have different trainers for different sessions and have some gap in between. She also suggested few videos / short films like: "Menstru-pedia" "Maitri" "Her first period" – a short film on father – daughter at a time when daughter is going through menarche perhaps We also got to know about "Night dreams" & "Ejaculations" We should get links of these films. - **Ashutosh Kandwal**
- Thank you so much for making me part of such an amazing session. This was my first WSSCC Session on MHM but has filled me with great enthusiasm and hope that we will together break the silence and address the disparities in access to adequate, safe and sufficient WASH facilities for all. - **Jasmin Arhirhar**
- Ishleen ji is an incredible trainer and it was so good to have a refresher session with her. I look forward to applying this to my own way of presenting this information. I have learned so much! - **RC Shah**
- An exceptional trainer! Crisp, clear and creative communication skills. Brilliant presentation. I hope for many more training sessions with her in the future. - **Ravi Kharka**
- I learned that there is so much to learn and share. I am thankful to GIWA and WSSCC for the opportunity to further my knowledge and skill in MHM. - **Yagika Raturi**

- The entire session was very fruitful for a beginner like me. The topic such as Basics of Menstrual Hygiene, Biological Process, Safe Sanitation Products, and their disposal, Handwashing Steps, Toilet Technology, Importance of Hygiene, and various myths related to MHM was explained in a simple way. It was an amazing experience to listen to a trainer who has a deep understanding of the topic. I have already shared my learnings from today's session with my wife and she was so happy to hear. - **Rohit Biljwan**

- The Session kept everyone glued to the conversation. Ms Ishleen wherever required demonstrated very efficiently without any shame and kept everyone very comfortable with the dialogue. Overall It was a good refreshing recap. It was also good to learn all of the Hindi terminology - **Vandana Sharma**

ANNEXURE 1- PARTICIPANT LIST

Name	Gender	Designation
Jasmin Shah	Female	Project Manager, GIWA
Dr. Krupal Patel	Female	Doctor & Sevak
Dr. Priya Singh	Female	Doctor & Sevak
Vandana Sharma	Female	Educator & Sevak
Shreya Lakhani	Female	Sevak for GIWA
Pushplata	Female	Sevak for GIWA
Priyanka Tripathi	Female	Volunteer
Yagika Raturi	Female	GIWA
Karuna (Claudine)	Female	Sevak
Ganga Nandini	Female	GIWA
Ravi Mohan Kharka	Male	Senior Program Manager
Ashutosh Kandwal	Male	Project Manager
Rohan MacLaren	Male	Sevak for GIWA
Ram Chandra Shah	Male	GIWA
Sam Herbert	Male	GIWA
Rakesh Roushan	Male	GIWA
Uday Raj	Male	GIWA
Rohit Biljwan	Male	GIWA



FINAL DRAFT REPORT

MOCK SESSION ON MENSTRUAL HEALTH & HYGIENE

SAFE PRACTICES

Date: 01st August, 2020 & 30th July, 2020

Objective: Mock training sessions were conducted by GIWA for their in-house MHM trainers. The purpose of these mock sessions was to provide GIWA MHM Trainers an opportunity to practice their training delivery skills in an environment similar to an actual training session whilst also get attuned to an online platform and digital participation.

The sessions were conducted in the standard one-day three-hour session format. Each session was broken up into three primary sections of:

1. Brief Overview of the Session, Objective, Breaking the Silence & Female Anatomy
2. Menstrual Hygiene & Health Products – their use and their safe disposal
3. Handwashing, Hygiene during Covid-19, MHM Friendly Toilets and MHH Labs

GIWA trainers, primarily 6 potential candidates, would split up amongst each other so that over the course of 3-4 such sessions they would have had a chance to cover all the above sections at least once and receive feedback from GIWA Team and GIWA fellow trainers on areas of further improvement.

PARTICIPANTS FEEDBACK ON SESSION

The participants attended the sessions were team members & volunteers of GIWA (*List provided below*).

SL	NAME	GENDER	ROLE
1.	Ganga Nandini	Female	Facilitate & Feedback
2.	Ashutosh Kandwal	Male	Facilitate & Feedback
3.	Pushplata Swarnkar	Female	Potential Trainer
4.	Rakesh Raushan	Male	Facilitate & Feedback
5.	Uday Kumar	Male	Potential Trainer
6.	Rohit Bijlwan	Male	Facilitate & Feedback
7.	Priyanka Tripathi	Female	Potential Trainer
8.	RC Shah	Male	Potential Trainer
9.	Vandana Sharma	Female	Potential Trainer
10.	Yagika Raturi	Female	Potential Trainer
11.	Dr Priya Parmar	Female	Potential Trainer
12.	Ravi Kharka	Male	Facilitate & Feedback

The participant shared the following feedback with each other.

- Great to see trainers give it their best and add so much enthusiasm to a new platform. I am so glad to see that they have retained so much from Ishleenji's Refresher Training and are ready to go. – **Ganga Nandini**
- After the MHM ToT in August this is the first time I am giving any MHM Training. I didn't think I had this in me but I was so inspired and motivated by everyone's feedback and sharing my own personal story of MHM was my moment of breaking the silence and it feels very cathartic. – **Dr Priya**
- It is very, very different to utilize an online platform being with real people is something that is just so magical and special. The pandemic has changed our perception of the world and whilst we are adapting to these changing circumstances we do also look forward to returning back to a day in the near future where we can once again interact with real people as well. – **Yagika**
- Today's practice session was conducted in very short notice, though both the trainers have performed very well. I really appreciate the homework done by them for today's session confident. I really appreciate the Ms. Ishleen's presentation on the 25th of July. It can be a benchmark but I strongly believe our trainers can do wonders in an online training platform. It is just a suggestion to request Ms. Ishleen to be available with us in the first few online mock trainings sessions so that she can share her technical inputs and feedback. My point is that she may be the right person to observe the content delivery. There should be more practical examples and of course, giving scientific evidence/knowledge can make the conversation interesting. -**Rohit Bijlwan**





WEBINAR /TRAINING ON COVID 19 - MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 4th August, 2020

Place: New Delhi

Trainer: Miss Ishleen Kaur

ACKNOWLEDGEMENT

WSSCC India has played a convening role in Menstrual Health and Hygiene Safe Practices webinar in New Delhi, India for adolescent girls group. WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

CONTEXT

The Global Interfaith WASH Alliance (GIWA) is the world's first initiative that is engaging the planet's many faiths as allies in efforts to create a world where every human being has access to safe drinking water, improved sanitation and proper hygiene. The training was conducted for members of CARTIAS India by resource support from WSSCC.

PARTICIPANTS PROFILE

The participants were members of CARTIAS India and other volunteers of the organisation. In total, there are 29 participants. All participants were female. The wide age bracket was 25-50 yrs. All participants are currently based in different parts of the country.

OBJECTIVE:

In the wake of the COVID-19 pandemic, the global community faces a shortage of necessities, supplies, and commodities that are central to women and girls' health, empowerment, and dignity. While practicing vigilant hand washing and sanitizing the house due to COVID-19, it is important to practice the same type of hygiene care with your menstrual products. Hence the webinar ensures:

- Understanding different types of menstrual materials, their hygienic usage, care, and disposal in different situations.
- Safely manage water, sanitation, and hygiene (WASH) services which are an essential part of preventing and protecting human health during infectious disease outbreaks.

SESSIONS CONDUCTED

The session was divided into 3 parts namely -

1. Menstrual Health and Hygiene -

The participants were introduced to the biological process of menstruation through a tactile diagram of the female reproductive system and menstrual wheel.

The follow up session displayed several absorbents and gave detailed information about their advantages and disadvantages, usage & safe disposal practices – ensuring mechanisms for safe reuse, collection and disposal of menstrual waste with dignity in an environmentally safe manner. This element is focused on innovations and local, context-specific solutions. Each absorbent was discussed in detail and a demonstration of insertion and removal of tampons and menstrual cups was shown. The natural process of white discharge and its symptoms during infections were shared with participants. A number of different home remedies to manage menstrual cramps/pain were also shared. To address psycho-social stress in MHH, the Punjab police case in Fazilka district was shared and discussed with participants to make them more conscious of ground realities.

2. Myths, Taboos and role of Men

A short discussion on myths, taboos and misconceptions including virginity also took place wherein the harmful effects of myths on personal hygiene and body were emphasised. These myths make it harder for adolescent girls to talk about their period which leads to silence and shame. The societal myth around hymen was explained with scientific examples.

Men and boys have a specific role to play in the community supporting their wives, female relatives, friends, students, clients and colleagues in their menstrual hygiene. Men can challenge stigmas and stereotypes by questioning negative attitudes and perceptions. It is important to share information with men on good menstrual hygiene practices. The trainer shared real life incidents of men engagement and audio-visual material available on YouTube with participants to create more awareness.

3. Hand washing and COVID-19

This session focused on the importance of hand washing during COVID-19 pandemic and general hygiene of the body. Hand washing is a way of cleaning one's hands that substantially reduces potential pathogens (harmful germs) on the hands. The World Health Organisation (WHO) has found hand washing as a critical precautionary step to prevent the spread of pandemic. In MHH, it is important to wash hands both before and after applying any absorbent.

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included -

- Can tampons or menstrual cups rupture the hymen?

Tampons or menstrual cups do not rupture the hymen and have connection with the societal idea of 'virginity'.

- Can colourful cloth cause harm to the body?

The cloth/cloth pad should always be washed with clean water before use. If the cloth is losing colour (Mostly bright colours are dyed), it can be avoided and lighter colours can be chosen.

- How will we know that menstrual cup is full?

According to your heavy/light flow days, you need to empty the cup time to time.

- Can menstrual cup overflow?

Yes, menstrual cup can overflow hence it is important to choose the right size of the cup and to empty the cup time to time depending on flow.

- What would be the appropriate age to aware and sensitise girls on this subject?

It is always better to talk to young girls about periods before they get menarche, this will make them prepared, both mentally and physically to manage their periods.

PARTICIPANTS FEEDBACK ON SESSION

The participants shared the following written feedback with GIWA.

- “Based on the informal feedback so far received from a good number of our team members we all have gained much and we indeed appreciate identifying a very good Resource person for the same. We appreciate Ishleen for her very friendly and simplified facilitation which make us very easy and comfortable to interact and related with. The training was very good and the trainer was well informed and confident” - **Ms. Mungreiphy Shimray**
- “The training was beneficial for understanding better. The myths on MHH are a taboo in the society which has to be wiped off through sensitization and awareness at various levels. The Resource person’s communication skill was excellent” - **Chihanphi Luiram**
- “The training was really well structured and the resource person facilitated the session showing visuals and even demonstrated it. In spite it, being on the virtual platform, I was able to learn a lot. Excellent IEC materials used by her”.- **Asha Rosaline Ekka**
- “I really liked the training organized by GIWA. It was very informative. Big thanks to Ms Ishleen Kaur for making it interesting.” – **Priyanka Rani**
- “Excellent training, especially the practical explanation was very good”. - **V. Catherine Kune**
- “This awareness program needs to be taken down to grassroots women and Girls of Villages, Tribal areas and School children in the country. In fact this to be known by the all men too, to respect and cooperate with their women and children.” - **Peethala Usha**
- It was a very well-articulated, engaging and informative training session. Looking forward to such more training’s in future. Just one suggestion that I would like to give is that participation of male members should also be encouraged and maybe the next trainer itself can be a male member.” – **Anam Qayuim**

ANNEXURE 1- PARTICIPANT LIST

Name	Gender
Meena Minj	Female
Pooja Rana	Female
Leeza Fernandez	Female
Abriti Newton	Female
Philomina Saji	Female
Gracy Boni	Female
Sujata Rosy	Female
Sushila Pushpa Tirkey	Female
Catherine	Female
V. Catherine Kune	Female
Anam Qayuim	Female
Jenny Joy	Female
Rashi Mitra	Female
Meblin Rositta	Female
Larina Fernandez	Female
Peethala Usha	Female
Asha Rosaline Ekka	Female
Chihanphi Luiram	Female
Mungreiphy Shimray	Female
Lily Maxima Ekka	Female
Priyanka Rani	Female
Sr. Zita D'souza	Female
Anushka Thompson	Female
Leeza	Female
Olivia Kerketta	Female

Sr. Jolly Kurien	Female
Anamika Dekka	Female

SCREENSHOTS:

Zoom Meeting

Recording Paused

Sr. Jossy UKSVK

Global Interfaith WAS...

Mungreiphy Shimray

CI_User

Anam

jolly

Rashi Mitra

Global Interfaith WAS...

Caritas Asha

Anushikha Tho...

Ishleen Kaur (WSSCC)

Dell

Jenny

leeza

Dr Priya

Redmi pari

Gayathri Yazhini

sunita

Meena Minj

philomina

Sr. Jessina, KSSF

usha

Rohit Bijlwan

sujata

pooja rana

Participants (31)

Find a participant

Global Interfaith WASH Alliance (Me)

IK Ishleen Kaur (WSSCC) (Host)

PC Priyanka Caritas India

A abriti

A Anam

AT Anushikha Thompson

CA Caritas Asha

Invite

Unmute Me

Zoom Group Chat

start. Shimray

Request all CI and RFCs to kindly mute their mic

We are more than 30 now as few are joining together in one system in our office

From Dell to Everyone: English

From philomina to Everyone: can you please unmute me, as I could not hear

To: Everyone

Type message here...

Zoom Meeting Participant ID: 252256

Recording...

Speaker View

Mungreiphy Shi...

Global Interfaith WASH A...

Anam

jolly

Rashi Mitra

Global Interfaith WAS...

Caritas Asha

Ishleen Kaur (WSSCC)

Dell

Jenny

leeza

Dr Priya

Redmi pari

Gayathri Yazhini

sunita

Meena Minj

usha

lilymaxima10@...

Sr Jolly

abriti

Priyanka Caritas...

pooja rana

Rohit Bijlwan

sujata

MS

Join Audio

Start Video

Participants 33

Chat 5

Share Screen

Pause/Stop Recording

Reactions

Leave

Participants (33)

Find a participant

Global In... (Me, participant ID: 252256)

IK Ishleen Kaur (WSSCC) (Host)

MS Mungreiphy Shimray

GB GRACY BONI

A abriti

A Anam

AT Anushikha Thompson

CA Caritas Asha

C CLUser

D Dell

DP Dr Priya

GY Gayathri Yazhini

Global Interfaith WASH Alliance

J Jenny

J jolly

Invite

Raise Hand

Reclaim Host

Zoom Group Chat

WEBINAR / TRAINING ON COVID 19 - MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES WITH SARVODAYA ASHRAM

Date: 5-7th August, 2020

Time: 10:00 am- 01:00 pm

Place: Online from Rishikesh, Uttarakhand

Trainers: Vandana Sharmaji & Dr Priya Parmar

PARTICIPANTS PROFILE

The participants are associated with different dimensions of Sarvodaya Movement and trainings with them were conducted over the course of three consecutive days with different batches of their team members. In total, there were 93 participants which includes 08 male and 85 female participants. The wide age bracket was 19-49 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included -

- **What happens when menstruation cannot be managed properly?**
Women and girls living in extreme poverty are in high risk to face these challenges. In some cases, women and girls do not have access to menstrual products at all. They may resort to rags, leaves, newspaper or other makeshift items to absorb or collect menstrual blood. They may also be prone to leaks, contributing to shame or embarrassment. Lack of access to the right menstrual products may also lead to greater risk of infection.
- **Does it hurt when using a menstrual cup?**
Menstrual cups are made of silicone. Since it is flexible, inserting it in does not hurt. As a beginner, even if it easy to insert the cup into the vagina, removal can be complex, especially initially. Sometimes, the cup gets stuck or be further inside.
- **Important tips while choosing menstrual cups available in the market?**
Usually, the cup is available in small and medium sizes. One should always consider three factors when choosing her cup size - type of flow (heavy or light), age of the user, and the position of the cervix. For heavy flow, medium cup is preferred, and the small cup for the light days. If the cervix is low, the small cup is suitable because the stem of the cup is shorter and therefore sits better.

PARTICIPANTS FEEDBACK ON SESSION

- It was a wonderful session. I did not know the biological process in depth. Thank you Dr. Priya for explaining this important topic so beautifully.
Surbhi Mishra
- We have got so many useful information from this session. I would like to thank entire team of GIWA to organize this session and request to invite us in this type of session again in the future.
Upasana Singh

- Very useful and informative session. Thank you GIWA for hosting this webinar. I will share my learning in field with the community.

Avdesh Chandra

- I learnt about the safe disposal and uses of menstrual products. Thanks for organizing training on this sensitive issue.

Goldi Bharti

- Wonderful Session. I will break the silence in my home and community where I works.

Reema Verma

ANNEXURE 1- PARTICIPANT LIST

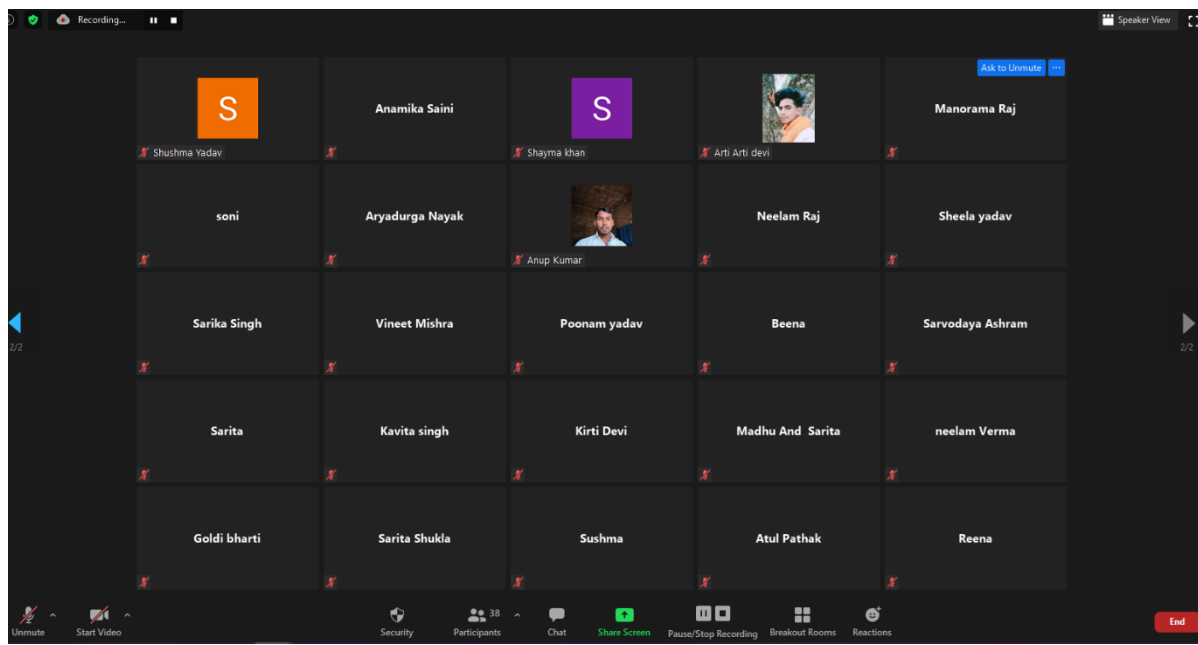
SL	NAME	GENDER	AGE
1.	Aman Yadav	Male	26
2.	Anurag Srivastav	Male	38
3.	Pratibha Singh	Female	22
4.	Upasana Singh	Female	22
5.	Mainse Thakur	Female	21
6.	BeenaBajpai	Female	28
7.	Arunesh Kumar Pandey	Male	33
8.	VeereshDevi	Female	27
9.	Kirti Gupta	Female	25
10.	Manorama Raj	Female	30
11.	Pappi Devi	Female	25
12.	Anamik Saini	Female	29
13.	Goldibharti	Female	20
14.	Mainse Thakur	Female	21
15.	Bhoomika Rathour	Female	21
16.	Nidhi Devi	Female	20
17.	Goldi Bharti	Female	20
18.	Manorama Raj	Female	30
19.	Pappi Devi	Female	25
20.	Sarita Devi	Female	29
21.	Nidhi Devi	Female	20
22.	Surbhi Mishra	Female	23
23.	Reena Yadav	Female	30
24.	Goldi Bharti	Female	20
25.	Aaditi Singh	Female	19
26.	Arti Devi	Female	22
27.	Poonam Yadav	Female	21
28.	SarswatiVerma	Female	26
29.	Manjula Devi	Female	25
30.	Soni Devi	Female	20
31.	Pinki Devi	Female	22
32.	Rachna Devi	Female	26
33.	Vandita Devi	Female	25
34.	Pinki Verma	Female	22
35.	Sangeeta Devi	Female	23
36.	Reema Verma	Female	24
37.	SarswatiVerma	Female	26
38.	Sheela Yadav	Female	23

39.	Kirti Shukla	Female	21
40.	Anamika Saini	Female	29
41.	Suvasini Shukla	Female	25
42.	Arti Devi	Female	25
43.	Avdhes Chandra	Male	49
44.	Anamika	Female	30
45.	Pramod Kumar	Male	46
46.	Kirti Yadav	Female	19
47.	Anita Yadav	Female	23
48.	Moni Devi	Female	26
49.	Karishma Devi	Female	24
50.	Sushma Yadav	Female	22
51.	Karishma Devi	Female	24
52.	Sayma Khan	Female	23
53.	Snehlata	Female	23
54.	Seema Devi	Female	24
55.	Sheetla Devi	Female	30
56.	Kiran	Female	30
57.	Shivani Mishra	Female	22
58.	Seema Devi	Female	26
59.	Rubu Pathak	Female	23
60.	Sushma Bharti	Female	22
61.	Rekha Sharma	Female	19
62.	Sonam Sharma	Female	23
63.	Shashi Lata	Female	21
64.	Ruchi Singh	Female	21
65.	Maina Devi	Female	30
66.	SwatiShukla	Female	27
67.	Anita Saroj	Female	20
68.	Neelam Devi	Female	26
69.	Ranjana Devi	Female	24
70.	Sushma Bharti	Female	22
71.	Vijay Laxmi	Female	26
72.	Priyanka Tripathi	Female	21
73.	Archana Devi	Female	17
74.	Vineet Kumar	Male	32
75.	Gyanendra	Male	48
76.	Kavita Singh	Female	30
77.	Mamta Verma	Female	22
78.	Neelam Verma	Female	42
79.	Shikha devi	Female	22
80.	Tanvi Tiwari	Female	22
81.	RoliSingh	Female	22
82.	Ram murti	Male	45
83.	Uma Devi	Female	30
84.	Kalpana Devi	Female	24
85.	Neha Devi	Female	21
86.	Khusbho Devi	Female	22
87.	Vanadamishra	Female	37
88.	Deepali	Female	25
89.	Sarvesh Kumari	Female	22

90.	Arti Devi	Female	23
91.	Padma Verma	Female	24
92.	Esmireta Yadav	Female	21
93.	Sono Devi	Female	33

PICTURES

Two one day sessions were on Google Meet which unfortunately wasn't screenshots.



WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 8th August, 2020

Trainer: Vandana Sharma & Dr. Priya Parmar

Organisation: Jan Kalyan Samiti

PARTICIPANTS PROFILE

This is one of the training reports planned in series for the participants from the JAN KALYAN SAMITI (JKS), an NGO working in rural and urban areas of Western Zone in Uttar Pradesh.

The participants are supporting JKS in execution of field level activities as a Community Mobilization Coordinators. In total, there were 42 participants which includes 1 male and 41 female participants. The wide age bracket was 20-50 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included -

- **How much blood does a woman lose during every menstrual cycle?**
Scientific studies reveal that on an average, a woman can lose anywhere between 30 and 90 ml of fluid which constitutes both of blood and mucosal tissue over 3-7 days of menstruation.
- **How can Menstrual Hygiene be promoted?**
Talking openly about puberty and menstruation at home and school are probably the best options. The government, as part of its efforts to reach out to adolescent girls between the ages of 10 and 18, has involved ASHAs to spread the word about menstrual hygiene.
- **Why Indian women still resist tampons and menstrual cups?**
 - i. There is a lack of knowledge about such products.
 - ii. Availability is an issue
 - iii. The social taboo around tampons and menstrual cups.
- **Why we should prefer tampons instead of other menstrual products?**
They are comfortable, and provide greater freedom, you shouldn't be able to feel it inside you, if inserted correctly, you could forget you even have it on. You can also swim with confidence, without worrying about messing up your bathing suit. They also have less menstrual smells, as the bloody part is contained within, and not exposed when you use the lavatory.

PARTICIPANTS FEEDBACK ON SESSION

- It was a wonderful session. We will take forward the learnings from today's webinar with our families and friends and the society at large. We will break the silence around Menstruation and we not feel shy to discuss about it.

Parul Johri

- It was a good session and we hope to join similar other sessions in future.

Tarak Nath

- This training will help me to mobilize the community in a better and effective way.

GjalaBeghm

- I used to shy to discuss about my periods but after today's webinar, I feel so confident and happy to break my silence. I am proud of my periods.

Priyanka Rani

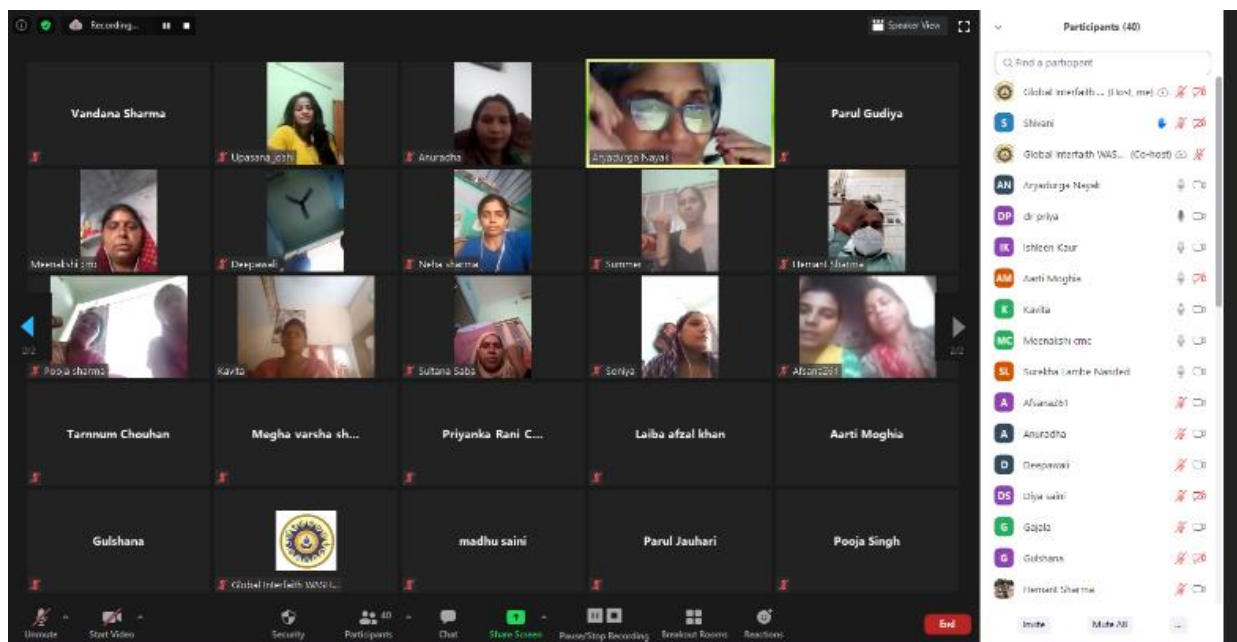
- Wonderful Session. I take pledge to aware my society about different menstrual products available in the market. Thank you GIWA's trainer to explain the concept so beautifully and simple way.

Madhu Saini

- I learnt a lot from today's training. I will aware the society about the taboos, myth and misconception related to menstrual health and hygiene. Thank you, both the trainers.

Anuradha Devi

SCREEN SHOTS FROM THE WEBINAR:



ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Tarak Nath Shaw	Male	50
2.	Prachi	Female	23
3.	Surekha	Female	28
4.	Reena Babran	Female	30
5.	Aarti	Female	25
6.	Soniya	Female	29
7.	Puja	Female	24
8.	Gulshana	Female	24
9.	Diya Saini	Female	23
10.	Afsana	Female	20
11.	Imrana	Female	23
12.	Parul	Female	24
13.	Gudiya	Female	23
14.	GjalaBeghm	Female	25
15.	Monika Sharma	Female	32
16.	Priyanka Rani	Female	22
17.	Jyoti	Female	23
18.	Samar Parveen	Female	37
19.	Pooja Singh	Female	27
20.	Aasma	Female	21
21.	Reena babran	Female	30
22.	Jolly	Female	26
23.	Tarnnumchouhan	Female	28
24.	Laibaafzal khan	Female	20
25.	Paruljauhari	Female	22
26.	Kiran	Female	29
27.	ParulJauhari	Female	22
28.	Madhu goutam	Female	21
29.	Shivani	Female	25
30.	Sultana saba	Female	24
31.	Varsha sharma	Female	24
32.	Meghawati	Female	32
33.	Madhu Saini	Female	26
34.	Anuradha Devi	Female	27
35.	Preeti	Female	30
36.	Deepawali	Female	32
37.	Neha Sharma	Female	28
38.	Pooja Sharma	Female	34
39.	Madhu Goutam	Female	21
40.	Ruksana	Female	21

WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 19th, 20th & 21st August, 2020 (10:00 am- 1:00 pm)

Trainer: Vandana Sharma, Dr Priya Parmar & Dr Krupali Patel

Organisation: SAROJ LALJI MEHROTRA GLOBAL NURSING COLLEGE

PARTICIPANTS PROFILE

This is one of the training reports planned in series of 3 batches for the participants from the SAROJ LALJI MEHROTRA GLOBAL NURSING COLLEGE.

The participants were 1st, 2nd and 3rd year students of paramedical department. In total, there were 50 participants which includes 28 male and 22 female participants in three different batches. The wide age bracket was 17-25 yrs. (Annexure 1)

NAME OF THE RESOURCE PERSONS/TRAINERS:

- Ms. Vandana Sharma
- Dr. Priya Singh
- Dr Krupali Patel

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- **How frequently we should change the tampons?**
A person should always change tampons regularly, as recommended, about every 4-8 hours. It is essential that a person does this otherwise the accumulated blood, tissue, and bacteria could cause Toxic Shock Syndrome (TSS).
- **How often should you wash your genital area during periods?**
Blood is a favorable environment for bacteria to thrive, which is why doctors recommend rinsing the genital area at least twice a day while on your period: in the morning and evening. It is acceptable to do this more often if you feel uncomfortable. Insufficient menstrual hygiene can lead to unpleasant consequences.
- **Can we bathe while on our period?**
There is no need to deprive yourself of the pleasure of taking a bath while on your period. Normally, running water can't do any harm. However, make sure the bathtub itself is clean since during menstruation your immune system is more susceptible to infection.
- **When disposing of a used sanitary product, should we put it into something or wrap it in toilet paper before throwing away?**
Roll up a used pad, wrap it in the wrapper of the new one or in toilet paper, and then throw it away (for tampons, just toilet paper is enough). This will help block the smell and prevent the spread of bacteria which can build up in there over time.
- **Can we get infected during Periods?**

Yes. Lack of menstrual hygiene is the main culprit behind infections during periods. Access to sanitary napkins for periods, clean water and sanitation are basic rights for women for a healthy period. Wearing sanitary napkins for more than 4 hours, using unclean sanitary napkins and not cleaning genitals properly could also invite infections.

PARTICIPANTS FEEDBACK ON SESSION

- It was very nice to meet you all. I enjoyed the webinar and get many more new things to learn it and hoping so we'll meet again. I will explain and educate about menstruation and menstrual hygiene to my colleagues and society. That it is a normal process and natural one. There is no shame telling about it and I'll look after that everyone should respect this and educate many more person who comes in their contact. Overall, I enjoyed it was a wonderful webinar.

Anuj Sharma

- I have participated in many webinar or seminar related to menstrual cycle or on any other topic but most of the people are mostly from villages and they cannot attend that seminar because they have no facilities to join in that program. Therefore, they cannot improve their knowledge of hygiene and because of this many disease spreads in wide range. So, I request GIWA to conduct webinars in every region mostly in village to give proper information about MHM.

Janak Deora

- I enjoyed a lot this session as it helped me a lot to gain knowledge about MHM. I will help in creating awareness among the adolescent girls and women in the society. I am not shy now instead I feel proud about having menstruation.

Chetna Gupta

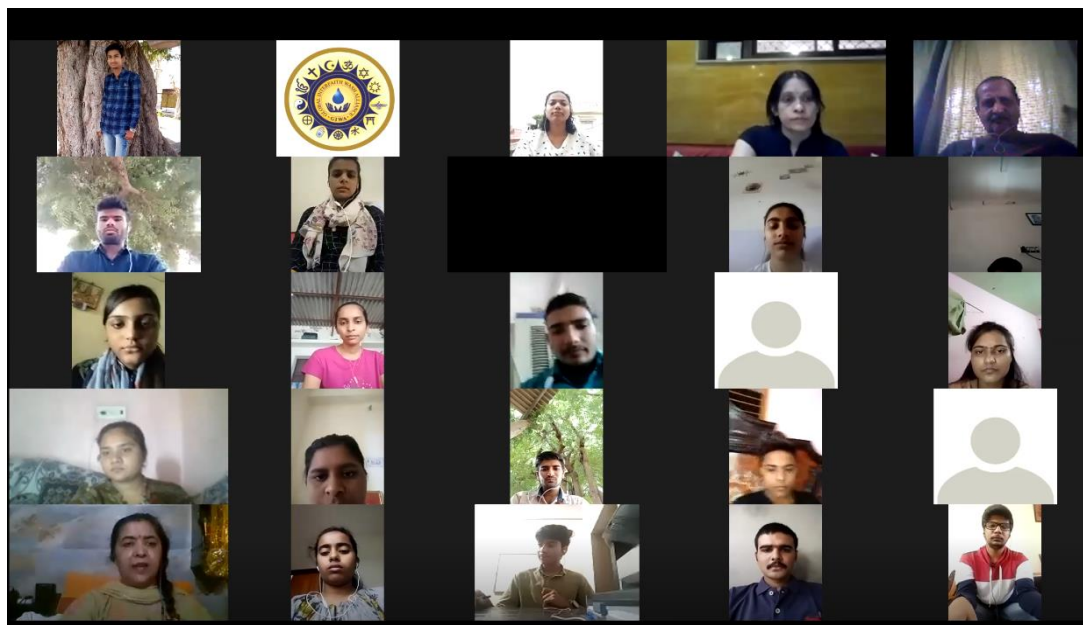
- The session was very nice and I got to learn so many new things. Thank you very much for this session. I will follow all the hygienic practices and will make others also aware about it and the menstrual products available in the market.

Kanupriya Sharma

- My experience was wonderful during the sessions. I will use my knowledge to appreciate my mother and sister and support them always regarding this crucial moment.

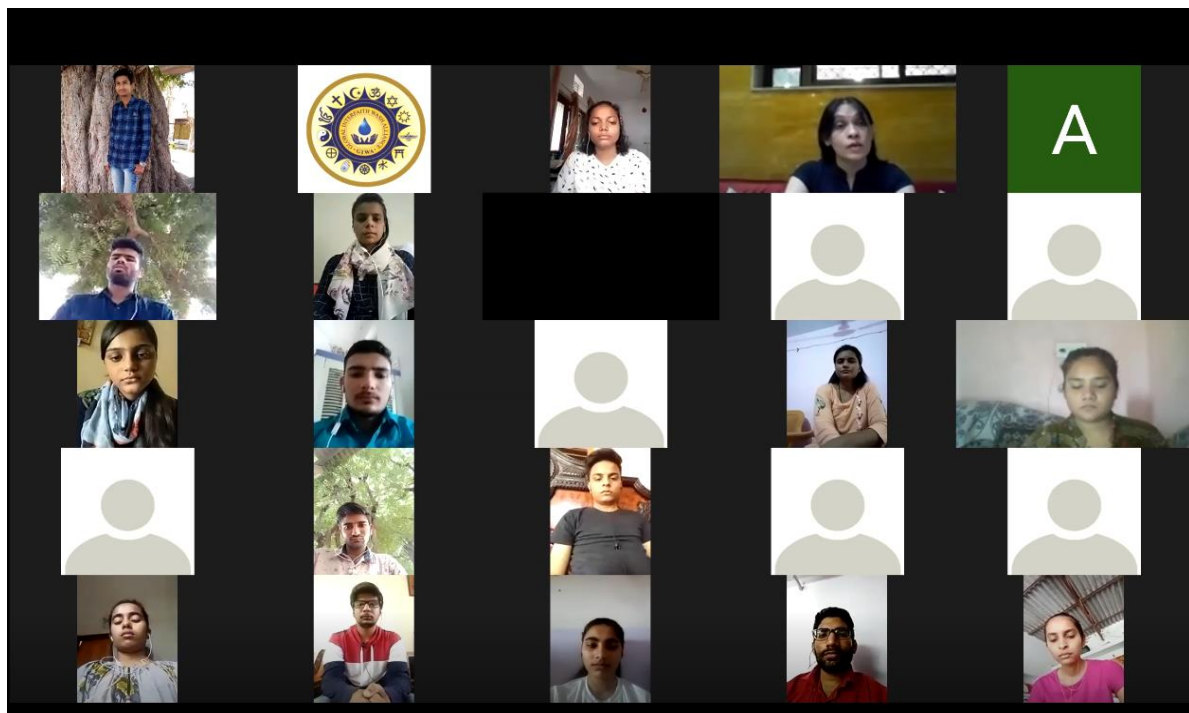
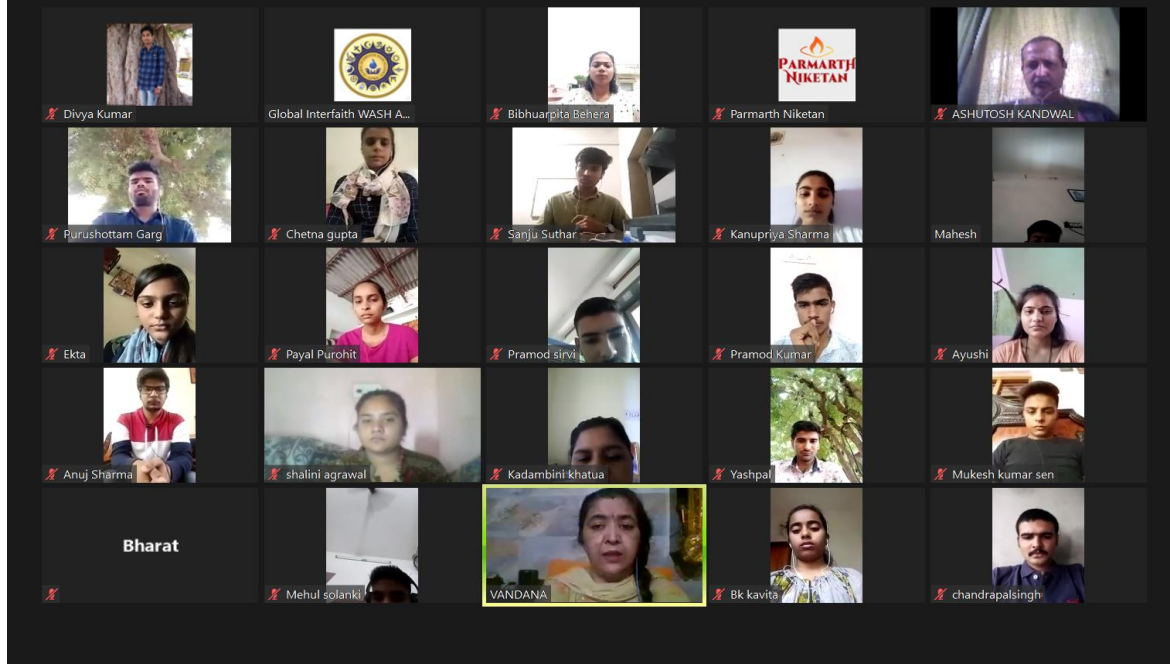
Dinesh Kumar

SCREENSHOTS FROM WEBINARS



Zoom Meeting

Recording...



ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Shalini Agrawal	Female	18
2.	Bharat	Male	17
3.	Vinod	Male	19
4.	Yashpal	Male	18
5.	Anuj Sharma	Male	18
6.	Janak Deora	Male	19
7.	Chetna Gupta	Female	19
8.	Sanju Suthar	Male	18
9.	Deepika Yadav	Female	19
10.	Pramod Kumar	Male	18
11.	Bibhuarpita Behera	Male	19
12.	Kanupriya Sharma	Female	18
13.	Dinesh Kumar	Male	19
14.	Nikita Kumari Purohit	Female	19
15.	Pramod Sirvi	Male	19
16.	Anshuman Parmar	Male	20
17.	Mehul Solanki	Female	19
18.	Mukesh Kumar Sen	Male	20
19.	Divya Kumar	Female	18
20.	Ayushi	Female	19
21.	Mahesh Kumar	Male	19
22.	Shalini Agrawal	Female	18
23.	Ekta Avasthi	Female	19
24.	Chandrapal Singh Rathore	Male	20
25.	Bhavana Choudhary	Female	20
26.	Bk Kavita	Female	18
27.	Kadambini Khatua	Female	25
28.	Greesha Sahu	Female	20
29.	Dipti Mishra	Female	20
30.	Manisha Yadav	Female	23
31.	Vandana Sahu	Female	21
32.	Ravindra Singh	Male	21
33.	Prakash Solanki	Male	19
34.	Gajender	Male	20
35.	Laxmi Kumari	Female	20
36.	Laxman Patel	Male	19
37.	Ranaram	Male	21
38.	Kiran Solanki	Female	20
39.	Nupur Sharma	Female	20
40.	Prakash Kumar	Male	20
41.	Dimple Punsal	Female	20
42.	Naresh Patel	Male	21
43.	Manish Kumar Bamaniya	Male	20
44.	Jagdish Patel	Male	20
45.	Bhagirath	Male	22
46.	Shrawan Parihar	Male	21
47.	Veerajyothi Solairaj	Female	20
48.	Ramesh Kumar Parihar	Male	21
49.	Krishna Kumar	Male	21
50.	Praveen Kumar	Male	21

WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Annexure B7

Date: 23rd August, 2020 (10:00 am- 1:00 pm)

Trainer: Priyanka Tripathi

Organisation: UTTARAKHAND OPEN UNIVERSITY

PARTICIPANTS PROFILE

The participants were 1st year students of MSW department of the Uttarakhand Open University. In total, there were 21 participants which includes 12 male and 09 female participants. The wide age bracket was 21-39 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- **Why do periods smell?**
A person might notice that their period blood smells metallic due to the presence of blood and iron. The vagina's acidic environment and the presence of different types of healthful bacteria may also play a role in the smell of vaginal secretions and period blood.
- **You Can't Go Swimming when you have your period. Is that true?**
This myth dates to the time when tampons and menstrual cups were non-existent. And of course, entering a pool without protection was a concern from a hygiene perspective. While the difference in water and blood pressure generally prevents your flow under water, don't forget to wear a tampon when you go swimming. Blood could leak out if you don't.
- **You Lose an Enormous Amount of Blood during menstruation? Is that true?**
This is pure fiction, in reality, the average woman loses about 2-3 teaspoons of blood every day during the menstruation.
- **What happened when we don't change our tampons or pads enough?**
To prevent leakages, we must change our sanitary protection every few hours. Depending on your flow, check pads every two to four hours. Using the lowest-absorbency tampon, we must switch our tampon at least every four to eight hours. Doing so will help reduce the risk of toxic shock syndrome, a rare but life-threatening complication of certain types of bacterial infections.

PARTICIPANTS FEEDBACK ON SESSION

- It is good for us to know about menstrual cycle, how to keep personal hygiene during the menstruation, menstrual product available in the market. Thanks a lot GIWA team to give us an opportunity to attend this kind of important webinar.

Sandeep Pandey

- No one talks about this topic in public due to shame. Infact there is hardly anyone who can share the information about it. I came to know many important aspects of menstruation from today's webinar.

Ayush Sharma

- Overall, this webinar has given me a lot of knowledge about menstrual hygiene and health of woman. I would like to share this knowledge to my friend and my family members without any hesitation. We all have to come together in this battle so that period related myths can be removed.

Tushar Kumar

- I have learned so much from this webinar that I did not know earlier. Vandana Mam enlightened all the students about so many myths, facts and old rituals about girls and ladies and how they are treated during periods. Priya Mam have told all of us about the menstruation cycle and what we should use and how to clean our private parts so that we won't have any infectious disease. She taught us about menstrual hygiene and products that are safe for environment and our body as well. I just want to say I've learned so much from this webinar and I'll try my best to spread awareness among people and my neighborhood and anyone who don't know about this.

Eram Parveen

- This webinar was really very helpful for me personally. The things I wasn't aware about and I used to think to that it's normal, by this webinar I got clarity on those too.

Zainub Parveen

- Menstruation is a physical process that is necessary to become a mother, without menstrual a woman is incomplete. In my family all members are open minded, so I am not ashamed, but if I look in the society then I feel very dirty. To eliminate these evil practices, we have to start by ourselves.

Kavita Joshi

- I have learnt many important things from this training which help me to clear my concept related menstrual cycle.

Sushil Singh

- The webinar was really great, I was able to understand the topic of menstruation in detail.

Ashutosh Dimri

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Sandeep Pandey	Male	32
2.	Tara Prasad	Male	26
3.	Tanuja Pandey	Female	21
4.	Yudhveer Singh	Male	24
5.	Gaurav Kothari	Male	23
6.	Mamta Khatri	Female	34
7.	Ayush harma	Male	23
8.	Tushar Kumar	Male	26
9.	Nirma Negi	Female	30
10.	Aarti Rawat	Female	26
11.	Deepak Rayal	Male	28
12.	Himanshu Puri Goswami	Male	25
13.	Zainub Parveen	Female	26
14.	Eram Praveen	Female	22
15.	Maneesha Joshi	Female	23
16.	Pradeep Negi	Male	26
17.	Kavita Joshi	Female	24
18.	Pushpa Joshi	Female	39
19.	Deepa Arya	Male	34
20.	Sushil Singh	Male	26
21.	Ashutosh Dimri	Male	24

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Annexure B8

Date: 24th August, 2020 (10:00 am- 1:00 pm)

Trainer: Vandana Sharma, Pushplata Swarnkar & Dr Priya

Organisation: MAHILA PRABODHINI FOUNDATION

Location: Mirzapur, UP

PARTICIPANTS PROFILE

The participants from the MAHILA PRABODHINI FOUNDATION in total consisted of 19 female participants. The wide age bracket was 15-55 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- **Why does menopause occur?**

Menopause occurs when the ovaries fail to produce enough hormones to stimulate the monthly growth of the endometrium, and periods stop permanently.

- **What is Premature (early) menopause?**

It happens when periods stop before the age of 40 years. This can be due to many reasons including medical conditions such as diabetes or underactive thyroid (hypothyroidism), and surgery or medications that have affected the blood supply to the ovaries. Genetic factors may also play a part as premature menopause can run in families. Women who smoke are also more likely to go through premature menopause. Sometimes, however, there is no identifiable cause.

- **Why menstruation is still a taboo in India?**

The main reasons for this taboo still relevant in the Indian Society may be high rate of illiteracy rate especially in girls, poverty and lack of awareness about menstrual health and hygiene.

- **Some important tips to maintain menstrual hygiene**

- I. Change your pad every four hours. If you use sanitary pads to soak the flow during your periods, remember to change it often.
- II. Clean reusable pads properly, ensuring they receive enough sunlight.
- III. Keep your vaginal area clean.
- IV. Never use two pads or two menstrual products simultaneously.
- V. Wear comfortable, clean underwear.

PARTICIPANTS FEEDBACK ON SESSION

- Thank you GIWA for giving us an opportunity to attend this wonderful webinar. We got to learn so many important aspects of Menstrual Health and Hygiene from this webinar

Aparna Sarraf

- The webinar was amazing and knowledgeable for all of us. Thank you so much for organizing this webinar and thanks to all the respective teachers who cleared all the myths and gave so many important knowledges about MHM.

Yashika Pandey

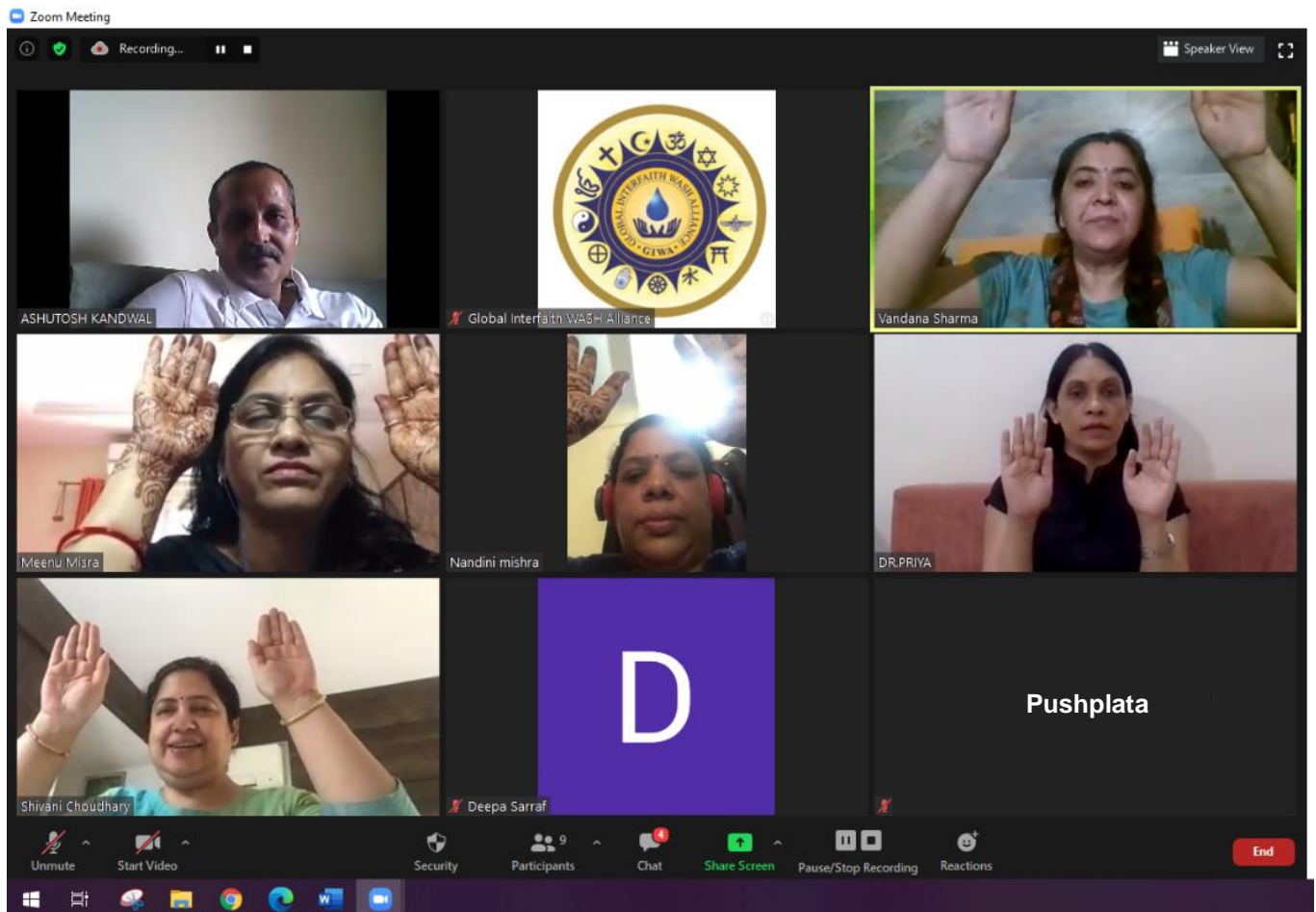
- Thank you all. This webinar is really a new experience for me and it is a new way to remove all myths and taboos around menstruation. Thank you so much GIWA and both the trainers.

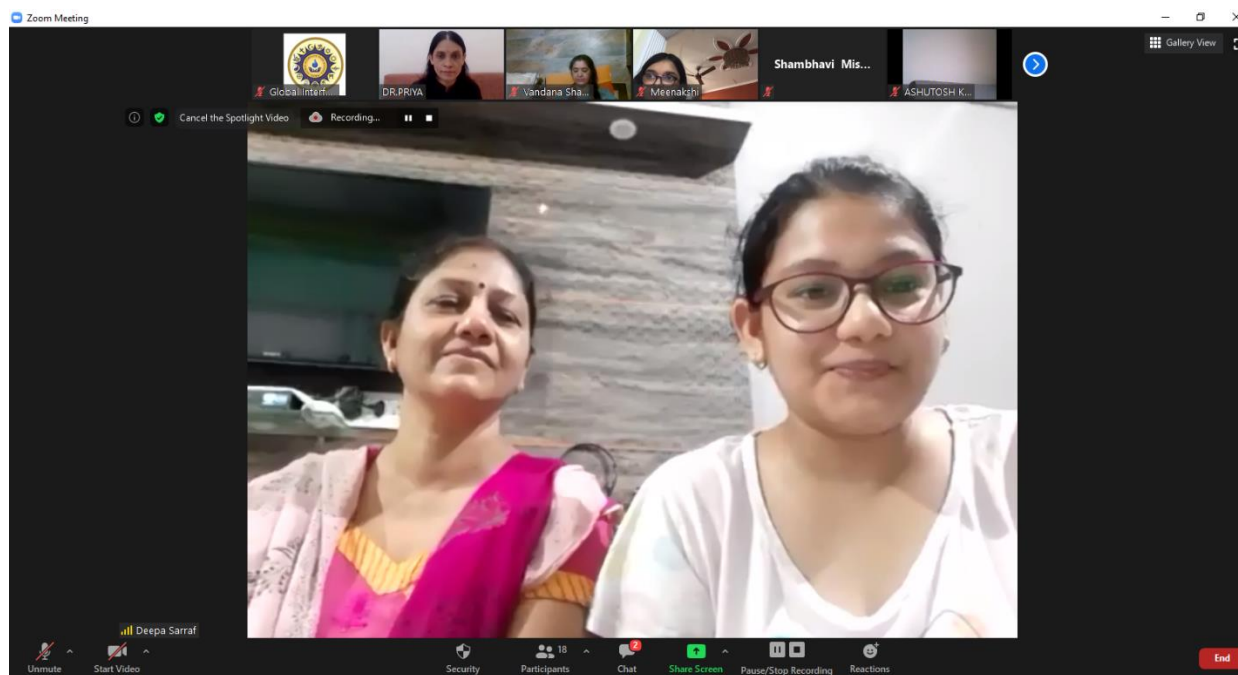
Dipti Pandey

- I really enjoyed this webinar. I will share the learnings in my family and community to educate more people on menstruation health and hygiene. I am proud of being a woman and having periods.

Shivani Choudhary

- Very useful and informative session. Thank you GIWA for hosting this webinar with us. **Meenkashi Jha**





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Aparna Sarraf	Female	25
2.	Amisha Sarraf	Female	22
3.	Deepa sarraf	Female	50
4.	Anvesha Sarraf	Female	18
5.	Jahnvi Mishra	Female	18
6.	Yashika Pandey	Female	21
7.	Shambhavi Mishra	Female	21
8.	Jaya pandey	Female	52
9.	Teeni Tandon	Female	53
10.	Shivani Choudhary	Female	49
11.	Nandinimishra	Female	45
12.	Sandhya Pathak	Female	40
13.	Ragini Chaudhary	Female	39
14.	Jayaty Choudhary	Female	18
15.	Meenakshi Jha	Female	15
16.	Mansi Mishra	Female	26
17.	Meenu Misra	Female	55
18.	Malini Chowdhary	Female	44
19.	Dipti Pandey	Female	45

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 24th August, 2020 (10:00 am- 1:00 pm)

Trainer: Vandana Sharma & Dr Priya

Organisation: Al Jamiatul Islamia Mangaldai Banat, Assam

PARTICIPANTS PROFILE

As part of GIWA's Faith Based Series Mufti Nasihur Rahman Ji, General Secretary, Darrang Jamiat Ulema-e-Hind from Assam brought together health workers and women from affiliated organizations for a special one-day webinar. In total, there were 15 female participants and one male participants. The wide age bracket was 19-56 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- Can we use soap or chemicals for our private regions?

This area is very sensitive and so absolutely no chemicals or soaps are advised here but simply washing with water or even lukewarm water is ideal. Furthermore, when we wash, we should move from top to bottom (vagina to anus) not bottom to top (anus to vagina) to prevent infection and irritation as much as possible.

- Is menstruation bad for the environment?

Menstruation is not bad for the environment. But the kind of pads we use can be bad for the environment

- Should we do Roza and Koran during our periods?

Islam is in line with science. During periods women generally feel weaker so this is why Islam suggests that you should not fast but eat nutritious food but rest and restore the period.

- What happens if we experience heavy bleeding need to change pad every 2 hours?

Its normal for some days to be heavy for most women but if throughout the 3-5 days of your menstrual cycle you have to continue to change your pads every 2 hours then we suggest you seek a doctor's guidance.

PARTICIPANTS FEEDBACK ON SESSION

Participants were quite shy and not ready to talk but they were very happy and glad to have this session.

- Before this training I thought all women and girls must already have information on menstruation but today I found out that it does require us to be trained and educated about. I am so glad to see my sisters and my students speaking openly about menstruation through this digital platform. The times are changing and so must we. We must shift the paradigm. I would like to share the example of my friend who carries pads in his bag also to ensure he can support his wife in case she gets her period. We need more men to come forward to support our women. **Mufti Nasihur Rahman**
- I am so happy and glad for your inspirational message for women through the Zoom Meeting. You made us so proud of your accomplishments. I feel so lucky to have been with you on your path to this fabulous achievement. This meeting surely helps and teaches our society's women and we are very happy about that. Thank you!

Asma Khatun





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Alifa Easmin	Female	41
2.	Asma Khatun	Female	42
3.	Nazmin Siddque	Female	25
4.	Anuwaza Begum	Female	47
5.	Morium Begum	Female	38
6.	Murshida Begum	Female	32
7.	Samiron Nessa	Female	33
8.	Ajufa Khatun	Female	33
9.	Azeda Khatun	Female	31
10.	Jaila Khatun	Female	28
11.	Suhana Begum	Female	20
12.	Jelaha Khatun	Female	56
13.	Momina Begum	Female	28
14.	Mehebiz Muskan	Female	19
15.	Mofida Begum	Female	33

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Annexure B10

Date: 31st August, 2020 (10:00 am- 1:00 pm)

Trainer: Dr Krupali Patel & Vandana Sharma

Organisation: Odissi Natya Sala (ONS), New Delhi

PARTICIPANTS PROFILE

Participants of Odissi Natya Sala (a premier dance institute for learning Odissi dance in New Delhi) who had performed at the Leave No One Behind Summit in December, 2020 that had been organized jointly by WSSCC and GIWA. In total, there were 20 female participants with a wide age bracket was 15-49 yrs. (Annexure 1 List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- How safe is it for teenage girls to use tampons? Menstrual cups?

Tampons and Menstrual Cups are safe as long as they are inserted and used in the proper way. (Proper way of insertion and instructions were given by Dr Krupali as well as the risk of Toxic Shock Syndrome)

- What may be some preventive measures to avoid Cervical Cancer which is very common these days?

Two-dose HPV vaccination and early detection of precancerous cervical lesions of the eligible population through screening and their appropriate treatment with a single-visit 'screen-and-treat' approach appear to be promising for low-middle-income countries including India. It was also shared by Dr Krupali that more awareness and dialogue around HPV vaccination is required in India as well as a nationwide policy to ensure access to them.

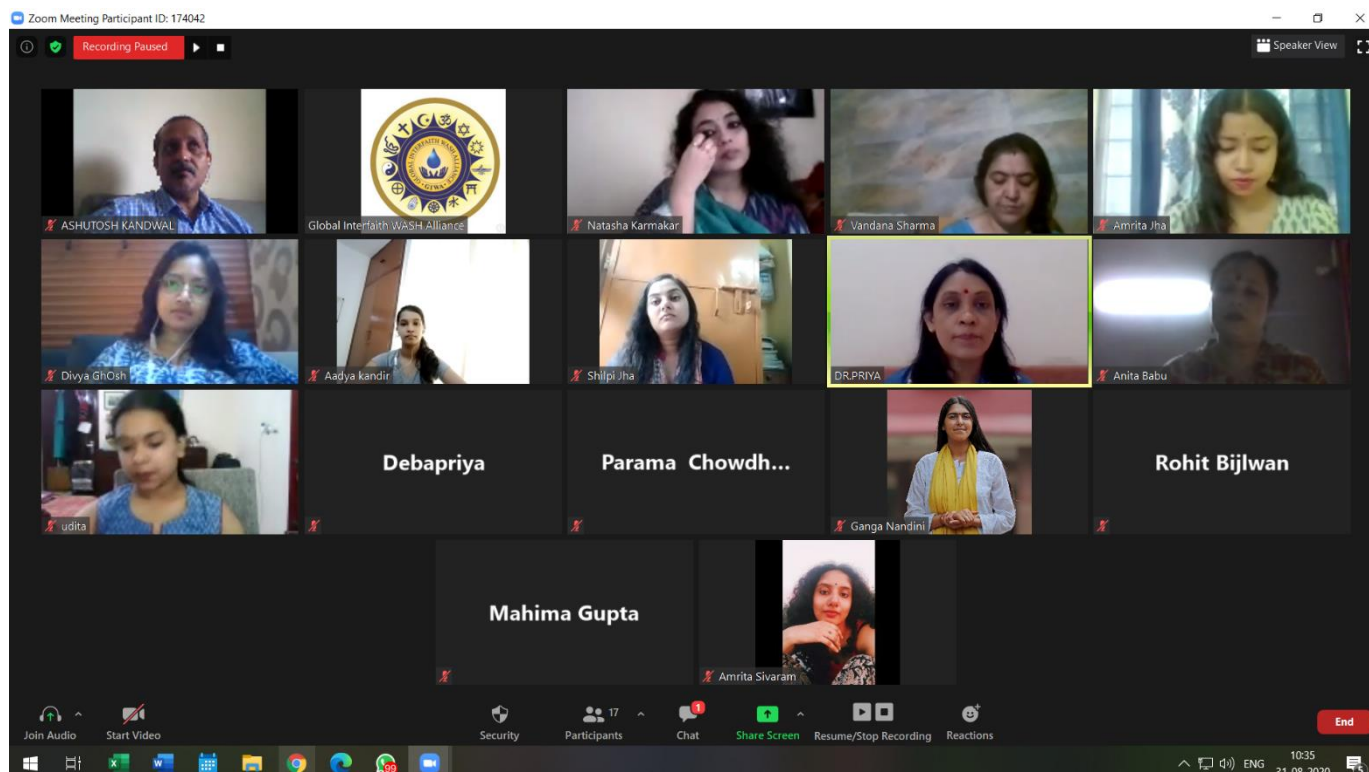
- What are ways to prevent cramps and pain?

Many remedies were given to the participants such as heat pads, warm showers, gentle massages etc to help treat cramp pain. A special Yoga video was also premiered that was made by GIWA to showcase the asanas and breathing exercises that could be beneficial in aiding cramps and tightness in the body during periods.

- The group made a very special video and dance drama that illustrated the plight of women and girls menstruating in India that was scripted, shot and recorded within the limitations of the pandemic lockdown which was also premiered during the webinar.

PARTICIPANTS FEEDBACK ON SESSION

- This is an amazing initiative taken by the members of GIWA and PARMARTH NIKETAN together and I feel extremely privileged for being in association with them in educating others about this topic MENSTRUATION that is a big taboo in our country. - **Udita Gosh**
- The videos shown in today's webinar were very informative and useful. An interactive, knowledgeable, workshop. Looking forward to more such sessions. - **Shilpi Jha**
- It is important to include men/boys in the discussion too. Periods have always had stigma and taboos associated with it, which hampers the healthy and hygienic living of women. It is only when we are aware that we can make an informed choice, so, the silence needs to be broken. A collective effort will go a long way to break the myths about periods and make it what it is, a natural phenomenon. - **Amrita Jha**
- The Asanas shown in the Yoga Video are super easy to do and will hopefully bring in comfort for the cramps. Very informative Session. Thanks for sharing, I will definitely take it forward. - **Natasha Karmakar**



Zoom Meeting Participant ID: 174042

You are viewing Vandana Sharma's screen

View Options

Video Editing

Mahima Gupta Divya Ghosh Basu

Join Audio Start Video Security Participants Chat Share Screen Pause/Stop Recording Reactions

Zoom Meeting

Recording...

Parmarth Niketan

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1	Anita Babu	Female	49
2	Mahima Gupta	Female	20
3	Udita Gosh	Female	22
4	Spriha Dutta	Female	18
5	Natasha Karmkar	Female	27
6	Debapriya Dutta	Female	26
7	Divya Gosh	Female	33
8	Amrita Jha	Female	26
9	Amrita S	Female	NA
10	Nikita	Female	NA
11	Parama	Female	NA
12	Tara Singh	Female	15
13	Tiya	Female	NA
14	Tanishtha Goswami	Female	15
15	Shilpi Jha	Female	20
16	Aadya Kunder	Female	16
17	Deepika Sharma	Female	21
18	Nandita	Female	24
19	Sharmila Tiwari	Female	25
20	Parineeta S	Female	19



Annexure B11

ONE DAY WEBINAR SESSION ON COVID-19,

MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 31st August, 2020 (10:00 am- 1:00 pm)

Trainer: Vandana Sharma & Dr Priya Parmar

Organisation: Motherhood University

Location: Roorkee, Uttarakhand

PARTICIPANTS PROFILE

Youth and students of the Motherhood University, Roorkee of the paramedical department joined us with some 27 participants which included 14 male and 13 female participants with an age bracket of 18-34 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- **Should we wash our hair during periods?**

It was shared that there is absolutely no reason not to wash your hair, take a bath, or shower during menstruation. In fact, a nice warm bath can do a lot to relieve menstrual cramps and premenstrual tension.

- **Is bath necessary during the periods?**

The short answer: Absolutely! It's important to stay clean during your period and regularly bathing or showering is the best way. Now, of course, sitting in dirty bathwater for prolonged periods can also have the opposite effect. So, make sure you always rinse off after a bath, especially around your pubic area.

- **Is menstruation blood impure?**

No, it's not. If that were the case, you'd have been born from the so called "*impure*" blood. It's that blood which nourishes you at your cellular stages of life. If we call that impure, I'd say our existence on a whole is impure!

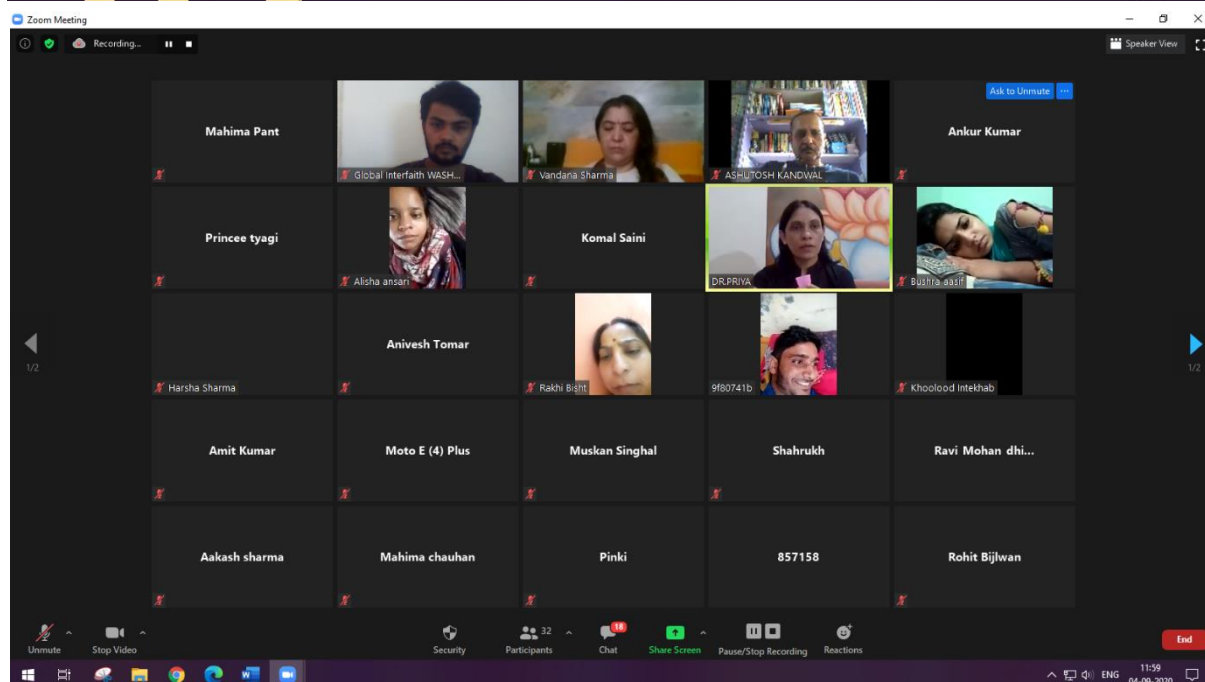
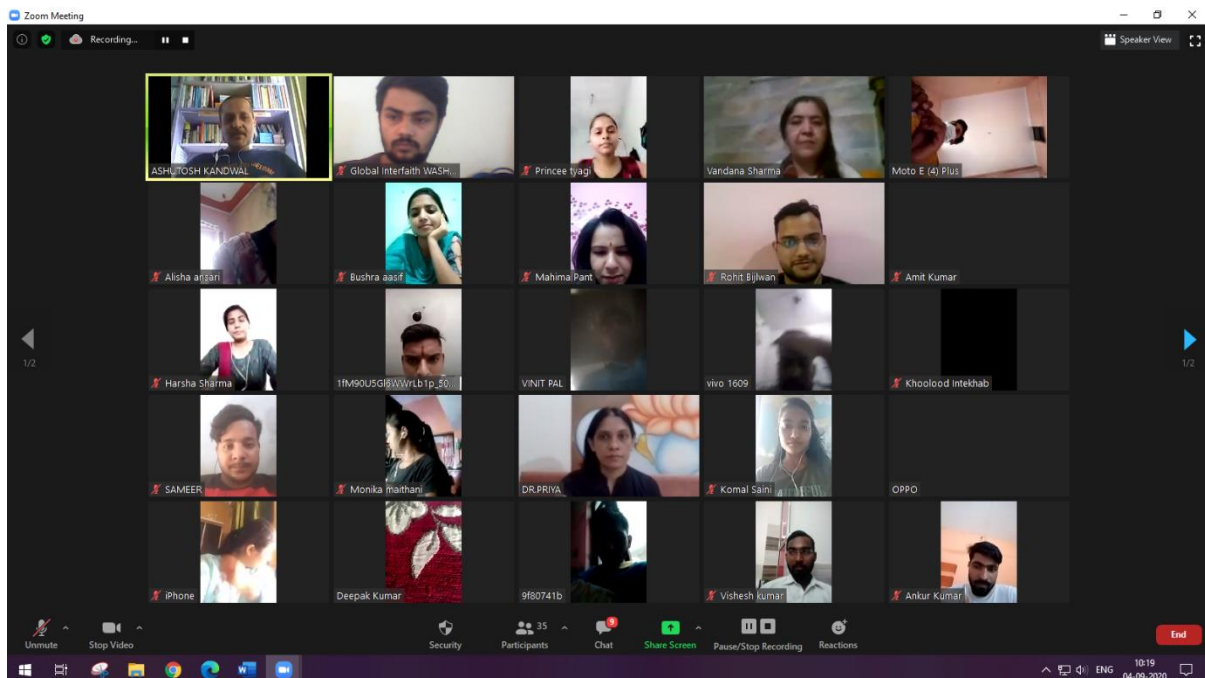
- **What is menopause?**

Menopause is a normal part of ageing for a woman and literally means "last period". It is generally considered to be complete when a woman has not had a period for one year. Menopause, often referred to as "the change of life", usually occurs between the ages of 45 and 55 years. Premature (early onset) menopause is when periods stop before the age of 40 years

PARTICIPANTS FEEDBACK ON SESSION

- This is very good effort for our environment and as well as our female friends and girls who are very shy for talking about menstrual cycle phase and also for our male friends who are not aware about this. Thank you GIWA for hosting this webinar. **-Rakhi Bisht**

- The webinar was amazing, I got lots of information and innovative ideas for spreading awareness about menstrual hygiene. I'll definitely share this information to my family and friends and tell them to talk about this and aware to all. I would like to thanks Ms. Vandana Sharma and Dr Priyaji to share this precious information with us. - **Raman Sharma**
- Thanks to all the trainers for sharing all the information about menstrual hygiene. **Moh Suyeb**
- This webinar is so knowledgeable for all of us. Thank you so much for organising this webinar and thanks to all the respective teachers who cleared all the myths and gave so many important knowledges about MHM. -**Komal Saini**
- Thank you all. We got to learn so many important aspects of Menstrual Health and Hygiene from this webinar - **Pinki**
- I will talk to my village Sarpanch to organize a session on MHM to educate the villager. Thank you GIWA for this session. - **Amit Kumar**
- This webinar is really a new experience for me and it is a new way to remove all myths, stigmas and taboos. Thank you so much Vandana Ji and Dr Priya. - **Mahvish**



ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Mahvish Rehman	Female	26
2.	Rajnish Kumar	Male	21
3.	Sameer Ahmed	Male	19
4.	Bushra Aasif	Female	21
5.	Mahima Pant	Female	19
6.	Harsha Sharma	Female	25
7.	Princi Tyagi	Female	19
8.	Vaishnavi	Female	21
9.	Deepak Kumar	Male	21
10.	Aakash Sharma	Male	20
11.	Komal Saini	Female	19
12.	Moh Suyeb	Male	19
13.	Shivam Saini	Male	18
14.	Amit Kumar	Male	20
15.	Pinki	Male	21
16.	Raman Sharma	Male	22
17.	Alisha	Female	20
18.	Muskan Singhal	Female	19
19.	Ankur Kumar	Female	24
20.	Mohd Danish	Male	20
21.	Binod Raj Bisht	Male	34
22.	Anivesh Tomar	Male	23
23.	Mahima Chauhan	Female	21
24.	Shama Parveen	Female	22
25.	Rakhi Bisht	Female	32
26.	Ravi Kamboj	Male	21
27.	Ahsan Shah	Male	28

ONE DAY WEBINAR SESSION ON COVID-19,

MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 19th September, 2020 (10:30 am- 1:30 pm)

Trainer: Vandana Sharma & Dr Priya Parmar

Organisation: VOLUNTARY HEALTH ASSOCIATION OF TRIPURA (VHAT)

Location: AGARTALA, TRIPURA

PARTICIPANTS PROFILE

Voluntary Health Association of Tripura(VHAT) was formed as a state level network NOGs and CBOs, by some health and science activists in 1988 with the aim to promote the Health, Elementary Education & Environment status of the state through policy level advocacy and conceptual level intervention by capacity building. The participants are associated with VHAT in various capacities. In total, there were 27 participants which included 8 male and 19 females. The wide age bracket was 21-56 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- Can we take a painkiller to avoid pain during the periods?

It is your choice whether you use painkiller to avoid pain during periods but we suggest you also try other ways of reducing and alleviating your pain like heat pads, warm baths, yoga asanas etc (a video was also shown of yoga asana poses and pranayama that would alleviate pain).

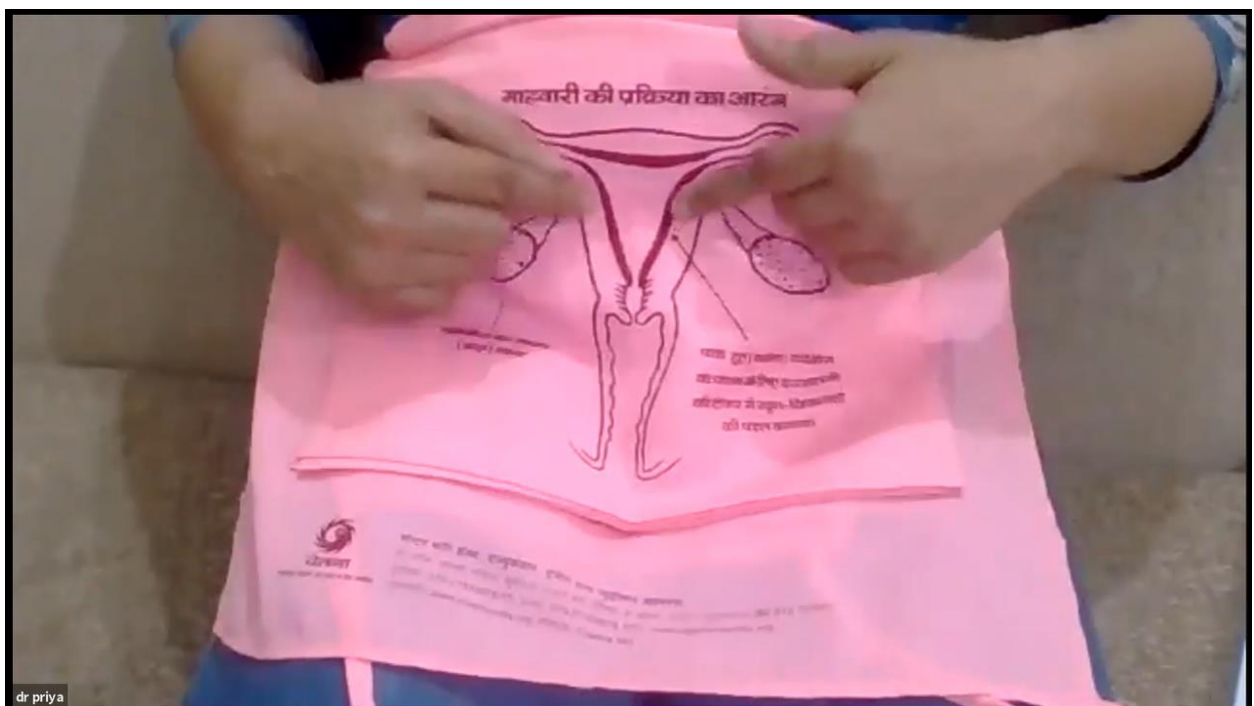
- What does it mean if your period blood is bright red?

Your period may start with bright red bleeding. This means that the blood is fresh and is flowing quickly. Your blood may stay this way your whole period or may darken as your flow slows. Many women experience dark red blood at the beginning or end of their period.

PARTICIPANTS FEEDBACK ON SESSION

- The training was very informative and it will help me in future to share my experience to others. -Pranab Paul

- I am thankful to GIWA-WSSCC for giving me the opportunity to join this training program, today I learned many important lessons about the subject. I will discuss it with my family, friends and community also. I swear. **-Gopal Devnath**
- This training session If Included gynecologist would have been more valuable. **-Piyush Kumar Deb**
- This programme was very nice and important for girls and women. **- Lata Debbarma**
- I have learned so many techniques of menstrual health and hygiene from this training, thank you all trainers and thanks to VHAT for giving me this chance to participate. **-Baby Mazumdar**





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Alivia Naha	Female	29
2.	Pranab Paul	Male	38
3.	Ranabir Das	Male	29
4.	Niresh Chandra Nath	Male	33
5.	Gopal Debnath	Male	31
6.	Rupali Das	Female	22
7.	Soma Saha	Female	40
8.	Sima Barman	Female	30
9.	Pijush Kumar Deb	Female	40
10.	Phani Debnath	Female	32
11.	Sumita Dey	Female	35

12.	Bipul Kanti Majumder	Male	56
13.	Jayanti Deb	Female	50
14.	Moutushi Bhowmik	Female	25
15.	Reshmi Kar Dutta	Female	46
16.	Shipra Das	Female	32
17.	Ratnabati Das	Female	33
18.	Sharmistha Bhowmik	Female	21
19.	Debashree Shil	Female	24
20.	Susmita Bhowmik	Female	26
21.	Akash das	Male	21
22.	Arjun Das	Male	38
23.	Mithun Datta	Male	30
24.	Rupali Das (Bhowmik)	Female	31
25.	Lata Debbarma	Female	43
26.	Dipjyoti Sutradhar	Female	27
27.	Baby Mazumdar	Female	28

ONE DAY WEBINAR SESSION ON COVID-19, **Annexure B13**

MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 21st September, 2020 (2 pm- 5 pm)

Trainer: Priyanka Tripathi

Organisation: Bihar Sewa Samiti

Location: Madhubani, Bihar

PARTICIPANTS PROFILE

The BIHAR SEWA SAMITI (BSS) aims to create a socio-economic and cultural environment of our rural society that would ensure individual freedom, equity, social justice, women empowerment, communal harmony and means for decent living, and statement is provide relief and rehabilitation measures for flood victims, health care to women and child. In total, there were 27 participants which included 19 male and 8 females. The wide age bracket was 21-56 yrs. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

- **How will you decide the size of the menstrual cup?**

Depends entirely on the flow of your period. If its heavy period then the large cup would be most suited for you but if it is normal flow then the medium cup is the best.

- **Is a cotton cloth sanitary pad expensive for poor people?**

Not at all but it rather one of the cheapest and easiest answers for those who are from economically weaker sections of society. However, the key of cotton pads is to keep them clean and to dry them well.

PARTICIPANTS FEEDBACK ON SESSION

- मै इस प्रशिक्षण कार्यक्रम में भाग लेकर माहवारी के बारे में विस्तृत जानकारी मिली इस जानकारी को अपने लोगों तक पहुंचाने का पूरा प्रयास करेंगे। एवम् लोगों को जागरूक करने का हर संभव करेंगे।

Narendra Kumar Karn

- Overall, was good experience for me and want to be part of such training in future

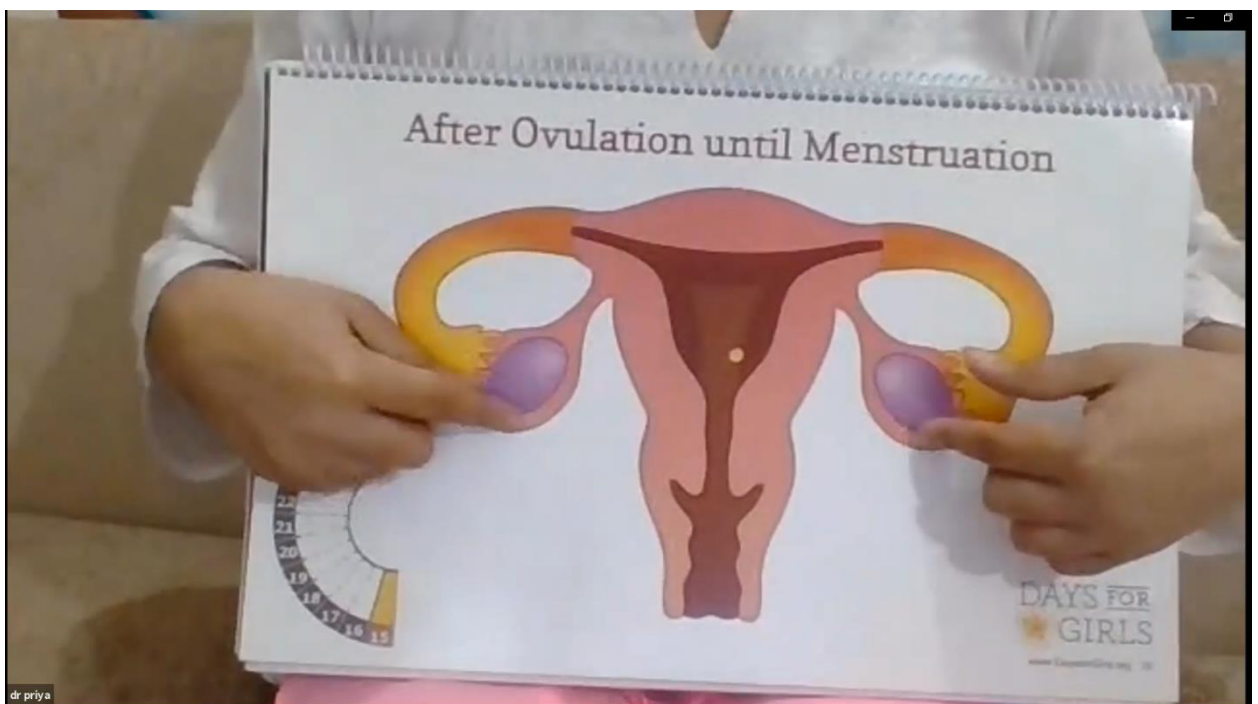
Sanjeev Kumar Mandal

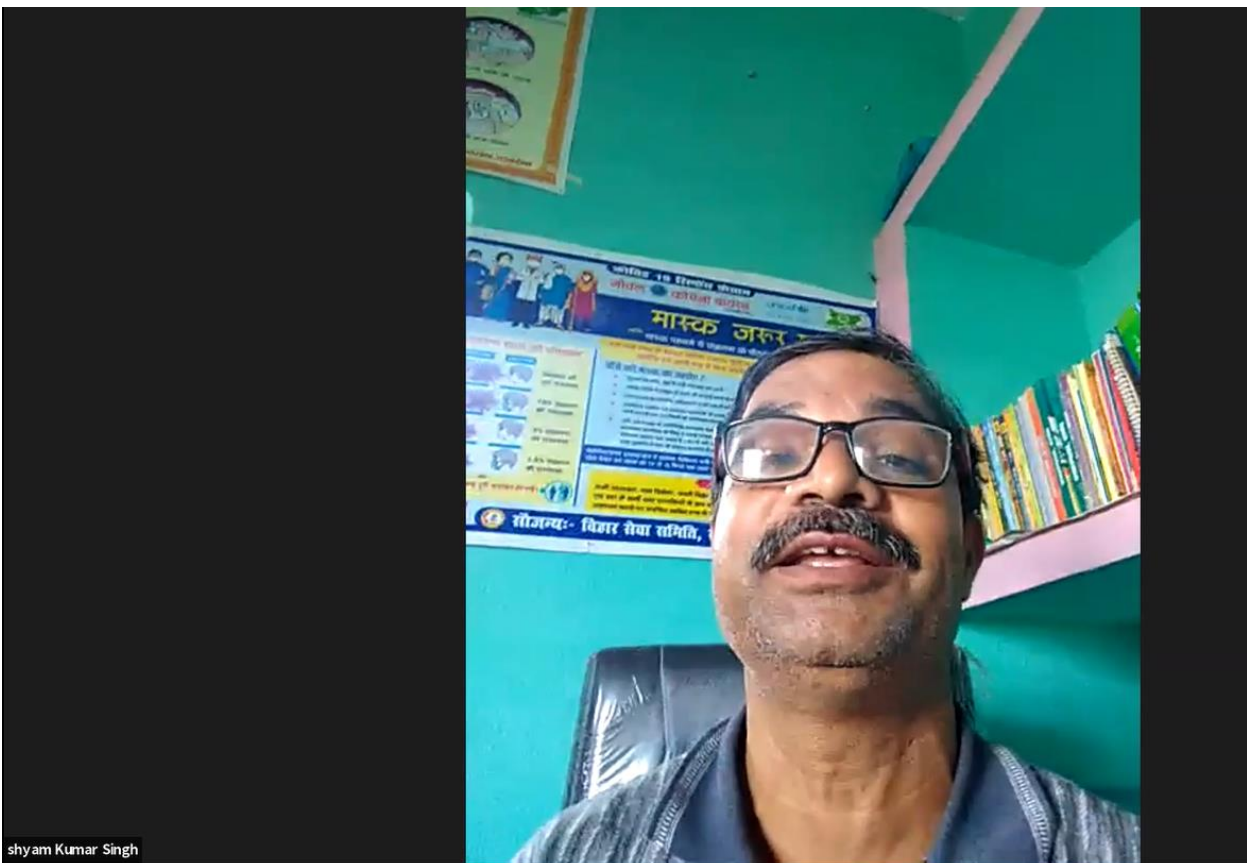
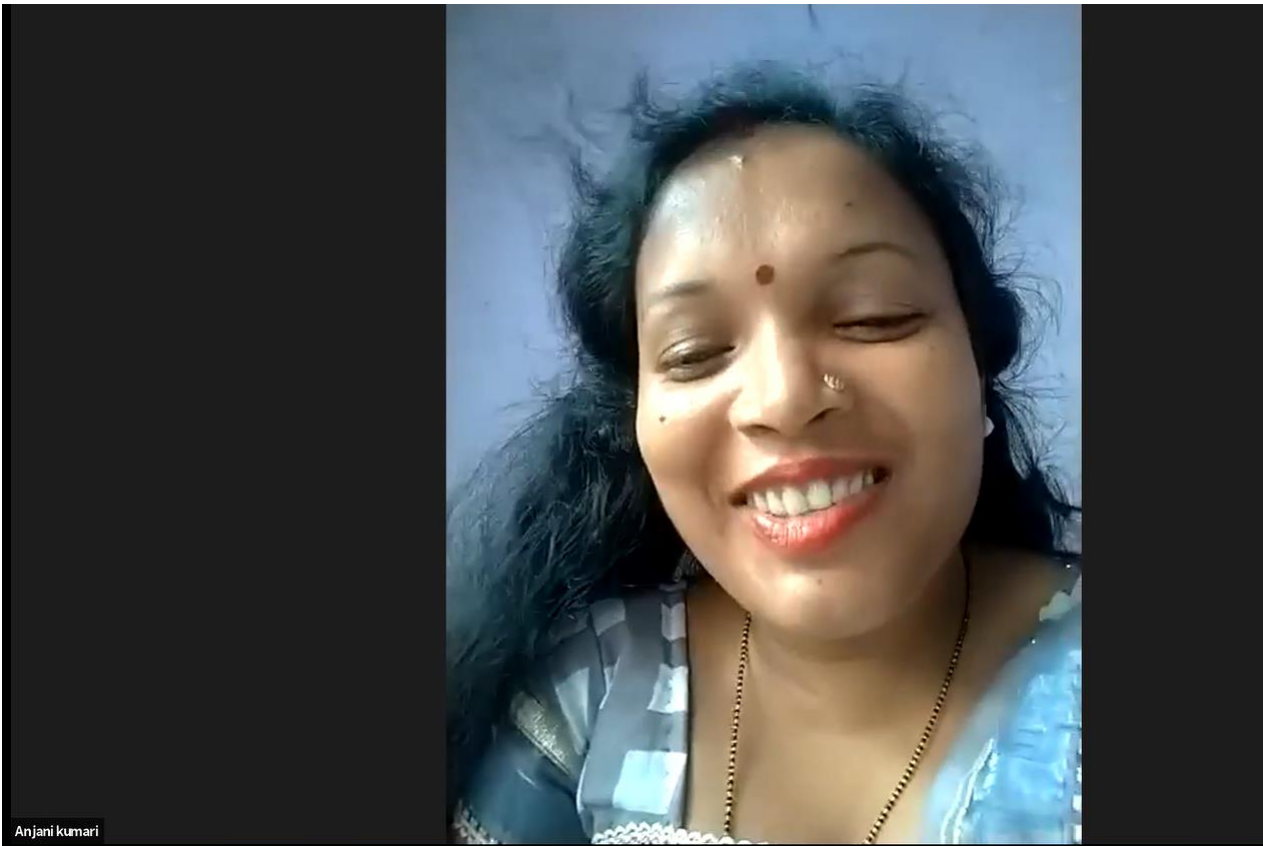
- यह प्रशिक्षण हमारे जिंदगी का अहम् प्रशिक्षण एवं ज्ञानदायिनी था, आज तक कोई इतना खुल कर इस विषय पर चर्चा नहीं किया था प्रियंका जी का आभार एवं सुक्रिया प्रकट करता हूँ !

Kamal Kamat

- Tips of yoga for remedy from pain and information about menstrual products and waste management sessions were very informative; and overall facilitation was very good.

Shyam Kumar Singh





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Kamal Kamat	Male	35
2.	Sanjeev Kumar Mandal	Male	30
3.	Narendra Kumar Karn	Male	51
4.	Dasrath Chaupal	Male	54
5.	Shiv Saday	Male	31
6.	SIMMI KUMARI	Female	34
7.	Ras Mohan Jha	Male	49
8.	Anil kr Singh	Male	49
9.	Raj bind Kumar Kamat	Male	52
10.	Indu Kumar Yadav	Female	34
11.	Kajal Kumari	Female	21
12.	Amit Ranjan	Male	35
13.	Neeraj Kumar	Male	44
14.	Mala Kumari	Female	28
15.	Nawal Kishor	Male	40
16.	Soni Kumari	Female	32
17.	Mishrilal Yadav	Male	42
18.	Deepak Kumar	Male	29
19.	Arvind Kumar Yadav	Male	54
20.	Shivchandra Kumar	Male	38

21.	चन्दन कुमार	Male	34
22.	Chitralekha Kumari	Female	38
23.	Indra Mohan Prabhakar	Female	29
24.	Umesh Chandra Thakur	Male	48
25.	Arti Choudhay	Female	27
26.	Lal Mohan Mahto	Male	56
27.	Partima Kumari	Male	49

ANNEXURE 2- QUANTITATIVE STATS

POST-TRAINING FEEDBACK ANALYSIS					
Date of Webinar	19 th Sept, 2020				
Trainer(s)	Dr Priya Singh and Vandana Sharma				
Name of Organization (if not mixed group)	Bihar Sewa Samiti				
Organization's Contact detail	Address	Main chowk			
	City	Madhubani	State	Bihar	
	Telephone	9199123284	Email	bss.org@gmail.com	
Total Registered/ Pre-Evaluation forms received	27	Total participants attended orientation		27	
No. of participants interested in 5 days ToT	11	No. of Post Evaluation forms received		12	
Participants Occupation (in numbers)					
Students	Employed	Self-Employed	Un-employed	Homemaker	Others
1	8	7	4	0	7
No. of participants experience in terms of their Expectations with their Learning in this training					
Very Good	Good	Average	Poor	Do not know	Others
8	3	1	0	0	0
No. of participants in terms of clarity gained on the Menstrual Health and Hygiene subject					
Very Good	Good	Average	Poor	Do not know	Others
8	4	0	0	0	0
Participants Responses – (in numbers)					
PRE – Orientation			POST – Orientation		
Menstruation is a					
Problem	Disease	Normal	Problem	Disease	Normal
2	0	25	0	0	12
Bathing during Menstruation is					
Safe	Highly Unsafe	Do not Know	Safe	Highly Unsafe	Do not Know
26	1	0	0	0	12
A menstruating girl/woman should avoid touching their family members, friends, and others					
Correct	Incorrect	Do not know	Correct	Incorrect	Do not know
4	21	2	1	11	0
A menstruating girl/woman should not enter in the kitchen area					
Correct	Incorrect	Do not know	Correct	Incorrect	Do not know
7	18	2	0	12	0

ONE DAY WEBINAR SESSION ON COVID-19, **Annexure B14**

MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 22nd September, 2020 (2 pm- 5 pm)

Trainer: Surekha Lambe

Organisation: Anmol Foundation

Location: Raipur, Chhatisgarh

ACKNOWLEDGEMENT

GIWA India has played a convening role in Menstrual Health and Hygiene Safe Practices webinar in Anmol Foundation Raipur. GIWA's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

CONTEXT

GIWA India contacted Mrs Surekha Lambe MHM Trainer, GIWA to conduct a webinar for CSC of Anmol Foundation Raipur. The Organization decided to conduct a session on this important matter to make their workplace more MHM Friendly.

PARTICIPANTS PROFILE

Participants were from a varied age group between 25 to 45 years. The gender ratio was commendable as 8 male and 17 female's participated in the webinar. There were altogether 25 participants. All participants are based in Anmol Foundation Raipur (Annexure 1).

SESSIONS CONDUCTED

The session was divided into 3 parts namely -

1. BREAKING OF SILENCE and Introduction & Menstrual Health and Hygiene -

The participants were introduced to the biological process of menstruation through diagrams of the female reproductive system to break the myth around impure/dirty blood. The follow up session displayed several absorbents and gave detailed information about their advantages and disadvantages & safe disposal practices. A short discussion on myths and taboos also took place wherein the harmful effects of myths on personal hygiene and body were emphasised.

The MHH session included discussion on ensuring adequate water, cleansing and washing materials and private spaces for managing menstrual flows hygienically and privately, managing pain, menopause and/or any related issues with dignity, in the home and in public spaces.

What is menstruation?

(PROCESS OF MENSTRUATION)

A small session on the biological process of menstruation was held. In this session a detailed conversation on the how menstruation as a biological process comes to be was initiated. The female reproductive system, it's various organs were discussed at length. Post which, the menstrual cycle and it's process was described with illustrations.

MYTHS AND TABOOS

Participants were asked to discuss and list out the various taboos, norms and myths associated with menstruation in their community. They listed out various taboos and norms with regard to menstruation. Some of these are:

- Don't do travel and take rest
- Don't do exercise
- Don't wash Hair for 4 days
- Don't touch plants and give water during periods
- Don't enter the Temple & kitchen
- Don't go in front of elder person.
Don't eat Non vegetarian food
- Don't wash Hair for 3 days
- NAMAJ nahi padhana
- MSJID nahi jana
- Don't go in front of elder person.
- Don't touch TULASI and give water during periods
- Don't enter the Temple & kitchen

EUPHEMISMS

Participants were asked to list all the words used in their community to address menstruation. Due to the lack of knowledge, shame and stigma attached to menstruation, a lot of negative "code words" other than right word for menstruation in local language are spoken in different groups, languages and communities. Most of the words related to menstruation are negative in nature.

Some of the slangs/ terms and euphemisms for the word "menstruation" that were listed by the participants were:

- Down ho gai
- KAPDA lag gaya
- HAIJA ho gaya
- FOOL ho gai (SILY)
- Problem aa gaya
- GHADA fut gaya
- Red signal lag gaya
- MAHINA start hua
- Anti ji aa gai
- ASHUDHA ho gai

- ZUAA gaye (Don't touch)
- Washing machine me KAPADA lag gaya
- Date aa gai
- HOLI aa gai

Participants were also introduced to the WSSCC Flipbook -- As we grow – How to use it when teachers will discuss Menstruation to boys and girls and introduction of Menstrual MHM Wheel, Apron, etc

Participants were introduced to the tools i.e. Flipbook, Menstrual Wheel and Apron, to learn about the physical and emotional changes in boys and girls during adolescence, semenarche, menarche and menstruation. Participants were shown how to use these tools to break the silence and explain menstruation in simple language during field visits. These tools break major myths and taboos associated with menstrual blood and adolescent body changes.

Also discussed about different products Pads, Tampon, Menstrual Cup during periods pain relief exercise, home remedies and a special Menstrual Health Yoga Video was shown by GIWA.

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and participative throughout the duration of the session. Some of the questions that came forward, include -

- How do we manage period hygiene?
 - As we discussed in session change sanitary napkin every 4-6 hours, wash yourself properly with running water don't use chemical base products, Discard the sanitary napkin properly as per our dissection, use different sanitary produces
- Can I drink milk during period?
 - Dairy is major part of a well-balanced diet , but eating too much cheese or consuming too much milk – based products on period can cause cramps to worsen. In fact dairy can lead to bloating, gas, and diarrhoea

PARTICIPANTS FEEDBACK ON SESSION

- ये वेबीनार मुझे बहुत ही बढ़िया लगा इससे मिली जानकारी से दूसरो को जानकारी देने मे आसानी होगी मुझे गर्व होगा इससे जुड़कर कार्य करने में आप सभी को बहुत-बहुत धन्यवाद (नेट वर्क खराब होने के कारण कुछ जानकारीयाँ अधुरी रह गई फिर भी जितना मिला बहुत अच्छा रहा)

VijayLaxmi Parganiha

- प्रशिक्षण बहुत उपयोगी रहा। प्रस्तुतीकरण , संचार ,प्रशिक्षण सामग्री , प्रशिक्षण पद्धति अच्छा था ।समय कम था । भविष्य में मुझे टी ओ टी में सहभागिता करने का सुअवसर मिले!

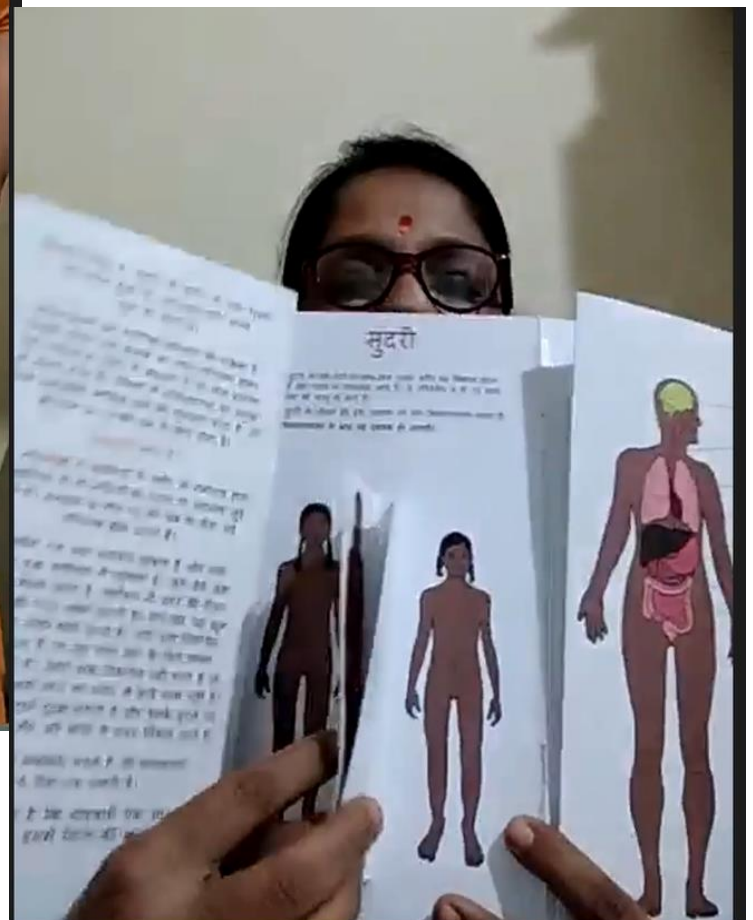
Mangal Pandey

- Vandana ji Surekha ji ap dono ne bhut hi saral trike se hme menstrual health hygiene k bare me btaya ek bar training punha dobara dene ki kriya kre.

Santoshi Rathore

- Is training me bahut Kuch Janne ko Mila... bahut achchhi training thi

Rashmi Sharma





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Dolly Tandan	Female	25
2.	Jyoti Gupta	Female	53
3.	Vasudev Ayanger	Male	36
4.	Simanchal Achary	Male	40
5.	Deepanjali Patle	Female	24
6.	Sunita Chansoria	Female	52
7.	Deeksha Patel	Female	25
8.	Santoshi Rathore	Female	42
9.	Archana Sinha	Female	42
10.	Laxmiwasini Kurre	Female	30
11.	VijayLaxmi Parganiha	Female	41

12.	Pradeep Sharma	Male	28
13.	Mary Staila	Female	24
14.	Aman Kumkar Verma	Male	23
15.	Chandrakant	Male	33
16.	Preeti Lakra	Female	26
17.	Alka Dwivedi	Female	30
18.	Snidha Chandrakar	Female	24
19.	V.Rajeswari	Female	58
20.	Vinita Tiwari	Female	30
21.	Keshav Sinha	Male	30
22.	Vaibhav Tripathi	Male	38
23.	Kameshwar Rajwade	Male	24
24.	Dharmendra Kumar	Male	32
25.	Laxmi Kumar Jaiswal	Female	44



ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 26th September, 2020 (1 pm- 4 pm)

Trainer: Vandana Sharma

Organisation: Mount Litera Zee School

Location: Muzaffaranagar, Uttar Pradesh

PARTICIPANT PROFILE

The Global Interfaith WASH Alliance (GIWA), is the world's first initiative that is engaging the faiths as allies in efforts to create a world where every human being has access to safe drinking water, improved sanitation, and proper hygiene. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

Mount Litera Zee School is an endeavor by the Essel Group led by Shri Subhash Chandra to prepare leaders of the 21st Century through its education arm, Zee Learn Limited. Zee Learn Limited is an innovation leader in Indian Education since 1994.

The participants are teaching in Mount Litera Zee School, Muzaffarnagar. There were 12 female participants in total. The wide age bracket was 25-40 years. (Annexure 1)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and interactive throughout the session. Some of the questions that came forward, included –

1. Is it normal if any girl has irregular periods?

Ans: Changes in your body's level of the hormones can disrupt the normal pattern of your period. That's why young girls going through puberty and women approaching menopause commonly have irregular periods.

2. Why few women get cramps during the periods?

Ans: During your menstrual period, your uterus contracts to help expel its lining.

3. How can we take up exercises when we are suffering from pain during the periods?

Ans: During lighter menstrual days, try moderate-intensity aerobic exercises like walking or light jogging. This type of physical activity can reduce bloating and the pain of cramping.

4. During the periods, some ladies get small blood thick pieces, what is the reason?

Ans: Period blood texture varies as a result of shedding endometrial tissue that can come out as blood clots. Period blood clots are a common feature of menstrual blood—they can appear like clumps, chunks, and/or a jelly-like consistency and can vary in size and number.

5. What are the problems that we face during the menopause and how to overcome?

Ans: Every woman's menopause experience is unique. Symptoms are usually more severe when menopause occurs suddenly or over a shorter period of time. The most common early signs of perimenopause are: less frequent menstruation, heavier or lighter periods than you normally experience vasomotor symptoms, including hot flashes, night sweats, and flushing. An estimated 75 percent of women experience hot flashes with menopause.

MYTHS & TABOOS:

- Do not touch Pickle/Papad
- Don't go to temple/Don't worship
- Do not play outside/take part in sports
- Do not cook prashad (holy food) during festivals

EUPHEMISMS:

- Tanki leek hogayi
- Aunty Agayi
- Mahinese hai
- Beha rahi hai

PARTICIPANTS FEEDBACK ON SESSION

- Wonderful event with lots of knowledge and awareness.

Kanika Arora

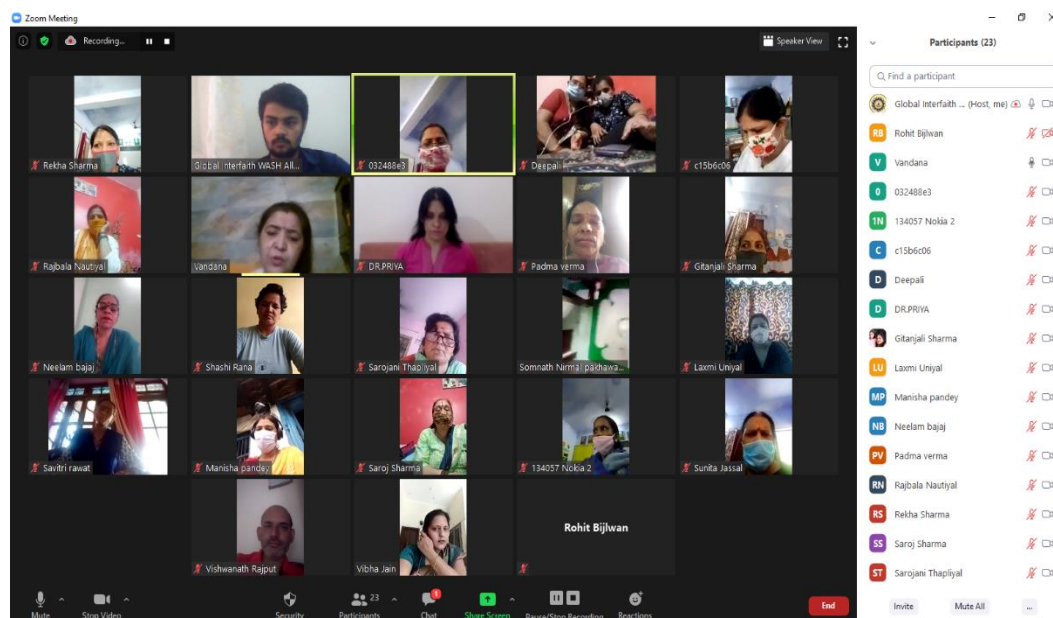
- Excellent workshop, very important and clarity of thoughts shared.

Iram Khan

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Nidhi Aggrawal	Female	34
2.	Kanika Arora	Female	34
3.	Payal	Female	38
4.	Pinky Tyagi	Female	40
5.	Nidhi Arora	Female	25

6.	Ishika Choudhary	Female	27
7.	Iram Khan	Female	40
8.	Twinkle Talwar	Female	24
9.	Shailly Sharma	Female	28
10.	Charu Bhardwaj	Female	32
11.	Karishma Tyagi	Female	27
12.	Radha Jain	Female	28



ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 24th September, 2020 (1 pm- 4 pm)

Trainer: Vandana Sharma

Organisation: Mount Litera Zee School

Location: Udaipur, Rajasthan

PARTICIPANT PROFILE

The Global Interfaith WASH Alliance (GIWA), is the world's first initiative that is engaging the faiths as allies in efforts to create a world where every human being has access to safe drinking water, improved sanitation, and proper hygiene.

Mount Litera Zee School, Udaipur, Rajasthan, mission is to prescribe and implement a curriculum for physical, mental, emotional, spiritual and intellectual enlistment for achieving multifaceted development and growth of the younger generation.

The participants are teaching in Mount Litera Zee School, Udaipur. There were 11 female participants in total. The wide age bracket was 23-38 years.

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were initially shy but came forward to ask the following questions:

1. My son is 6 years old, when should I talk to him about adolescence

Ans: Don't wait for your child to come to you with questions about his or her changing body- that day may never arrive, especially if your child does not know its ok talk to you about this sensitive topic.

By the time kids are 8 years of age, they should know about what physical and emotional changes are associated with puberty as in case of boys' voice begin to change just a few years later.

2. I am sitting with my daughter, why does she get pimples?

Ans: The pores in your skin contains oil glands. When you hit puberty there is increase in hormones called androgen. The excess hormones cause oil glands to become overactive, enlarges and results in overgrowth of bacteria causing pimples.

MYTHS & TABOOS:

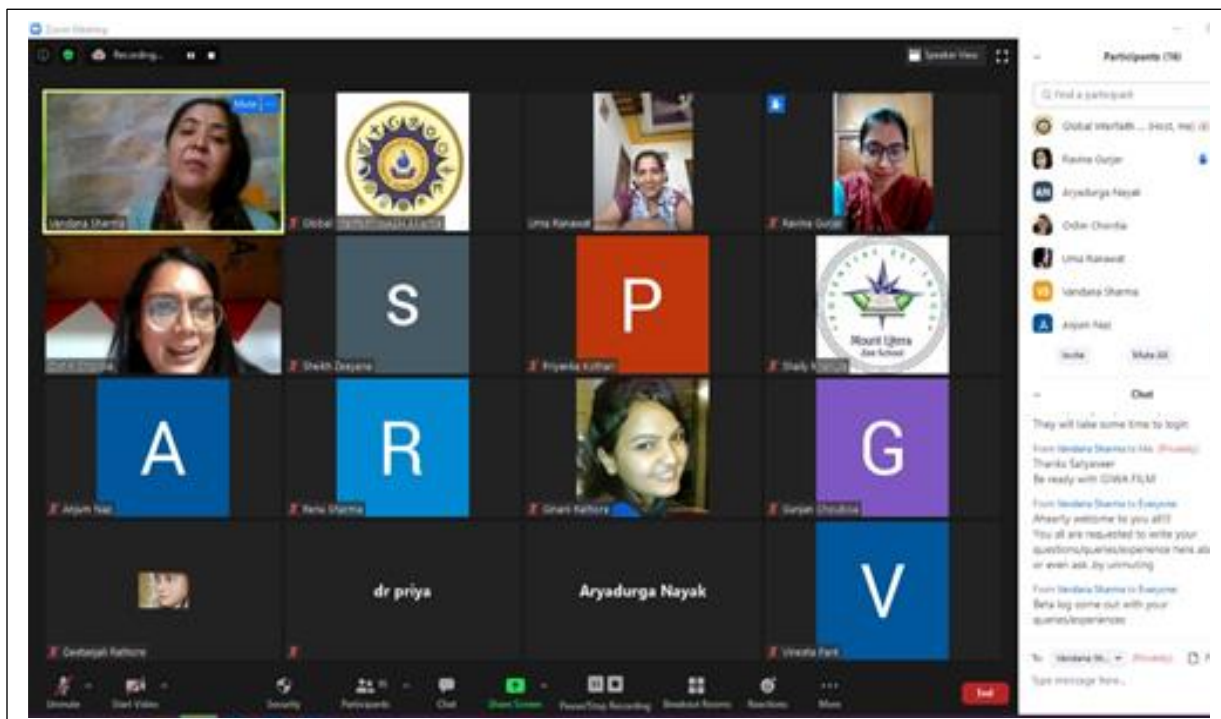
- Don't wash hair for 3-5 days during your periods
- Do not touch pickle
- Don't enter the Temple & kitchen
- Do not attend weddings & mundane sanskara

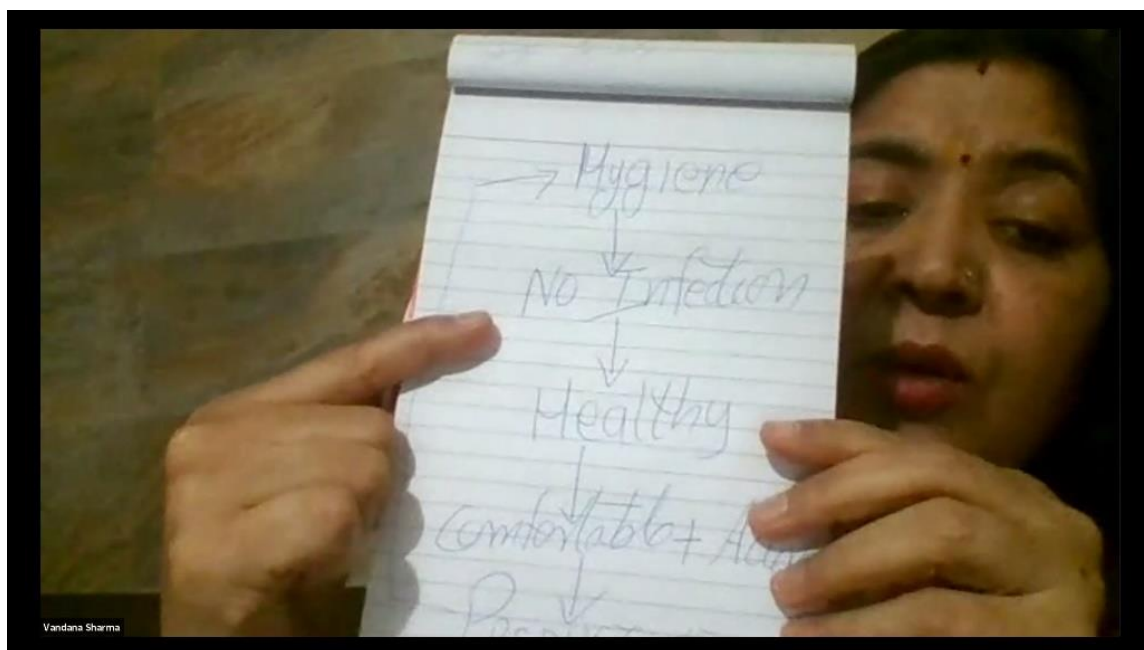
EUPHEMISMS:

- Down
- Red Dot
- Guest Aya
- MC

PARTICIPANTS FEEDBACK ON SESSION

- I will never remain shy regarding my Menses. And will definitely improve others' knowledge and hesitation.
 - **Ravina Gurjar**
- It was a very fruitful and a knowledgeable webinar. I have learned about many things today. Your team is doing a very good job. I loved it and would spread the awareness among the people whom I know
 - **Oshin Chordia**
- The session was very informative and will start up to create awareness and bring attitudinal change, thereby improving women's health and breaking the taboo and stigmas attached to menstrual health and hygiene for girls.
 - **Priyanka Mehta**





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Gitanjali Rathore	Female	35
2.	Oshin chordia	Female	23
3.	Mirdul Sharma	Female	28
4.	Priyanka Mehta	Female	30
5.	Ravina Gurjar	Female	30
6.	Sheikh Zeeyana	Female	26
7.	Anjum Naz	Female	24
8.	Priyanka Kothari	Female	32
9.	Gunjan Choubisa	Female	27
10.	Ginani Rathore	Female	21
11.	Renu Sharma	Female	38

Annexure B17

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 27-28th September, 2020 (10 pm- 1 pm)

Trainer: Vandana Sharma & Dr Priya Parmar

Organisation: VEERAYATAN INSTITUTE OF ENGINEERING AND PHARMACY

Location: Kutch, Gujarat

PARTICIPANT PROFILE

The Global Interfaith WASH Alliance (GIWA), is the world's first initiative that is engaging the faiths as allies in efforts to create a world where every human being has access to safe drinking water, improved sanitation, and proper hygiene.

Veerayatan institute of engineering and pharmacy aims to create an atmosphere in the college encourages independent thinking and inspires students to contribute for the betterment of the society from a very young age.

The participants are studying and teaching in Engineering and Pharmacy departments of Veerayantan Institute.

Over the course of the two-day webinar there were 45 female participants in total. The wide age bracket was 16-41 years. (Annexure 1: List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were initially shy but came forward to ask the following questions:

- 1. Mam we only get to see only pads in ads by which many people believe in that only. Tampons are best and good but it's hard to make or spread awareness to those who are not well educated. They feel hesitate to use it and they even don't talk about this because I have tried to spread awareness about the menstruation cups and about tampons also but they only one mindset that only pads are best so how I can make this spread that they are also best and eco-friendly?**

Ans: We can make them understand the environmental waste that is produced by the pad and its effects and also you can explain the health issues that occur using the pads.

- 2. Is it normal if a girl got her periods in 2 months?**

Ans: Irregular menstrual cycle is common in young people who have just started to have periods. People tend to have shorter or sometimes longer menstrual cycle during puberty, which may lead to them having two periods in 1 month. Hormone levels fluctuate significantly during puberty.

3. During periods having intercourse is safe?

Ans: It is okay to have sex as long you and your partner is comfortable but it can get messier.

4. Mam how can we just control our mood swings during periods because it creates so much stress?

Ans: Meditation, Yoga and Healthy Diet will solve your problems.

5. Is it safe to take bath in first 3 days of period? Kyunki pregnancy mein problem hota hain future mein esa kuch hoota hai?

Ans: There is absolutely no reason not to wash your hair, take a bath during menstruation. In fact, it is important to maintain menstrual hygiene to prevent UTI (urinary tract infection) and a nice warm bath can do a lot to relieve menstrual cramps.

MYTHS & TABOOS:

- Don't wash Hair for 4 days
- Don't touch TULASI and give water during periods
- Do not eat any sour food item
- Don't enter the Temple

EUPHEMISMS:

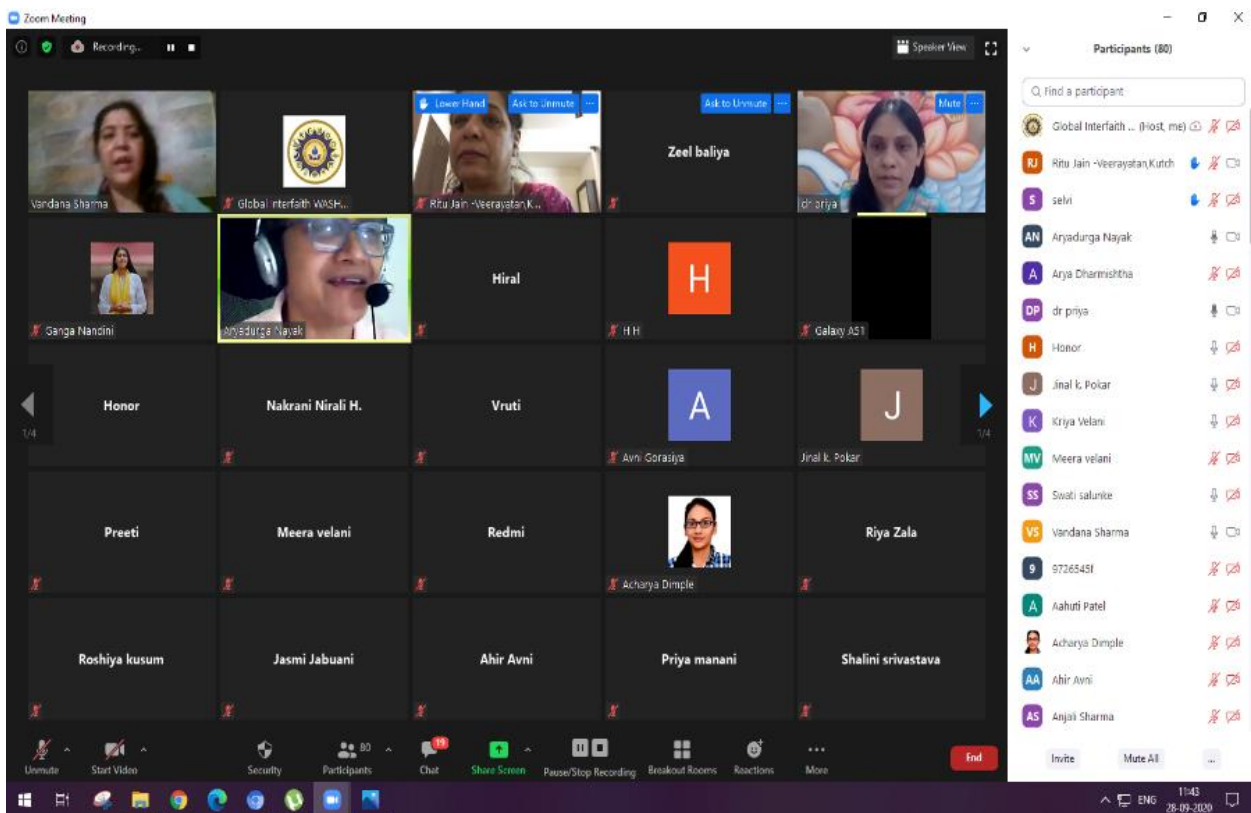
- Badi ho gayi (You have grown up)
- Bimar ho gayi
- Ladies Problem
- Red Light

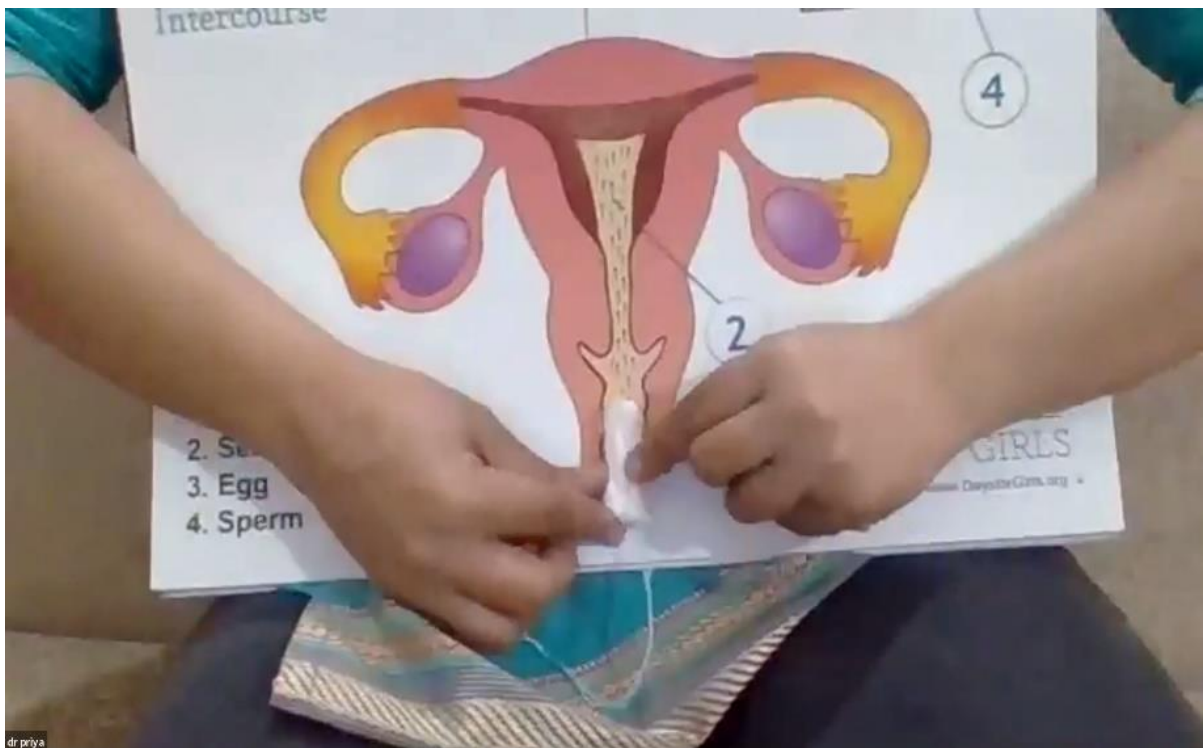
PARTICIPANTS FEEDBACK ON SESSION

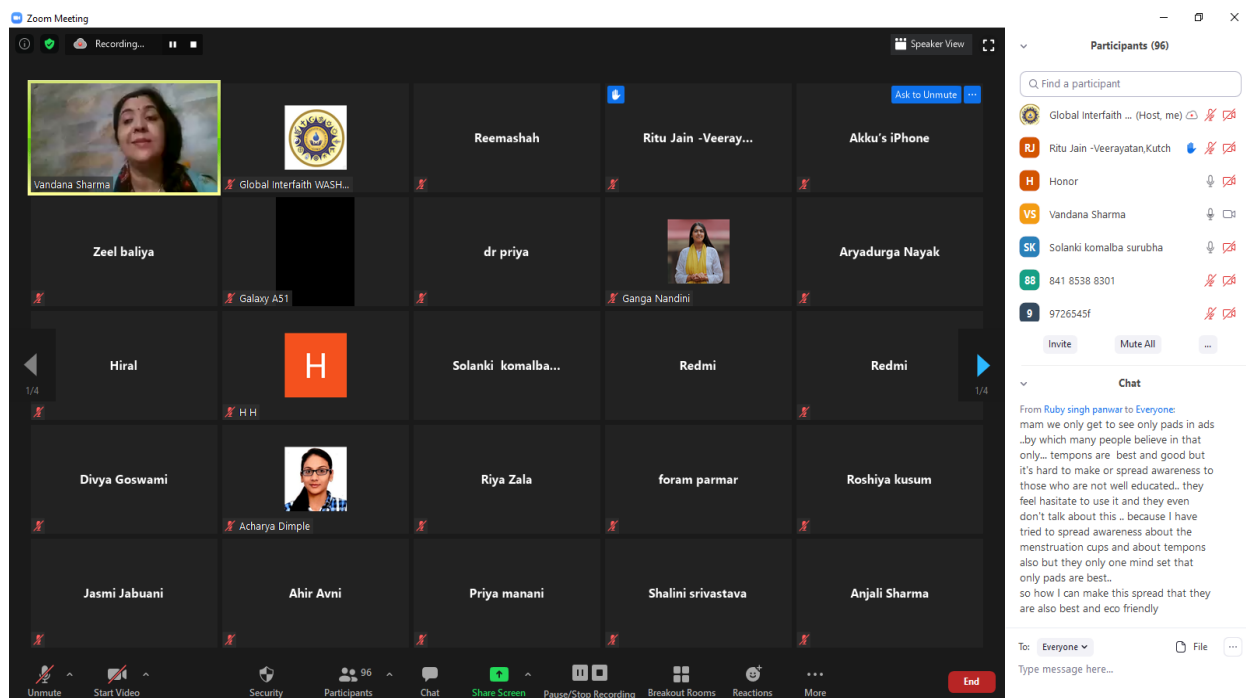
- I would love to attend more sessions like today's.
Swati Salunke
- During this session I get sufficient knowledge about our menstrual cycle religion. I will try to make it like HAPPY PERIODS!! 😊
Khushi Himmatgar Goswami
- From this webinar I have learned many things and I also hope that you will arrange this type of webinar in future, Thank you so much 😊
Batul Mustafa Modi
- Came to know about 2 new products which I was really not knowing about it before this webinar.
Vyas Devanshi

- The class was much better than I thought it will be, please conduct this type of classes more. Thank you
Shailvi soni
- It was a nice experience and good learning from this webinar.
Fofindi Krupali Bhanjibhai
- It was nice experience and good learning from this webinar.
Soni Shivani Naren

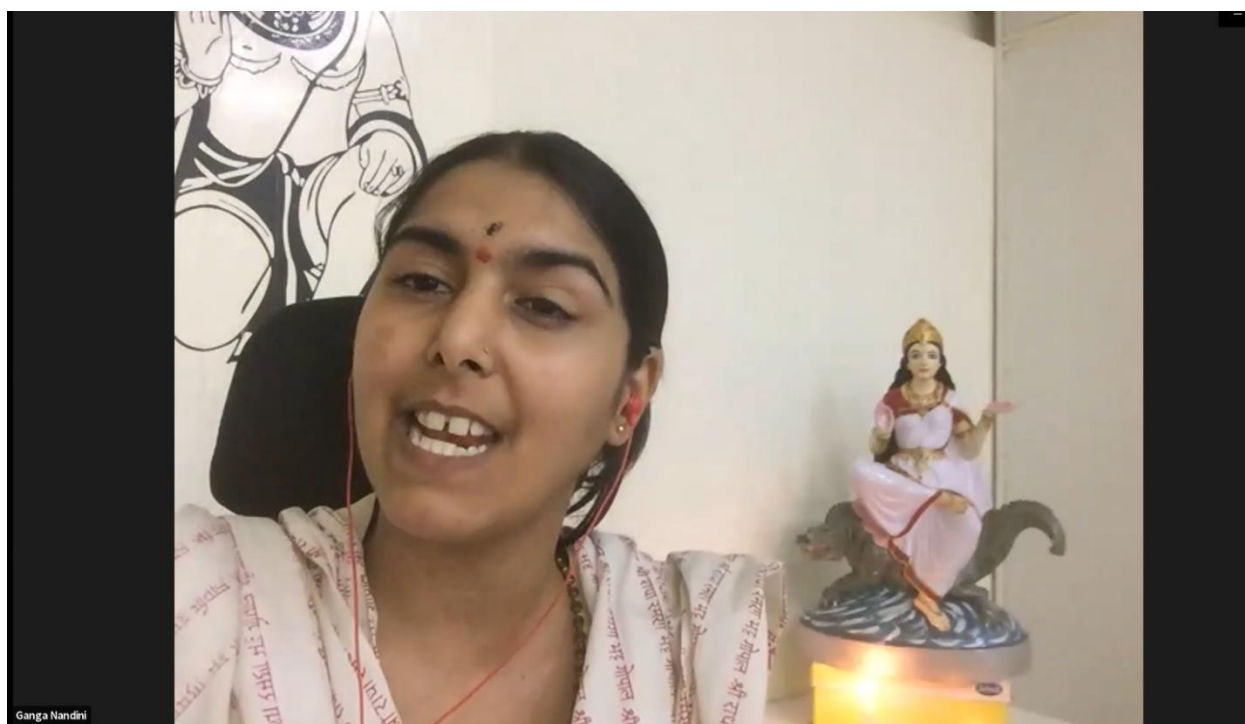
SCREENSHOTS:







The screenshot shows a Zoom meeting in progress. The main window displays a grid of 20 participants, each with a video thumbnail and name. The participants are arranged in a 4x5 grid. The chat window on the right shows a message from Ruby Singh Panwar to everyone, discussing the use of pads and the importance of awareness about menstruation cups and pads. The chat message reads: "mam we only get to see only pads in ads ..by which many people believe in that only... tempons are best and good but it's hard to make or spread awareness to those who are not well educated.. they feel hesitate to use it and they even don't talk about this .. because I have tried to spread awareness about the menstruation cups and about tempons also but they only one mind set that only pads are best.. so how I can make this spread that they are also best and eco friendly".



ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Megha Chhatbar	Female	30
2.	Ritu Rakesh Rathore	Female	41
3.	Vidhi Jayeshbhai Sanghvi	Female	28
4.	Kumawat Kiran Babulal	Female	35

5.	Chudasama Vaishali Jagdishbhai	Female	20
6.	Vishva Dharmendraabha	Female	21
7.	Anjali Sharma	Female	20
8.	Goyal Preeti	Female	18
9.	Soni Shivani Naren	Female	21
10.	Bhavini Ramesh Dhuva	Female	20
11.	Roshni Deepak Dhanwani	Female	19
12.	Nakrani Nirali H.	Female	20
13.	Khushali Girish Rathod	Female	22
14.	Zala Rajeshvariba Narendrsinh	Female	20
15.	Jinal Bagda	Female	19
16.	Swati Hemant Salunke	Female	21
17.	Priya Manani	Female	20
18.	Hiral .R . Thakker	Female	21
19.	Goswami Alka	Female	19
20.	Rajgor Vrunda Kishorbhai	Female	20
21.	Tanvi Harji Khetani	Female	18
22.	Goswami Priya Zuleshbhai	Female	20
23.	Bhatt Vaishali Kiran bhai	Female	19
24.	Chauhan Vandana	Female	19
25.	Sangita Rameshbhai Joshi	Female	29
26.	Apoorva Gadhi	Female	20
27.	Arya Dharmishtha Kishorbhai	Female	19
28.	Vyas Devanshi	Female	18
29.	Bhawna Puglia	Female	18
30.	Makani Chandni Shankarlal	Female	19
31.	Vegad Disha Dineshbhai	Female	18
32.	Ahir Avni Rameshbhai	Female	19
33.	Acharya Dimple Dhirubhai	Female	27
34.	Maheshwari Bhavini K	Female	20
35.	Prerna Mehta	Female	18
36.	Patel Khushi	Female	19
37.	Gorasiya Avani Ramji	Female	18
38.	Vruti Raneshbhai Vasani	Female	20
39.	Thacker Riya R	Female	21
40.	Senghani Minal Bharatbhai	Female	21
41.	Chauhan Riddhi	Female	20
42.	Chaudhari Maitri V	Female	21
43.	Rudani Akshi S	Female	18
44.	Dholu Visha Mukeshbhai	Female	19
45.	Tinkal Bharatbhai Chopda	Female	19

Annexure B18

WEBINAR /TRAINING

ON COVID 19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 29/09/2020

Place: Doon Yudhishtir Public School

Trainer: Mrs. Surekha Lambe

ACKNOWLEDGEMENT

GIWA India has played a convening role in Menstrual Health and Hygiene Safe Practices webinar in Doon Yudhishtir Public School. GIWA's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

CONTEXT

GIWA India contacted Mrs Surekha Lambe MHM Trainer, GIWA to conduct a webinar for the Doon Yudhishtir Public School. The school administration decided to conduct a session on this important matter to make their workplace more MHM Friendly.

PARTICIPANTS PROFILE

Participants were from a varied age group between 25 to 40 years. 17 females participated in the webinar. All participants are based in. Doon Yudhishtir Public School

OBJECTIVE:

In the wake of the COVID-19 pandemic, the global community faces a shortage of necessities, supplies, and commodities that are central to women and girls' health, empowerment, and dignity. While practicing vigilant hand washing and sanitizing the house due to COVID-19, it is important to practice the same type of hygiene care with your menstrual products. Hence the webinar ensures:

- Understanding different types of menstrual materials, their hygienic usage, care, and disposal in different situations.
- Safely manage water, sanitation, and hygiene (WASH) services which are an essential part of preventing and protecting human health during infectious disease outbreaks.

SCHEDULE – 29th September 2020, 2 to 5 PM - Doon Yudhishtir Public School

Session	Objectives	Tools
To Set a Context	Welcome and Introduction Few words by Head of associated organisation Lighting of a DIYA along with Mantra <i>Thanking and handing over the platform to the Trainers</i>	DIYA
BREAKING OF SILENCE	Discussion including Myths and Taboos	Dadi Ma Video (8 min)
BIOLOGICAL ASPECTS AND PRODUCTS	Puberty (Boys & Girls) Process of Menstruation, Menstrual Products Pain relief exercise and home remedies	Flip Book Apron Pads, Tampons Menstrual cup Parmarth Yoga Video (4 min)
MENSTRUAL HYGIENE /SANITATION AND SAFE DISPOSAL	General hygiene of the body. Safe Sanitation Practices - MHM Toilet Menstrual hygiene and Covid 19 Safe Disposal - Personal /community Products	Seven steps of Handwashing Waste Magmt Video (3 min)
RECAPITULATION	Clarifications of doubts	No Shame Video (3:26 min)
PLEDGE	Closing of workshop with a Vote of Thanks	

SESSIONS CONDUCTED

The session was divided into 3 parts namely -

1. BREAKING OF SILENCE and Introduction & Menstrual Health and Hygiene -

The participants were introduced to the biological process of menstruation through diagrams of the female reproductive system to break the myth around impure/dirty blood. The follow up session displayed several absorbents and gave detailed information about their advantages and disadvantages & safe disposal practices. A short discussion on myths and taboos also took place wherein the harmful effects of myths on personal hygiene and body were emphasised.

The MHH session included discussion on ensuring adequate water, cleansing and washing materials and private spaces for managing menstrual flows hygienically and privately, managing pain, menopause and/or any related issues with dignity, in the home and in public spaces.

What is menstruation?**(PROCESS OF MENSTRUATION)**

A small session on the biological process of menstruation was held. In this session a detailed conversation on the how menstruation as a biological process comes to be was initiated. The female reproductive system, it's various organs were discussed at length. Post which, the menstrual cycle and it's process was described with illustrations.

MYTHS AND TABOOS

Participants were asked to discuss and list out the various taboos, norms and myths associated with menstruation in their community. They listed out various taboos and norms with regard to menstruation. Some of these are:

- Don't do travel and take rest
- Don't do exercise
- Don't wash Hair for 4 days
- Don't touch plants and give water during periods
- Don't enter the Temple & kitchen
- Don't go in front of elder person.
- Don't eat Non vegetarian food.

EUPHEMISMS

Participants were asked to list all the words used in their community to address menstruation. Due to the lack of knowledge, shame and stigma attached to menstruation, a lot of negative "code words" other than right word for menstruation in local language are spoken in different groups, languages and communities. Most of the words related to menstruation are negative in nature.

Some of the slangs/ terms and euphemisms for the word "menstruation" that were listed by the participants were:

- Down ho gai
- KAPDA lag gaya
- HAIJA ho gaya
- FOOL o gai (SILY)
- Problem aa gaya
- GHADA fut gaya
- Red signal lag gaya

2. Introduction of Flipbook As we grow – How to use it when teachers will discuss Menstruation to KISHOR/ KISHORI , introduction Menstrual MHM Wheel, Apron

Participants were introduced to the tools i.e. Flipbook, Menstrual Wheel and Apron, to learn about the physical and emotional changes in boys and girls during adolescence, semenarche, menarche and menstruation. Participants were shown how to use these tools to break the silence and explain menstruation in simple language during field visits. These tools break major myths and taboos associated with menstrual blood and adolescent body changes.

Also discussed about different products Pads, Tampon , Menstrual Cups during periods to alleviate pain as well as home remedies and showed a video about Yoga for Menstrual Pain done by GIWA and Parmarth Niketan, in association with WSSCC.

3. MENSTRUAL HYGIENE /SANITATION AND SAFE DISPOSAL

Handwashing and COVID-19

This session focused on the importance of handwashing during COVID-19 pandemic and general hygiene of the body. Hand washing is a way of cleaning one's hands that substantially reduces potential pathogens (harmful germs) on the hands. The participants were told different steps of handwashing and points for when they should engage in it. Example - After coughing and after touching a surface in the open.

Safe Sanitation Practices

The session introduced precautionary principles should be kept in mind and applied to avoid faecal-oral transmission of various viruses and bacteria. The discussion on public toilets and OD focused on always using a toilet and avoiding open defecation. Open defecation increases the risk of many other diseases like diarrhoea, typhoid, cholera, hepatitis, polio, trachoma, and others.

Environment-friendly safe disposal- Hygienic disposal/reuse of menstrual products: all safe and hygienic options for disposal of absorbents such as burial in the ground, proper disposal in dustbin with lids were discussed in detail. Red dot campaign were also discussed.

At the end of the presentation and webinar, a question-answer session was held with the participants during which the participants asked several questions related to various aspects discussed in the MHH session. Some of these were:

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were very responsive and participative throughout the duration of the session. Some of the questions that came forward, include -

- **Why does it smell when on period?**
 - The strong smell is likely due to the blood and tissue exiting the vagina along with bacteria. Its normal for the vagina to have bacteria, though the amount can fluctuate . The resulting rotten smell from bacteria mixed with menstrual flow shouldn't be strong enough for others to detect.
- **Can we burn used Pad? Is it safe?**
 - Incineration is a better technique to dispose of menstrual waste but burning of pads in open space releases harmful gasses that effects health and environment. Burning of inorganic material at low temperature releases dioxins which are toxic and carcinogenic in nature.

PARTICIPANTS FEEDBACK ON SESSION IF ANY

The participants shared their feedback

- We got real information regarding Myths and Taboos
- This training give us lot of information regarding hygiene and different products

ANNEXURE-PARTICIPANT LIST

S.no	Name	Gender	Designation/Occupation
1	Diya Pant	F	Teacher
2	Minakshi Bisht	F	Teacher
3	Rita Arora	F	Teacher
4	Anshika Arora	F	Teacher
5	Malti Malhotra	F	Teacher
6	Rashmi Sharma	F	Teacher
7	Priyanka Negi	F	Teacher
8	Nidhi Nishad	F	Teacher
9	Prem Mishra	F	Teacher
10	Rashmi	F	Teacher
11	Prianka Thakur	F	Teacher
12	Sarita Kumari	F	Teacher

13	Pooja Gupta	F	Teacher
14	Arti Bhandari	F	Teacher
15	Nitu	F	Teacher
16	Deepa Warma	F	Teacher
17	Simrata Patwr	F	Teacher

Zoom Meeting

Recording...

Speaker View

Vandana Sharma

Global Interfaith WASH...

Aryadurga Nayak

PRAMOD POTAI

Gopaldas Sahu

dr priya

Yogendra Pratap...

Laxmi Dholbajja

Chandra Pratap...

Lilawati

Brijendra Singh

SHRAWAN KUMAR YAL...

Galaxy A10s

Ajay Baidh

Gajendra Gupta

Leela

Ajeet Mishra

56798244

Rekha Pareya

Rohit Bijlwan-GI...

NK

Deepak Bagri

Participants (22)

Q Find a participant

Global Interfaith ... (Host, me)

AN Aryadurga Nayak

RB Rohit Bijlwan-GIWA

CP Chandra Pratap Singh

PP PRAMOD POTAI

S 56798244

AB Ajay Baidh

AM Ajeet Mishra

BS Brijendra Singh

D Deepak Bagri

DP dr priya

GG Gajendra Gupta

GS Gopaldas Sahu

LD Laxmi Dholbajja

L Leela

L Lilawati

N NK

Unmute

Start Video

Security

Participants

Chat

Share Screen

Pause/Stop Recording

Breakout Rooms

Reactions

More

End

17:28

29-09-2020

Zoom Meeting

Recording...

Vandana Sharma asha chaudhary usha sahu Ig

Global Interfaith ... (Host, me) dr priya Sumitra Sahu 56798244 74aea9b0 74aea9b0 Ajay Baidh Ajeet Mishra Aryadurga Nayak asha chaudhary Bhupesh Brijendra Singh Chameli sahu Chandra Pratap Singh Gajendra Gupta Gopaldas Sahu Jitendra kumar janghel Leela

15:34 29-09-2020

Zoom Meeting

Recording...

Speaker View

Vandana Sharma Aryadurga Nayak

Global Interfaith WASH... dr priya

asha chaudhary RJN/VJ-12 RJN DGG1

usha sahu Jitendra kumar janghel

Leela Ig

Sumitra Sahu 74aea9b0 Gopaldas Sahu

Rjn.chh1 Chandra Pratap... Rjn mah 1 rjn-cry-2 RJN CRY 1

RJN MHA 02 RJN FIL 1 56798244 Ramji S. Rai Datia MP Lilawati

15:34 29-09-2020

Unmute Start Video Security Participants Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

Annexure B19

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 29th September, 2020 (2 pm- 5 pm)

Trainer: Vandana Sharma & Dr Priya Parmar

Organisation: JAN KALYAN SAMAJIK SANSTHAN

Location: Rajnand Goan, Chhatisgarh

PARTICIPANT PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC). The members of the JKSS were members of a youth group, which later got converted into a society with focus on Tribal development and health issues

The participants are connected with the JKSS in various capacities. There were 34 participants in total which includes 23 males and 11 females. The wide age bracket was 20-54 yrs (Annexure 1: List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were initially shy but came forward to ask the following questions:

1. क्या नींद पूरी नहीं होने से भी माहवारी में दिक्कत होती है?

Ans: Deep sleep is important for physical renewal, hormonal regulation and growth. Without good sleep you're more likely to get sick and gain an unhealthy amount of weight.

2. जैसे कि हम जानते हैं कि पीरियड का समय 3-5 या 7 दिन सामान्य माना जाता है किन्तु उसके बाद भी कुछ किशोरियाँ व महिलाओं को 10-12 दिन तक पीरियड निरन्तर रहता है इसका कारण क्या हो सकता है ? यह सवाल हमारे कार्य क्षेत्र से आया है।

Ans: Every woman is unique and different. Having shorter or longer period is perfectly fine, but the period can't be more than 9 days.

3. टैमोन reuse कर सकते हैं?

Ans: Tampons are available in two varieties – Re-useable & Onetime usable. Onetime usable tampons are made of cotton & rayon. Onetime usable tampons can't be reused after 6-8 hrs. They should be disposed of by wrapping in a paper in a closed dustbin.

MYTHS & TABOOS:

- Do not touch Pickle
- Do not go to Temple
- Do not touch the holy books
- Do not take bath for 4 days

EUPHEMISMS:

- Lal Bulb Jal Gaya (Red bulb is on)
- Lal Bukhar (Red fever)
- Khatre ki ghanti (Danger alert)
- Mirgi ka dard

PARTICIPANTS FEEDBACK ON SESSION

- आज का प्रशिक्षण बहुत ही अच्छा रहा! मासिक धर्म में किस तरह स्वच्छ रहकर स्वस्थ रह सकते हैं इसकी जानकारी डॉ प्रिया मेडम एवं वंदना मेडम द्वारा दिया गया। इस तरह वेबीनार और ज्यादा लोगों के साथ होना चाहिए जिससे महिलाएं एवं किशोरी माहवारी के संबंध में खुलकर बोल सके।

Gopal Das Sahu

- बहुत कुछ इस प्रशिक्षण से सिखने मिला और इस तरह से हम और भी लोगों को जानकारी दे सकते हैं

Santoshi Rajput

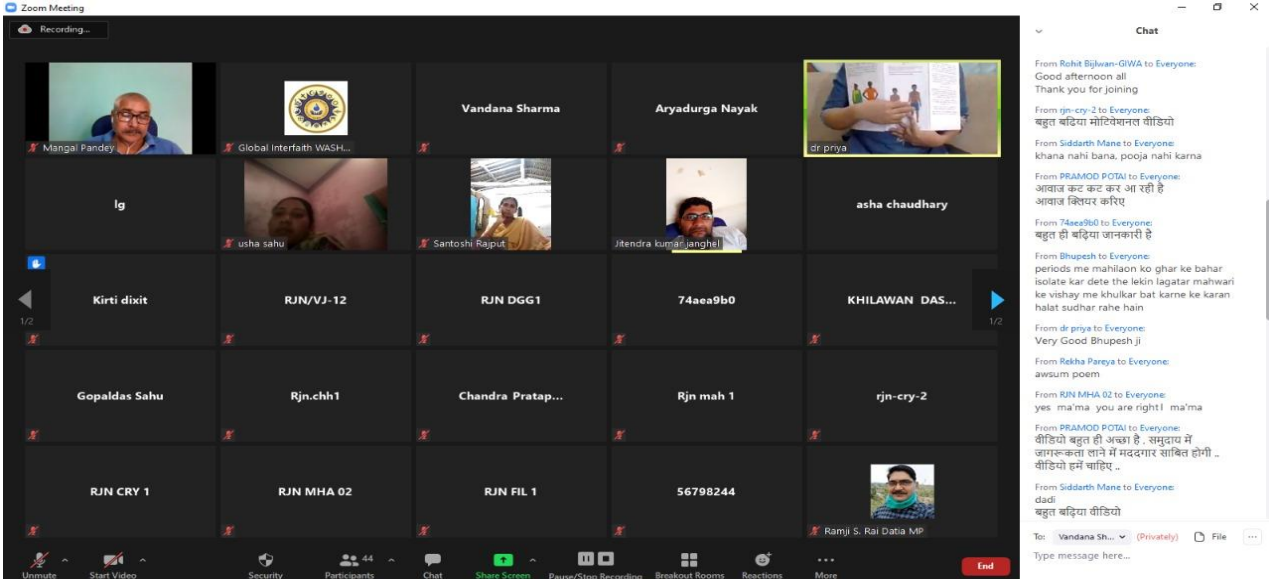
- आज का वेबिनार काफी ज्ञानवर्धक था और बहुत कुछ नई जानकारीयां हासिल हुआ।

Ajay Baidh

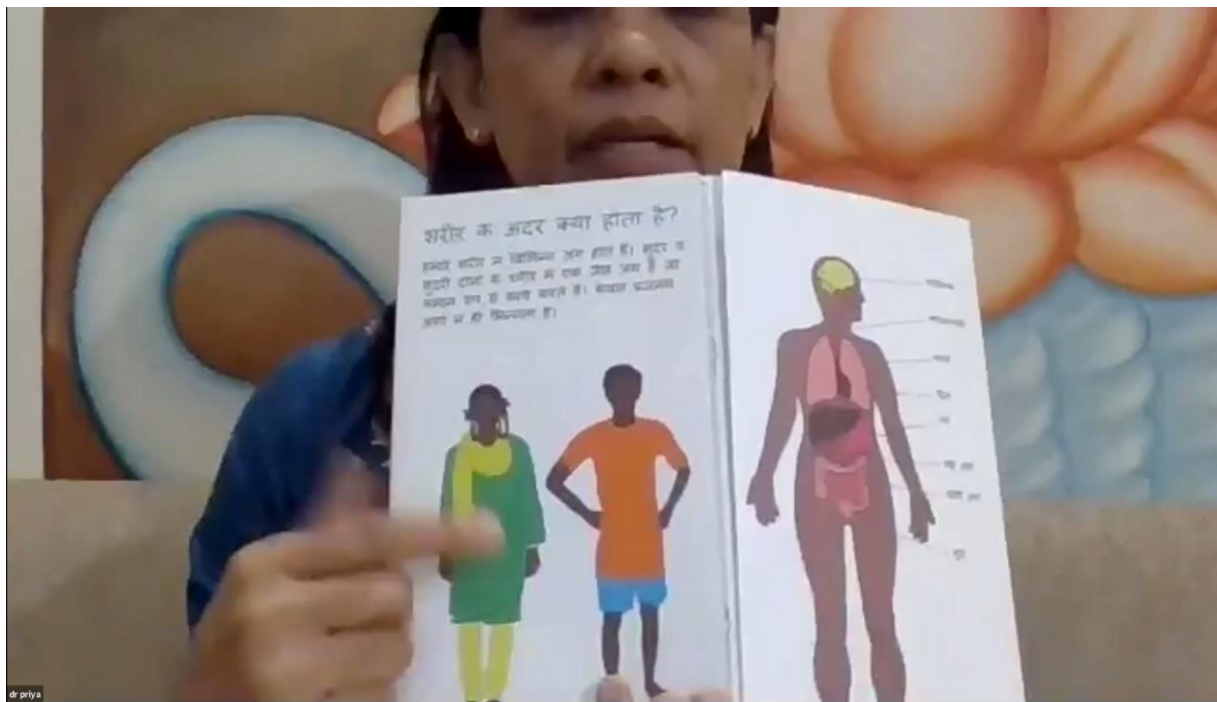
- GIWA के साथ MHM पर मिलकर संस्थागत रूप से काम करना चाहूंगा।

Dr. Gajendra Gupta

SCREENSHOTS:



The screenshot shows a Zoom meeting in progress. The main window displays a grid of 20 participants, including several individuals and the Global Interfaith WASH Alliance logo. The chat window on the right shows a conversation from Rohit Brijwan-GIWA to Everyone, with messages about the session and a thank you note. The chat also includes a link to a video resource and a poem about menstruation.



ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Yogendra Pratap Singh	Male	45
2.	Tumman Sahu	Female	31
3.	Mamta Sahu	Female	46
4.	Seema Chandravanshi	Female	23
5.	Noushee	Female	23
1.	Rahul Zema	Male	31
2.	Shyam Harichandra Joshi	Male	27
3.	Avinash Tembhurkar	Male	28
4.	Lalit Kumar Sahu	Male	24
5.	Ajay Sahu	Male	27
6.	Takeshwari Yadav	Male	24
7.	Himlesh Verma	Male	27
8.	Krishnkant Shah	Male	24
9.	Tejasvi Verma	Female	26
10.	Aashish Kumar Janghel	Male	23
11.	Lilawati Yadav	Female	20
12.	Gayatri Sahu	Female	27
13.	Divya Sahu	Female	23
14.	Pritam Verma	Male	23
15.	Tripti Sahu	Female	28
16.	Khilawan Das Sahu	Male	31
17.	Abhishek Patel	Male	22
18.	Gopal Ram Sahu	Male	29
19.	Dameshwar Das Sahu	Male	24
20.	Neeraj Sahu	Male	22
21.	Mannu Lal	Male	24
22.	Surjeet Kumar Hidko	Male	23
23.	Baidhnath Verma	Male	39
24.	Deepak Bagri	Male	25
25.	Ajay Kumar	Male	45
26.	Nisha Parnami	Female	53
27.	Brijendra Singh	Male	54
28.	Santoshi Rajput	Female	32
29.	Dr Gajendra Gupta	Male	47

Annexure B20

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 30th September, 2020 (2 pm- 5 pm)

Trainer: Dr Krupali Patel & Dr Priya Parmar

Organisation: TEJASWINI FOUNDATION BHILAI

Location: Chhatisgarh

PARTICIPANT PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC) has been working extensively on the issue of Menstrual Health and Hygiene, Management and Safe Practice. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

Tejaswini (tigress) foundation is a non-government foundation founded in the city of Bhilai, Chhattisgarh by well educated women of bhilai steel plant officially in the year 2018. Their aim making a world a better place for each and every one.

The participants are associated with the Tejaswini Foundation. There were 17 female participants in total. The wide age bracket was 23-58 yrs. (Annexure 1: List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

The participants were initially shy but came forward to ask the following questions:

1. मेनारकि आने से पहले घर व स्कूल के बच्चों को सरल भाषा में कैसे समझाना चाहिए कृपया बताएं

Ans: It's probably best to avoid "The Talk" about menstruation. Instead, try to spread it out into lots of smaller conversations — education about how the human body works should be continuous. Otherwise, too much importance is placed on a single discussion and the information can be overwhelming. Even toddlers begin asking questions about their bodies, and parents should answer them honestly. But how specific you are with the details should depend on your child's maturity and ability to understand.

2. मैसुवल कप की साइज पर भी कुछ बताएं

Ans: Most menstrual cup brands sell a smaller and a larger size. The smaller size is typically recommended for women under 30 or women who have not given birth

vaginally. The larger size is typically recommended for women over 30 or have given birth vaginally, or have a heavy flow.

MYTHS & TABOOS:

- Do not touch Pickle
- Do not go to Temple
- Do not take a bath

EUPHEMISMS:

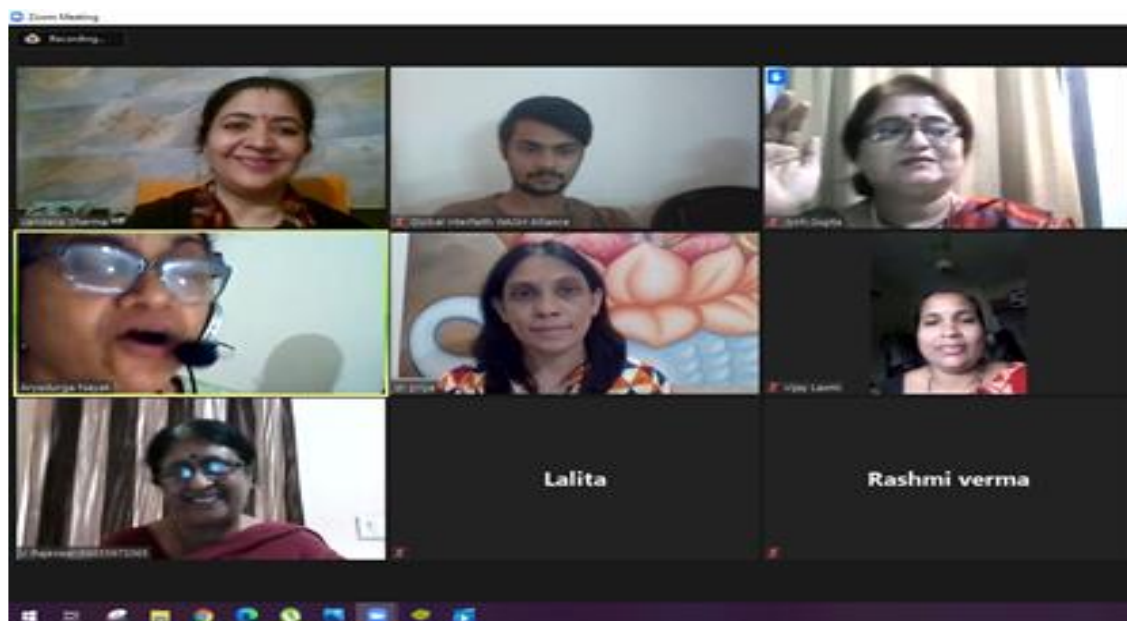
- Lal Katra
- Bemari
- Ladies Dard
- Ladies Ki Problem

PARTICIPANTS FEEDBACK ON SESSION

- बहुत अच्छा जानकारी मिली
Jyoti Gupta
- Want to spread awareness about personal hygiene amongst poor woman
P Lalita

SCREENSHOTS:





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Jyoti Gupta	Female	53
2.	India Deshmukh	Female	49
3.	P Lalita	Female	49
4.	Rashmi Verma	Female	45
5.	Vijay Laxmi Parganiha	Female	41
6.	V. Rajeswari	Female	58
7.	Akriti Gandhi	Female	26
8.	Shalini Prasad	Female	34
9.	Priyanka Shukla	Female	32
10.	Varsha Tiwari	Female	42
11.	Lalita Mishra	Female	33
12.	Prema Agarwal	Female	56
13.	Aditi Agarwal	Female	53
14.	Ankita Verma	Female	51
15.	Suniti Chopra	Female	23
16.	Vidya Chopra	Female	25
17.	Tina	Female	24

Annexure B21

ONE DAY WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 4th October, 2020 (2 pm- 5 pm)

Trainer: Priyanka Tripathi & Vandana Sharma

Organisation: Group Inspired by Sadhvi Kalpanaji

Location: Jhansi, Uttar Pradesh

PARTICIPANT PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC) has been working extensively on the issue of Menstrual Health and Hygiene, Management and Safe Practices. As part of this initiative capacity building and awareness generation activities are being carried with various groups, including vulnerable one across India. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

The participants are devotees and associates of Sadhvi Kalpana Ji. There were 20 participants including 14 females and 6 males attended the program. The wide age bracket was 14-49 yrs. (Annexure 1: List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

No questions were asked by the participants:

MYTHS & TABOOS:

- Do not enter Kitchen & prepare food
- Do not work in farms
- Stay in a separate room during 5 days.
- Don't enter the Temple
- Not allowed to enter the house without washing hair after 5th day.

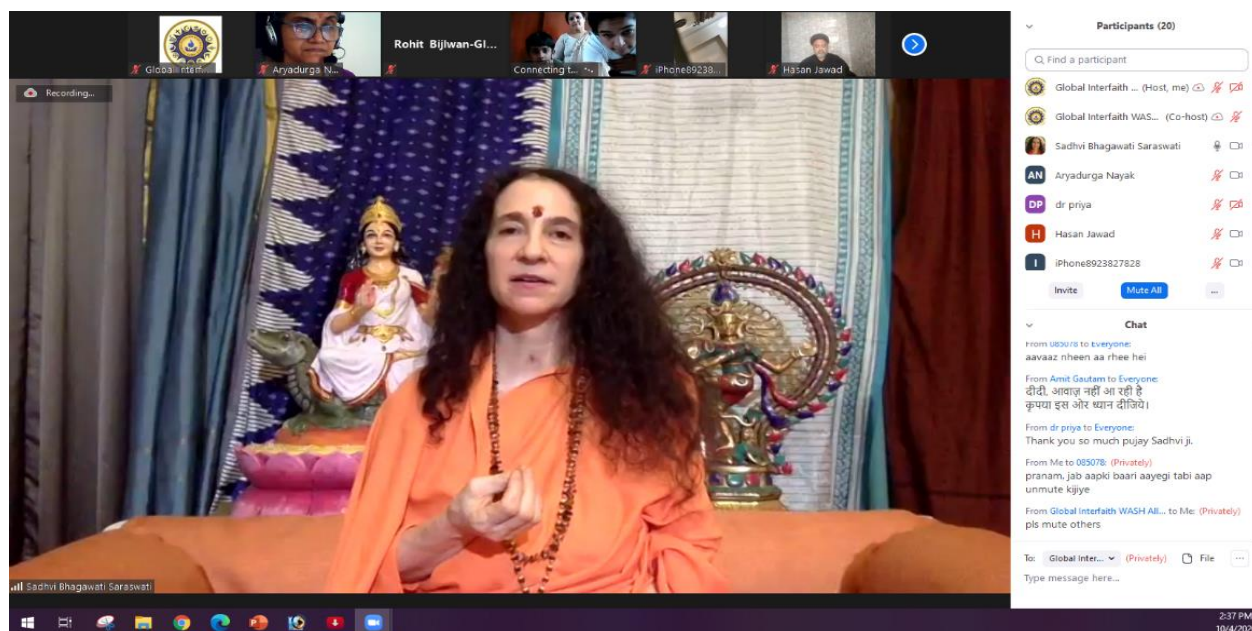
EUPHEMISMS:

- Bukhar Ho Gaya
- Mahina Agaya
- Tension Hogaya
- Bimar Hogayi

PARTICIPANTS FEEDBACK ON SESSION

- Very informative, engaging and interactive.
Urdhva Gupta
- Aati sundar aur bauth zaroori.
Kuhu Banerjee
- I shared that in my area whenever a girl reaches her first period we will plant at least one tree in honour of this phase of her life. This will be our way of removing the stigma and celebrating our women and girls. We hope to have GIWA's support to undertake this campaign.
Mange Ram Chauhan
- I didn't think that Menstrual Hygiene could be so complex and would entail an entire training. I am so glad to have attended this training. It was an eye-opener
Hasan Jawad

SCREENSHOTS:



Recording...

Participants (19)

Q. Find a participant

- Sadhvi Bhagawati Saraswati
- AN Aryadurga Nayak
- DP dr priya
- 065078
- H Hasan Jawad
- I iPhone8923827828
- LK Lenovo K8 Note

Invite Mute All

Chat

From Ganga Nandini to Everyone:
Jai Gange! Sadhvi ji will join shortly pls continue yes we should be ready in two mins

From 065078 to Everyone:
avaaz nheen aa rhee hei

From Amit Gautam to Everyone:
दीदी, आवाज़ नहीं आ रही है
कृपया इस और ध्यान दीजिये।

From dr priya to Everyone:
Thank you so much puja Sadhvi ji.

To: Everyone File

Type message here...

2:31 PM
10/4/2020

Recording...

Participants (12)

Q. Find a participant

- Global Interfaith ... (Host, me)
- Global Interfaith WAS... (Co-host)
- H Hasan Jawad
- P Priyanka
- AN Aryadurga Nayak
- DP dr priya
- N niket

Invite Mute All

Chat

can you type your real name on your zoom id

From Me to Sadhvi kalpana Arundhati (Privately):
sadhvi ji iPhone 8923827828 inka real name kya hai inhone zoom pr yeh dala hai kripya aap inka naam bataye

From Me to dr priya (Privately):
iphonwe valo se unka naam pta kr sktte hai

From Hasan Jawad to Everyone:
My mobile no 7827244742
Moulana syed hasan umam abidi

To: Rohit Bijlwan-GIWA (Privately)

Type message here...

4:41 PM
10/4/2020

Recording...

Participants (22)

Q. Find a participant

- Global Interfaith ... (Host, me)
- Global Interfaith WAS... (Co-host)
- DP dr priya
- H Hasan Jawad
- S Sadhvi kalpana Arundhati
- 065078
- A Amit Gautam

Invite Mute All

Chat

दीदी, आवाज़ नहीं आ रही है
कृपया इस और ध्यान दीजिये।

From dr priya to Everyone:
Thank you so much puja Sadhvi ji.

From Me to 065078 (Privately):
pranam, jab aapki baari aayegi tabi aap unmute kijiye

From Global Interfaith WASH All., to Me (Privately):
pls mute others

From Me to iPhone8923827828 (Privately):
sir, can you type your real name pls...on your zoom id.

To: Hasan Jawad (Privately)

Type message here...

2:59 PM
10/4/2020

SL	NAME	GENDER	AGE
1.	Sadhana Gautam	Female	45
2.	Pranjali Khard	Female	28
3.	Sadhvi Kalpana Arundhati	Female	49
4.	Kuhu Banarji	Female	40
5.	Megha Pahariya	Female	38
6.	Mange Ram Chauhan	Male	51
7.	Maulana Sayed Hasan Imam Abidi	Male	47
8.	Shipra Khare Shukla	Female	40
9.	Dr Abhilasha Verma	Female	31
10.	Amit Gautam	Male	45
11.	Urdhva Gupta	Female	14
12.	Richa Khard	Female	29
13.	Setavya	Male	18
14.	Niket Sinha	Male	29
15.	Rehan.Khan.	Male	28
16.	Sadhvi Krupali	Female	25
17.	Sushila Sharma	Female	32
18.	Jaya Chaudhary	Female	41
19.	Prabha Mishra	Female	47
20.	Sushila Shukla	Female	52

Annexure B22

ONE DAY WEBINAR SESSION ON COVID-19,

MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 13th October, 2020 (10 pm- 1 pm)

Trainer: Dr Krupali Patel & Dr Priya Parmar

Organisation: VEERYATAN VEEDYHAPEETH

Location: Kutch, Gujarat

PARTICIPANT PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC) has been working extensively on the issue of Menstrual Health and Hygiene, Management and Safe Practice. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

Veerayatan Group aims to create holistic atmosphere in the organization and encourages independent thinking and inspires students to contribute for the betterment of the society from a very young age. The Participants are students of Veerayatan Vidhyapeeth. There were 32 female participants in total. The wide age bracket was 17-38 years. (Annexure 1: List of Participants)

QUESTION- ANSWER SESSION WITH PARTICIPANTS

This session was a very interactive and engaging one with the following questions:

- 1. Many times, I have seen changes in period color ...so can you explain why is it so?**

Ans: How did you check the color, was it from your pad/cloth? In both these cases you can't get the correct color – because pad has chemical and cloth has the color shade. You can know the correct color only when you use Menstrual Cup.

- 2. Mam what the reason for not having periods for someone like one of my friends doesn't have periods regularly initially when she had just started menstruating, she had to take injection to start the periods and then another injection to stop the bleeding**

Ans: Most often, children simply develop later than their peers but ultimately develop normally. In the majority of cases, delayed puberty

represents a normal variation, which may run in the family. Sometimes, delayed puberty is caused by chronic medical problems, hormonal disorders, radiation therapy or chemotherapy, disordered eating or excessive exercise, genetic disorders, tumors, and certain infections. An adolescent who is naturally late in developing may start menstruation bit late, however the normal age range is between 9 years to 19 years of age.

3. Hume pata hai ki yeh natural process hai aur hum apne aap ko defend bhi kr skte hai.. but kai bar public me hum apne aap ko low feel krte hai kyuki kai log even girls passes the comments...so how to overcome from that...?

Ans: Periods are natural. They are a crucial part of life. They signify health and fertility. We are all about being period powerful and saying 'NO' to period shaming! Changing the way, we think about, talk about and care about periods can help end the shame, break the silence and alter attitudes towards periods.

4. Jab hum cotton cloth use krte hai, usse wash krke, use krte hai, tou sometimes esa hota hai ki wo tougher ho jate hai. so, what is the meaning of that maa'm? monsoon me cotton cloth Kabhi sukh Nahi pata thik se so hum usko use kr skte hai?

Ans: As we use detergent/soap to clean the cotton cloth, and do not rinse it to remove all the detergent, on continuous use such cloth become rough.

If you can't dry the cloth completely, do not use wet cloth again and again because it will cause infection.

5. Ulcer hote hai after the periods uska koi solution ya koi connection?

Ans: Period and Ulcer don't relate, however, if you don't eat proper diet then you will have ulcers.

6. While using cups or tamponspanties pehena necessary h ..coz it will GIVE more protection if any leakage occurs?

Ans: Yes, you may wear panties while using menstrual cups and tampons to maintain menstrual hygiene and also to prevent any leakage during heavy flow.

MYTHS & TABOOS:

- Do not touch Pickle
- Do not go to Temple
- Do not take a bath

EUPHEMISMS:

- Lal Katra
- Bemari
- Ladies Dard
- Ladies Ki Problem

PARTICIPANTS FEEDBACK ON SESSION

- I wish we spoke more easily about these issues in our communities and societies. I will try to create a more enabling environment at my home.

Twinkle Pitroda

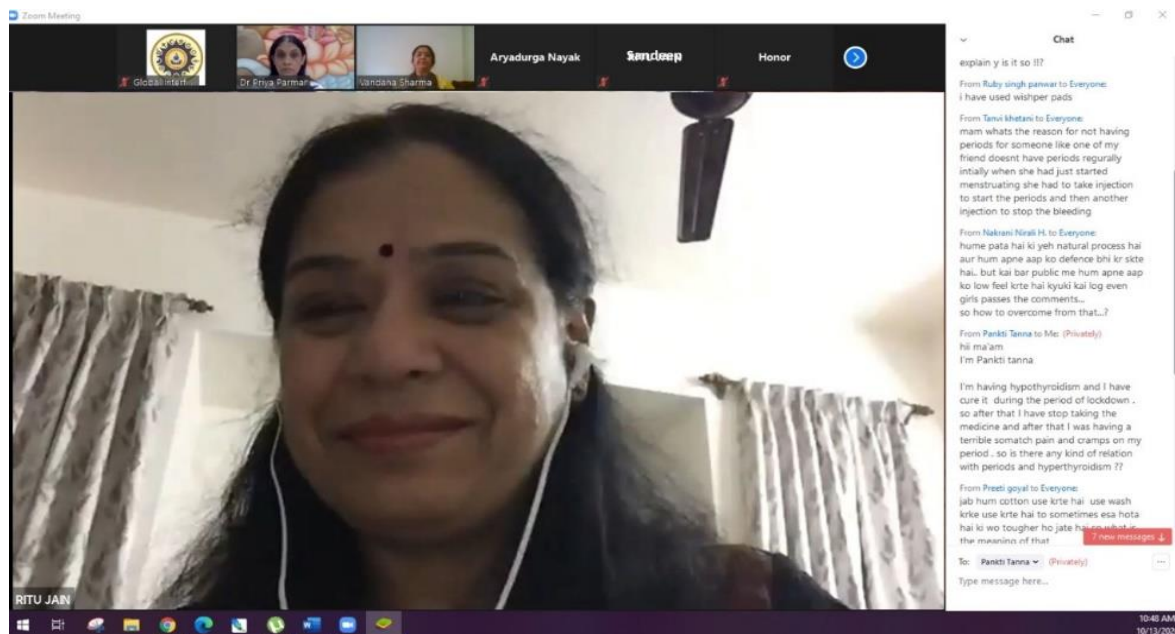
- Cant believe that so many misconceptions I didn't even realise I carried with me just were revealed to me in the Q&A Session. Thank you so much GIWA!

Prerna Mehta

- Lovely Session! I look forward to sharing with my friends and family.

Goyal Preeti Panchar

SCREENSHOTS:



Zoom Meeting

Recording...

Participants: Aryadurga Nayak, RITU JAIN, Honor, and others.

Chat:

explain y is it so !!!

From Ruby singh panwar to Everyone:
I have used wishper pads

From Tanvi khetani to Everyone:
mam whats the reason for not having periods for someone like one of my friend doesnt have periods reguraly intially when she had just started menstruating she had to take injection to start the periods and then another injection to stop the bleeding

From Nakrani Nirali H. to Everyone:
hume pata hai ki yeh natural process hai aur hum apne aap ko defence bhi kr skte hai.. but kai bar public me hum apne aap ko low feel krte hai kyuki kai log even girls passes the comments... so how to overcome from that..?

From Pankti Tanna to Me: (Privately)
hi ma'am
I'm Pankti tanna

I'm having hypothyroidism and I have cure it. during the period of lockdown . so after that I have stop taking the medicine and after that I was having a terrible somatch pain and cramps on my period . so is there any kind of relation with periods and hyperthyroidism ??

From Preeti goyal to Everyone:
jab hum cotton use krte hai use wash krke use krte hai to sometimes esa hota hai ki wo tougher ho jate hai... what is the meaning of that

To: Pankti Tanna (Privately)
Type message here...

10:48 AM
10/13/2020

Zoom Meeting

Recording...

Participants: RITU JAIN, Aryadurga Nayak, Danisha Vaishali, Jabuan jismi su..., and others.

Chat:

explain y is it so !!!

From Ruby singh panwar to Everyone:
I have used wishper pads

From Tanvi khetani to Everyone:
mam whats the reason for not having periods for someone like one of my friend doesnt have periods reguraly intially when she had just started menstruating she had to take injection to start the periods and then another injection to stop the bleeding

From Nakrani Nirali H. to Everyone:
hume pata hai ki yeh natural process hai aur hum apne aap ko defence bhi kr skte hai.. but kai bar public me hum apne aap ko low feel krte hai kyuki kai log even girls passes the comments... so how to overcome from that..?

From Pankti Tanna to Me: (Privately)
hi ma'am
I'm Pankti tanna

I'm having hypothyroidism and I have cure it. during the period of lockdown . so after that I have stop taking the medicine and after that I was having a terrible somatch pain and cramps on my period . so is there any kind of relation with periods and hyperthyroidism ??

From Preeti goyal to Everyone:
jab hum cotton use krte hai use wash krke use krte hai to sometimes esa hota hai ki wo tougher ho jate hai... what is the meaning of that

To: Pankti Tanna (Privately)
Type message here...

10:49 AM
10/13/2020

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Tanvi Khetani	19	Female
2.	Bhatt Vaishali Kiranbhai	19	Female
3.	Vyas Devanshi	18	Female
4.	Jyotiba Sukhdevsinh Jadeja	19	Female
5.	Bhavini Dhuva	20	Female
6.	Jinal Bagda	19	Female
7.	Rajani Madhvi Virjibhai	17	Female
8.	Makani Chandni Shankarlal	19	Female
9.	Fofindi krupali bhanjibhai	21	Female
10.	Fofindi krupali bhanjibhai	21	Female
11.	Danicha Vaishali Gopalbhai	17	Female
12.	Vruti vasani	20	Female
13.	Ruby singh	19	Female
14.	Megha Pahariya	38	Female
15.	Anjali Sharma	20	Female
16.	Anjali Sharma	20	Female
17.	Maheshwari bhavini k	20	Female
18.	Patel khushi	19	Female
19.	Rudani Akshi S	18	Female
20.	Gorasiya Avani Ramji	18	Female
21.	Batul Mustafa Modi	18	Female
22.	Goyal Preeti Pancha bhai	18	Female
23.	Shalini Srivastava	20	Female
24.	Vaishali Jagdishbhai Chudasama	20	Female
25.	Tanna pankti	20	Female
26.	Ahir Avni Rameshbhai	19	Female
27.	Parmar jyotsana ramjibhai	20	Female
28.	Prerna Mehta	18	Female
29.	Pokar Nitee B	20	Female
30.	Bhawna Puglia	18	Female
31.	Sangar dhrupti arjan bhai	17	Female
32.	Twinkle Pitroda	20	Female

WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 14th October, 2020

Trainer: Ms. Ishleen Kaur

Organisation: Caritas India

PARTICIPANTS PROFILE

WSSCC India has played a convening role in Menstrual Health and Hygiene Safe Practices webinar/ training on Zoom App in India. WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

The Global Interfaith Wash Alliance (GIWA) is the world's first initiative that is engaging the planet's many faiths as allies in efforts to create a world where every human has access to safe drinking water, improved sanitation and proper hygiene. The training was conducted for members of CARITAS India by resource support from WSSCC

The training was conducted online on the Zoom application for Caritas India to create awareness on the three pillars- Break the Silence, Menstrual Hygiene Management and Safe disposal practices.

The participants were members of Caritas India. A total of 30 participants with a gender ratio of 11 women and 19 men. (ANNEXURE)

SESSIONS CONDUCTED

1. Menstrual Health and Hygiene -

The participants were introduced to the biological process of menstruation through a tactile diagram of the female reproductive system.

The follow up session displayed several absorbents and gave detailed information about their advantages and disadvantages, usage & safe disposal practices – ensuring mechanisms for safe reuse, collection and disposal of menstrual waste with dignity in an environmentally safe manner. This element is focused on innovations and local, context-specific solutions. Each absorbent was discussed in detail and a demonstration of insertion and removal of tampons and menstrual cups was shown. The economic value and source of procurement of different adsorbents was shared. The participants were particularly interested in cloth pad as it was being used locally. However, participants were told to be careful on ground to share information about only those products which are locally available. The importance of consuming a balanced diet rich in nutrients especially iron was emphasised during periods. The trainer also discussed the process of White Discharge; in the female body and various home remedies to treat menstrual pain.

2. Myths and Taboos

A short discussion on myths, taboos and misconceptions including temple worship, entry in kitchen etc. also took place wherein the harmful effects of religious or socio-cultural myths on

personal hygiene and body were emphasised. These myths make it harder for adolescent girls to talk about their period which leads to silence and shame. Some of the myths & taboos shared by participants are as follows:

- Do not go near plants
- Do not eat Brinjal
- Do not touch each other
- Do not touch men
- Women cannot give water to men
- Woman's shadow should not fall on the snake
- Do not eat eggs
- Menstruating woman should not eat what she cooks
- Do not eat sour food
- Menstruating woman should not stay inside the house

3. Euphemisms

Whatever the culture, language or geography menstruation is shrouded in myths, secrecy, euphemisms and silence. Participants shared few euphemisms during interaction

- Down
- Chums
- Stomach Pain
- Red Auntie
- Mata
- Kuan ne Chua (Crow touched)
- Auraton ki bimari (Woman's disease)

4. Role of Men in MHH

As the majority of participants were men, the trainer decided to briefly discuss the role of men in MHH and create awareness and sensitisation about the same. This session began with a movie titled '*Condition Red Alert*' and '*Her first time*' which was followed by a discussion. The men were encouraged through several real life examples to act as a pillar of support towards their female counterparts at home, workplace or public places. A discussion with active participation from the male participants concluded this session.

QUESTION- ANSWER SESSION WITH PARTICIPANTS

1. Are menstrual cups available in rural India?
 - Menstrual cups are mostly not available in rural India due to reasons of less awareness, affordability and accessibility.
2. Is it okay to have periods for only two days?
 - Yes, it is okay to have periods for two days. On an average, the menstrual cycle lasts from anywhere between two to seven days.

PARTICIPANTS FEEDBACK ON SESSION

Participants shared the following feedback in the chat box at the end of the session:

- It was a wonderful training - **Tambi Kona**
- It was really an eye opening and informative session. You are the right person to conduct such training programmes where men and women are present.- **CI User**
- Thankyou Ishleen, lot of information as a a male, will help me prepare to be a better brother husband/father in future - **Cosmos Joseph**
- Thank You so much for this informative and knowledgeable session. It was too good.
- **Sumit**
- Really wonderful session - **Pramod**
- Interactive Session - **MS**

Zoom Meeting

Recording...

Participants (33)

Find a participant

Global interfaith ... (Host, me)

AN Aryadurga Nayak

IK Ishleen Kaur

A Anam

Anushikha Thompson

Archana

C Carmel

Invite Mute All

Chat

From SIGN to Everyone:
Good Morning to all

From Rajkishori Tigga to Everyone:
Good morning to All

From Sr Jossy UKSVK to Everyone:
Have a Great Day to all

From Ishleen Kaur to Everyone:
Are we waiting for more participants to join in ?

From Mungreiphy Shimray to Everyone:
Hi Ishleen, We can start

To: Everyone

Type message here...

Zoom Meeting

Recording...

Global Interfaith WASH...

Ishleen Kaur

Dr Priya Parmar

Aryadurga Nayak

Mungreiphy Shi...

Bharath CRDS

Ishleen Kaur

ANNEXURE-PARTICIPANT LIST

S.NO	NAME	ORGANISATION	GENDER
1	Anam Qayium	Cartias India	Female
2	Nirmal Minj	Cartias India	Male
3	Chihanphi Luiram	Cartias India	Female
4	Dr. John Arokiaraj	Cartias India	Male
5	Robert D Souza	Cartias India	Male
6	Jenny Joy	Cartias India	Female
7	Siby Paulose	Cartias India	Female
8	Cosmos Joseph	Cartias India	Male
9	Dr. Sadanand Bag	Caritas India	Male
10	Minu Marydas	Caritas India	Female
11	Usha Peethala	Caritas India	Female
12	Animesh Williams	Caritas India	Male
13	Larina Fernandez	Cartias India	Female
14	Sumit Dhiman	Cartias India	Male
15	Mungreiphy Shimray	Cartias India	Female
16	Catherine Kune	Cartias India	Female
17	Abhishek Kumar	Cartias India	Male
18	Thangsha Sebastian Ancho	Cartias India	Male
19	Mukund Deshmukh	Caritas India	Male
20	Erose Kujur	Caritas India	Prefer not to say
21	Lokesh Ranjan	Caritas India	Male
22	Abeesh Anthony	Caritas India	Male
23	Meblin Rositta	Caritas India	Female
24	Biswaranjan Mohanty	Caritas India	Male

25	Neeraj Kerketta	Caritas India	Male
26	Akshay Gilbert	Caritas India	Male
27	Dr. Haridas V.R	Caritas India	Male
28	Robin George	Caritas India	Male
29	Anupam Ekka	Caritas India	Male
30	Anam Qayium	Caritas India	Female

WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 16th October, 2020 (10:00am-1pm)

Trainer: Vandana Sharma & Dr Priyaji

Organisation: GOVERNMENT HIGH SCHOOL

Location: Zambaulim, Goa

PARTICIPANTS PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC) has been working extensively on the issue of Menstrual Health and Hygiene, Management and Safe Practice. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

The participants are students of the GHS ZAMBAULIM, GOA. There were 30 female participants in total. The wide age bracket was 12-57 yrs. (ANNEXURE)

Myths and Taboos

A short discussion on myths, taboos and misconceptions including temple worship, entry in kitchen etc. also took place wherein the harmful effects of religious or socio-cultural myths on personal hygiene and body were emphasised. These myths make it harder for adolescent girls to talk about their period which leads to silence and shame. Some of the myths & taboos shared by participants are as follows:

- Don't wash Hair for 4 days
- Do not touch pickle
- Don't enter the Temple or any worship place
- Do not water Tulsi plant

Euphemisms

Whatever the culture, language or geography menstruation is shrouded in myths, secrecy, euphemisms and silence. Participants shared few euphemisms during interaction

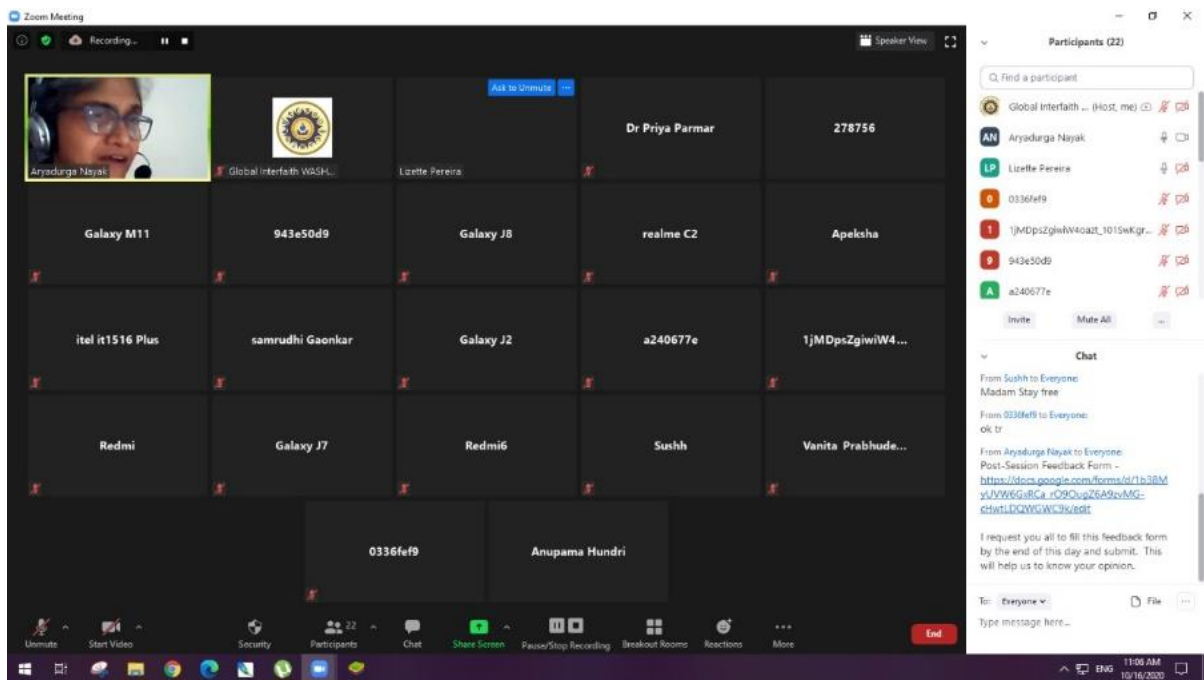
- Down
- MC
- Kavla Shivla
- Menses

QUESTION- ANSWER SESSION WITH PARTICIPANTS

No questions were asked in this session.

PARTICIPANTS FEEDBACK ON SESSION

- “Keep up the good word and thanks for such a great experience you gave us. I liked the sessions conducted by the resource persons. I am sure it will educate my school children and teachers. Being in remote rural areas girls were unaware of available material to manage menstrual hygiene. They had knowledge of only sanitary napkins. Rest all is new to them. I extend my sincere thanks to ma'am Arya for giving me this webinar.”
Nidhi Deepak Kandolkar
- “Session was very informative and useful, and very resourceful doctor, but I wish all our girls could join in the sessions instead of boy, such information session and girls were deprived from the sessions.” Anupama Ningappa Hundri
- “Can have a workshop on social constraints and religious myths” Ranjita Rajendra Shetkar



Zoom Meeting

Vandana Sharma 943e50d9 0336fef9 278756 Galaxy M11

Global Interfaith ... (Host, me)

Recording...

Participants (22)

Q Find a participant

- Global Interfaith ... (Host, me)
- Dr Priya Parmar
- Vandana Sharma
- 0336fef9
- 1jMDps2gW40aot_1015wKgr...
- 943e50d9
- a240677e

Invite Mute All

Chat

From Sushh to Everyone:
reproductive parts

From 278756 to Everyone:
I am not able to hear you madam

From Sushh to Everyone:
stomach painning

From Vandana Sharma to Everyone:
to start with you may write your
questions here too which will be
answered in the last 10 min of the
workshop

To: Everyone File

Type message here...

Unmute Start Video Security Participants Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

10:34 AM 10/16/2020

Vanita Prabhudessai



ANNEXURE-PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Aparna Naik	Female	30
2.	Snesha Gurudas Gaonkar	Female	13
3.	Nidhi Deepak Kandolkar	Female	13
4.	Saidnya Bhavani Ambekar	Female	15
5.	Anvishree Shrikant Shetkar	Female	14
6.	Samrudhi Gurudasaonkar	Female	15
7.	Anvishree Shrikant Shetkar	Female	14
8.	Purva Umakant Zambaulikar	Female	15
9.	Ranjita Rajendra Shetkar	Female	14
10.	Rohini Hanumant Vaddar	Female	13
11.	Anupama Ningappa Hundri	Female	15
12.	Tilottama P.Chari	Female	57
13.	Nidhi deepak kandolkar	Female	13
14.	Anupama Ningappa hundri	Female	15
15.	purva s gaonkar	Female	14
16.	Namrata shetkar	Female	14
17.	Visha sawant	Female	17
18.	Sharmista Rohidas Gaonkar	Female	15
19.	Divya Ramesh Shetkar	Female	14
20.	Manjiri Devidas Shetkar	Female	15
21.	Rachana Devidas Shetkar	Female	14
22.	Kritika kiran Upaskar	Female	15
23.	Sakshi Dinesh gaonkar	Female	12
24.	Apeksha Gauns Dessai	Female	36
25.	Divya Ramesh Shetkar	Female	14
26.	Jeffia Dias	Female	26
27.	Rashika bavdane	Female	16
28.	Shilpa Sawant	Female	55
29.	Sanjana pundalik sawant	Female	14
30.	Lizette Pereira	Female	50

WEBINAR SESSION ON COVID-19, MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES

Date: 17th October, 2020 (10:00am-1pm)

Trainer: Vandana Sharma & Dr Priyaji

Organisation: GOVERNMENT HIGH SCHOOL

Location: Pernem, Goa

PARTICIPANTS PROFILE

Global Interfaith WASH Alliance (GIWA) in partnership with Water Supply and Sanitation Collaborative Council (WSSCC) has been working extensively on the issue of Menstrual Health and Hygiene, Management and Safe Practice. GIWA in collaboration with WSSCC's collaborative powers brought together many individuals to make this webinar an important step in a holistic inclusive approach to taking forward safe menstrual health and hygiene practices during COVID-19.

The participants are students of the GHS PERNEM, GOA. There were 15 female participants in total. The wide age bracket was 14-43 yrs. (ANNEXURE)

Myths and Taboos

A short discussion on myths, taboos and misconceptions including temple worship, entry in kitchen etc. also took place wherein the harmful effects of religious or socio-cultural myths on personal hygiene and body were emphasised. These myths make it harder for adolescent girls to talk about their period which leads to silence and shame. Some of the myths & taboos shared by participants are as follows:

- Don't touch anything as we are contaminated during this time
- Wash bedsheets and everything after periods
- Don't touch pickles

Euphemisms

Whatever the culture, language or geography menstruation is shrouded in myths, secrecy, euphemisms and silence. Participants shared few euphemisms during interaction

- Red Alert
- Ladies Problem
- Who Time Aagya

QUESTION- ANSWER SESSION WITH PARTICIPANTS

- 1. There are irregular menstrual cycle in starting of menarche, till what age it continues?**

Ans: A girl's body may not follow an exact schedule. It's common, especially in the first 3 years after a girl starts getting her period, to skip periods or to have

irregular periods. Illness, rapid weight change, or stress can also make things more unpredictable.

2. If the student finds the product expensive, Students don't tend to use effective product.

Ans: Menstrual Cup can be used for 8 to 10 years. One cup is costing you between Rs. 400/- & Rs. 1000/-. This comparatively will cost less than other sanitary napkins which needs monthly payment. Cotton Cloth Pads can be a good option.

PARTICIPANTS FEEDBACK ON SESSION

- “Keep up the good word and thanks for such a great experience you gave us. I liked the sessions conducted by the resource persons. I am sure it will educate my school children and teachers. Being in remote rural areas girls were unaware of available material to manage menstrual hygiene. They had knowledge of only sanitary napkins. Rest all is new to them. I extend my sincere thanks to ma'am Arya for giving me this webinar.”
Nidhi Deepak Kandolkar
- “Session was very informative and useful, and very resourceful doctor, but I wish all our girls could join in the sessions instead of boy, such information session and girls were deprived from the sessions.” **Anupama Ningappa Hundri**
- “Can have a workshop on social constraints and religious myths” **Ranjita Rajendra Shetkar**

The screenshot displays a Zoom meeting interface. The main window shows a grid of 20 participants in a 4x5 layout. The participants are: Dr. Priya Parmar, Global Interfaith WASH..., Vandana Sharma, Siddhi gadekar, and OPPO A31 in the first row; Aryadurga Nayak, Rucha Tulaskar, Deepak Dewasthali, Mayur Chavan..., and Krish thakur in the second row; Aaqib Shaikh, Atharwa, prasad gadekar, Sairaj Gadekar, and Chandrahas Kam... in the third row; Sanika, Jignesh Shirodkar, M G, S D, and Sahili bagkar in the fourth row. Below the grid are two more participants: Mahananda Bhai and 87395263759. On the right side, there is a 'Participants (22)' list showing the same participants with their profile pictures and names. At the bottom right, there is a 'Chat' window with a list of messages. The messages are: 'From Mahananda Bhai to Everyone: thank you', 'From 87395263759 to Everyone: yes', 'From Mahananda Bhai to Everyone: yes', 'From Atharwa to Everyone: whenever we do any work', and 'From Deepak Dewasthali to Everyone: Government should make arrangement to provide pads and other equipments to poverty line students.' The chat window also has a 'To: Vandana Sharma (Privately)' field and a 'Type message here...' input field. The bottom of the screen shows the Windows taskbar with various icons and the system clock indicating 11:23 AM on 10/17/2020.

ANNEXURE-PARTICIPANT LIST

SN	NAME	AGE	GENDER
1	Divya Gurudas Morajkar	14 year	Female स्त्री
2	Sampada s konadkar	15	Female स्त्री
3	Swarangee Bala Kerkar	14	Female स्त्री
4	Saniya I. Kalangutkar	15 years	Female स्त्री
5	Siddhi premnath gadekar	14	Female स्त्री
6	Mansi Manoj Thakur	14	Female स्त्री
7	ARCHANA PRITY Kujur	24	Female स्त्री
8	Siya rajaram mahale	14	Female स्त्री
9	Samiksha subhash mayekar	14	Female स्त्री
10	Sanjana Morajkar	14	Female स्त्री
11	Diksha Parab	29	Female स्त्री
12	Maniaha R Parab/Sawant	43	Female स्त्री
13	Veda yeshwant dhuri	15	Female स्त्री
14	falla firoz shaikh	16	Female स्त्री
15	Priya umesh Redkar	14	Female स्त्री