



GLOBAL
INTERFAITH
WASH
ALLIANCE

Water, Sanitation and Hygiene for Everyone, Everywhere



WSSCC
WATER SUPPLY & SANITATION
COLLABORATIVE COUNCIL

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Summary Reports of online MHH Introductory Sessions in collaboration and partnership between the Global Interfaith WASH Alliance and the Water Supply & Sanitation Collaborative Council:

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2	27-28 th August, 2020 16 th October, 2020	Parmarth Vidya Mandir— In Person and Online Sessions	Rishikesh, Uttarakhand	Dr Priya & Rohit Biljwan Vandana Sharma	D2	8
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WEBINAR /TRAINING ON COVID 19 -MENSTRUAL HEALTH & HYGIENE SAFE PRACTICES WITH PARMARTH NIKETAN ASHRAM

Date of Webinar: 1st and 7th August, 2020

Place: Parmarth Niketan, Rishikesh, Uttarakhand

MHM Training conducted by: Pushplata & Dr Priya Parmar

Special Address by: HH Pujya Swami Chidanand Saraswatiji & Pujya Sadhvi Bhagawati Saraswatiji

PARTICIPANTS PROFILE

This was the very first of its kind training with the women living at the Parmarth Niketan Ashram who were with us inside the premises during the Lockdown. Many of them were mothers, wives, sisters and/or daughters of the staff working and serving at the Ashram for many years, some also were serving the Ashram for many years.

The first day and first interaction was planned with HH Pujya Swami Chidanand Saraswatiji, Founder of GIWA, President of Parmarth Niketan to explain the necessity of an extended lockdown, Covid-19 guidelines and protocol. It was during this meeting the men were told of the upcoming training and that their mothers, wives, sisters and or daughters would be called upon and invited to participate in a special Menstrual Health & Hygiene training with MHM Educators within the Ashram premises.



Pujya Swamiji addressed the staff and sevaks of the Ashram community regarding the norms, guidelines and protocol of Covid-19 as well as the reason for extended lockdown. The two picture below are of the Ashram community pledging together to actively participate in education and awareness in the coming days during lockdown on the topic of Menstrual Health and Hygiene, especially as Periods don't stop in

Pandemics, women's health and Covid-19 preparedness.



The second day and second part of the training was organized with all the women alone so that they could feel safe and truly be able to break their silence. The GIWA Office was converted as an MHM Lab with display of pads, flipbooks etc to create an MHM Friendly space for the participants. This session was graced, blessed and addressed by Pujya Sadhvi Bhagawati, Secretary General of GIWA wherein she specifically addressed questions that the women had regarding menstruation as well as why during periods women weren't allowed to be in temples, kitchens etc. In total, there were 22 female participants. The wide age bracket was 16-50 yrs. (*Annexure 1: List of Participants*)

OBJECTIVE:

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



- Breaking the silence and dissecting the stigmas and taboos associated with MHM
- Understanding different types of menstrual materials, its 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 like our webinars 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 the advantages and disadvantages of various menstrual products, 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 the infections was explained. A number of different home remedies to manage menstrual cramps/pain were also shared. A short discussion took place on various myths, taboos, and misconceptions related to menstrual health, and their harmful effects on personal hygiene and body. 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 flow hygienically and privately, menopause, and/or any related issues with dignity, in the home and 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) prescribed hand-washing as a critical precautionary step to prevent the spread of the 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 ensure an engaging, open and inspiring 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 & practicing sessions and speaking points beforehand
- Encouraging participants to ask more questions and keeping a note of it
- Cultivating listening skills
- Refrain from giving any medical advice
- Not to be judgmental etc.
- Use of local words/local language, as much as 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. It was also shared how GIWA has set up its own physical lab in Parmarth Niketan Ashram, Rishikesh to break the silence and bring the conversation of Menstruation to the mainstream.



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).
- **There is a myth that any first-time tampon users have encountered is that a tampon could get lost inside the vagina. Is this true?**
This is just not true because there is nowhere for the tampon to go. The cervix is at the top of the vagina, and its opening is much too small for a tampon to penetrate.
- **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.
- **Can I still take a bath or shower during my period?**
Absolutely, continuing your hygiene routine is important. Most certainly, continuing your daily hygiene routine is important during your period to help keep you feeling fresh and comfortable. Having a bath actually helps with period cramps, as well as making you feel nice and relaxed.
- **Should we serve in the kitchen during our periods?**
Puja Sadhviji beautifully answered this question by sharing that because many women need rest during this time it's a perfect excuse to let our husbands and the men in the family do the chores during our menstrual cycles. The energy of women during this time was discussed and how in some indigenous traditions women action utilize this time to deeply connect with the moon and the Earth.
- **Should we pray and go to the temple during menstrual cycles?**
Puja Sadhviji beautifully answered the participants question about praying and going to temple during Menstruation by sharing her personal experience and insights that

balance the tradition and culture whilst at the same time remind everyone that God is available and present for us even when we are on our period, perhaps even more so.

PARTICIPANTS FEEDBACK ON SESSION

- Menstruation is not a problem or a disease. It's a normal process. We are proud that we are co-creator. We all should come together to break the silence around menstruation. So glad to get the mantra of "I'm Up" "I'm Divine" instead of "I'm Down" or "I'm Dirty." There were so many questions and concerns that I had which I didn't know who to ask but finally was able to answer them. I feel so relieved!

Rekha

- I learnt various aspects of menstruation, best handwashing practices, various techniques of uses and safe disposal of menstrual products. Thank you, all of our trainers and coordinators, for sharing your practical experiences. I feel so fortunate to have this training in person.

Durgesh Nandini

- Wonderful Session. Thank you GIWA and WSSCC for organizing this session. We learnt so much from today's webinar.

Manisha Sarkar

- I was only aware about the sanitary pads. I did not know about tampons and menstrual cups. Thank you, our wonderful trainers, to educate us about the various menstrual products available in the market.

Shalini

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Sonali	Female	Not Available
2.	Rekha	Female	Not Available
3.	Jyoti Sharma	Female	45
4.	Durgesh Nandini	Female	33
5.	Shobha	Female	45
6.	Shobha	Female	38
7.	Shalini	Female	Not Available
8.	Manisha Sarkar	Female	50
9.	Bhagwati	Female	50
10.	Mannu	Female	29
11.	Jyoti	Female	21
12.	Bhagirathi	Female	50
13.	Shakuntla	Female	45
14.	Sangeeta Bhatt	Female	16
15.	Usha Hari om Sharma	Female	30
16.	Geeta Tiwari	Female	Not Available
17.	Bhawana	Female	Not Available
18.	Ritu	Female	Not Available
19.	Suneeta Mishra	Female	Not Available
20.	Upasana	Female	Not Available
21.	Dr Krupali	Female	Not Available
22.	Marjori	Female	Not Available

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

Date of Webinar: 27th & 28th August, 2020 Training, 10th October Follow Up

Timings: 2:00 -5:00 pm

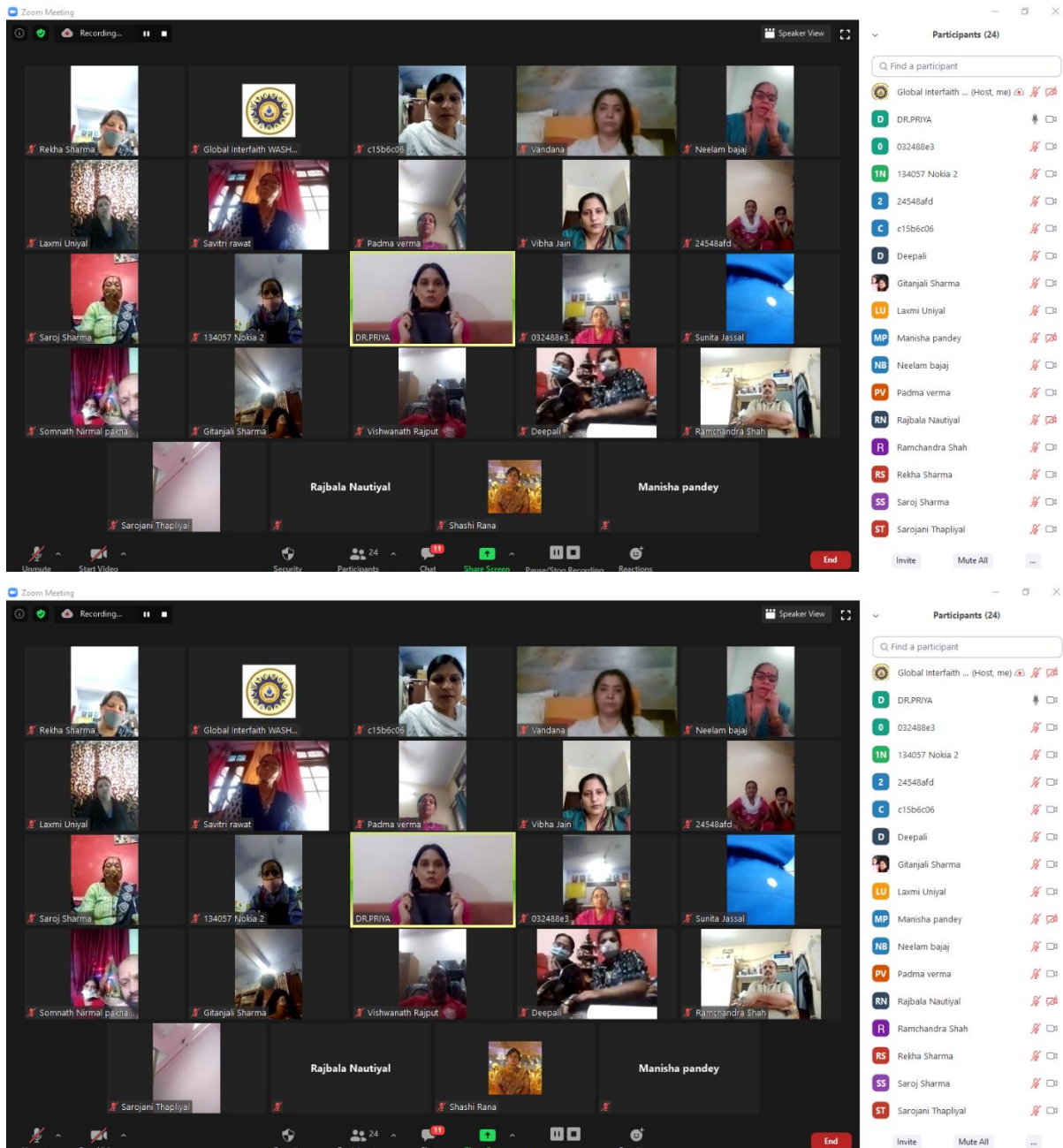
Place: Parmarth Niketan, Rishikesh, Uttarakhand

MHM Training conducted by: Dr Priya Parmar & Rohit Biljwan

Special Address by: HH Pujya Swami Chidanand Saraswatiji & Pujya Sadhvi Bhagawati Saraswatiji

PARTICIPANTS PROFILE

The participants were associated with the Parmarth Vidya Mandir School as Educators/Teachers. In total, there were 35 participants in two different batches which included 33 female and 2 male participants. The wide age bracket was 24-60 yrs. (*Annexure 1: List of Participants*)



The screenshot displays a Zoom meeting interface with 24 participants. The main window shows a grid of video feeds for each participant. On the right side, there is a list of participants with their names and IDs. The list includes:

- Global Interfaith ... (Host, me)
- DR.PRIYA
- 032488e3
- 134057 Nokia 2
- 24548afd
- c15b6c06
- Deepali
- Gitanjali Sharma
- Laxmi Uniyal
- Manisha pandey
- Neelam bajaj
- Padma verma
- Rajbala Nautiyal
- Ramchandra Shah
- Ramchandra Shah
- Rakha Sharma
- Saroj Sharma
- Sarojani Thapliyal

The bottom of the screen shows the Zoom controls, including buttons for Mute, Video, Chat, and End.

Zoom Meeting

Recording...

Speaker View

Participants (21)

Q Find a participant

Global Interfaith ... (Host, me)

Deepali

DR.PRIYA

Vandana

Vibha Jain

134057 Nokia 2

24548afd

Hemlata Joshi

Saroj Sharma

032488e3

c15b6c06

Gitanjali Sharma

Laxmi Uniyal

Manisha pandey

Neelam bajaj

Padma verma

Ramchandra Shah

Unmute

Start Video

Security

Participants 21

Chat

Share Screen

Pause/Stop Recording

Reactions

End

Zoom Meeting

Cancel the Spotlight Video

Recording...

Participants (23)

Q Find a participant

Global Interfaith ... (Host, me)

DR.PRIYA

Vandana

032488e3

134057 Nokia 2

24548afd

c15b6c06

Deepali

Hemlata Joshi

Laxmi Uniyal

Manisha pandey

Neelam bajaj

Padma verma

Rekha Sharma

Saroj Sharma

Saroj Sharma

Sarojani Thapliyal

Unmute

Start Video

Security

Participants 23

Chat

Share Screen

Pause/Stop Recording

Reactions

End

Zoom Meeting

Cancel the Spotlight Video

Recording...

Participants (26)

Q Find a participant

Global Interfaith ... (Host, me)

DR.PRIYA

032488e3

134057 Nokia 2

24548afd

c15b6c06

Deepali

Gitanjali Sharma

hemlata joshi

Laxmi Uniyal

Manisha pandey

Neelam bajaj

Padma verma

Ramchandra Shah

Rekha Sharma

Saroj Sharma

Saroj Sharma

Unmute

Start Video

Security

Participants 26

Chat

Share Screen

Pause/Stop Recording

Reactions

End

OBJECTIVE:

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

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QUESTION- ANSWER SESSION WITH PARTICIPANTS

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

- **Using tampons as a virgin will break the hymen and take a woman's virginity. Is that true?** This is just not true because there is nowhere for the tampon to go. The cervix is at the top of the vagina, and its opening is much too small for a tampon to penetrate.
- **It's not safe or healthy to swim or bath while menstruating.**
It's perfectly safe for women to swim and bath during periods. For women who wish to stay active or are athletes, tampons can allow them to take care of their menstrual flow while giving them the freedom to do what they would like to such as swimming and sports.
- **Why menstruation is still a taboo in India?**
For many reasons but primarily because taboos and stigmas prevail about menstruation throughout the country and also due to a largely patriarchal society women on their menstrual cycles are labelled as dirty and impure. Therefore, the need for trainings like this to bring this important dialogue to the forefront and to spread awareness on the actual science behind menstruation without the shadow of stigma and taboos.
- **The role of men and boys in menstrual hygiene**
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.

PARTICIPANTS FEEDBACK ON SESSION

- In my own family my daughter never hesitates to share anything regarding any women related problems, menstruations. She even freely asks her dad about her problem. Even in the area where I live, I had never seen any girl and woman hesitating in medical

stores, even nowadays girls are so broad minded they freely go to medical stores for buying Sanitary Napkins, Condoms etc. They are getting aware about their health.

Dr Shashi Rana

- That session about menstrual health was good. I am thankful to Mrs. Vandana, Dr. Priya and all our session members for giving us this awareness to become a good and healthy new generation.

Saroj Sharma

- Menstrual cycle is an important issue, about which Vandana and Priya Ji have discussed and informed many setting things, and I am with you in this campaign so that I too will try my best to get the right information about the menstrual cycle. Thanks a lot

Shalini Negi

- We will educate our students, our family members and society around us around menstrual health and hygiene

Manisha Pandey

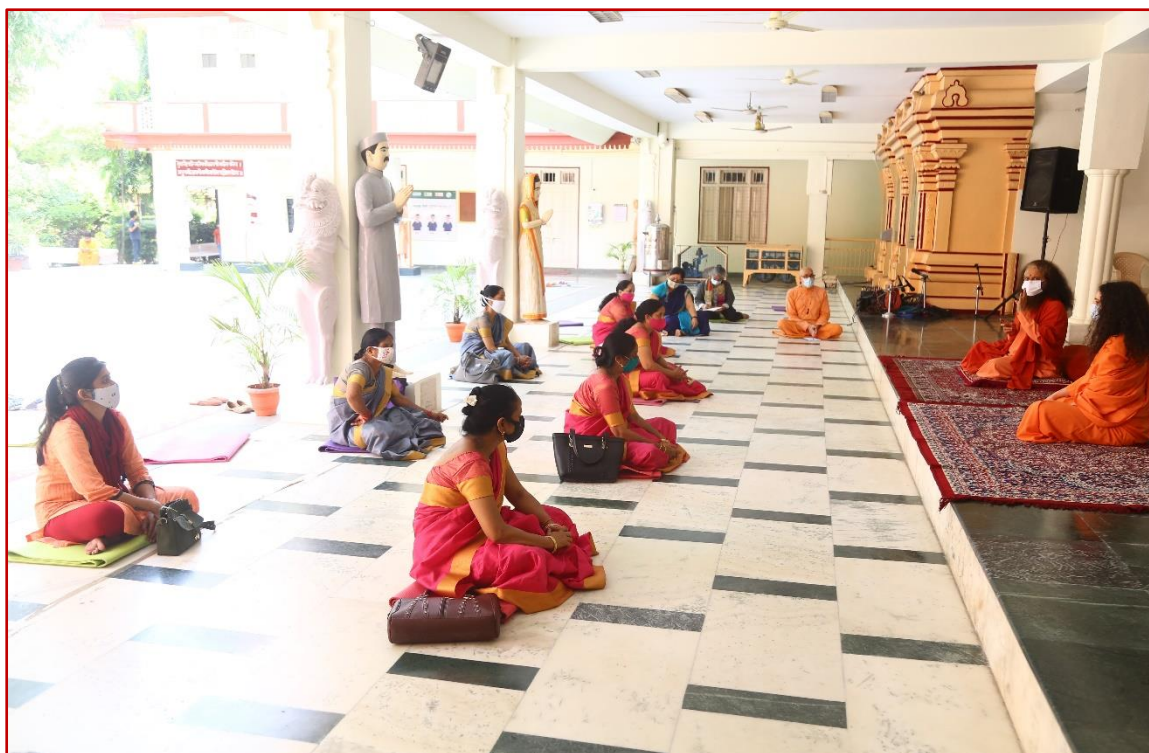
- It's my pleasure to join this Webinar and it will be a milestone for women empowerment.

Sushila Bahukhundi

Follow Up Session:

On the 16th October, 2020 post Lockdown the some of the teachers of the Parmarth Vidya Mandir were called to the Ashram to discuss the Training held in August as well as their personal pledges to make their school MHM Friendly. The Founder/Chair of GIWA Pujya Swami Chidanand Saraswatiji and Secretary General of GIWA Sadhvi Bhagawatiji presided over the meeting as well. They also discussed the need to follow strict guidelines such as masks, handwashing etc to stay safe and healthy as the nation was resuming activity in Covid-19 world.





ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Padma Verma	Female	54
2.	Nirmala Kandwal	Female	42
3.	Papiya Chatterjee	Female	28
4.	Laxmi Uniyal	Female	41
5.	Vishwanth Rajput	Male	38
6.	Saroj Singh	Female	45
7.	Dr Shashi Rana	Male	44
8.	Sarita Sharma	Female	40
9.	Vibha Jain	Female	42
10.	सुनीता राणा	Female	44
11.	Km Kamla Rani	Female	45
12.	Pratibha Gupta	Female	49
13.	Pushpa Negi	Female	55
14.	Asha Gairola	Female	46

15.	Shilpa	Female	22
16.	योगरानी	Female	59
17.	Neelam Bajaj	Female	52
18.	Gitanjali Sharma	Female	49
19.	Shalini Negi	Female	24
20.	Kusum lata Rawat	Female	39
21.	Rekha sharma	Female	45
22.	Manju Sharma	Female	50
23.	Sunita Jassal	Female	53
24.	Sushila Bahukhandi	Female	60
25.	Asha Dangwal	Female	38
26.	Usha Rawat	Female	37
27.	Aarti Chauhan	Female	50
28.	Anuradha Semalti	Female	38
29.	Sneha lata Aggarwal	Female	55
30.	Manisha Pandey	Female	40
31.	Minakshi Sharma	Female	26
32.	Hema Pant	Female	49
33.	Somlata Bhardwaj	Female	49
34.	Savitri Rawat	Female	46
35.	Sarojani Thapliyal	Female	50

SPECIAL SESSIONS ON MENSTRUAL HEALTH & HYGIENE

SAFE PRACTICES

WITH PARMARTH NIKETAN GURKUL

Date of Session : 6-15th October, 2020

Place: Parmarth Niketan Ashram

Organised: Global Interfaith WASH Alliance (GIWA)

ACKNOWLEDGEMENT

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 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 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 MHM learnings to the local population. In July 2020, WSSCC conducted a refresher training (online) for the GIWA and has planned and initiated a day MHM training to the interested participants from various Universities, CBOs, NGOs, and Schools and community groups. This is one of the training reports planned in series with the Parmarth Niketan, Ashram, Uttarakhand.

PARTICIPANTS PROFILE

The participants are associated with the Parmarth Niketan Ashram. Total 40 male participants. The wide age bracket was 14 – 23 yrs.

NAME OF THE RESOURCE PERSONS/TRAINERS

- Sadhvi Bhagawati Saraswati
- Mr. Satyaveer Singh Rathore
- Dr Priya Parmar
- Vandana Sharma
- Dr Krupali Patel
- Ganga Nandini

OBJECTIVE

In the wake of the COVID – 19 pandemics, the global country is facing many challenges that are central to female and male Health, Sanitation & Hygiene. By Practicing handwashing and sanitising the house due to COVID – 19, it is also important to practice the same type of hygiene with the body of adolescent male & female, hence the webinar ensures:

- Imparting information about physical and mental changes/progress in adolescent female and male.
- Spreading awareness about MHM to the male community which will enable women empowerment & dignity.

SESSIONS CONDUCTED

The first session on the first day was held on COVID-19 Preparation:

CORONA VIRUS – Precautions & Measures

This session on 6th October 2020 was inaugurated by Pujya Sadhvi Bhagawatiji, Secretary General of Global Interfaith WASH Alliance (GIWA). She addressed the issue of growing Covid-19 cases in the country and abroad. The precautionary measures of keeping health and hygiene was explained in detail to the Rishikumars of Parmarth Gurukul as well as the common misconceptions of the virus.





Pujya Sadhviji addressed that after nearly seven months of lock down the boys might feel compelled to stop following precautions so strictly but that this is where discipline of the mind was most necessary and critical. She addressed how discipline of the mind could be achieved through regular practice and by remembering that they were each ambassadors and role models for other children.

Ganga Nandini and Dr Krupali Patel also explained in detail the three critical guidelines of social distancing, wearing masks and sensitization. A special video on the proper way to wear a mask as well as the components of the three-layer mask and their individual role in keeping virus and germs from spreading. It was shared that as the Ashram would be slowly unlocking all precautions must be maintained and followed with due diligence.

The second session on the second day exclusively focused on Handwashing:

1. HANDWASHING & HYGIENE

This session was organised on 9th October 2020 and led by Ms. Vandana Sharma further focusing on the importance of handwashing during COVID–19 pandemic and at all times to maintain the hygiene. The World Health Organisation (WHO) prescribed handwashing as a critical precautionary step to prevent the spread of the pandemic and maintain sanitation and hygiene. Ahead of Handwashing Day and the WSSCC GIWA Handwashing Webinar the boys practised, rehearsed and taught each other the seven steps of handwashing.







The third session on the third day focused on Sexual & Reproductive Health & Growth:

1. MALE ADOLESCENT AGE - Health & Hygiene

On 12th October 2020, Mr. Satyaveer Singh Rathore under the guidance of Dr. Priya Parmar, discussed and explained the Rishikumars development of male teenagers' bodies. The male body growth with “Wet Dream” was explained according to their age and the biological process involved with the developments in their reproductive organs. The foldout “As We Grow Up” was used extensively to explain the growth. We also explained the discussed the importance of maintaining hygiene and sanitation of their bodies specially their genital organs.



This session was a very special and transformative session because it was the first time that the Rishikumars had actually spoken about this topic and were able to discuss the changes in their bodies so openly in a safe environment. It was in this moment that the traditional setting of the Satsang Hall which was for centuries a place of prayer and Satsang became also filled with light as the boys opened up and the feeling of being liberated and free to discuss the changes in their own bodies without guilt, shame or stigma was evident in the very air. During the session, all of the female trainers stepped out and ensured that this session happened within the safe spaces of the Hall without interference and disturbance of any of the other fellow residents of the Ashram in Lockdown.

2. FEMALE ADOLESCENT – Menstrual Health & Hygiene (MHH)

The female adolescent body changes and growth was also discussed with the process of Menstrual hygiene and Management. They were explained the female reproductive organs and the process through the apron used during the Menstrual Hygiene Management trainings.

The focus was on the male role in empowering the women during the period of their menstruation and maintain their dignity. The taboos involved and customs followed even in this 21st century, was explained and pictures were shown of the vulnerability of women during their menstrual days.



Satyaveer shared his experience as well and how he had come in as a volunteer to the Ashram but when he was asked to provide technical support to one of the One Day Trainings and he was so touched and transformed that he ended up cancelling his return ticket to stay back. He then completed an online ToT Course and this session with the Rishikumars was his first as an MHM educator.

Similarly, one of the Rishikumars very own Himanshu Pandey shared his story of how he was called in for Tech Support. He shared with his fellow Rishikumars of really being blown away by his new found respect and appreciation for his sisters and mothers for going through their menstrual cycles with such grace and resilience. He encouraged all of the boys to support their sisters as allies and partners in their journey of life. He later shared that this was his first time at public speaking.



3. The MHM Lab

As part of the refresher, Rishikumars were introduced to WSSCC's MHM Lab through a Power Point Presentation. GIWA has set up its own Physical MHM Lab in Parmarth Niketan Ashram, Rishikesh to break the silence. All Rishikumar's were inspired with the session and took an oath to understand and help all women during their menstrual days.



**Rishikumars taking oath on
'Breaking the Silence'**

4. Trainers skills / Communication skills

As Rishikumars will start to create awareness about MHM in their own families and then spread over to the local communities, communication skills that would create a positive atmosphere was shared as follows:

- Always ensure a positive body language
- Speak clearly and loudly
- Plan & practice sessions beforehand
- Do not be judgemental etc.
- Use local words /local language, as much as possible
- Refrain from giving any medical advice
- Cultivate listening skill
- Use diagrams/blackboard/whiteboard/charts to describe reproductive organ
- Conduct street plays, poster making or painting competitions to promote dialogue

QUESTION – ANSWER SESSION WITH RISHIKUMARS

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

▪ **Can I still have growth at 19 years of age?**

Although most adults won't grow taller after age between 18 & 20, there are exceptions to this rule. First, the closure of the growth plates may be delayed in some individuals (36, 37). If the growth plates remain open past age 18 to 20, which is uncommon, height could continue to increase.

▪ **At what age do boys stop growing?**

Boys tend to show the first physical changes of puberty between the ages of 10 and 16. They tend to grow most quickly between ages 12 and 15. The growth spurt of boy is, on average, about 2 years later than that of girl. By age 16, most boys have stopped growing, but their muscles will continue to develop.

▪ **How long can you go without showering?**

Showering every day, is said to be necessary and required to maintain hygiene and protecting self from harmful germs.

After the three-part training, the Rishikumars picked from a bowl the following categories and broke into eight groups:

The Rishikumars were divided in Eight Groups and were assigned following activities to share what they had learned:

1. Drawing
2. Poetry Singing
3. Essay Writing with Presentation
4. Act



They were given three days to work in groups in between their class hours and Aarti hours to prepare their presentations and all resources were provided to them to prepare their projects. They literally worked day and night to get together their pieces and then presented their parts to a group of judges that consisted of GIWA's core team and Parmarth's Senior Gurukul Acharyas with a proper marksheet maintained by the judges to tally up the best performers who would be selected as the finalists and get a chance to present before Pujya Swamiji once again.

The list of these groups with activities has been attached as Annexure I



Drawing



Poetry & Singing



Essay Writing & Presentation



Act

The finalists perform on the fifth day during a grande finale:

During the traditional Thursday evening on the 15th October, 2020 at the Ashram's traditional Guruvandana where bhajans and kirtan (devotional songs and music) is usually offered to the Guru, the Rishikumars showed their devotion and dedication to Pujya Swamiji through their special presentations. The judges from the previous round – the fourth day -- had a really hard time confirming the final contestants as all of the presentations were so excellent. So the judges decided that everyone's projects would be exhibited along the walkways of the Samadhi Mandir whilst the best 3-4 gave live performances to Pujya Swamiji and the Ashram community in lockdown.





Annexure 1- List of Rishikumars Groups & Assigned Activities

SN	NAME	AGE	GENDER	CLASS	GROUP NAME	ACTIVITY PRESENTED
1	Himanshu Mishra (Leader)	20	Male	M.A. I	Gautama Group	Drawing
2	Durgesh	17	Male	B.A. I		
3	Gaurav	16	Male	XI		
4	Devashish	17	Male	X		
5	Pinkal	16	Male	X		
6	Manish	16	Male	X		
1	Mayank Bhatt (Leader)	20	Male	M.A. I	Atri Group	Drawing
2	Ayush Badoni	17	Male	B.A. II		
3	Devansh	15	Male	IX		
4	Karan	16	Male	X		
5	Shivam Ratodi	17	Male			
6	Rohit	16	Male			
1	Aditya God (Leader)	18	Male	XII	Vashisht Group	Poetry/Singing
2	Sahil	16	Male	X		
3	Hemant	17	Male	XI		
4	Himanshu Joshi	17	Male	X		
5	Sohan	17	Male	XI		
6	Rajeev	16	Male	X		
1	Aniket Sakalani (Leader)	19	Male	B.A. III	Durvasa Group	Poetry/Singing
2	Sagar	19	Male	X		
3	Subham	18	Male	B.A. II		
4	Shivam Kavi	18	Male	B.A. I		
5	Suraj Semwal	17	Male	X		
6	Parmarth Kishore	17	Male	XII		
1	Mohit Badoni (Leader)	21	Male	M.A. I	Vishvamitra Group	Essay Writing with Presentation
2	Abhishek	17	Male	XI		
3	Suraj Semwal	16	Male	XI		
4	Rajendra	16	Male	X		
5	Aman	16	Male	XI		
1	Subhash Chamoli (Leader)	21	Male	M.A. I	Kashyap Group	Essay Writing with Presentation
2	Mayank Mishra	18	Male	XII		
3	Sumit Bhatt	18	Male	B.A. I		
4	Sonu	16	Male	IX		
5	Ayush Uniyal	21	Male	M.A. I		
6	Anshul	17	Male	M.A. I		

SN	NAME	AGE	GENDER	CLASS	GROUP NAME	ACTIVITY PRESENTED
1	Vinay Thapliyal (Leader)	22	Male	M.A. II	Bhardwaj Group	Act
2	Deepak Dubey	17	Male	X		
3	Neeraj	16	Male	X		
4	Kushav	20	Male	M.A. I		
5	Sarthak	17	Male	XII		
1	Ashish Dixit (Leader)	22	Male	M.A. II	Jamadagni Group	Act
2	Anshit	17	Male	X		
3	Rajendra Sharma	17	Male	X		
4	Sumit Kapoorvan	17	Male	XII		

Annexure 2: Judges Mark Sheet

Corona Warriors – Assessment – 12th October 2020

SN	NAME OF THE GROUP	CONTENT/ CONCEPT	CLARITY	PRESENTATION	OVERALL (MAKING DETAILS)	TOTAL	REMARKS
1	Gautam	Drawing	5	5	5	25	covered safely as well as good flow towards climax
2	Atri	Drawing	4	4	4	22	covered all details well
3	Vasishtha	Poetry/Singing	3	3	4	19	little scattered
4	Durvasa	Poetry/Singing	3	4	4	20	tried well including Eng. poetry
5	Vishwamitra	Essay Writing with Presentation	4	3	4	17	well tried
6	Kashyap	Essay Writing with Presentation	4	5	4+1	22+1	Good
7	Bharadwaj	Act	5	4	4	23	covered all aspects well
8	Jamadagni	Act	5	4	4	23	needed to stick to the rules reg. no. of participants

Name of the Judge: Sadhvi Alha Sasaswati

Sign & Date: _____

It was good to see the united effort, creativity, sincerity and excitement

Corona Warriors – Assessment – 12th October 2020

SN	NAME OF THE GROUP	CONTENT/ CONCEPT	CLARITY	PRESENTATION	OVERALL (MAKING DETAILS)	TOTAL	REMARKS
1	Gautam	Drawing	5	5	5	25	overall pic → Manish → Ganesh → Disgusting → Thane's mother → covered deli → of pants → Sanskrit song → Hindi song → No props
2	Atri	Drawing	4	3½	4	18½	Manish
3	Vasishtha	Poetry/Singing	4½	4	3	19½	Margant
4	Durvasa	Poetry/Singing	4½	4½	3	18	Abhishek
5	Vishwamitra	Essay Writing with Presentation	3	3	3	20½	Shubh
6	Kashyap	Essay Writing with Presentation	4	4½	4	16	Mohit
7	Bharadwaj	Act	4	4	3	21	Subhash
8	Jamadagni	Act	3½	3½	4	19½	Kushan/Minay Abhishek

Name of the Judge: _____

Sign & Date: _____

Vandana
12/10/2020

***WEBINAR /TRAINING
ON
COVID 19 - MENSTRUAL HEALTH &
HYGIENE SAFE PRACTICES
WITH
WATER SCHOOL TEACHERS
RISHIKESH, UTTARAKHAND***

Date of Webinar: 10th October, 2020

Time: 12:00 pm- 1:30 pm

Place: Online from Rishikesh, Uttarakhand

GIWA MHM Educator: Vandana Sharma

ACKNOWLEDGEMENT

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.

CONTEXT

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. 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 training (online) for the GIWA team, trainers, and other volunteers. As a process of cascading the training to the next level, GIWA has planned and initiated a day MHM training to the interested participants from various Universities, CBOs, NGOs, and Schools and community groups. This is one of the training reports planned in series with the teachers of Water Schools.

PARTICIPANTS PROFILE

This session was a slightly shorter session than a three hour session and the participants were teaching in various Government Schools of Rishikesh which had been or were currently affiliated with GIWA. There were 15 participants in total which included 6 males and 9 females. The wide age bracket was 24-65 yrs. (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's and girls' health, empowerment, and dignity. While practicing vigilant hand washing and sanitizing the house due to COVID-19, it is also important to practice the same type of hygiene care with your menstrual products. Hence the webinar ensures:

- Understanding different types of menstrual materials, its 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 the advantages and disadvantages of various menstrual products, 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 the infections was explained. A number of different home remedies to manage menstrual cramps/pain were also shared.

A short discussion took place on various myths, taboos, and misconceptions related to menstrual health, and their harmful effects on personal hygiene and body. 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 flow hygienically and privately, menopause, and/or any related issues with dignity, in the home and 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) prescribed hand-washing as a critical precautionary step to prevent the spread of the 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 & practicing 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 judgmental etc.
- Use of local words/local language, as much as 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 but no questions were asked by the participants

PARTICIPANTS FEEDBACK ON SESSION

- Very nice and motivational program for our society.

Sushma Aswal

- Will make every one aware

Rajni Bisht

- बहुत अच्छा कार्यक्रम

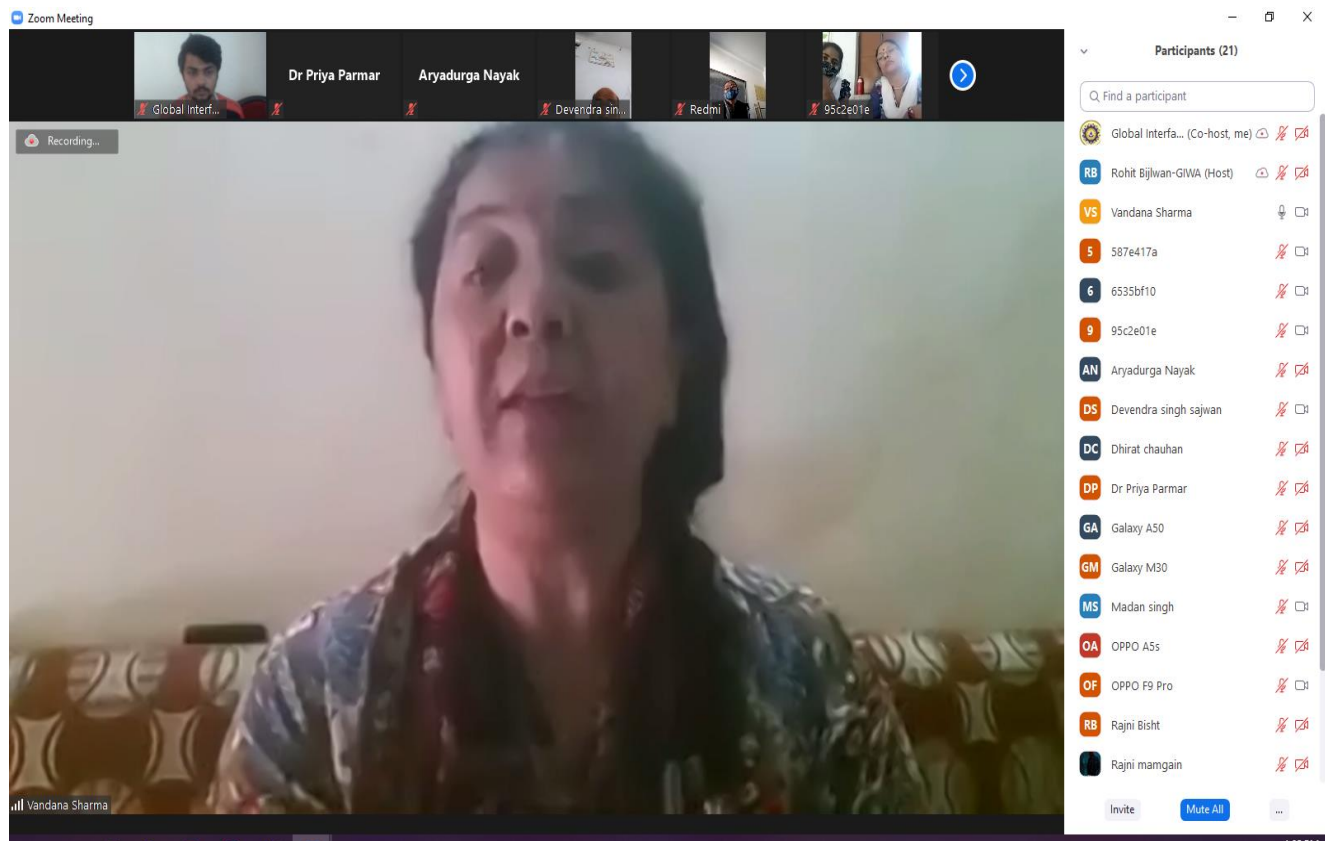
Devendra Singh Sajwan

- समय- समय पर ऐसे अभियान चलते रहने चाहिए । ताकि बच्चे जागरूक हो सकें ।

Raja Ram

- Very good webinar

Vimla Rawat



A screenshot of a Zoom meeting interface. The main window shows a video feed of a woman, Vandana Sharma, speaking. Above her is a toolbar with icons for recording, chat, and other functions. To the right, a 'Participants (21)' list is visible, showing names and icons for various participants. The list includes: Global Interfa... (Co-host, me), Rohit Bijwan-GIWA (Host), Vandana Sharma, 587e417a, 6535bf10, 95c2e01e, Aryadurga Nayak, Devendra singh sajwan, Dhirat chauhan, Dr Priya Parmar, Galaxy A50, Galaxy M30, Madan singh, OPPO A5s, OPPO F9 Pro, Rajni Bisht, and Rajni mangain. At the bottom of the participants list, there are buttons for 'Invite', 'Mute All', and a three-dot menu.

Zoom Meeting

Recording...

Participants (21)

Find a participant

Global interfa... (Co-host, me)

RB Rohit Bijwan-GIWA (Host)

MS Madan singh

VS Vandana Sharma

5 587e417a

6 6535bf10

9 95c2e01e

Invite **Mute All**

Chat

From Rohit Bijwan-GIWA to Everyone:
Sabhi Pradhanacharya, adhyapak,
Adhyapakao ka aaj ki webinar me judne ke
le bahut bahut dhanyavad.

Aap sabhi se nivedan hai ki aapko yah
training kaise lagi, apne suhawo ka is
training feedback form me 2 baje se pahle
bhar dejiyega.

<https://docs.google.com/forms/d/1PIBuiLcWaz7IBVVOukurVgi3o57Wtd-dAzP5UzYsw/edit?ts=5f2f9340>

To: Everyone

Type message here...

1:20 PM
10/16/2020

Zoom Meeting

Recording...

Participants (21)

Find a participant

Global interfa... (Co-host, me)

RB Rohit Bijwan-GIWA (Host)

Rajni mamgain

VS Vandana Sharma

5 587e417a

6 6535bf10

9 95c2e01e

Invite **Mute All**

Chat

From Rohit Bijwan-GIWA to Everyone:
Sabhi Pradhanacharya, adhyapak,
Adhyapakao ka aaj ki webinar me judne ke
le bahut bahut dhanyavad.

Aap sabhi se nivedan hai ki aapko yah
training kaise lagi, apne suhawo ka is
training feedback form me 2 baje se pahle
bhar dejiyega.

<https://docs.google.com/forms/d/1PIBuiLcWaz7IBVVOukurVgi3o57Wtd-dAzP5UzYsw/edit?ts=5f2f9340>

To: Everyone

Type message here...

1:17 PM

Zoom Meeting

Recording...

Participants (19)

Find a participant

Global interfa... (Co-host, me)

RB Rohit Bijwan-GIWA (Host)

DP Dr Priya Parmar

Rajni mamgain

5 587e417a

6 6535bf10

9 95c2e01e

Invite **Mute All**

Chat

To: Everyone

Type message here...

ANNEXURE 1- PARTICIPANT LIST

SL	NAME	GENDER	AGE
1.	Rajkumar singh	Male	60
2.	Rama Dhapola	Female	24
3.	Poonam kumari	Female	28
4.	Monika Kumari	Female	20
5.	Devendra singh sajwan	Male	54
6.	Vimla Rawat	Female	65
7.	Sushma Aswal	Female	54
8.	Lalit Kumar Kharola	Male	54
9.	Dhirat singh	Male	47
10.	Rajni Mamgain	Female	40
11.	Madan Singh rana	Male	40
12.	Ush Rani	Female	47
13.	Rajni Bisht	Female	49
14.	Rajaram	Male	60
15.	अनीता पयाल	Female	57

Menstrual Hygiene Management Lab Report

November 2020

The Menstrual Hygiene Management Lab in Rishikesh also known as the Swachhta Shakti Theatre has been set up by the Global Interfaith WASH Alliance, in partnership with the Water Supply Sanitation Collaborative Council (WSSCC) in Rishikesh last year at the world-renowned and popular Parmarth Niketan Ashram. This innovative space had been created to raise awareness on Menstrual Hygiene Management (MHM) and to create safe space where women, girls, their families and community members can come together to learn about as well as challenge the stigmas and taboos associated with menstruation.

Visitors, including tourists and pilgrims of all genders from across India and around the world, as well as from all walks of life and diverse backgrounds, are made aware about the menstrual cycle and why it is important for our communities to welcome as well as talk about periods. However due to Covid-19 pandemic the lab could not be kept open due to precautionary measures.

But smaller MHM Lab Sessions were conducted in GIWA's associated schools & communities which covered an interactive session on changes faced by a young girl during puberty, understanding why girls menstruate and not boys, how the menstrual cycle works and why the menstrual blood is not dirty, concluding with a pledge to break the silence about menstruation at a personal and community level.

Summary of the Lab:

During the month of November 2020 our MHM Lab Sessions reached only 186 individuals due to the pandemic. A maximum of 15 individuals were allowed in one session to maintain the required Social/Physical distance! The sessions were conducted in some schools (students of classes IX onwards only) and communities observing strictly guidelines of the pandemic as specified by the Government of India and the State of Uttarakhand in particular.

Below are the details of some specific data of lab (overall):

Details	Beneficiaries
Daily visitors at lab	12 (Average)
Female	180
Male	10
Sessions conducted in Schools and Community	15
Beneficiaries in the sessions	186
TOTAL	190

November 2020 Sessions conducted in Schools and Communities:

S.N.	Date	Venue	No. of Beneficiaries	Female	Male
1	9.11.2020	Mock Sessions at Parmarth Niketan	4	2	2
2	10.11.2020	S.V.N Pushulok, Ambagh, Rishikesh	16	14	2
3	11.11.2020	S.V.N Pushulok, Ambagh, Rishikesh	16	14	2
4	16.11.2020	S.V.N Pushulok, Ambagh, Rishikesh	13	12	1
5	17.11.2020	P.V.M Chandreshwar Nagar, Rishikesh	17	16	1
6	18.11.2020	Chandreshwar Nagar, Rishikesh	11	11	0
7	19.11.2020	P.V.M Chandreshwar Nagar, Rishikesh	16	16	0
8	22.11.2020	14 Bigha, Rishikesh	11	11	0
9	23.11.2020	Kailash Gate, Rishikesh	14	14	0
10	24.11.2020	Gulrani, Rishikesh	9	9	0
11	25.11.2020	Triveni Ghat, Rishikesh	10	10	0
12	26.11.2020	Pushpa Farm, Rishikesh	13	13	0
13	27.11.2020	Kali Ki Dhal, Sarvahara Nagar, Rishikesh	12	12	0
14	28.11.2020	Khadri Shyampur, Rishikesh	10	8	2
15	29.11.2020	P.V.M Chandreshwar Nagar, Rishikesh	4	4	0
16	30.12.2020	Kali Ki Dhal, Rishikesh	14	14	0
	TOTAL	15 Sessions	190	180	10

Testimonials:

- ☐ “From this session I have learned many things and I also hope that you will arrange this type of seminar in future, Thank you so much” - Rani Devi, Kale Ki Dhal, 40 years, community.
- ☐ “Came to know about 2 new products which I was really not knowing about it before this session—tampons and menstrual cups” - Vyas Devanshi

- “Keep up the good work and thanks for such a great experience you gave us!” - Kashish
- “I liked the sessions conducted by the resource persons. 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” - Kavita Arya
- ” Session was very informative and useful, and very resourceful. I was unaware about the proper disposable methods of menstrual products. Now I will be more careful as it is harmful for the individual and environment” - Priyanka
- “Very interesting and informative knowledge on menstruation education. We all learnt about the importance of menstrual hygiene and how much diseases it could spread if not paid much attention” - Simran
- “It is great that GIWA from Parmarth are organizing menstrual hygiene sessions. I had many queries about how our reproductive and menstrual cycle is connected. I attained great knowledge which I am going to share with my family and friends”- Alka

Photographs and Highlights of this month:

In the wake of the COVID – 19 pandemics, the nation is facing many challenges that are central to health & hygiene. Proper hand-washing has become critical and proved to not only reduce the spread of Coronavirus (COVID-19) but it can also prevent the spread of other viral illnesses such as the cold and flu.

In the MHM Lab Sessions the proper procedure of hand-washing at least 20 seconds as prescribed was taught and practiced as a critical precautionary step to prevent the spread of the pandemic and maintain sanitation and hygiene, as follows:

Step 1: Wet Hands



Step 2: Rub Palms Together



Step 3: Rub the Back of Hands



Step 4: Interlink Your Fingers



Step 5: Clean the Thumbs



Step 6: Cup Your Fingers



Demonstration of the Female Reproductive Anatomy

SVN Pashulok Ambagh, Rishikesh - Learning to Break the Silence



Kailash Gate, Rishikesh - Understanding the Reproductive System



SVN Pashulok Ambagh, Rishikesh - Briefing on the Menstrual Product Spreading Awareness



Explaining the changes in the Adolescent Body



Khadri Shyampur



Chandreshwar Nagar – Meeting with Key Women Leaders of the Community



Kali Ki Dhal – Speaking of clothe Menstrual Pads



Chandreshwar Nagar – Special Rooftop Session

