

AWARENESS ON HEALTH AND HYGIENE

11th November 2021.

INTRODUCTION:

The day 7 of project field work was scheduled on 11th November 2021. The team first gathered at karlapakkam around 11 30 AM. Then the resource person Mrs. Yasmin S, M Phil scholar, Psychology, arrived at the Government school of Karlapakkam for the program that to be organized. Then the student trainees has set up the place and invited the girl students from class 6 to 12. Then the school Head Mistress and other teaching staffs along with the President. Mrs. Kalpana addressed the gathering.

The student trainees were under the guidance of the Faculty Co coordinator Prof. P. Amuthalakshmi. Mr. Daniel Praveen Raj, Faculty of MSSW in Karlapkkam, Thiruvallur District guided the team.

ACTIVITIES:

First the program was started with an invocation song sung by a student trainee Ms. Jenisha A S which was followed by a street play done by the student trainees. The theme of the street play was on breaking the myths on Menstrual Hygiene. This was then followed by the resource person Mrs. Yasmin S giving a Lecture on Menstrual Hygiene and Mental health for women.

To gain the attention of the students the resource person gave a small warm up activity and started off with the session.

The issues that discussed were,

- ✓ Introduction on Menstrual Hygiene.

- ✓ Advantages and disadvantages of using sanitary napkins.
- ✓ Comparison between cloth pads and sanitary napkins.
- ✓ Change of pads during intervals.
- ✓ Intervals of Menstrual Cycle.
- ✓ Ways of disposing used Sanitary napkins.
- ✓ A warm up activity.
- ✓ Exercises that can be done daily.
- ✓ Awareness regarding that Menstruation should be not considered as Taboo topic, but has to be considered has part and parcel of life.
- ✓ Discussion on white discharge (Before and after periods)
- ✓ Healthy foods that can be consumed during menses.
- ✓ Mental health for women and children.

The resource person initially started the discussion by asking questions to the students regarding their views on Menstruation. The students actively responded to the questions that were posted by the resource person.

On the note of advantages and disadvantages of using sanitary napkins it was been said that pads are easy to use, free of stain, easy to dispose while cloth pads are difficult to maintain as they involve tedious cleaning process. On the other hand the disadvantages of napkins include, either burning of used sanitary napkins or the harmful effects improper disposal.

Regular change of pads, during proper intervals. Pads have to be changes for every 3 to 4 hours despite of the blood flow.

One must not be afraid about the delay in periods if it doesn't exceed 35 days.

The regular interval is 28 to 35 days.

The boat poses exercise, and pillow pose was taught to practice during periods to relieve period cramps.

The resource person also said that the menstruation should not be considered as taboo topic and explained that it is a part of the women's life cycle and no one should hesitate to talk about it in open forum.

The resource person discussed about the importance in knowledge about white discharge. It was said that it was nothing to be scared, and requires doctors concern only when the discharge is heavy than usual.

The nutritive food that can be consumed are Urad dal, Protein rich foods such as eggs and other protein foods. Fruits and vegetables. Water consumption at regular intervals for hydration.

The resource person also spoke about the need of mental health among students and women. She also spoke about the depression and how to overcome it.

PROGRAMMES:

After the resource person's session the school students with the team of two volunteered for a dance performance. One of the performances was in classical and the other was in western style.

FELICITATION:

The program was then followed by felicitation session. The President presented the resource person with a memento. And then the School Teacher presented a gift to President who supported us to organize the program. The School teacher then thanked the team for organizing the program.

The student's trainee provided books and biscuits to the students and the woman's gathered for the program.



In between the program



Felicitation of the President Mrs. Kalpana



Student trainee Elakkiyan
addressing the
gathering



Distribution of books and biscuits



Felicitation of the Resource Person
Mrs. Yasmin S



Distribution of books and biscuits



Resource person addressing the students



Street play performance by students

Street play performance by Student
trainees

