

Menstrual Health Awareness Sessions



(1)

Date: 19-JULY-2024

Place: GGES school huma block

Participants: 8

About the session:

Today, I led a Menstrual Health Matters (MHM) session at a local elementary school, where I spoke with students about the importance of menstrual health and hygiene. We discussed the physical and emotional changes that come with puberty, and I provided accurate and age-appropriate information about menstruation, dispelling common myths and misconceptions. The students were curious and engaged, asking thoughtful questions and sharing their own experiences.

Through interactive activities and open discussions, the students learned about the different types of menstrual products, how to use them properly, and the importance of self-care during their periods. By educating young minds about menstrual health, we can help break down stigmas and taboos surrounding menstruation, promoting a culture of inclusivity, respect, and empowerment. I was impressed by the students' eagerness to learn and their willingness to become advocates for menstrual health awareness.



(2)

Date: 25 July 2024

Place: Madrassah-tul-banat

Participants: 9

About Sessions:

When we have our periods, it's essential to take care of our bodies and minds. We can feel happy, sad, or even grumpy sometimes! That's okay. We can do things that make us feel better, like drawing, reading, or talking to friends. We should also eat nutritious food, like fruits and veggies, to keep our bodies strong. And, don't forget to change those pads regularly to stay fresh and clean.

Remember, periods are a natural part of life, and we're not alone. Many girls and women go through it every month. If we feel worried, scared, or need help, we can talk to our family, friends, or a trusted adult. They can offer support and advice. Let's be kind to ourselves and each other during this time. We got this! By taking care of ourselves and staying positive, we can rock this

period thing and feel happy, healthy, and confident.



(3)

Date: 23-7-24

Place: Sabeel Wali Gali



Participants:

There were 9 participants in the session, all of them were very engaged.



About the session:

On July 23, 2024, in Sabeel Wali Gali, located in the walled city, we held Menstrual Hygiene Management (MHM) sessions with women and girls from the community. There were 9 participants in the session, all of whom were very engaged.



They listened carefully and learned a lot from the session. Some females were worried about how they would carry the sanitary pads home without being noticed. To help them, we provided plastic wraps to cover the pads, so they could carry them discreetly. This made the participants feel more comfortable and confident about what they learned in the session.



Govt. Girls Elementary School Madhu Lal Hussain Shalamar (GESMLH)

Date:

29-7-24

Place:

Shalamar school



Participants:

This session had 7 participants

About session:

The second session was held on July 29, 2024, at the Government Girls Elementary School in Madhu Lal Hussain, Shalamar. There were 7 participants, all of whom were active and engaged.



7th-grade students, showed great interest in the session. For many of them, the information and awareness about menstrual hygiene were entirely new as they had not yet experienced menstruation. "Miss Rubina Shaheen" also shared insights on how Kalashi females are isolated by their families during their menstrual cycle and we discussed other cultural taboos, such as "log kya kahenge" (what will people say).

(5)

School name: GGES Whadat colony

Date: 19th July 2024

We conducted menstrual health awareness sessions at school with a focus on ensuring a healthy and safe menstrual experience for the girls. In the session, we emphasized that menstruation is a natural and normal process. We discussed the importance of adopting healthy habits during menstruation, such as regularly changing menstrual pads and maintaining proper hygiene. The session aimed to help the girls view menstruation as a routine part of life and provided essential information on menstrual hygiene and health.

We addressed common issues related to menstruation, such as pain, discomfort, and infection prevention. We shared practical advice on using and disposing of menstrual products correctly and emphasized the importance of washing and drying reusable cloths properly. Additionally, we encouraged the girls to prepare a personal menstrual kit for emergencies to avoid any inconvenience. The goal of these sessions was not only to provide information but also to boost the girls' confidence in managing their menstrual health and participating actively in their daily activities.



During the menstrual health awareness sessions, we had a total of 12 participants in attendance. Their active engagement and participation demonstrated a strong interest in learning about menstrual health and hygiene.

(6)

School name: GGES Sanatnagar

Date: 25th July 2024

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We addressed common issues related to menstruation, such as pain, discomfort, and infection prevention. We shared practical advice on using and disposing of menstrual products correctly and emphasized the importance of washing and drying reusable cloths properly. Additionally, we encouraged the girls to prepare a personal menstrual kit for emergencies to avoid any inconvenience. The goal of these sessions was not only to provide information but also to boost the girls' confidence in managing their menstrual health and participating actively in their daily activities.



(7)

Place: Govt Girls Elementary School Nayi Basti.

Date: 22nd July, 2024.

Participants: Students of 6, 7 and 8 class.

About Session:

It was an informational session about menstrual cycle information. Where we discussed about different myths of society about MH. Most of students feels shy whenever I asked them to discuss their periods routine and things which they are facing about MH. Nobody knows about another secretion of vaginal part and no one guide them about secretion. Because they feel hesitation while discussing their issues with their friends and family



Still in this era women faced by societal norms to hide their issues from family. Most of women facing the issue of providing facilities of food and health during this cycle. And most of them have no any guidance to meet their health and pain during this period. They are unaware to intake iron and protein in their diet. They give priorities to intake sugar and spices rather than any healthy food.

(8)

Place: Govt Girls Elementary School Khizarabad.

Date:29 July,2024

Participants:7 Participants of 6,7and 8 class.

About session:

The session was full of information about menstrual cycle and indicating students about their normal cycle by sharing their different experience. Students were agreed about superstitious norms of their society which were guided by their families due to unawareness. They also believed on avoiding cold drinks and taking bath regularly. They feel hesitation whenever I asked them to ask any question about their menstrual cycle.



In my opinion we should guide their parents also about menstrual cycle. Because they have vital role in their child character building. They must know about their basic needs of food and health measures during this cycle which is helpful for their child.

(9)

Participants: Teachers, Students of Class 4, 5, 6,7

Venue: Govt. Girls Elementary School Wahdat Colony

MH Session:

There were only three students of class 7 and 8 and they were got MH session. The visitors provide them valuable able information to the students. The visitors delivered informational message to the girl students and the students asked different question related to menstrual hygiene. Providing information on menstrual taboos was the amazing part of MH session. The students actively participated. After that, the students told their stories how they were unaware when they first got their periods.





Personal Feedback:

Overall, the session was a valuable learning experience that exceeded my knowledge and expectations. The teacher's behavior was good and they welcomed us. But in my opinion, the students who do not know about the menstruation should be the target sample of the session. The reason is that they can easily manage and prepared themselves for this natural process and they can follow the hygienic ways.