

**Institute of Research and Development for the Rural Poor-Trust  
No.48, 18<sup>th</sup> Cross st, kakilanchavadi, Tambaram sanatorium, Chennai 600047**

**Activities till 30<sup>th</sup> Oct 2020 on Menstrual Health Management program in Tamilnadu**



We organised training program in Chenglpettu

Panjatheerthi	-	28	3/10/2020
Thiruporur	-	30	10/10/2020
Kovalam	-	20	17/10/2020
<b>Total</b>	-	<b>108</b>	

Village Health Nurse was resource person for the program. Both of them shared the physical process of Menstruation and management, problems and complications related to Menstrual

Hygiene. She emphasised the importance of using menstrual pad instead of old clothes.



Jawathu tribal communities: We organised 2 programs in collaboration with Rural Women Development in Jawadhu Hilly tribes on 26<sup>th</sup> Sept 2020 in Malapattu and 26<sup>th</sup> Sept 2020 at Chinnakalpattu Villages Village Health Nurse, Govt came as Resource person and spoke on Menstrual Hygiene and present practice of Menstrual period. Few participants shared that still they use the old clothes for the period. We distributed free Napkins to

all participants.



Migrant Workers in Chenglpet District: We organised 2 training program in Migrant workers in stone quarries with the collaboration of Mass Empowerment for Growth Alternatives. On **10<sup>th</sup> Oct and 11<sup>th</sup> Oct 2020** these programs were organised in Tiruneermalai and Trisulam quarry areas. Dr.Regina Managing Trustee was Resource person and spoke on Menstrual Hygiene Management. We distributed free Napkins to all participants.



Program with Gypsy: We organised training program to Gypsy communities in Managudi , Myladuthurai District on **30<sup>th</sup> Sept** with the collaboration of Peace Foundation. **01/10/2020 at Manapthankal and 02/10/2020 Vallalakam villages.**

**Programs In Rasipuram:**

We organised two programs in Rasipuram Taluk, Salem District. **9<sup>th</sup> Oct** in Rasipuram Mrs.Radha Village Health Nurse came as



resource persons. **11<sup>th</sup> Oct 2020** in Ammanpedu, Mrs.Dhanalakshmi came as Resource persons.



Programs in Tiruvallur : We organised Menstrual Health Management program in Tiruvallur district on **7<sup>th</sup> Oct 2020 and 8<sup>th</sup> Oct 2020** at Vengatur Tribal communities. Many of them still using old clothes to manage their periods. We distributed pads to the girls.



Programs in Chenglepettu District: We organised programs with Tribes in Oragdam and Pazaveli Villages on 2/10/2020 and 03/10/2020 Mrs.Santhakumari was Resource Person for both programs. More than 30 Tribal girls participated in the programs.



Program in Namakkal District : We organised Menstrual Awareness programs in Hilly tribes in Nathchayarpalaym, Kowdanpalayam areas on 16/10/2020 and 17/10/2020 . Mrs. Radha and Ms.Dhanalakshmi Village Health Nurses came as Resource Persons. 35 Young girls participated in the programs. Menstrual problems explained clearly to the girls.



NGOs Advocacy Program: We organised Chennai, Tiruvallur District NGOs meeting on 21<sup>st</sup> Oct 2020. 21 NGOs participated and gave suggestions to improve the program. Initially Dr.Irudayasamy , Director IRDRP spoke about the menstrual health problems among young girls specially tribal communities and survey results confirms that Tribes still not using menstrual pads. They use only old clothes. Hence the project aiming to promote Menstrual pad among the girls to avoid infections. NGOs said to organise more programs in the districts to change the attitudes of girls.

Thanks

Date: 14<sup>th</sup> Nov 2020

Place : Chennai 47

Handwritten signature of the Managing Trustee.

Managing Trustee

