Menstrual Health: Bharat Darshan - Episode 2
Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan

3 अक्टूबर 2020/ October 3rd 2020
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This is a compilation of the photographs that were shared in Episode 2

यह उन तस्वीरों का संकलन है जिन्हें एपिसोड 2 में साझा किया गया था
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Hosted by Jatan Sansthan

Team: Menstrual Health: Bharat Darshan
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Speakers Today:
1. Salma and Rewati, Sukhibhava, Bhopal, Madhya Pradesh
2. Divya, Sukhibhava, Bengaluru, Karnataka
3. Neha, Eco Hub, Assam
4. Christina, Kudi, Community Learning and Business Resource Centre, Nagaland
5. Shahjahan, Mehrunisha, Aga Khan Trust for Culture, Delhi
6. Bharti, Tara, Khushi, Jatan Sansthan, Rajasthan

आज के वक्ता:
1. रेवती, सलमा – सुखी भवः- भोपाल, मध्यप्रदेश
2. दिव्या, सुखी भवः- बंगलूरु, कर्नाटका
3. नेहा, इको हब- असाम
4. क्रिस्टीना, कुड़ी- कम्युनिटी लर्निंग एवं बिज्ञान रिसर्स केंद्र, नागालैंड
5. शाहजहाँ, मेहरूनिशा- आगा खान ट्रस्ट फॉर कल्चर, दिल्ली
6. भारती, तारा, खुशी- जतन संस्थान, राजस्थान
Sukhibhava

Sukhibhava started in 2013 in Bangalore, under the leadership of Dilip Pattubala. Informed by research that 82% women used ash, sand, plastic, newspapers to manage menstruation, Sukhibhava’s mission is to drive behaviour change and ensure access to affordable menstrual products. Offering a range of innovative solution in the menstrual health space much as introduction of digital assessment tools, period fellowship programs and a helpline, Sukhibhava is spreading its work in Karnataka and Madhya Pradesh.

Sukhibhava’s helpline HELLO SAHELI – was launched in 2020 as a response to the pandemic to address menstrual and sexual reproductive health concerns of women & girls from marginalised communities across India. The helpline is in two languages - Hindi and Kannada. When a caller gives a missed call to the helpline number, they are called back in 10 seconds by a helpline assistant – who then advises them or further connects them to a free tele- gynaecology consultation.
Sukhibhava, Bengaluru, Karnataka

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Sukhibhava, Programmes across India
Sukhibhava, Programmes across India

वर्ष 2018- 15 माह का पीरियड फेलोशिप (वर्ष 2018)- माहवारी स्वच्छता लीडर कार्यक्रम (महाराष्ट्र, तमिलनाडु, राजस्थान, उत्तरप्रदेश, गुजरात, कर्नाटक)

2018 - 15 month The Period Fellowship (TPF) - develop MHH leaders - scale intervention
Maharashtra, Tamil Nadu, Rajasthan, Uttar Pradesh, Gujarat, Karnataka
2019 – Period Preneurship -21 month incubator for Period Fellows to start-up MHH organisations
Sukhibhava, Programmes across India

2020 - COVID19, Hello Saheli helpline - menstrual and sexual reproductive health concerns
Hindi and Kannada - Missed call 0804-710-4234, a call back in 10 seconds

वर्ष 2020- कोविड-19 महामारी के समय हेल्पलाइन फोन सुविधा-प्रजनन स्वास्थ्य एवं माहवारी स्वास्थ्य सम्बन्धी सभी विषयों पर जानकारी के लिए (हिंदी और कन्नड़ भाषा में ) मिस कॉल 0804-710-4234 पर फिर से फोन करके पूरी जानकारी
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Sukhibhava, Bengaluru, Karnataka

Hosted by Jatan Sansthan

Sukhibhava, Bengaluru, Karnataka

LR Nagar, Gundappa Palya, Bengaluru

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माहवारी स्वास्थ्य भारत दर्शन - एपिसोड 2
असाम, नागालैंड, कर्नाटक, मध्य प्रदेश, दिल्ली, राजस्थान

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द्वारा- जतन संस्थान

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एल आर नगर, गुंडप्पा पाल्या, बंगलुरू
LR Nagar, Gundappa Palya, Bengaluru
Sukhibhava, Bhopal, Madhya Pradesh
भीम नगर चाँदबाद, भोपाल (मध्यप्रदेश)

Sukhibhava, Bhopal, Madhya Pradesh

भीम नगर चाँदबाद, भोपाल

Bheem Nagar, Chandbad, Bhopal
Sukhibhava, Bhopal, Madhya Pradesh

Bheem Nagar, Chandbad, Bhopal
Eco Hub, Assam

The Eco Hub is a social enterprise headquartered in Bokakhat, Assam with another division in Dimapur, Nagaland. Started by an activist entrepreneur Nelson Deb, The Eco Hub works with marginalized women in the community who produce reusable cloth pads, biodegradable sanitary pads, paper products, handwoven and kantha embroidered garments, home linen and stationary.

They are the pioneers in the menstrual health space in the northeast of India and have been actively engaged in the menstrual health education since 2012 working with women, adolescent girls and young men - generating awareness on menstrual health management. They believe that menstruators must make choices for their own health and dignity by improving access to women’s health education and affordable sanitary protection.
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Eco Hub, Assam
Bokakhat, Assam
Assam is very scenic with fields and is home to a variety of exotic plant species.
Tuloni bia - period festival celebrated in Assam at menarche
Eco Hub, Assam

Disposable Compostable Pads

Reusable Cloth Pads
Eco Hub, Assam

Menstrual Health and Hygiene Training

Hosted by Jatan Sansthan

Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan
इको हब, आसाम
Eco Hub, Assam

बाढ़ प्रभावित क्षेत्रों में माहवारी उत्पादों का वितरण
Reaching flood affected villages, distributing MHM Kits
Eco Hub, Assam

बाढ़ और महामारी के समय माहवारी किट्स का वितरण (तेल उत्पादक क्षेत्रों में)

Menstrual Hygiene Relief Kit for Assam Floods, Pandemic and Bagjan (Oil Fields)
Community Learning & Business Resource Centre from NAGALAND, is a production cum training institution based in Jalukie, Nagaland. The institute was initiated under Government supported, world bank funded NERLP project. The unit initiated production of re-useable cloth pads under the STINER project in 2018. Nelson Deb of Eco Hub was leading this programme.

On closure of project NERLP* in 2019, CLBRC has evolved as an independent unit. The institution is engaged in activities like tailoring and weaving. It has 14 SHG’s Federations working with them. CLBRC has been producing products using natural fabrics and traditional Naga motifs that suit market trends and cater to local and domestic markets.

*NERLP - North East Livelihood Project
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Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan
CLBRC – Community Learning & Business Resource Centre, Nagaland

Scenes from Jalukie located 97 ms from the Capital Kohima
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CLBRC – Community Learning & Business Resource Centre, Nagaland
Previously under NERLP- North East Livelihood Project

Production cum training centre - Jalukie, Nagaland - 14 SHG Federations - tailoring, weaving
2018 - 18 women trained – production re-useable cloth pads
Ecofemme, Auroville /STINER (Science and Technology Intervention in Northeast Region)

वर्ष 2018 – 18 महिलाओं का पुन: उपयोग योग्य कपड़े के पैदास निर्माण का प्रशिक्षण
(इको फेम, औरोविल- पुदुचेरी / विज्ञान एवं तकनीकी नवाचार- पूर्वोत्तर क्षेत्र)
CLBRC – Community Learning & Business Resource Centre, Nagaland

Sale: Colleges
कॉलेज स्तर पर विपणन

Sale: On line
ऑनलाइन विपणन
Menstrual Health Training: colleges, schools

Hosted by Jatan Sansthan

Mahavari Svasatbh darshan - episode 2

Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan
Menstrual Health Training: SHG Groups

Hosted by Jatan Sansthan

Mahavari Swasthya Bharat Darshan - Episode 2

Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan
Established in 2001, Jatan Sansthan: The first project those early years was in the area of reproductive health, in Railmagra, Rajsamand where we worked with both adolescent boys and girls. At this same time we promoted a reusable “make it yourself” sanitary napkin called the *Lace Walah Kapda*.

Strategies evolved over time, *Uger* pads were designed in 2012. The pads went through extensive user trails in Rajasthan and Karnataka – before going into mass production mode.

- **Uger Project** has a robust cloth pad unit, both producing pads and provides know how for starting cloth pad production
- Our work in in the area of sustainable menstruation includes:
  - men in menstruation
  - workshop/trainings and awareness campaigns with men/women/girls/boys on the various aspects of **sustainable menstruation**
  - training material, extensively field tested and is in the **copy left** space

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**Jatan Sansthan, Rajasthan**

Hosted by Jatan Sansthan

एपिसोड 2

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Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan
Jatan Sansthan, Rajasthan

Railmagra, Rajsamand District, South Rajasthan
Block Railmagra, a mix of rural and urban, 100 kms from Udaipur city
Jatan Sansthan, Rajasthan

Bharati, independent activist, associated with Jatan for many years, a PlusTrust Fellow 2012 - A collaborator - development of Uger pads - Cross Over Trials - User preferences
**Cross Over Trails / Proof of Concept Study**

1: *Time Piece* - Poly acrylic fibre – non woven fleece

2: *Uger Pad*

- Respondents found product 1 - warm/causing rashes/irritation/boils
- Respondents found product 2 – cool, comfortable – causing no health problems
Gogunda is nestled in the Aravalis – the oldest Fold Mountain range in the world
Jatan Sansthan, Rajasthan

Tribal settlement, 50 km from Udaipur city
Traditional water harvesting systems

Rehant - Persian Water Wheel

Still in use - Gogunda and surrounding regions
Jatan Sansthan, Rajasthan

Adolescents girls, youth club members – from Gogunda
Adolescents girls, youth club members – from Gogunda
The project is a people-public-private partnership. Public partners are South Delhi Municipal Corporation, Archaeological Survey of India and the Central Public Works Department. Private partners are Aga Khan Foundation and Aga Khan Trust for Culture. The project is located in the Nizamuddin Basti – Delhi, close to Nizamuddin Railway Station. It is one of the oldest localities in Delhi – almost 700 years old. It is home to 98% muslim families with very high population density. The locality is named after Hazrat Nizamuddin Auliya – a 13th century Sufi Saint.

The Community health programme of this initiative is a robust programme looking at community health in a holistic manner. Managed by a team of 45 to 50 aapas (sisters), the project has been running since 7 years. There has been change in attitudes to over all health and reproductive health in particular. The Appas counsel families covering nutrition, pregnancy and child care, menstruation, contraception and other aspects such as life skills.
Nizamuddin Urban Renewal Initiative, Aga Khan Trust for Culture, Delhi
Nizamuddin Urban Renewal Initiative, Aga Khan Trust for Culture, Delhi

Scenes from Nizamuddin Basti

Voices from Nagaland, Assam, Karnataka, Delhi, Rajasthan

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द्वारा- जतन संस्थान

माहवारी स्वास्थ्य भारत दर्शन - एपिसोड 2

असाम, नागालैंड, कर्नाटका, मध्य प्रदेश, दिल्ली, राजस्थान

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द्वारा- जतन संस्थान

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असाम, नागालैंड, कर्नाटका, मध्य प्रदेश, दिल्ली, राजस्थान
Community Health Programme, Clinic by SDMC, Gyms and parks for women and children

Nizamuddin Urban Renewal Initiative, Aga Khan Trust for Culture, Delhi

Hosted by Jatan Sansthan द्वारा- जतन संस्थान

महावारी स्वास्थ्य भारत दर्शन - एपिसोड 2
असाम, नागालैंड, कर्नाटक, मध्य प्रदेश, दिल्ली, राजस्थान

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Investment in resource material – Sehat Nama – a reference book for Health Aapas
Investment in resource material – *Sehat Nama* – a reference book for Health Aapas