Webinar Series: Menstrual Health-Bharat Darshan

Episode 5: Voices from Tamil Nadu, Sikkim, Maharashtra, Jharkhand, Kerala and Rajasthan

Voices from the ground sharing Menstrual Health Experiences, Challenges and Successful Practices

Speakers from: Ekjut (Jharkhand), Centre for Microfinance (Rajasthan), Savitribai Phule Mahila Mandal and Swachata Sanwardhan Mahasangh (Maharashtra) EcoFemme (Tamil Nadu), and Activists from Kerala and Sikkim

24 October, 2020
Time: 11:30 – 1:00 pm

nger@jatansansthan.org
www.jatansansthan.org
Menstrual Health: Bharat Darshan - Episode 5
EcoFemme, Tamil Nadu
24 अक्टूबर 2020 / October 24, 2020

Voices from Tamilnadu, Sikkim, Maharashtra, Jharkhand, Kerala, Rajasthan

Hosted by Jatan Sansthan
द्वारा- जतन संस्थान
EcoFemme is a women-led social enterprise founded in 2010. Based in Tamil Nadu, India, their goal is to create environmental and social change through revitalising menstrual practices that are healthy, environmentally sustainable, culturally responsive and empowering. They produce and sell washable cloth pads, provide menstrual health education and open dialogues on menstruation all along the way.
Sudha has 2 daughters, 19 years old and 13 years old. She has been working at Eco Femme for the past 7 years. Her role at Eco Femme is to check quality of the finished product, packing, material cutting and preparing orders.
Menstrual Health: Bharat Darshan - Episode 5
EcoFemme, Tamil Nadu
Around 300 families live in Kottakarai. Many are employed at Auroville. The economy of the village has been sustainable compared to other rural villages in surrounding areas.
Villagers commute to Puducherry by the buses that run twice everyday. Some local school vans come to the village as well.
Sudha and Ramani checking quality and packing
EcoFemme, Tamil Nadu

Menstrual education session
Menstrual Health: Bharat Darshan - Episode 5
Centre for microFinance (CmF), Rajasthan
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माहवारी स्वास्थ्य भारत दर्शन - एपिसोड 5
सेंटर फॉर माइक्रोफाइनेंस, राजस्थान

माहवारी स्वास्थ्य भारत दर्शन - एपिसोड 5
tamil nadu, sikkim, maharashtra, jharkhand, kerala, rajasthan की बातें
CmF has been working in Rajasthan since 2007 with core focus on promotion of women based Self Help Groups (SHGs) and livelihoods. Since 2015, CmF widened its approach to include themes such as Health, Education, Water, Sanitation and Hygiene (WASH), Menstrual Hygiene Management. For last 2.5 years CmF has covered more than 35,000 women/girls through MHM interventions such as awareness session, couple counselling, pad stitching, MHM product supply chain through SHG/Federation and Entrepreneurs.
Mamta Kumari Garasiya

Jamuna Kumari

Mamta Kumari is the daughter of Jamuna Devi. They live in village Bahadurpura (Abu Road, Sirohi). Their family income depends on farm work. Jamuna’s husband works in a garage 15 km from their home. There are 10 members in their family - of which 2 are boys and 6 girls. Mamta's mother Jamuna Devi also goes to work in another village. They are associated with CmF’s menstrual hygiene program since January 2020.
सेंटर फॉर माइक्रोफाइनेंस, राजस्थान
Centre for microFinance (CmF), Rajasthan

कुछ दृश्य: बहादुरपुरा, आबू रोड, सिरोही जिला
Scenes from Bahadurpura (Dang fali), Block: Abu road, District: Sirohi

Menstrual Health: Bharat Darshan - Episode 5
Voices from Tamilnadu, Sikkim, Maharashtra, Jharkhand, Kerala, Rajasthan
Awareness workshops and training programmes
Centre for microFinance (CmF), Rajasthan

Pad stitching workshop
Group members pose with the pads they stitched
Menstrual Health: Bharat Darshan - Episode 5
Sikkim Pragatishil Nari Co-operative Society, Sikkim
24 October 2020/ October 24, 2020
Sikkim Pragatishil Nari Co-operative Society, Sikkim

Sikkim Pragatishil Nari Co-operative Society, Sikkim (SPNCS) is a co-operative organisation formed out of 1500 SHG Federations across South Sikkim. The Cutting and Tailoring Unit was earlier a CLBRC (Community Learning Based Resource Center) under NERLP (North East Rural Livelihoods Project) and now taken over by SPNCS (Sikkim Pragatishil Nari Co-operative Society) as an independent unit which produces products under the brand name “Ramroo”
Srijana Darjee is a resident of South Sikkim’s small village Tinik, Jorthang. She is a trained tailor and has been an active member in the Cutting and Tailoring Unit. She has been trained to stitch cloth pads and give awareness sessions on Menstrual Health and Hygiene under the STINER Project.
Sikkim Pragatishil Nari Co-operative Society, Sikkim

SPNCS office in Nandugaon Village
A house and a church and the road at Chisopani, Sikkim
While stitching cloth pads in line production style
Ramroo Cloth Pads
Menstrual Health: Bharat Darshan - Episode 5
Ekjut, Jharkhand

24 October 2020 / October 24, 2020

West Singhbhum
Ranchi
Ekjut, Jharkhand

Ekjut has been working since ten years with tribal and marginalized communities in Jharkhand state of eastern India for over a decade, where 37% of the population lives below the state-specific poverty line, most families live in rural areas and 26% are from Scheduled Tribes and mainly dependent on agriculture, dependent on single rain-fed paddy crop, food collected from forests, and migratory trips for seasonal labour. Ekjut works in areas such as: gender based violence, adolescent health and wellbeing, reducing maternal mortality, new born health and menstruation.
Nibha Das has been working in Ekjut since 2004 and started as an assistant to the founders - the doctor couple, at a rural clinic. She has been instrumental in supervising data collectors on anthropometric measurements, data collection using android phones. Her work is in the following areas; reducing maternal and new-born health, under nutrition, gender based violence and adolescent health study intervention.
Ekjut, Jharkhand

Dudhakundi, Sunghbhum District

Menstrual Health: Bharat Darshan - Episode 5
Voices from Tamilnadu, Sikkim, Maharashtra, Jharkhand, Kerala, Rajasthan
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द्वारा- जतन संस्थान

दूधाकुण्डी गाँव, जिला- सिंहभूम
Dudhakundi, Singhbhum District
Ekjut, Jharkhand

Working with women’s/adolescent groups about menstrual hygiene
Working with women’s /adolescent groups about menstrual hygiene

महिला एवं किशोरी समूह के साथ माहवारी स्वच्छता पर काम

Ekjut, Jharkhand

Hosted by Jatan Sansthan

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Voices from Tamilnadu, Sikkim, Maharashtra, Jharkhand, Kerala, Rajasthan
Menstrual Health: Bharat Darshan - Episode 5
Kavya Menon, Kerala
24 October 2020
Kavya Menon is an aspiring Ecofeminist and passionate about creating awareness on the health, environmental, economical and cultural aspects of menstruation, across genders and geographies. She is also keen on Sexual and Reproductive Health and Rights, and uses art as a medium to promote awareness. She is a certified Aviva therapist - to address menstrual health issues.
ईको फेमिनिज्म - महिला के शोषण और महिला और प्रकृति के बीच के सामंजस्य पर बात करने वाली सुन्दर नारीवादी सोच

माहवारी शिक्षक कार्यकर्ता एवं थेरेपिस्ट - 8 वर्षों से केरला और तमिल नाडु में सक्रीय कला के माध्यम से माहवारी के जानकारी बढ़ाना चाहती हैं - इस साल ऑनलाइन फिल्म त्यौहार, मेस्ट्रुअल मूवी मेला का आयोजन भी किया है।

कला के माध्यम से माहवारी के जानकारी बढ़ाना चाहती है - इस साल ऑनलाइन फिल्म त्यौहार, मेस्ट्रुअल मूवी मेला का आयोजन भी किया है।

बच्चों को माहवारी के बारे में बेहिचक बात करने के लिए एक सॉपसीढ़ी खेल बनाया था. आप अवीवा मेथड की प्रशिक्षक हैं. यह हंगरी से एक एक नृत्य का प्रकार हैं, जो यौन स्वास्थ्य और कल्याण के लिए हैं. इस अक्टूबर में इंकटोबर चैलेंज के तहत चित्र बनाकर लैंगिक और प्रजनन के जागरूकता दे रही हैं।

माहवारी सम्बंधित जागरूकता केरला में देने के लिए आर्तवा यानम नाम के एक यात्रा भी पूर्ण की थी.
साँप-सीढ़ि का खेल
खेल खेल में सीखते बच्चे
और बड़े भी...
केरला और तमिल नाडु में जागरूकता सत्र
केरला के ऑफीशियल के साथ गतिविधि
कार्यकर्ता – तमिल नाडु में – NGO OFFICE
कपडे का पैड बनाने का शिक्षण
मेले में मुद्दे की बातें
आदिवासी गांव - केरला
INKTOBER 2020
None of these chemicals are listed on the label. We have a right to know.

- **STYRENE**
  - also used in car tires

- **CHLOROMETHANE**
  - also used in petroleum refining

- **ACETONE**
  - also used in nail polish remover

- **CHLOROETHANE**
  - also used in styrofoam
Where is away?

* तनपटा - कैसे
मेंस्ट्रुअल अपशिष्ट - संयोजन

पानी 47%

सोखनेवाला रसायन 7%

प्लास्टिक 12%

कागज एवं लकड़ी के पदार्थ 24%

ठोस वेस्ट 6%

अन्य वेस्ट 4%
AHP Wastes – सोखनेवाला वेस्ट

स्रोत या मूल कारण

- पैड
- बच्चों का डायपर
- बड़ो के लिए डायपर

उपयोग के बाद का स्थिति

- Landfill - लैंडफिल - 65-81%
- Incineration - भस्मीकरण – 19-30%
- Recycle & Recovery – रीसाइकल करना – 2-3%
FREE — BLEEDING — आज़ाद माहवारी