Webinar Series: Menstrual Health-Bharat Darshan
Episode 6: Bharat Darshan Season 1 Concluding Webinar

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

Hear voices from NERCOMP (Meghalaya) and MITU Foundation (Karnataka). Listen to Rajasi Kulkarni Diwakar on ‘Tug Of War: Conflicts within the Menstrual Space’ and Jatan team members speaking on ‘Evolutionary Aspects to Menstruation’

Jatan संस्थान की उगर परियोजना द्वारा आयोजित

By Project Uger of Jatan Sansthan

31 October, 2020
Time: 11:30 – 1:00 pm
TEGR @jatansansthan.org
www.jatansansthan.org
Menstrual Health: Bharat Darshan - Episode 6
Voices from Manipur, Meghalaya, Karnataka, Maharashtra
31 October 2020 / October 31, 2020
Meghalaya

Voices from Meghalaya, Karnataka, Maharashtra

Hosted by Jatan Sansthan

Menstrual Health: Bharat Darshan - Episode 6

Voices from Meghalaya, Karnataka, Maharashtra
NERCORMP, Meghalaya

NERCORMP एक आजीविका और ग्रामीण विकास परियोजना है जिसका उदेश्य उत्तर पूर्व भारत में गरीब और सीमांत आदिवासी परिवारों के जीवन को बदलना है. NERCORMP उत्तर पूर्व परिषद (NEC), DoNER मंत्रालय, सरकार की IFAD की सहायता पहल है. जतन संस्थान के सहयोग से मेघालय के पश्चिम गारो हिल्स जिले के पुरासिंगा गाँव में NERCORMP ने एक इको-फ्रेंडली और कॉस्ट इफेक्टिव क्लोथ पैड उत्पादन इकाई शुरू की है.

NERCORMP is a livelihood and rural development project aimed to transform the lives of the poor and marginalised tribal families in North East India. NERCORMP is a joint developmental initiative of North Eastern Council (NEC), Ministry of DoNER, Govt. Of India and International Fund for Agriculture Development (IFAD). NERCORMP in West Garo Hills District in collaboration with Jatan Sansthan has initiated an eco-friendly and cost effective cloth pad production unit in the village of Purasingga, South West Garo Hills District, Meghalaya.
NERCORMP, Meghalaya

Hamlet in Purasingga village

Structure of toilet in the household
NERCORMP, मेघालय

NERCORMP, Meghalaya

महिला समूह
Women’s Group
Health worker imparting awareness training at the community level
NERCORMP, मेघालय
NERCORMP, Meghalaya

Production Unit

Products stitching in progress
Mrs. Hildha Marak is settled in Purasinga village. She is married with 2 children and has been associated with NERCORMP Project for the past 10 years. She is also an anganwadi worker in her village. After being trained by Jatan Sansthan on Menstrual Health and Management in the year 2018, she has been actively participating in production of cloth pads and training other women in the same.
Mrs. Silbarin Marak, 28 years old married with 1 child is from Purasinga village. She has been actively involved as a health worker and has held many awareness programmes on menstrual health and management.
Voices from Meghalaya, Karnataka, Maharashtra

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Menstrual Health: Bharat Darshan - Episode 6

Voices from Meghalaya, Karnataka, Maharashtra
Karnataka

Collaborative Research Project
between MITU Foundation and Jatan Sansthan
Year 2015 to 2016

Proof of Concept User Study
Participants given 3 *Uger* holder pads and 6 towels

Participants given 16 *Rutumitra* disposable pads for each cycle

- Cross over trial, 8 months, 51 participants,
- Product 1 - 4 months, product 2 - 4 months,
- Design, comfort, performance, maintenance, preferences
Karnataka

Briefing Participants in the trail

Record dairy for keeping notes

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Voices from Meghalaya, Karnataka, Maharashtra
Karnataka

- Washing at the Kerey or Pond
- Bringing back clothes
- Hanging clothes outside home
- Menstrual cloth under larger clothing

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Voices from Meghalaya, Karnataka, Maharashtra
Karnataka

- स्नान घर
- हुक पर उगर पैड सूखते हुए
- Bathing area
- Uger pad hanging on hook
Karnataka

How was Rutumitra disposed

<table>
<thead>
<tr>
<th>Rutumitra</th>
<th>Burned</th>
<th>Thrown in Garbage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>46</td>
<td>5</td>
</tr>
</tbody>
</table>

How often did you change your menstrual product?

<table>
<thead>
<tr>
<th></th>
<th>Changed 2 times a day</th>
<th>Changed 3 times a day</th>
<th>Changed 4/above times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rutumitra</td>
<td>9</td>
<td>35</td>
<td>7</td>
</tr>
<tr>
<td>Uger</td>
<td>30</td>
<td>17</td>
<td>4</td>
</tr>
</tbody>
</table>

Where did you change your menstrual product?

<table>
<thead>
<tr>
<th></th>
<th>In the latrine</th>
<th>In the bathing area</th>
<th>Room at home</th>
</tr>
</thead>
<tbody>
<tr>
<td>For both devices</td>
<td>0</td>
<td>9</td>
<td>42</td>
</tr>
</tbody>
</table>

Hande Vole or Stove for heating water for bathing

नहाने का पानी गरम करने वाली हंडे वोले/चुल्हा
### Karnataka

<table>
<thead>
<tr>
<th></th>
<th>Rutumitra</th>
<th>Uger</th>
<th>Combination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old cloth</td>
<td>11</td>
<td>16</td>
<td>14</td>
</tr>
<tr>
<td>Combination preferred</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Cloth + Rutumitra</th>
<th>Uger + Rutumitra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cloth + Uger</td>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

**Product preferences**

Jatan Sansthan is very grateful to MITU Foundation for supporting research on Cloth Pads.
MITU foundation has worked in Chitradurga and Yadgir districts in Karnataka, in backwards districts of Andra Pradesh as well as in urban slums for the last eleven years on Menstrual health, hygiene and speaking against stigma. Due to the pandemic, we are currently working in villages close to Bangalore, as we are not able to reach remote areas. Our current project testing a product: the hybrid pad which has a cloth jacket and a disposable. There are no plastic inserts. We are working in partnership with NGO People’s Trust, they supply the core materials for disposable pads, the outer coverings of the pad are made by MITU’s groups.
MITU Foundation, Karnataka

Addiganahalli, Bengaluru Rural
Addiganahalli, Bengaluru Rural

MITU Foundation, Karnataka

Voices from Meghalaya, Karnataka, Maharashtra

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Voices from Meghalaya, Karnataka, Maharashtra
मितु फाउंडेशन, कर्नाटका
MITU Foundation, Karnataka

नीड एनालिसिस सूर्व (बायें) जागरूकता सत्र (दायें)
Need Analysis Survey (Left), Awareness Session (Right)
Home Inspection (Left), Pad exposed to sun (Right)
Period Journal

Voices from Meghalaya, Karnataka, Maharashtra

Hosted by Jatan Sansthan

Menstrual Health: Bharat Darshan - Episode 6

Mahavari Swasthya Bharat Darshan - Episode 6

Mizoram, Meghalaya, Karnataka, Maharashtra
Mitu Foundation, Karnataka

Menstrual Health: Bharat Darshan - Episode 6
Voices from Meghalaya, Karnataka, Maharashtra
Jhancy is a single mother who lives with her son and daughter in Sriramanalli. She has worked as office assistant at People’s Trust for 14 years. She is 46 and she completed her B.A. at Madikkeri. She took cooperative and Balasevika training after she became a single mother and knows basic computer work.
Ms. Rajasi Kulkarni Diwakar is an independent activist. She is highly passionate about building awareness on Sustainable Menstruation Management. She is a Human Development post-graduate, who moved to Chhattisgarh in 2013 for a 1-year fellowship by Bachpan Banao to work with residential schools of Dantewada. Previously she worked as a Project Research Associate at Centre for Technology Alternatives for Rural Areas in IIT Mumbai. Now she works as Freelance Researcher. Her goal is to enable people/organizations/Government in planning and implementing holistic menstrual health management programs.
Starting discussions from what you wear or carry
Holding safe spaces for discussion in parks, cafes and public places
Cloth pad making training to rural women and women with disabilities at Raipur, Chhattisgarh
Including men, non-menstruators in conversation!
Training women in communities from Madhya Pradesh.