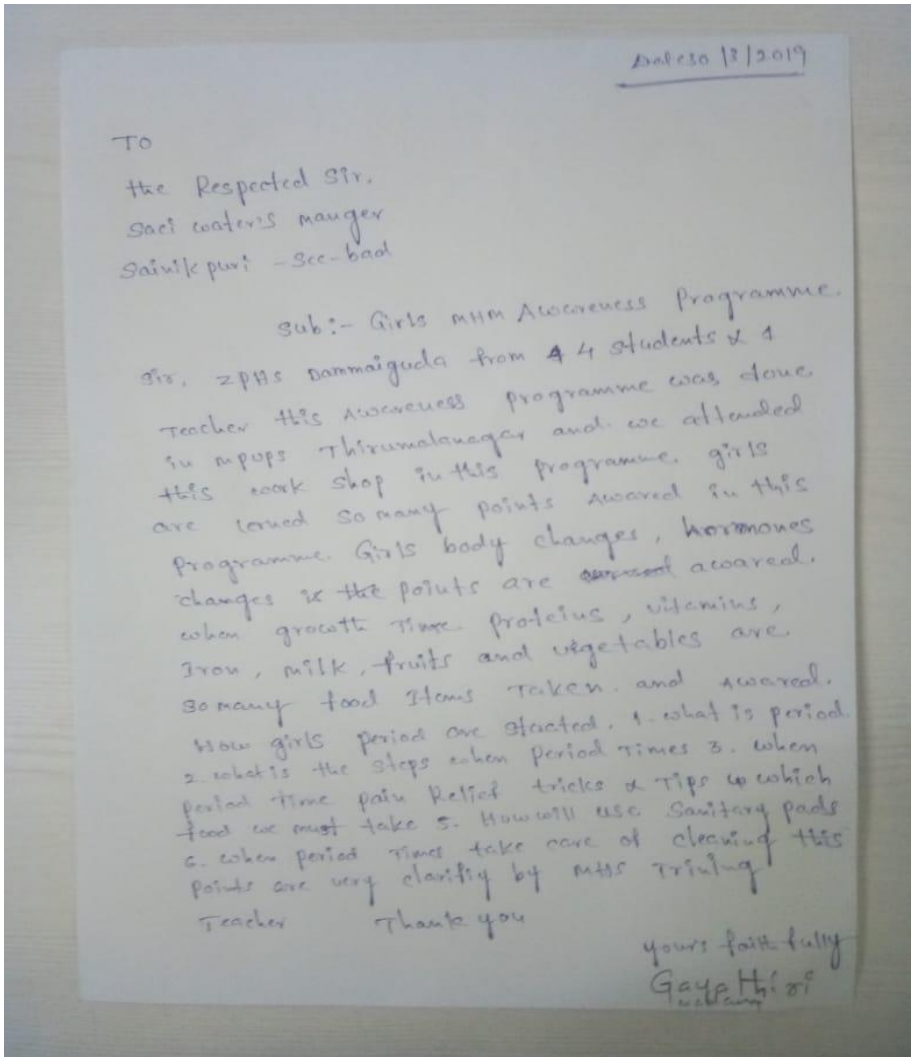


## Case Study–2 - Capacity Building to Adolescent Girls on Menstrual Hygiene Management (MHM)

<b>Date of field visit</b>	February, 2019
<b>Author/ rapporteur</b>	Anitha. V
<b>Name of the district</b>	Hyderabad
<b>Name of the Partner</b>	SaciWATERs
<b>About the School (its approach from the main city, kind of people, type of school)</b>	Dammaiguda is located in Keesara mandal falling under Medchal district in Telangana. This village has two schools namely Zilla Parishad High School (ZPHS) and Mandal Praja Parishad High School (MMPS) located within the same premises.
<b>Participants Group</b>	
<b>Name of the City, State</b>	Hyderabad, Telangana
<b>Occupation</b>	High School students (Adolescent girls)
<b>Partner NGO associated</b>	SaciWATERs
<b>Background information</b>	<p>Dammaiguda (ZPHS) has total students strength of 686 (Boys – 321, Girls – 365) and Dammaiguda (MPPS) has total students strength of 320 (Boys – 160, Girls – 160). ZPHS, Dammaiguda has the presence of water source (Borewell handpump) but it is not within the school premises. Prior to SaciWATER’s intervention, the school is purchasing RO bubbles for drinking water purposes and also most of the students are carrying their own water bottles from homes.</p> <p>This case study tries to capture the situation before and after the MHM training session that has been conducted to the adolescent girls of 8 ZPHS (TCHFL schools), in the aspects of the way the students are managing their monthly menstruation in a hygienic way that involves not only access to basic sanitation facilities, soap and water but also to so-called menstrual absorbents.</p>
<b>Challenges faced</b>	<ul style="list-style-type: none"> <li>➤ No puberty education included in MHM at curricular level for overall healthy development of adolescents (Like Yoga / Meditation / taking of healthy nutritious food).</li> <li>➤ No innovative IEC approaches like utilization of community contact opportunities (e.g. VHNDs) and proactive involvement of mass media and social media act as barriers to MHM awareness.</li> <li>➤ Less / No Capacity building of school teachers and health service providers including AWWs to disseminate timely and</li> </ul>

	<p>accurate information to both boys and girls on the biological and psychosocial aspects of puberty, menstruation, and MHM customized to local contexts, rather than focusing only on the practical aspects of managing menstruation, i.e. product use.</p> <ul style="list-style-type: none"> <li>➤ No wholistical approach / improvement in the effectiveness of the awareness programs conducted on MHM especially in high schools.</li> <li>➤ Non - involvement of key cultural influencers, that is, social and religious leaders in countering the negative myths and misconceptions,</li> <li>➤ No proper mechanism to build up support system at societal level.</li> <li>➤ However, the bigger challenge was to build on appropriate and effective communication methods to open dialog and make the stakeholders realize the importance of MHM.</li> </ul>
<p><b>WASH situation:</b></p> <ul style="list-style-type: none"> <li>• <i>What are the current facilities?</i></li> <li>• <i>Where do people collect water from?</i></li> <li>• <i>Where do they go to the toilet?</i></li> <li>• <i>Impacts of lack of WASH services on people's lives.</i></li> <li>• <i>What was the situation earlier?</i></li> <li>• <i>Is it better now? How?</i></li> </ul>	<p><b>Water:</b> ZPHS, Dammaiguda do not have the presence of water source within the school premises. Since MPPS &amp; ZPHS Dammaiguda are located in a same premises infrastructure is being shared. This school is purchasing RO bubbles for drinking water purposes and also most of the students are carrying their own water bottles from homes. Prior to our intervention, in the Dammaiguda (ZPHS) school RO plants were being purchased and the students are drinking water directly from the source. This school has drinking water storage facilities of about 400 litres of capacity and for other facilities another 1400 litres capacity storage facility is there. SaciWATERs with support from WaterAid has provided Lifestraw water filters (2) for providing access to safe and clean drinking water to all the students in this school.</p> <p><b>Sanitation:</b> In Dammaiguda (ZPHS) school there is toilet facility for the students along with a dedicated Panchayath sanitary worker in place. The toilets are somewhat not clean and the toilets are cleaned daily once in the morning. There is no separate toilet facility for the teachers and also there is no common toilet as well. This school has running water connection to the toilets. And recently SaciWATERs with the support from WaterAid have been trying to provide good sanitation facilities in the toilets and urinals.</p> <p><b>Hygiene:</b></p> <ul style="list-style-type: none"> <li>• There is also hand washing station facility in the school with 3 functional taps fixed at the hand washing stations.</li> <li>• Regular health check ups and de – worming programmes are done in this school and also there are nutritional supplements provided to the school students on regular</li> </ul>

	<p>basis.</p> <ul style="list-style-type: none"> <li>• Solid waste is collected from the school premises and disposed by the local authority.</li> <li>• Drainage of the school is connected directly to the main drain of the village.</li> </ul> <p>In this schools, there are IEC signages and wall paintings that are displayed on 5 key hygiene messages to promote hygienic behaviour among students and to practice it in their daily life.</p>
<p><b>Quotes/ important messages shared</b></p>	<ul style="list-style-type: none"> <li>• To raise awareness and skills on Menstrual Hygiene Management specifically amongst adolescent girls in schools</li> <li>• Concept of MHM and its Importance in schools</li> <li>• Issues relating women’s personal hygiene and sanitation needs linked to their menstrual cycle.</li> <li>• Biological understanding of puberty and menstruation</li> <li>• Safe practices of MHM</li> </ul>
<p><b>Role of WaterAid or Partner NGO in his/her life</b></p>	<p>Printed and verbal information about menstruation and menstrual hygiene management provided by WaterAid was crucial for girl students in ZPHS, Dammaiguda school was helpful for majority of the adolescent girls to gain prior knowledge of what is happening to their bodies and why. Working with girl students have helped them to feel more confident about managing their menstruation privately and effectively in school and at home.</p> <p>Teachers at ZPHS, Dammaiguda school have got the knowledge to take in to account the learning needs of different girls and treat the needs of each sensitively. Through this MHM training session, it has made them understand as to how important it is to understand the number of menstruating girls and the number of girls reaching menarche in their school and the need to take separate sessions for both the girls in both the categories.</p> <p>Through this session, ZPHS, Dammaiguda schools teachers who have attended the programme were advised to build a trust and rapport over time and to repeat sessions regularly so that girls feel comfortable to talk about menstruation.</p>
<p><b>Achievements/ impacts on his/her life through this intervention</b></p>	<p>The MHM training session for girls have given a clear direction on the way forward on how to address every component of the issue ranging from, but not limited to, raising awareness, addressing behavior change, creating a demand for better hygiene products, capacity building of frontline community cadre, sensitization of key stakeholders, convergence needed for effective outreach and intervention, creation of WASH facilities including safe disposal options, etc.</p> <p>The training also provided specific inputs for creating an effective</p>

	<p>communication intervention, while also enabling the choice of the most suitable disposal option of menstrual waste, for the users and decision makers.</p> <p><b>Water and soap in every school is essential.</b> Both are needed for girls, boys, and staff to wash hands with soap after toilet use and before eating food. Girls and female staff must have clean, easily accessible water and soap to wash them, wash their clothing if soiled, and wash menstrual cloths or reusable napkins. Water must be inside the toilet, ideally either via a tap or a dedicated container in each cubicle. A mug should be provided to allow girls to dispense water for their own personal cleaning and to clean the toilet if required.</p>
<p><b>Any other relevant information</b></p>	<p>Testimonial from Students</p>
<p><b>Please attach:</b></p> <ul style="list-style-type: none"> <li>• Pictures with captions</li> <li>• Any other document/information</li> </ul>	<p><b>Format for caption of pictures:</b> who + when + where + why</p>  <p>The image shows a handwritten note on a piece of paper. At the top right, the date 'Date: 12/2019' is written. The text is addressed to 'The Respected Sir, Sani water's manager, Sainikpuri - Sec-6/2'. The subject is 'Girls MHM Awareness Programme'. The student describes attending a workshop with 44 other students and a teacher, where they learned about menstrual health, body changes, and nutrition. The note lists several points learned, such as when periods start, what to do when they start, and how to use sanitary pads. It ends with 'Teacher Thank you' and a signature 'yours faithfully Gayatri'.</p>

