

## Report on Extension Activities Carried Out by Students of department of Sociology

Date: March 28-31, 2022

### Awareness Campaign on Menstrual Health at Barsundara Village, Haldia, Purba Medinipur

**Geographical Location:** Barsundra village is located in Haldia subdivision of Purba Medinipur district in West Bengal, India. Tamluk and Haldia are the district & sub-district headquarters of Barsundra village respectively. As per 2009 stats, Baruttarhingli is the gram panchayat of Barsundra village. The total geographical area of village is 249.4 hectares. According to the data of Census 2011, Barsundra has a total population of 3,187 peoples, out of which male population is 1,626 while female population is 1,561. Literacy rate of Barsundra village is 75.59% out of which 79.21% males and 71.81% females are literate. There are about 712 houses in Barsundra village.

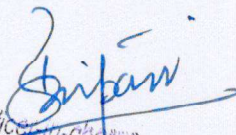
**Reasons for choosing the village:** Proximity to College and sizeable female population.

**No of participants:** 46

**Rationale:** Menstruation is a normal physiological process indicating beginning of reproductive life but sometimes it is considered as unclean phenomenon in the Indian society. Insufficient, incorrect information regarding menstruation is often a cause of unnecessary restrictions in the daily normal activities of the menstruating girls creating various psychological issues. Menstrual hygiene depends upon the educational, socioeconomic, and cultural statuses of family. School curriculum also have some role in menstrual health. According to the National Family Health Survey, about 50% women use cloth during menstruation, which is not classified as hygienic protection. These unhygienic practices and ignorance can lead to multiple health related issues and even critical illnesses like cervical cancer, reproductive tract infections, Hepatitis B infection, urinary tract infection and more. Almost 20 million girls drop out of school every year, due to lack of hygiene, separate toilets and availability of sanitary napkins.

**Awareness campaign:** The students of the department carried out a door-to-door awareness campaign by speaking to the women in the village, specifically adolescent girls and their mothers. Many of these women lack access to sanitary napkins due to factors like financial constraints, lack of awareness and lack of product availability. Most of them use clothes and that too in unhygienic way due to restrictions and social taboos and low awareness regarding cleanliness. Lack of access to menstrual hygiene products, and the absence of adequate water, sanitation, and hygiene facilities also leads to poor menstrual hygiene practices. The students addressed these issues through the interview schedules that they prepared. They tried to address the issues of social taboos and emphasized the value of cleanliness in order to maintain proper menstrual hygiene.

<https://villagemap.net/west-bengal/purba-medinipur/haldia/barsundra-02483345738/>

  
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