



## The Bharat Scouts and Guides

Creating a Better India

# Menstrual Hygiene Week 2024

# SDG 3: Good Health and Well -Being

# SDG4: Quality Education

# SDG5: Gender Equality



## Activities of Amrit Prabha Ranger Team

Day 01: 16/05/2024

Awareness Programme on Red Pride week 2024 organized by Amrit Prabha Ranger Team in collaboration with 'Akash' Women Cell, Boko Sahitya Sabha (Shatadal Shakha) and Asam Science Society , Boko Branch at Boko Girls High School, Boko on 16/05/2024. Mrs. Bijaya Deka, Ranger Leader demonstrated how to use pad and motivated them to be healthy and positive minded during period time. Also appealed the girl students to break the Period Stigma. Moreover Rangers motivated them to join Scouting movement , practise patrol formation and drill. Total participants : 45



Day 02: 19/05/2024

Members of Amrit Prabha Ranger Team along with Ranger Leader Mrs Bijaya Deka conducted Awareness Programme on Menstrual Hygiene at Jawaharlal Nehru College, Boko campus to motivated the young girls to work Red Pride on 19/05/2024



Day 03: 22/05/2024

#Sdg3: Good Health and Well-being #Sdg4: Quality Education

#Sdg5: Gender Equality Menstrual Hygiene Week 2024

**Touch of Red** : Members of Amrit Prabha Ranjag Team along with Ranger Leader Mrs Bijaya Deka **Touch of Red** and expressed their happiness as a part of **Red Pride**. They appealed the people of the Society to break the period stigma



Day 04: 23/05/2024

#Sdg3: Good Health and Well-being

#Sdg4: Quality Education

#Sdg5: Gender equality Menstrual hygiene Week 2024

### Menstrual Hygiene is a Human Right :

Members of Amrit Prabha Ranger Team along with Ranger Leader Mrs Bijaya Deka went to the market area also door to door and campaign that **Menstrual Hygiene is a Human Right.** people should treat girls equally



## Day 06 : 25/05/2024: **Paheli ki Saheli** :

Seen the video 'Paheli ki Saheli' developed by UNICEF, gained knowledge of Red Pride and Healthy Environment of period time. Took screen shot and upload social media to create awarness about Red Pride among the people



Day 05: 24/05/2024 : **Take A Pledge :**

Members of Amrit Prabha Ranger Team take a pledge and distributed pads among girls with young Women on 24/05/24. Also Kamrup Dist. Association, BSG, Assam Conducted awareness programme on Menstrual Hygiene at Jawaharlal Nehru College Campus



Day 06: **PEHLI KI SEHELY :**

**Group discussion :** Members of Amrit Prabha Ranjeg Team

Conducted a group discussion on **Menstrual Hygiene among the**

Jawaharlal Nehru College, Boko girl students at college campus on 25/05/2024.

Discuse about period friendly environment, Social myth of Red Pride, Impact of education on period stigma etc.



Day 07: 26/05/2024

### Free Distribution of Eco-Friendly (Use and throw) Sanitari Pads :

Members of Amrit Prabha Ranger Team distributed sanitary pade to the girls and women, Appealed them to use pads properly, not to throw outside for Healthy Environment.



### Raise Your Voice :

Rangers along with Ranger Leader of Amrit Prabha Ranger Team Raised Their voice about Red Pride in social media.



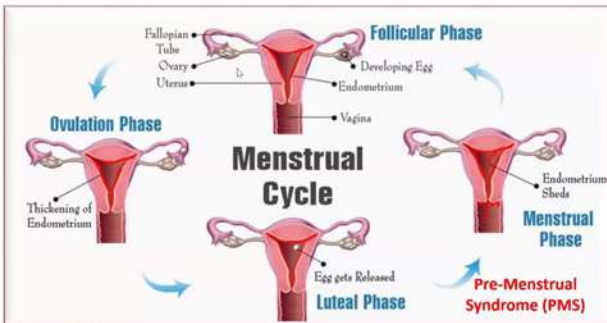
Day 08: 27/05/2024

## National Webinar : Break the Silence

Participated in the National Webinar on Menstrual hygiene : Break the Silence conducted by BSG NHQS on 27/05/2024 .



### Menarche and menstruation



**THE BHARAT SCOUTS AND GUIDES** Creating - Better India Since 1908

**WORLD ASSOCIATION OF GIRL GUIDES AND GIRL SCOUTS**

**MAY 27 2024**

**10 Years of Menstrual Hygiene Day**

**Menstrual Hygiene Break the Silence Webinar**

- 1) I am 13, and haven't had a MH yet, why this?
- 2) Nowadays, why periods come so early?
- 3) How much blood do we loose during a period?
- 4) Can teenagers use menstrual cup or tampons?
- 5) How to reduce period cramps?
- 6) Often we see irregularities in periods? Why do that happen?
- 7) What vegetables can we consume during periods? How to avoid PCOD?
- 8) महिला बर्न का महान अधिकार के इस संघर्ष के
- 9) How much blood do I lose during my period.
- 10) Can we get this presentation as a leader this will help us to aware more people.

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**unicef** for every child

**Celebration THE MENSTRUAL HYGIENE DAY RED PRIDE WEEK 2024**

**Resource Speakers**

- PANKAJ MATHUR, NHAQ SPECIALIST, UNHQ
- ANANYA GHOSHAL, NHAQ SPECIALIST, UNHQ
- PUSHPA BHASKARY, NHAQ SPECIALIST, UNHQ
- DR. ANCHANA, PROFESSOR, SAKA KALA NIGOLU COLLEGE AND SAKA KALA HOSPITAL, BANGLURU
- RAJUL GOULATI, CAP SPECIALIST, UNHQ
- MONICA RAJIVRAI, HQ OFFICER, UNHQ

**27<sup>th</sup> MAY, 2024**  
4:00 PM - 6:00 PM ONWARDS

**BREAK THE SILENCE WEBINAR**

Theme: - "Together for a #PeriodFriendlyWorld"

**28 May MENSTRUAL HYGIENE DAY**

**May MENSTRAVAGANZA!**

**28 DAYS**  
MAY 1-28, 2024

**#RedDotChallenge**

**Together for a #PERIOD FRIENDLY WORLD**

**MADHYA PRADESH**

Day 09: 28/05/2024 : **Menstrual Hygiene Day Celebration :**

Activity 01 :

Rangers of Amrit Prabha Ranger Team weared Menstruation Bracelet and upload photos in social media to show that periods are nothing to hide,we are part of Red Pride. (28/05/2024).



Activity 02 : **Balloon Menstrual Cycle Symbol :**

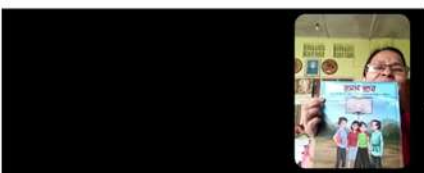
**Rangers was Unable to** assemble due to heavy rain and natural calamities to make Ballon Cycle. Yet some Rangers parcially did it.



## Day 09: 28/05/2024 : **Menstrual Hygiene Day Celebration :**

Activity 03 : Members of Amrit Prabha Ranger Team along with Ranger Leader Celebrated Menstrual Hygiene Day virtually as unable to assemble due to heavy rain and natural calamity. on 28 / 05 / 2024. The webinar was organized by Kamrup District Association, BSG Assam Trilochan Anchalic ME School, Boko students participated virtually.

- \* Resource Person : Mrs. Bijaya Deka, Dist. Sec. KDA,
- \* Host : Sanu Thapa, OYMS, SM, Coordinator, KDA
- \* Participants Students : 29
- \* Adults including HM : 05 Total : 34
- \* Media : Zoom platform
- \* Time : 11 am to 11.45 am



Day 10: 31/05/2024 : **Menstrual Hygiene Awareness Programme :**

Menstrual Hygiene programme organized by Kamrup District Association, The Bharat Scouts and Guides, Assam in collaboration with Amrit Prabha Ranger Team and Trilochan Anchalik M E School, Chamaria, Boko on 31/05/2024.

Venue : Trilochan Anchalik ME School.

Distributed pads amongst the girls students by Bijaya Deka, Dist. Sec, KDA, BSGA and demonstrated how to use pads. Also motivated them to not throw the pads outside for batter healthy environment. Total participants: 61



Sl. No.	Name of the Participant Rangers	BSG UID NO
1	Ani Rabha	BSG599552503
2	Barnali Kaibarta	BSG228938291
3	Dipika Rabha	BSG180149043
4	Dulumoni Das	BSG599718224
5	Mandita Rabha	BSG586551832
6	Jasmita Kalita	BSG145554326
7	Pampi Rabha	BSG586561713
8	Pritismita Kalita	BSG180148968
9	Kabita Rabha	BSG416962093
10	Karabi Das	BSG586573162
11	Karabi Rabha	BSG605582973
12	Sonali Rabha	BSG289567263
13	Sunita Rabha	BSG600181837
14	Bijaya Deka (RL)	BSG557337197

**Reported by :**

**Unit Leader : Bijaya Deka, Ranger Leader (Pre-ALT)**

**Unit Name : Amrit Prabha Ranger Team**

**Jawaharlal Nehru College, Boko, Kamrup, Assam**

**The Bharat Scouts and Guides, Assam**

**OYMS : UID: BSG 557337197**

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**Email ID : [bijayadeka@gmail.com](mailto:bijayadeka@gmail.com)**

**Amrit Prabha Ranger Team UID. : BSG 532365390**