“I am very excited that I am going to be using my own handmade washable sanitary napkins” was the feeling shared by one of the training participants, Soneka Rani Oraon, after training in the skill of making washable sanitary napkins and how to use them on 20–21st July 2022. SIL BD had arranged two days of skill training for 25 adolescent girls who were members of different Adolescent Health Care Groups from the field areas. As with Soneka, all the participants were excited to receive these skills.

Basically, it was the SOMPRITI Project’s plan to provide washable sanitary napkins to the girls and women so that they might leave behind their unhealthy and unhygienic practices and myths received from their families as well as society.
There are still so many misconceptions and myths prevalent in their society regarding the menstrual period such as the prohibition to enter a vegetable garden, climb on a tree, going to the temple, etc. They even had been treating menstruation as a kind of sickness. Most of the girls and women have been using old rags at that time. They used to dry their used rags in dark places to hide them from others. To rescue them from such myths and misconceptions, even taboos, SIL BD plans to establish 5 centers for 5 communities: Kol, Mahali Oraon, Koch, and the Hajong where the trained participants will start making the napkins. They have been given two days training sessions and at the end of the training, the participants were asked to share their feelings; they were totally excited.

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