



“Adolescent girls training helped me to understand the importance of personal hygiene but practice helped me to realize the difference “

Mamita Mallik

Age-16 yrs.

D/o Sukuli Mallik

Rechaguda is a village of Malasapadar Gram Panchayat of Mohana Block in Gajapati district. People of the village belong to Kandha tribe. 24 households with a population of 166 resides in this village. All the families belong to BPL category. The family of Sukuli Mallik is one of them belonging to BPL category consisting of the wife, 2 sons and 2 daughters. He is an agricultural laborer having about ½ acre of land and his family members are involved in shifting cultivation and also work as laborers in MGNREGA to support the family.

Mamita is the eldest daughter of the family; she discontinued her studies after 4th standard to support her family through earning by laborer work.

Mamita used to feel very discomfort during her menstruation like itching in vaginal area, wetting of napkins, bad odour, and pain in the groin. Talking about menstruation openly is not allowed in the village, girls feel shy to seek help from elders or doctor. Even if they share problems with friends but never used to get any answers.

There is a strong belief in the village that girls should stay in a separate small house; dry napkins inside the room during menstruation period (3to 5 days). They are not suppose to touch any house hold things, but they do all outside work. This practice is existing since long. The old people are not able to recall since when it started.

SACAL organized a training for adolescent girls on reproductive health at Lembapanka for two days 12th -13th june-12.Mamita along with other 3 girls participated in the training programme., Back home she gave emphasis to maintain personal hygiene like changing undergarments before going to bed, cleaning vaginal area with water and changing of napkin (Cotton cloth) 3 to 4 times a day, washing with soap every time drying in open place at back side of the house..

She is happy to share her feelings with her friends and SACAL staff

Mamita says though she cannot change the existing practice of staying in a separate room during menstruation period immediately but she can adopt the practice of good personal hygiene habits.