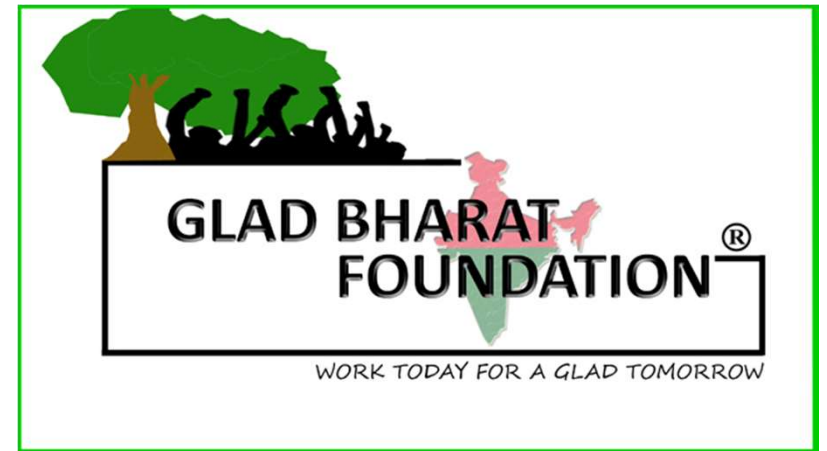


GLAD BHARAT FOUNDATION



PROJECT UJAAS CLOSURE REPORT JAN 2024 - OCT 2024

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Executive summary

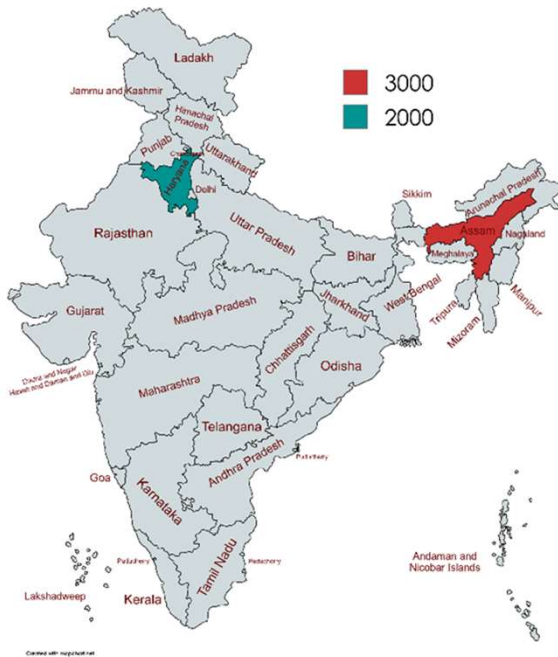


Project UJAAS
BY
ADITYA BIRLA
EDUCATION TRUST

IMPLEMENTATION
BY
GLAD BHARAT
FOUNDATION



LOCATION



TOTAL BENEFICIARY - 5000



KOKRAJHAR, ASSAM - 3000



NUH, HARYANA - 2000



DEMOGRAPHY



The project area's communities, including farmers, laborers, and local vendors, have low socioeconomic backgrounds, low literacy rates, and limited access to menstrual products.

FUND ALLOCATED



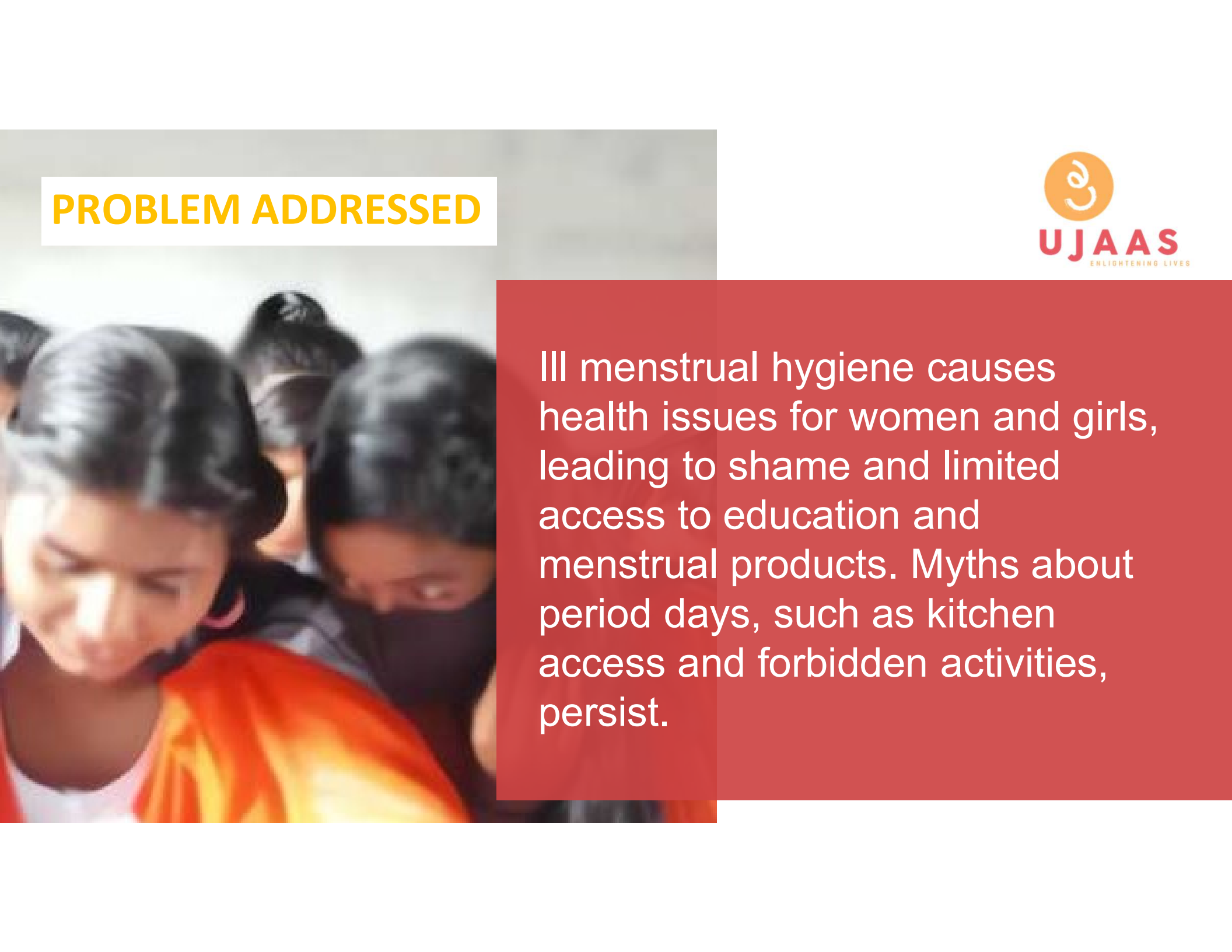
**FINANCIAL SOURCE
ADITYA BIRLA
EDUCATION TRUST**

**TOTAL BUDGET
2093000**

KEY ACHIEVEMENT



KNOWLEDGE ENHANCED ON PERIODS
AWARENESS INCREASED
STIGMA BROKE
SILENCE ON PERIODS BROKE
SAFE DISPOSAL
MEN SENSITIZED THROUGH NUKKAD

The background of the slide features a photograph of several women, likely in a community or educational setting. One woman in the foreground is wearing a bright orange and yellow sari. The image is partially obscured by a red text box on the right and a white header box at the top left.

PROBLEM ADDRESSED

Ill menstrual hygiene causes health issues for women and girls, leading to shame and limited access to education and menstrual products. Myths about period days, such as kitchen access and forbidden activities, persist.

GOAL & OBJECTIVE



The initiative aims to promote period education in communities, introduce menstrual products, raise awareness against myths and cultural taboos, sensitize males to support female family members during periods, engage aasha/health, aanganwadi workers to promote period education.



TARGET BENEFICIARIES

Girls studying at Under-resourced schools.

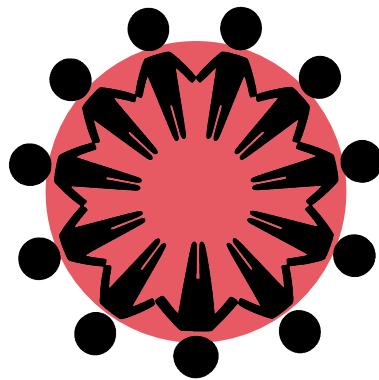


Women and girls of villages, from very/low/mid income group.

PROJECT PARTNERS



**Principals
and Teachers**



**Village
Communities**



**Local
Administration**



**Local Ngo's
Asha Worker
Anganwadi worker
Health Worker**

PROJECT IMPLEMENTATION



Session



**Sanitary
Napkin
Distribution**



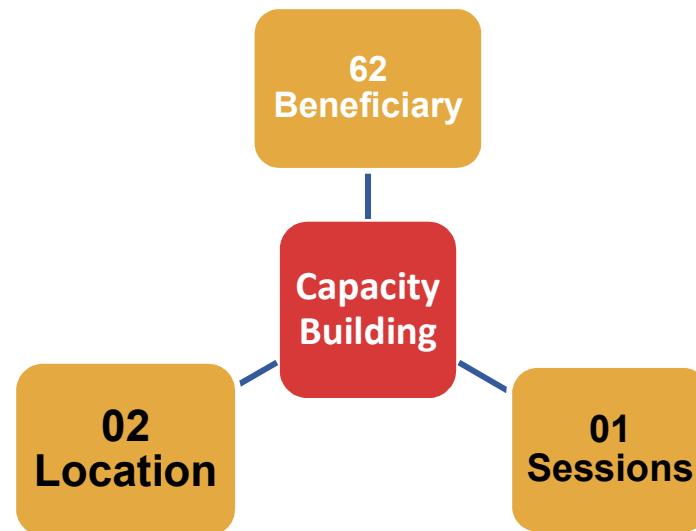
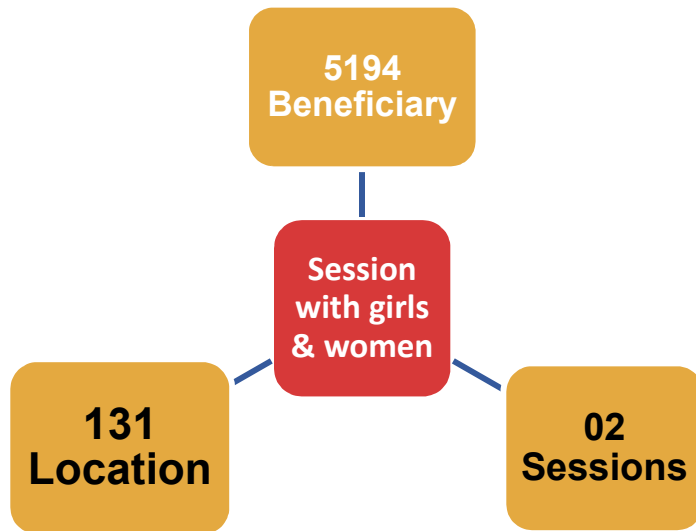
**Nukkad
Natak/
Street Play**



Workshop

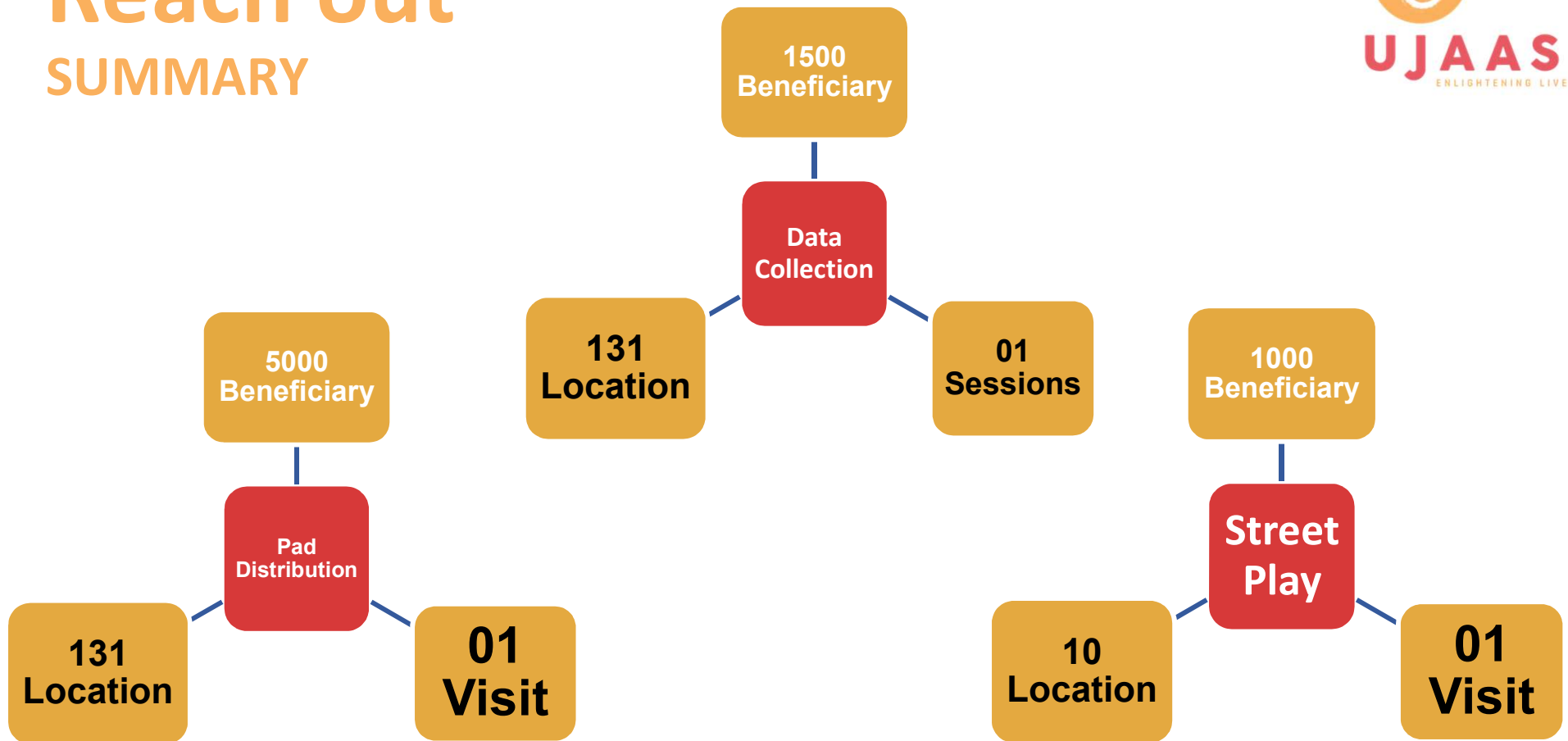
Reach out

SUMMARY

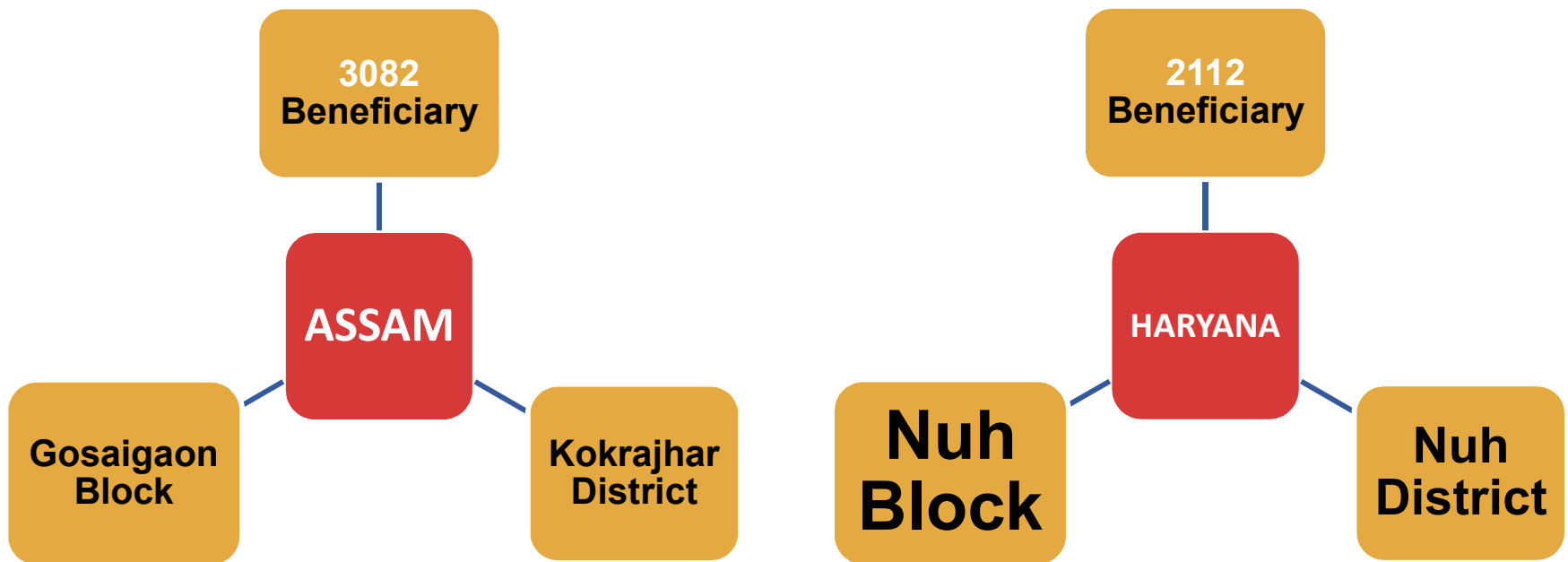


Reach out

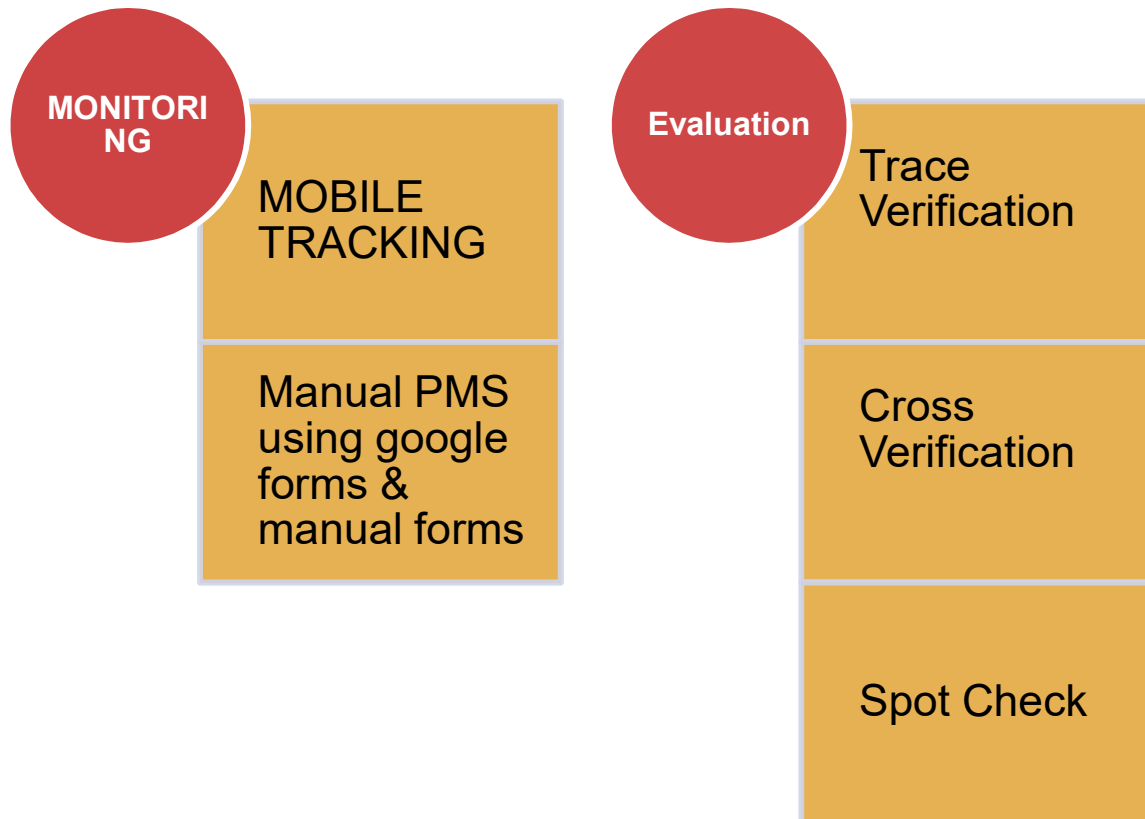
SUMMARY



Beneficiary Summary States



MONITORING & EVALUATION



OUTCOME & IMPACT



SHORT TERM

began to ask question frequently in the session

knew the importance of talking on menstruation

replaced old menstrual practices into proper hygiene practices

Asha/health worker , Anganwadi worker started the conversation

Developed understanding on Myths & Facts

Developed understanding on Myths & Facts

LONG TERM

helped them in breaking their silence on period

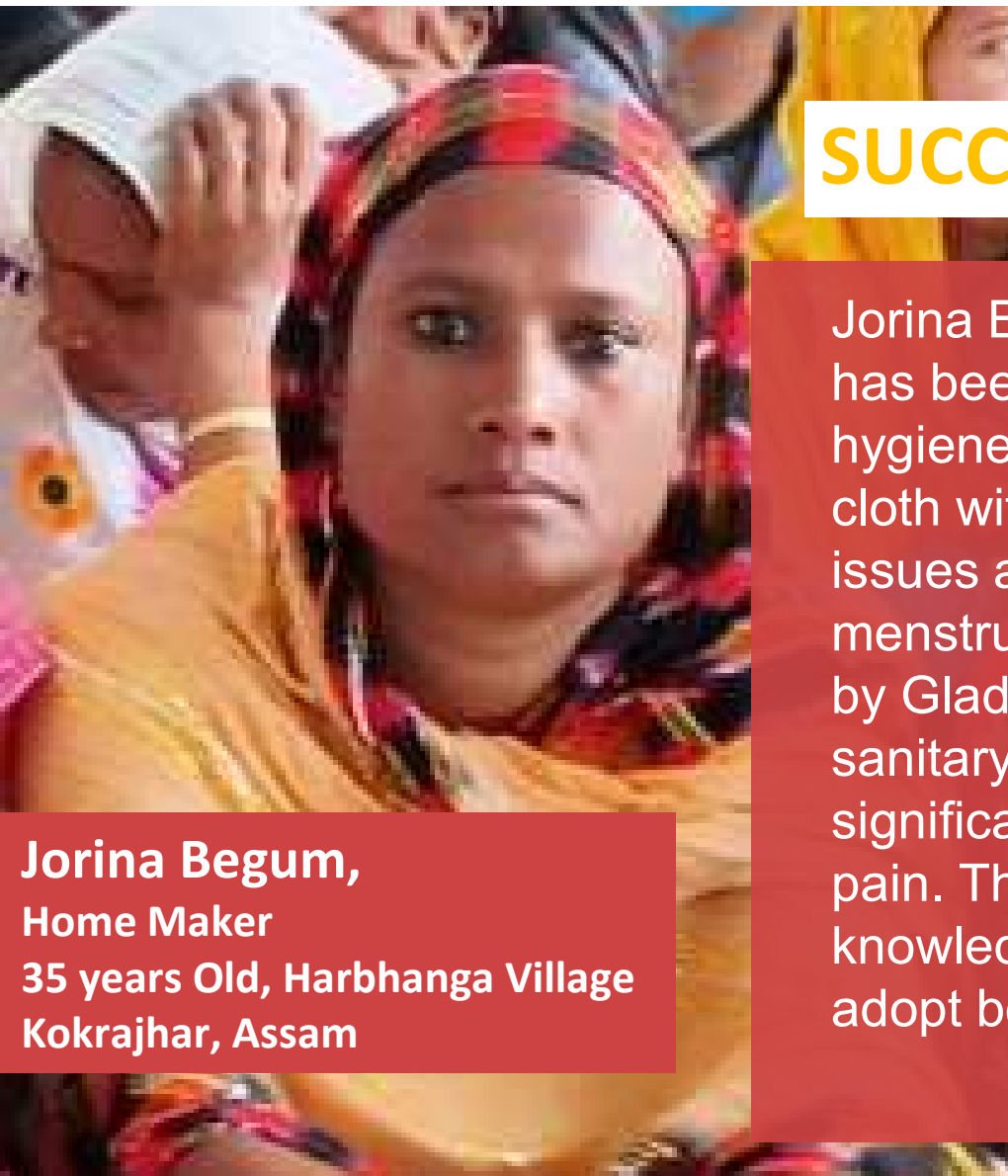
elder members will educate younger and adolescent members

Male members will support female of their family

POC will act as a reason for change in their community

Asha/ health workers and anganwadi workers will act as a point of support

The schools who were the part of the sessions will develop a good safe space for women



SUCCESS STORY



Jorina Begum, a woman from Harbhaga, Assam, has been unaware of proper menstrual health and hygiene practices for 15 years. She used normal cloth without proper washing, leading to health issues and discomfort. After participating in a menstrual health awareness program organized by Glad Bharat Foundation, she started using sanitary pads during her periods. This change significantly improved her health and alleviated pain. The program empowered her to share her knowledge with her community, inspiring her to adopt better menstrual hygiene practices.

Jorina Begum,
Home Maker
35 years Old, Harbhanga Village
Kokrajhar, Assam

SUCCESS STORY



Arsila
Student Class X,
16 Years Old, K.G.B.V School,
Nuh, Haryana

UJAAS project implemented by Glad Bharat Foundation, to promote Menstrual Hygiene Management, raising awareness among girls and women. Arshila, an intermediate student from an underprivileged area, gained a new perspective on menstruation and period education, and now shares her experiences openly with her family and friends.



SUCCESS STORY



Shivani Devi, a woman from Boalkamari, Kokrajhar, participated in a UJAAS session organized by the Glad Bharat Foundation to raise awareness about the importance of sanitary pads, taboos and myths surrounding periods. The program helped her understand the importance of cleanliness, nutrition, and breaking taboos related to menstruation management (MHM). She now talks openly about these issues and motivates others to do practical for self-experience, instead of just hearing and following the myths.

Shivani Devi,
Home Maker
40 Years Old
Boalkamari Village
Kokrajhar ,Assam

KEY LEARNINGS

Role Of POC's

- Best mobilizer and long term carrier of program

Role of Intellectuals

- Intellectuals of the villages, schools and community can develop a sustainable environment for women and girls in breaking the silence and stigma on periods

Role Of Covering More Location

- An environment can be established by creating same thoughts throughout the region.



Challenges & Things That Could Have Been Done Differently

- ▶ We should have included male members of the society in our sessions
- ▶ Adolescent girls need more support and engagement after 2 sessions
- ▶ Accessibility and affordability is a challenge in rural areas and government schools
- ▶ If it was instructed to us to include printing of IEC provided by ABET in soft copy it would be more convenient. UJAAS T-shirts didn't reach to us. If it was instructed to us by ABET to get it printed, we would have given it to our field team, nukkad team etc.



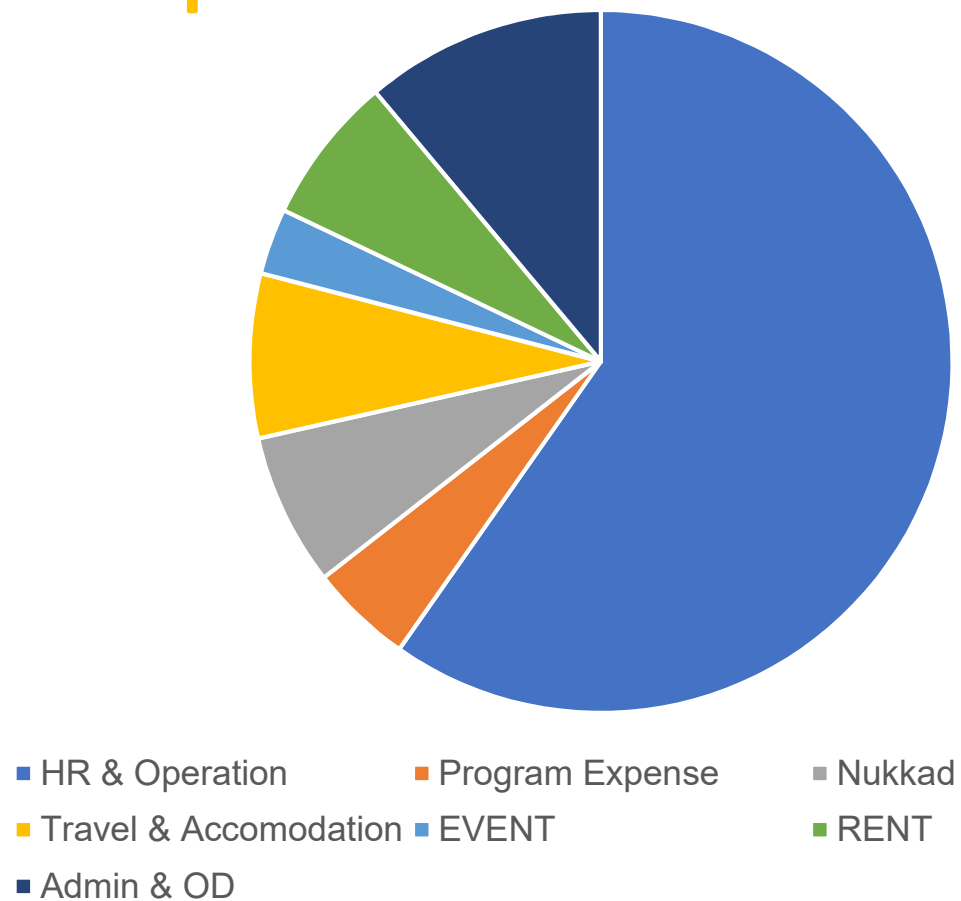
Myths & Specific Practices

- ▶ Women do not use pads because there is a myth that if anyone cross it, their health will be effected.
- ▶ Direct untouchability is not there but it too shape of indirect Untouchability practices during period days in the form of not touching the pickles, not touching plants or watering the plants, prayers are restricted.
- ▶ Many still do not take bath during period
- ▶ In Assam, people celebrate menarche and the girl is married with banana tree on her first period. Also she is kept in a separate room. On marriage bride's father gives a separate bed to take it to her husband's house , to sleep separately during period



Financial Reports

Expense



Annexure (Links are added)

Detailed Activity Reports	https://drive.google.com/drive/folders/1wSv9iEHOJHPJrjWZUEDVhPVO4dm69Bh5k?usp=drive_link
Photos, Videos & Testimony of Assam	https://drive.google.com/drive/folders/1BMQXpGgMR75sWYVkd2p--BV23HVB5IH?usp=drive_link
Photos, Videos & Testimony of Haryana	https://drive.google.com/drive/folders/1fytiBKdpCCN6HdeLm4TqalOXR5IL_0Jf?usp=drive_link
Participants List	https://docs.google.com/spreadsheets/d/10-Bbla02H8Ps9c7o8Qea45rz1OysQhNQ/edit?gid=1335836254#gid=1335836254

Sustainability & Follow-Ups

- ▶ To increase the number of beneficiary and include males in the session. The module for males should contain the content which can make them responsible by educating them on period as human topic and not restricting it to only a female topic. It should contain topics which can help them explain the role of female's menstruation as balance and equal participation in reproduction process as of male's sperm.
- ▶ To take follow up from the POC, Health worker & Anganwadi workers of UJAAS 1st phase (Jan 2024-Sept 2024) on a weekly basis and conduct a community talk to make them more familiar with the topic through self discussion. This will develop a natural habit of discussion and open conversation on the topic.
- ▶ There are five blocks in Nuh district of Haryana with 1.9 million pollution, and 13 blocks in Kokrajhar district of Assam with 1.9 million population. There also the condition of menstrual health is poor and people do not have any access to knowledge on periods. The same project is a need of every block.

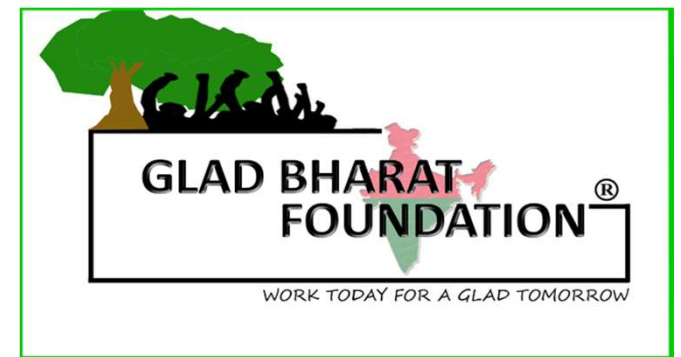
Acknowledgement

Thanking You,
Team,
Glad Bharat Foundation

Glad Bharat Foundation extend our heartfelt gratitude to all partners and supporters who made the successful completion of Project UJAAS possible. We are especially thankful to the donor **Aditya Birla Education Trust** for their generous and unwavering overall complete support in improving menstrual health of **5000 lives** among less privileged communities in Nuh district of Haryana and Kokrajhar district of Assam.

We deeply appreciate the collaborative efforts of all stakeholders, including the local community of women and girls who were the part of UJAAS as beneficiary, male members, panchayati raj body members, local administration, police personnel, school administration, local organizations, ASHA health workers, anganwadi workers as mobilizer, and our dedicated field team as implementor. Your collective contributions, commitment, and compassion were instrumental in achieving the goals of Project UJAAS.

Thank you all for your invaluable partnership in creating a healthier and more informed future for these communities.



THANK YOU