



VENTUREVILLAGE LEARNING SOLUTIONS

JUNE 2022



ONWARDS FOR SUSTAINABLE MENSTRUATION!

Newsletter : June 2022

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My Period, My Pride course

My Period, My Pride is a holistic menstrual health and hygiene course developed by VentureVillage with the mission of breaking menstrual taboos and misinformation in society. The aim is to also bridge the gap within our mainstream education system that mostly does not effectively engage with topics such as menstruation, reproduction, reproductive health and hygiene. Given the plethora of research and community building work happening in the development space in this area, the course has proven to be immensely useful for researchers, entrepreneurs working on menstruation, school and college students, development practitioners and so on in particular.

All participants successfully completing My Period, My Pride have the opportunity to be certified as mentors in our community engagement called Sustainable Menstrual Care (SMC) Initiative.

Sustainable Menstrual Care (SMC) Initiative

The **Sustainable Menstrual Care (SMC) Initiative** is a mentorship program by VentureVillage through which we recruit and train learners of our My Period, My Pride (MPMP) course to enable them to pass on menstrual awareness to local institutions including schools and community in general in their locality.

With menstruation remaining a sensitive topic to talk about, there needs to be a massive grassroots movement that can:

- 1) Educate menstruators on menstruation, menstrual health and hygiene and sustainable menstruation options
- 2) Provide reliable options and information about sustainable menstrual care alternatives as well as to make available professional assistance to clear doubts and questions regarding the switch to sustainable menstrual care products.

Through our SMC initiative, we offer a platform for organisations working in the field of

sustainable menstruation to support our joint mission of spreading awareness and reach of sustainable menstrual products in society. My Period, My Pride (MPMP) course designed by VentureVillage caters to the 1st requirement mentioned above. Our partner organisations like Hindustan Lifecare Management Academy (HMA), EcoFemme, and Aakar innovations contribute towards the 2nd requirement.

SMC Initiative is a unique opportunity for potential mentors to act as an **agent of change** on-ground **by spreading menstrual awareness and breaking myths and taboos** related to the topic. The only requirements for applying to become a SMC mentor are interest in the field of sustainable menstruation and completion of My Period, My Pride course.

Role of College Students in Sustainable Menstrual Care Initiative

College students can play a big role in **becoming trusted mentors and advisors** to those menstruators who are interested and willing to switch to reusable menstrual hygiene products. SMC Initiative's vision is to train young and dynamic college students as SMC mentors who will act as agents of change in remedying the lack of menstrual awareness and scientific knowledge in their communities. This is an effort towards addressing SDG 3, SDG 5 and SDG 11 (Good Health and Well-being, Gender Equality and Sustainable Cities and Communities respectively). SMC Initiative is an innovative approach that believes in the potential of youth in community mobilisation and their role in working for social causes. We **envision our mentors to be responsible citizens and community leaders of the future** who are vocal about menstrual awareness, gender equality and sustainability.

As part of World Menstrual Hygiene Day on 28th May, VentureVillage team observed menstrual health and hygiene week from 23rd to 28th May. The week marked webinar sessions for students, in-person sessions on menstrual health and hygiene and exciting social media content that introduced several important aspects of menstruation.

3-day webinar sessions on Sustainable Menstrual Care for students of Mount Carmel College, Bengaluru - 24th to 26th May

Nearly 1900 1st year students of Mount Carmel college Bengaluru have taken up our holistic menstruation course called “My Period, My Pride”. As part of our routine introductory webinar process, resource persons from VentureVillage, our sustainable menstrual care partners EcoFemme and HMA jointly conducted the 3-day webinar sessions. The sessions focused on orienting the students on the relevance of the My Period, My Pride course, for inviting interested individuals to sign up as sustainable menstrual care mentors and clear doubts and concerns regarding the usage of specific menstrual hygiene products.



Session on Sustainable Menstruation Care - KSWDC * VentureVillage - 28th May

The Kerala Women Development Corporation (KSWDC) in collaboration with VentureVillage organised a menstrual awareness session for the students of Kalady Sree Sankara college, Ernakulam on the occasion of World Menstrual Hygiene Day. Ms. Soji Daniel Jose, Sustainable Menstrual Care Program Manager at VentureVillage spoke about the need for sustainable menstruation and introduced the My Period, My Pride course and community program called Sustainable Menstrual Care

Initiative (SMC) to the students of the institution.



The month of June saw a number of in-person sessions and physical events organised by the VentureVillage team in partnership with our sustainable menstrual care partners and incoming student mentors.

Orientation on My Period, My Pride and Sustainable Menstruation Care - Global Institute of Public Health (GIPH), Ananthapuri, Thiruvananthapuram - 7th June

An orientation session on My Period, My Pride and Sustainable Menstruation Care initiative was conducted for the Masters in Public Health (MPH) students of the [Global Institute of Public Health \(GIPH\)](#), Ananthapuri, Thiruvananthapuram. Ms. Soji Daniel from

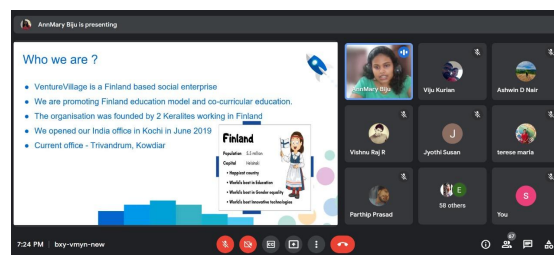
VentureVillage, Dr. Krishna S.H., Public Health Specialist from HMA and Ms. Pranathi Arpita Prasad, Ambassador Coordinator at EcoFemme jointly conducted the session. 33 students from the 1st year batch of the institute enrolled for the program. A number MPH students will join VentureVillage as interns and sustainable menstrual care mentors (SMCs) to function as agents spreading awareness about the need for sustainable menstruation across schools and different communities. The event also marked GIPH signing an MoU with VentureVillage for official collaboration.



Introduction about My Period, My Pride course and Sustainable Menstrual Care Initiative for students of Baseliious college Kottayam, 7th June 7 PM

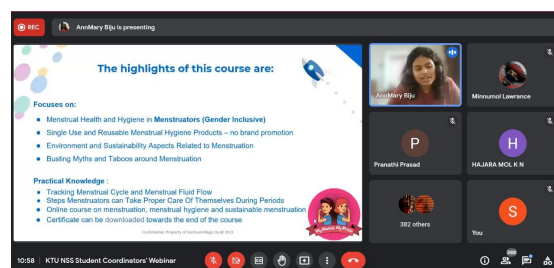
Nearly 60 students of Baseliious college Kottayam were introduced to the My Period, My Pride course and Sustainable Menstrual Care initiative in a webinar jointly conducted by Ms. Ann Mary Biju, Program Manager at VentureVillage and Ms. Pranathi Arpita

Prasad, Ambassador Coordinator at EcoFemme.



Webinar for NSS units under Kerala Technical University (KTU) Care - 11th June

VentureVillage and our SMC partner EcoFemme conducted a webinar session for nearly 500 NSS volunteers from all NSS units under KTU on 11th June at 11 AM. The webinar focused on introducing the idea of sustainable menstrual care, introduced My Period, My Pride course and SMC initiative to the volunteers. A pre and post webinar survey was conducted to understand the familiarity and usage of sustainable menstrual care products among students. Survey results indicated that 90% of the volunteers expressed their interest in switching to sustainable menstrual care products post the session.



Menstrual Awareness session for students of Gyanjyoti Public School, Odisha in association with Myam Udyam Stars - 23rd June 10 AM

Rency Jain, a student of Christ College, Bengaluru who completed our My Period, My Pride course and is an incoming sustainable menstrual care mentor conducted a

sustainable menstrual care awareness session for students of Gyanjyoti Public School, Odisha on 23rd June in association with the regional unit of Myam Udyam Stars. The session saw the active participation of more than 120 students in the age group of 11-15 years. Students were introduced to the idea of sustainable menstruation and the various products that are available to them to manage their menstrual health and hygiene.



Awareness session about Menstrual cups conducted for students of Loyola college, Thiruvananthapuram - 24th June 3 PM

VentureVillage in association with HMA conducted an awareness session about the usage of menstrual cups for the students of Loyola college, Thiruvananthapuram on 24th June. The session was jointly conducted by Ms. Elizabeth Roy, Program Associate at VentureVillage and Dr. Roshini Banarji from HMA.





Join us for a Period-Equal Society!

My Period, My Pride is currently running successfully across 20 educational institutions inside and outside Kerala and has 6000+ participants presently.

The course has a decent number of male participants who believe that they should be allies of this movement to stop stigmatising the biological process of menstruation.



If you are a menstruator above the age of 10 years or wish to be an ally of the movement, take your first step by enrolling to

My Period, My Pride:

<https://venturevillage.in/my-period-my-pride/>



Share your Menstruation story!

Want to tell the world a menstrual experience you had? Or something you have observed from people you know who menstruate?

Tell us your menstruation story and we will feature it on our social media handles! Reach out to our social media handles or write to annmary.biju@venturevillage.world to share your menstruation-related story and be featured under our weekly

#periodstoryseries

