



Empower
2.5 LAKH
children by
2025

JULY 2024

**KHUSHII
KI CHITTHI**
Newsletter

FY 2023-2024



99
Schools & CLC



13
States



2,00,233
Beneficiaries



28 SHGs WITH
318 MEMBERS
EARNING UPTO 10,000



1,130
YOUTHS TRAINED AT
9 SKILL DEVELOPMENT CENTERS
INCOME UPTO 12,000



KHUSHII'S PADS FOR FREEDOM INTERVENTION

ProFreedom. ProAction. ProEducation.

21 million girls drop out of school every year in India due to a lack of menstrual hygiene management facilities in schools. (USAID Report)

121 Million women and girls use an average of eight disposable and non-compostable pads per month, generating 1.021 billion pads waste monthly, 12.3 billion pads waste annually, and 113, 000 metric tons of annual menstrual waste, roughly in India. (Bhor and Ponkshe 2018; PATH 2017)

KHUSHII'S Research and Insight

A mixed-methods study evaluated menstruation-related knowledge, practices, and social perceptions among adolescent girls aged 9-19 years and their mothers. The quantitative component analyzed pre-and post-questionnaire data from 7,500 girls enrolled in selected government schools in semi-urban areas of Delhi, Uttar Pradesh, and Bangalore, India, using descriptive statistics and focus-group discussion. Here are our findings.

20%
increase
(50% to 70%)

in correct knowledge about what periods are

30%
increase
(43% to 73%)

in knowledge about the correct way of maintaining hygiene practices of washing private parts.



Focus group discussions with mothers found that 7 in 10 were unaware of menstruation's reasons and processes, which sustains stigma and taboos. Moreover, many lacked knowledge of basic hygiene practices, underscoring the need for maternal education.

In continuation with our intervention from last year, in July 2024 we reached **2363 girls across two states, Bangalore, and Delhi NCR (1190)** and **11** government schools through 18 experiential menstrual health and hygiene workshops. These workshops aimed to deepen period advocacy, addressing the shame and hesitation surrounding discussions about menstruation.

The workshops were designed to be highly interactive, blending knowledge exchange with experiential learning activities. We created an engaging and supportive environment where everyone could participate actively. We incorporated live demonstrations and visual aids, such as placards, to enhance understanding and retention.

encouraged to share their thoughts and ask questions in a safe and supportive space. This approach not only increased their awareness but also boosted their confidence in discussing sensitive topics.

Our volunteers played a crucial role in

making the workshops successful. They assisted with translation, form filling, and managing the visual aids, ensuring smooth execution. To measure the impact of the intervention, we collected pre-and post-workshop forms, which showed significant improvement in the girls' knowledge and attitudes towards menstruation.

We addressed **body shame, neglect of health, and the lack of open communication.**

Through various interactive exercises, the girls were

Supported by

**Individual Partners
and
EXL**

Overall, the menstrual health and hygiene workshops were a blend of educational content and interactive activities, fostering a deeper understanding and creating a lasting impact on the girls' lives.



COMMUNITY EMPOWERMENT Yoga for Fitness Rally - Ghitorni

Team KHUSHII organized a "Yoga for Fitness" rally in the surrounding areas of M.C. Girls Primary School Ghitorni. Thirty-five students, already energized from regular yoga practice following Yoga Day in June, participated in the rally, carrying posters and chanting slogans like "योग ही जीवन का सार, इसके बिना सब है बेकार!"

22.07.2024: Nukkad Natak on the Importance of Education - Ghitorni

A 30-minute Nukkad Natak was performed by 20 students from Class 5 at M.C. Girls Primary School Ghitorni to raise awareness about the transformative power of education. The play, witnessed by around 50 locals, students, and shopkeepers, depicted the struggles of a young girl pursuing education and highlighted the challenges faced by child labourers.



03.07.2024: Plantation Drive - Composite Vidyalaya Pasonda, Naveen Ghaziabad

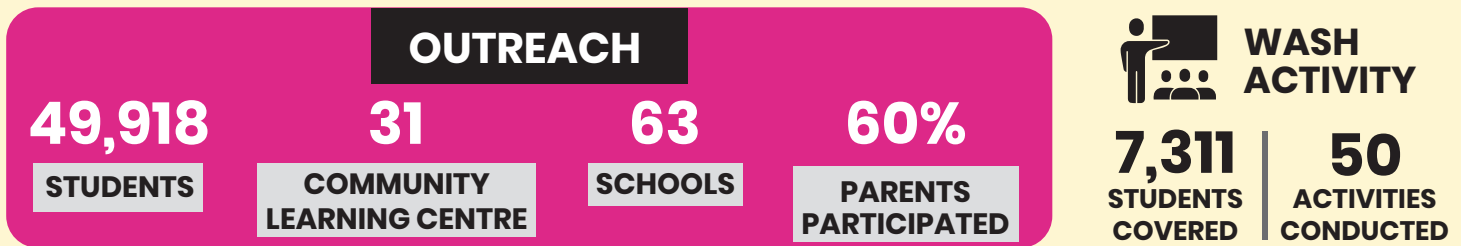
A Plantation Drive, sponsored by Amazon, was held at Composite Vidyalaya Pasonda on July 3, 2024. Fifty students and five teachers participated in the event organized by KHUSHII, aimed at educating students about the importance of plants and the environment. The event included a welcome briefing by the lead volunteer and an explanation of the significance of plantation activities.

PROGRAMMES OVERVIEW

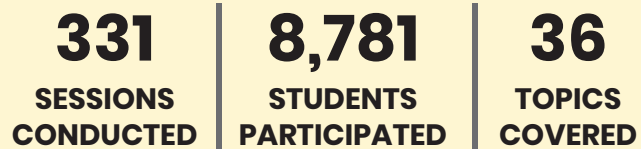
JULY 2024



ENSURING EDUCATION



MANOSHAKTI: MENTAL HEALTH & AWARENESS



NEW /RENEWED PARTNERSHIPS





-  Khushii NGO
-  Khushii.india
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-  KHUSHII NGO
-  KHUSHII NGO



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