MENSTRUAL HEALTH MANAGEMENT & SKILL DEVELOPMENT FOR ADOLESCENT GIRLS

BADTE KADAM

Empowering Adolescent Girls for Overall Development

TRENDS

A comprehensive skill set empowering adolescent girls in managing their health and advancing their education. Fostering confidence, knowledge, and sustainable growth for a brighter future.

INSIGHTS

Keep reading to discover key insights from the *Badte kadam* comprehensive skill development program for adolescent girls. Empowering young minds through health, education, and confidence-building.

Overview

This project adopts a multi-pronged, holistic approach to empower adolescent girls in Telangana, India by addressing their educational, digital, personal, and health-related needs. It enhances access to quality education through online learning, bridging the rural gender digital divide with training in internet use, coding, and e-commerce. Personality development workshops focus on leadership, communication, and decision-making to build confidence and self-advocacy. Menstrual Health Management ensures access to sanitary products, hygiene facilities, and awareness programs to reduce stigma and absenteeism. Together, these components equip girls with essential life skills to overcome barriers and actively contribute to their communities.
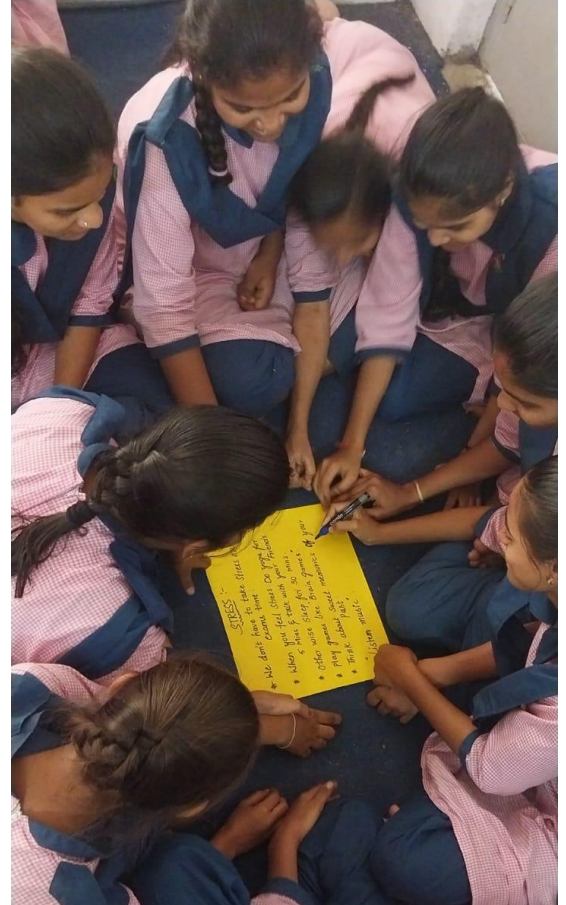
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The program focuses on four pillars—education access (through infrastructure provision), digital literacy, personality development, and menstrual health. It empowers adolescent girls through scholarships, digital training, confidence-building workshops, and MHM support, creating a strong foundation for self-reliance, improved well-being, and long-term societal impact.

Key Activities & Methodology

DIGITAL LITERACY

The digital literacy sessions incorporated a dynamic mix of live demonstrations, interactive exercises, and scenario-based learning to enhance students' understanding of online safety. Facilitators showcased safe online practices and how to identify phishing scams, while students engaged in hands-on activities like setting privacy settings on social media and fact-checking information.

Real-life case studies deepened their understanding of cybersecurity risks, and open Q&A sessions provided a platform for students to share personal experiences and clarify doubts, fostering a more informed and confident approach to navigating the digital world.

Key Activities & Methodology

CONFIDENCE BUILDING

The personality development sessions employed engaging methods such as role-playing, group discussions, case studies, and workshops to build confidence and critical thinking skills. Students participated in simulated real-life scenarios like debates, interviews, and storytelling, enhancing their communication abilities.

Group discussions fostered peer interaction and diverse perspectives, while real-life case studies sharpened analytical and problem-solving skills. Additionally, workshops and team-building presentations offered opportunities for students to deliver speeches and collaborate, promoting self-assurance and leadership qualities essential for personal and academic growth..

Key Activities & Methodology

MENSTRUAL HEALTH MANAGEMENT

The Menstrual Health Management (MHM) component of the program followed an interactive, educational methodology designed to inform and empower adolescent girls. Workshops covered essential topics, including the basics of menstruation, hormonal changes, and proper hygiene practices such as safe disposal and cleaning of reusable products. Sessions actively debunked myths and taboos around periods, promoting accurate knowledge and open dialogue.

Participants were introduced to sustainable menstrual products like cloth pads, menstrual cups, and biodegradable options. Emphasis was also placed on self-care, pain management, and nutrition during menstruation. Each session concluded with expert-led Q&A segments to address personal concerns and deepen understanding.
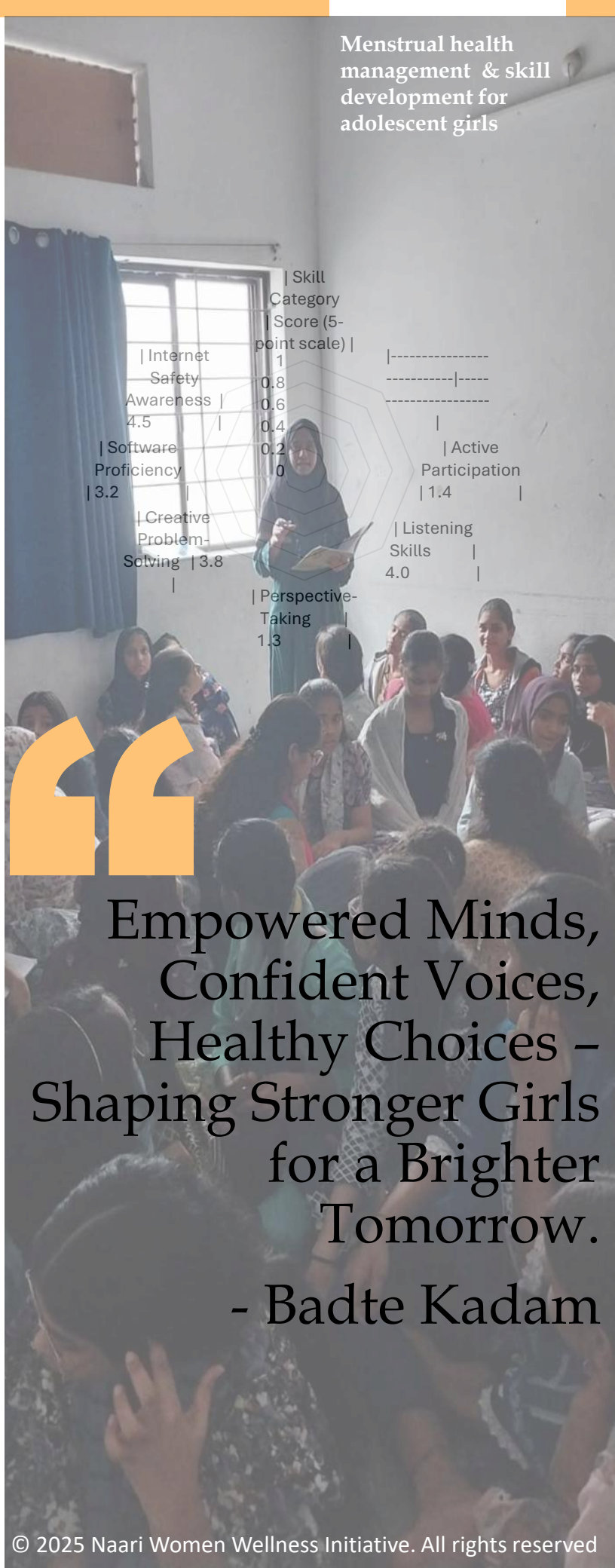
Infrastructure Enhancement

Essential infrastructure items, including exhaust fans, ceiling fans, geysers, tube lights, taps, switchboards, door bolts, door stoppers, and more.

Baseline Data Analysis

The baseline report assessed the skills of students from 8th grade to Intermediate 2nd Year in Telangana Minority Government Schools, with emphasis on digital literacy, communication, critical thinking, and problem-solving skills.

The results indicated a mixed picture of strengths and weaknesses, informing targeted interventions to improve student preparedness for future academic and professional challenges

Menstrual health management & skill development for adolescent girls

| Skill Category
| Score (5-point scale) |
1
0.8
0.6
0.4
0.2
0

| Internet Safety Awareness |
4.5

|---|------------------------------

| Software Proficiency
| 3.2

| Active Participation
| 1.4 |

| Creative Problem-Solving | 3.8
|

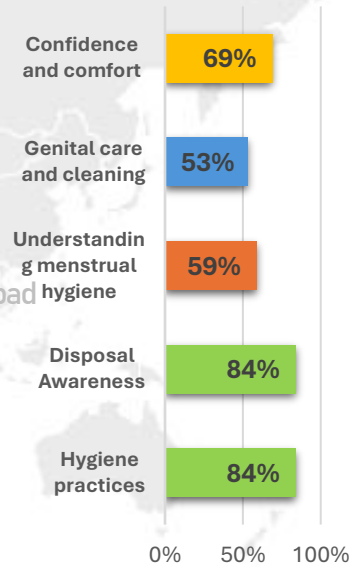| Listening Skills |
4.0 |

| Perspective-Taking
1.3 |

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Empowered Minds, Confident Voices, Healthy Choices – Shaping Stronger Girls for a Brighter Tomorrow.

- Badte Kadam

Impact and Outcomes

✓ The integrated program empowered over 400 adolescent girls by enhancing digital literacy, boosting confidence, and promoting menstrual health awareness.

✓ Participants gained vital life skills, improved self-esteem, and adopted sustainable hygiene practices.

✓ Graphs showcase the positive outcomes and impact assessment following the program's completion.

MHM

Hyderabad

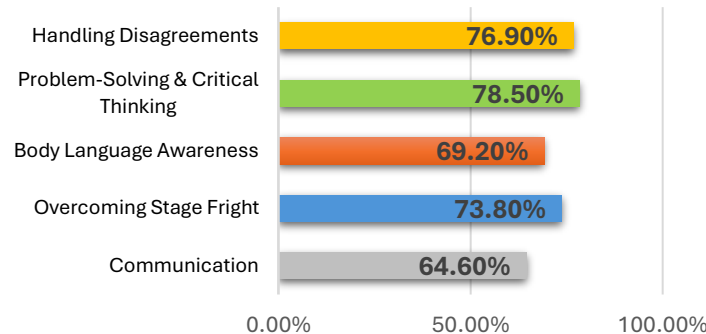|	
Confidence and comfort	69%
Genital care and cleaning	53%
Understanding menstrual hygiene	59%
Disposal Awareness	84%
Hygiene practices	84%

0%   50%   100%

" We empower every girl with the knowledge, confidence, and choices to thrive in education, health, and life — shaping bold, self-assured leaders of tomorrow.

Anju Arora
Founder – Naari Women Wellness Initiative

Digital Literacy

Handling Disagreements	76.90%
Problem-Solving & Critical Thinking	78.50%
Body Language Awareness	69.20%
Overcoming Stage Fright	73.80%
Communication	64.60%

0.00%   50.00%   100.00%

Confidence Building

Recognizing Suspicious Emails	72.30%
Identifying Reliable Websites	67.70%
Password Security	70.80%
Safe Online Transactions	58.50%

0.00%   50.00%   100.00%