

Circular for Parents of Classes VI - VIII

Session 2021-2022

SIS/OPS AUG 14/2021

August 28, 2021

Subject: Session on Menstrual Awareness by RutuChakra Shishukunj

Dear Parent
Namaste

Times are changing and we have to change with them too!

The present times see many unique initiatives taken up by the students – initiatives which are student centric and which we would not have even thought of a decade back.

One such initiative taken up by Shishyans is a collaboration with RutuChakra to establish RutuChakra Shishukunj.

RutuChakra is a youth-led organization working to achieve menstrual equity and dignity through action, awareness and advocacy. They are not only working towards promoting an open conversation about periods amongst all genders but also busting several myths and stigmas that surround it.

The Shishukunj volunteers of this organization wish to engage all students of Classes VI – VIII into an open discussion about the varied aspects of menstruation. These will include:

- Basics of Menstruation
- How to track the menstrual cycle
- Menstrual Hygiene
- Myths and Stigmas related to Menstruation
- Acceptance of menstruation as a very natural biological process

The sessions will be conducted in the regular google classrooms as per the schedule given below:

Time: 2.30 – 3.30 pm

- Class VI – Wednesday, 01 September, 2021
- Class VII – Thursday, 02 September, 2021
- Class VIII – Friday, 03 September, 2021

Each session will be conducted by two volunteers of RutuChakra. For guidance, a Shishukunj educator will also be present in each classroom. The session will also include a question answer round.

We are sure these sessions will give students an opportunity to discuss menstruation freely and get over the hesitation and sometimes fear which they have about this very natural phenomenon. **We would like to emphasize here that this session is for both boys and girls.** Menstruation is now no longer just a ‘girls thing’ and we would like all the boys also to attend this session. It will help them understand and respect their female friends even more.

Kindly motivate your ward to attend this session. Gone are the days when menstruation was spoken about in hushed tones, so let us all move forward towards a more gender equal society.

Kind regards
Dr. Lalita Singh
Principal