

THE HIERACHY OF MHM NEEDS

DIGNITY

Harmful cultural norms addressed; a supportive environment; access to information about puberty and reproductive health; engagement with boys & men



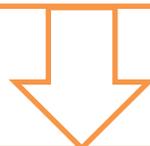
PRIVACY

Ability to privately manage menstruation including washing, dry and/or discretely discard disposable materials.



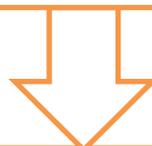
SAFETY

A secure environment; ability to access facilities of choice throughout the day and night



FACILITIES

Private female friendly toilets and washrooms at home and in public & institutional spaces



INFORMATION

Practical information on wearing, washing and disposing provided materials



BASIC MATERIALS AND SUPPLIES

Pads, underwear and soap

Conclusion

The MHM is a priority during floods—an annual occurrence in Assam—interventions in relief camps is vital during the disaster period. The first step could be a gender-sensitive response to MHM during emergencies; conversations around menstruation have to be normalized. Not only women and adolescent girls, but men too should be empowered to talk about menstruation without shame. The most effective step towards this is menstrual health education for communities and special orientation sessions for frontline humanitarian response workers as they can educate the women and adolescent girls in relief camps.

Chapter-6: SUGGESTED CFS DAILY PROGRAM SCHEDULE

Below is a suggestive program schedule for children of different age groups for activities to be conducted in the CFS. Refer to **ANNEXURE-VI** for Class I to VIII CFS program schedule if schools do not reopen for more than 3 weeks. For Young Children (3 to 6 years), the below mentioned CFS program schedule should continue, whereas for Adolescents (15 to 18 years/ Class IX to XII), the normal high school/college routine should continue.

The program schedule needs to be finalized at district level by DSW, JDHS, DEEO/IS and should be approved by Chairman, D-SSAC/ CEO, DDMA. Necessary customizations can be made at district level to make the program schedule locally appropriate. All materials required for activities shall be arranged from existing available resources with Anganwadi Centres and schools, till provisions are made. Necessary expenses related to creating temporary infrastructure (if required) shall be included in relief camp management costs.

Batch 1 – Young Children (3–6 years)		CFS Lead - Anganwadi Worker				
0900-1000	<ul style="list-style-type: none"> • Morning Assembly and prayer • Sensitization on Physical fitness, Hazards and Safety Issues • Attendance and Head count 					
1000-1030	Break (meeting parents, having snacks in relief camp etc.)					
1030-1130	Monday Pre-school education activities by AWW	Tuesday Hygiene education by ASHA	Wednesday Health/immunization session by ANM and ASHA	Thursday Pre-school educational activities by AWW	Friday Story-telling and non-formal education by AWW	Saturday Health session by ANM
1130-1230	Local games and activities					
1230-1330	Children are given lunch through camps/ Mid-Day Meal (MDM)					
1330-1500	Flexible class module as per need of children					
Batch 2 – Children (6 – 14 years)		CFS Lead- School teacher (LP/ME)				
0900-1000	<ul style="list-style-type: none"> • Morning Assembly and prayer • Sensitization on Physical fitness, Hazards and Safety Issues • Attendance and Head count 					