



Women Health and Empowerment Training 2020



The four days didn't seem like enough although we covered many topics. There is always still more to learn.



Topics covered

The topics covered in the training were women's health were :

- Mental,Physical,Social and Economical
- Gender
- Menstruation management
- Nutrition
- Reproductive organs and -identification
- White discharge
- Gastritis
- Women's role in economic development
- Violence
- Communicable and non communicable diseases, home remedy and when to know that its emergency.





Various games were played to build the capacity of women and boost their confidence to come in front and open about their problems.





To encourage them to improve their personal hygiene the trainers suggested we give them cotton panties as a reward and it was provided to all the 21 participants present at the training.





We wrapped up the training with group photos and a work-plan for the literacy teacher and the participants to be working on in their regular classes (ie. Hygiene maintenance, dietary planning, menstrual care).

Sriful Hemra

Case Study

She is 24 year old regular attendee of the literacy class. She has three kids and two of them goes to school using the transportation facility provided by us. She says after the auto safari service the kids are willing to go to school regularly.

The filter water has been really good for their family and everybody drinks more than they used to. The water used to stink.

The literacy class has brought the women closer and are sharing things with each other that they didn't before. She is one of the students that is also learning the `english alphabet now.

After the two trainings held on women's health and empowerment she thinks she can be more open to her husband about her health issues.

