

Manisha is a frontrunner in breaking the silence on MHM

Talented Girl Manisha

Manisha Samal is an achiever. She lives in the Tapovan basti of Bhubaneswar city with her parents and her brother. She is in the 10th standard and has multiple talents in dancing, singing, performing and the fine arts. But she wanted to do more.

A young achiever



Her abilities came to the fore while working on the issue of menstrual health and hygiene. She emerged as a change agent/ champion of MHM. She disseminated awareness on MHM through her performances in the Nukkad natak, her participation in the poster making competition, in the singing competition and other events. Her parents are proud of her achievements and the laurels she has achieved through her involvement with CFAR working as an adolescent change agent.

She is an active member of her Kishori forum. She educated her Kishori club members on different aspects of MHM which include

personal hygiene during menstruation, safe product choice and safe disposal. She attends online classes as well as coaching classes, so she has fixed a time on Sunday for discussion with her fellow adolescents on MHM. Frontline ICDS staff like the Anganwadi worker in the settlement is very supportive of her efforts; and most often joins her to conduct the classes. At the end of the discussions, the Anganwadi worker uses the opportunity to distribute IFA (Iron and Folic Acid) tablets to the adolescent girls.

Performing a play on MHM



Manisha says, “During the nukkad natak and the poster competition in which I was an active participant, I noticed that some of the audience was gossiping about us. They whispered to each other, that these girls are shameless and fearless, look at them discussing menstruation freely; they are uncultured youth. These lines were very discouraging for all of us participants, but I promised myself that I would change this mindset and these people would eventually chew their words. I did not have to wait long. When our Kishori group was felicitated on the occasion of the International Women's Day, our critics were finally silenced.”

The Young Prolific Achiever

Manisha has educated 80 adolescent girls on menstrual health and hygiene management of Tapovan 1 and Tapovan 2 settlements. She performed in three Nukkad natak (Street Plays), participated in two Poster Making competitions as well as in the events organized on the occasion of the International Women's Day. She aims to setup a Pad Bank in her community.