



MALARUM PAVAI

Adolescent health outreach 2025-2026

Engage | Educate | Empower | Ensure better health

Impact Report

Integrating Feedback from Principals and Teachers of Select Schools where Malarum Pava! has been conducted more than 3 years

Key respondent interviews included :

1. How long have Malarum Pava! sessions been conducted in your school?
2. Broadly how many girls would have attended over the years?
3. Has it been useful? If yes – please indicate key areas.
4. What key changes have you seen?
5. Did you see any changes like understanding of menstruation? hygiene? nutrition and diet? Perspective on child marriages ? related issues.
6. Would you like to have these sessions in future ? If yes – why ?
7. Anything else you like to say or describe ?

Sl.No	Name of the schools	Respondents	Response
A	Government Schools		
1	Government High School, Marapalam	Teachers who attended the session and students	1. For the past 10 years. 2. Nearly 500 girls. 3. Yes, they were highly motivated and had the rare opportunity to clear their doubts. 4. Yes. School absenteeism amongst girls during periods has reduced. 5. Sanitary pads are now disposed properly. 6. Absolutely, we need at least two sessions in a year and also for higher classes.
2	Government High School, Kurumbupalyam	Ex - Assistant Head Mistress, Principal ,Teacher who coordinated for the session	1. In the last 5 years we have had Malarum Pava! sessions. 2. Nearly 500 girls. 3. Yes,we saw how the girls were assisted to be frank enough to speak of their menstrual challenges & about

			their health problems. - Yes. We have seen changes related to hygiene & diet . They now bring more healthy food for lunch. - Yes, for older children too Malarum Pavai sessions maybe considered. And twice may be in a year for the same children, for deeper reinforcement. - Yes, need more of physical activity at the school level and we would love some practical sessions too.
B	Government Aided Schools		
1	VLB Government Aided Girls High School, Kovaipudur	Principal and Teacher	- Last 5 years. - Annually 100 girls participate. - It is such a wonderful programme – we look forward to this focused programme for our girls. - Yes, in relation to disposal of sanitary pads we see changes, and now most of the children do not skip their breakfast post the session.
2	PSG High School, Vedapatti	Teacher Coordinator for Shanti Ashram	7 years. 600 to 700 girls have graduated from the Malarum Pavai sessions so far. - Yes, very useful, as they teach about physical, mental and social well-being to girls. - In the sessions the girls are educated about the risk of child marriage too. - The session on menstruation, body mapping is very practical and good. - By giving nutritious healthy snacks during the session, they make the girls understand the value of eating healthy food. - Yes, related to preparation for menarche , and menstrual hygiene. The girls benefit a lot from this.
C	Private Schools		
1	Sri. P.Mallaiyan Matriculation Higher Secondary School , Madukkarai	Coordinating Teacher and students	7 years. 600 to 700 girls. - Yes, very useful, as they tell us about good touch and bad

			touch , managing emotions, keep healthy and clean during menstruation, eating healthy food. 4. It is an addition of subject information as they have this section in their syllabus too. But we teachers do not focus much and teach, whereas the team from Shanti Ashram teaches very nicely and in detail. 5. Yes, we need this every year for all classes and even for boys.
2	N.S.Matriculation School, Kuniamuthur	Principal and Assistant Principal	1. 5 years 2. 100 girls every year 3. Useful& nutritional intake amongst girls have improved during menstruation and beyond. 4. The session elaborates beautifully the pubertal changes that take place. 5. Session is good as most of the parents don't talk to children about menstruation or risks of child marriage. As in community families have more children they do not speak these things. They have no time and at times they do not give attention to puberty and menstruation. 6. Useful and we want these sessions surely as it is highly informative.

