



Mamta Health Institute for Mother and Child

B-5, Greater Kailash Enclave-II, New Delhi 110 048

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11575
29/8/23

Date: 29-08-2023

To,
The District Education Officer,
Bhatinda, Punjab.

Subject: Permission letter to conduct 2 hours' sessions of adolescent girls on MHM and Life skills in selected 26 schools.

Respected Sir/Madam,

MAMTA-Health Institute for mother & Child; is a pioneer organisation working on health and life-skills issues for the last three decades in 19 states across India. The organisation has evolved itself, since its inception, through its diversified interventions in different areas revolving around health. The organisation believes in community and institution based interventions; which has developed its expertise that has resulted in giving it the recognition of being a renowned organisation, today in the country.

MAMTA-Health Institute of Mother and Child, has entered into a partnership with HPCL- Mittal Foundation, for the joint implementation of a project on "Menstrual health management and life-skills" in 26 schools of Bathinda district. The aim of the project is; to educate adolescent girls about the importance of menstrual hygiene, dispel myths and misconceptions and bring the required behaviour change for the adoption of best practices as part of menstrual management. The project intends to conduct sessions with adolescent girls, in identified 26 schools, where knowledge building and enhancing their life-skills shall be the prime objective. The sessions are being planned for two hours' and shall be imparted by expert technical resource persons on the subject. As part of the sessions, we would also be distributing sanitary pads and other essential items (Dignity kit) for creating their awareness on adopting best management practices. The sessions will be interactive, engaging, and informative and will cover the following aspects:

- What is menstruation and why it happens
- How to manage menstrual hygiene and prevent infections
- How to deal with physical and emotional changes during menstruation
- How to overcome social stigma and discrimination related to menstruation
- How to access health services and support for menstrual problems

The sessions will be held in the school premises, during the regular school hours and therefore will require a classroom or a hall with adequate seating arrangement, a projector or a LCD screen (if available). The sessions will not interfere with the academic curriculum or the school schedule. The sessions will be free of cost for the schools and the students.

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We request your kind permission to conduct these sessions in the selected 26 schools of Bathinda district. We believe that these sessions will benefit the adolescent girls and empower them with knowledge and skills to manage their menstrual health and hygiene. We also hope that these sessions will create a positive impact on their overall well-being, self-esteem, and academic performance.

We appreciate your cooperation and support in this regard. Please let us know if you have any queries or concerns about these sessions.

Thanking you,

Yours sincerely,

Amit Gupta

District Coordinator (Mb:9462577319)

Enclosure: List of Schools



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List of Schools in HMEL Refinery vicinity for Menstrual Hygiene Management Project implementation

Sr. No	State	Name of Village	Name of School	School Head teacher Name	Contact no.
1	Punjab	Bangi Rughu	Govt. Senior Secondary School	Neetu Kaur	6239604280
2	Punjab	Bangi Ruldu (Kalan)	Govt. Senior Secondary School	Devinder Kumar Goyal	9417158977
3	Punjab	Gatwali	Govt. High School	Shalley Jindal	9991946045
4	Punjab	Giana	Govt. Senior Secondary School	Saroj	8360660026
5	Punjab	Gurthari	Govt. High School	Sunaina	8847355266
6	Punjab	Jajjal	Govt. High School	Navneet Kumar	7973840319
7	Punjab	Malkana	Govt. Senior Secondary School	Gurmeet Singh	9463069708
8	Haryana	Naurang	Govt. Senior Secondary School	Uttam Chand	9991670896
9	Punjab	Pakka Kalan	Govt. Senior Secondary School	Kulwinder Singh	9677023214
10	Punjab	Phullokhari	Govt. High School	Harpinder Kaur	8427226570
11	Punjab	Raman Mandi	Govt. Senior Secondary School	Saroj Rani	8360660026
12	Punjab	Ramsara	Govt. Senior Secondary School	Sh. Vinod Kumar	9417590365
13	Punjab	Sekhu	Govt. Senior Secondary School	Kawalpreet Kaur	9501896745
14	Punjab	Tarkhaniwala	Govt. High School	Jagdish Singh Bagha	9988771781
15	Punjab	Behman Jassa Singh	Govt. High School	Preeti	8847468284
16	Punjab	Desu Malkana	Govt. Senior Secondary School	Jasbir Singh	9416156188
17	Punjab	Jagga Ram Tirth	Govt. Senior Secondary School	Khushdeep Singh	9464996088
18	Punjab	Kalalwala	Govt. Senior Secondary School	Nirmal Singh	9464130163
19	Punjab	Kaureana	Govt. Senior Secondary Girls School Natheha	Nirmal Kaur	9464126131
20	Punjab	Laleana	Govt. High School	Jagtar Singh	9417362579
21	Punjab	Lehri	Govt. Senior Secondary School	Naresh Kumar	8146403805
22	Punjab	Mahinangal	Govt. Senior Secondary School	Amanpreet Singh	8728038100
23	Punjab	Natheha	Govt. High School	Deepali Mittal	9877532126
24	Punjab	Natheha	Govt. Model Senior Secondary school Natheha	Kawaljeet Singh	8427400742
25	Punjab	Sheikhpura	Govt. Senior Secondary School	Bhim Sen	9417778797
26	Punjab	Singo	Govt. High School	Bhagwan	9915162422

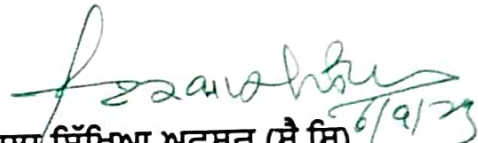
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ਦਫਤਰ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ(ਸੈ.ਸਿ) ਬਠਿੰਡਾ

ਪਿਠ ਅੰਕਣ ਨੰ:ਜੀ-1/1()2023/ 5077

ਮਿ. 06/09/2023

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਸਬੰਧਤ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ, ਭੇਜਕੇ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਕਤ ਅਨੁਸਾਰ ਹਦਾਇਤਾਂ ਦੀ ਇੰਨ-
ਬਿੰਨ ਪਾਲਣਾ ਕੀਤੀ ਜਾਵੇ ਅਤੇ ਇਸ ਸੰਸਥਾ ਦਾ ਪੂਰਨ ਸਹਿਯੋਗ ਦਿੱਤਾ ਜਾਵੇ।


ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) 6/9/23

ਬਠਿੰਡਾ।