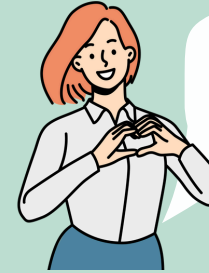


Hello my name is Richa. I live in a CCI because my parents work as daily laborer's and couldn't afford to keep me with them.



This is the story of the first time I got my periods in a CCI



PERIODS IN A CCI

I remember I was 14 and I was studying for my exams when suddenly I felt a bit moist and I noticed I was bleeding



I was so scared

I thought I will die.. I did not have the courage to tell anyone about what had happened I had just moved to a CCI and I did not have my parents around..



*I wanted to
disappear*



*I thought I will be removed from CCI and will again lose
the family I had developed here. Why was this happening
to me again and again that I was being separated from
people I love*



Suddenly our counselor at CCI, Nirmala didi found me she understood what had happened. She explained to me that what had happened to me was quite natural and it was called periods that every women gets every month and is a normal part of being a woman



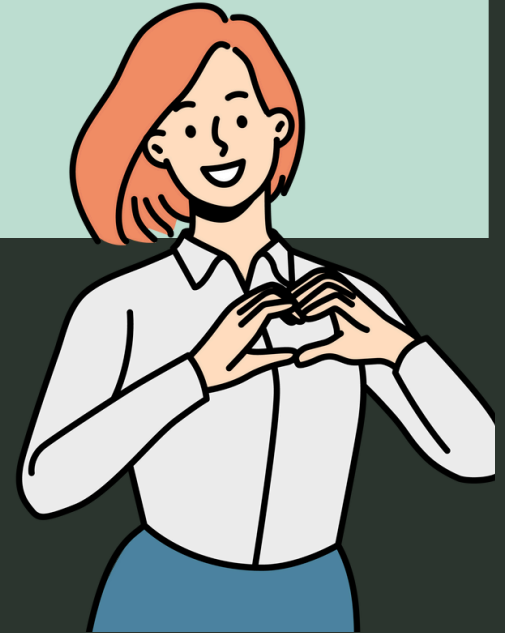
She also told me a few tips to avoid cramps during periods

- 1. Have a balanced diet.*
- 2. Change pads from time to time after period flow*
- 3. Misconception is viral in India about menstruation and many myths do not follow them*



This is my period story

PERIODS IN A CCI



Having your first periods can be a really unique experience but do not be frightened , immediately contact your care provider and always offer support and scientific facts to your juniors in a CCI too as a big buddy.....