

Hello My name is Sujit kumar Nanda i am from Odisha, last year i got an opportunity from Udayan Care, as a fellow of LIFT fellowship programs.

In this fellowship I had to choose a project to help care leavers of our own state.

So I had chosen a project about Menstrual Hygiene Awareness in Odisha, I chose this project because i saw my friends are not aware properly about it, and they have so many wrong habits, so i think if they are living with the society and with their own parents after this facilities they are not able to get the Right education about Menstrual hygiene so who can a care leaver's girl or CCI girl's can be know the proper education about this, so i decided to work for this and i started visiting the CCI for the information of care leaves girl's so i reach out to them and hear about their problems, then i visit so many Gynecologist to solve this problems in a easy way or low cost then now i am creating a booklet for it after this i will conduct awareness program with care leavers and in CCI. I am very much thankful to Udayan Care for having me on their team as a fellow of the LIFT fellowship program. Thank you so much.

Whenever I faced any problem, the team of Udayan Care or LIFT always supported me, they never left me alone, even when I was very disturbed, they supported me step by step and helped me in all the things. When the Udayan Care team came to know that I was in trouble, they personally came to Odisha to meet me or guide me to achieve my goal.

I am about to complete the harappa course. At first I didn't like it but then I realized its significance or I learned a lot from it.