

AIM

Our project, Untabooed, aims to entirely revolutionise the way teens read and learn about usually stigma induced topics such as puberty, menstrual and sexual health, consent in a captivating story format (also written in Hindi). We hope to spread awareness in less educated or marginalised communities by holding sessions in these rural areas.

In pursuit of breaking the silence on these essential topics and fostering an environment where teenagers feel empowered to question and explore their identities free of judgment, we organised a session within our school and gave a copy to our domestic workers for their kids. (charity begins at home).

We also encourage boys to read this book so that a bridge is built and our society takes one step forward in ensuring gender equity. Additionally, we promote eco-friendly practices throughout, ensuring our impact extends beyond words. By creating 100 copies of the book through recycled paper.

THE TEAM AND OUR EXPERIENCE

Jiya - My journey as an author and project leader involved learning about menstrual and sexual health education in depth with research, and enhancing logistical skills through tasks like printing coordination and NGO outreach.

Nandini - Being the lead illustrator for "Untabooed" was educational and rewarding. It provided insight into harmful beliefs and stereotypes, considering factors like class and access to resources. Crafting the narrative involved research, observation, and collaboration with other creatives to effectively convey the story.

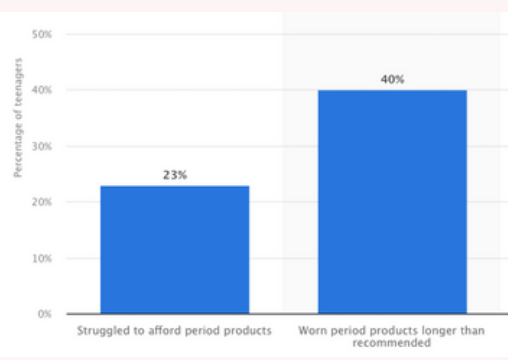
Ariana- This journey taught me about teamwork, cooperation, resilience, and hard work over 4 months. Despite disputes, the experience was dedicated and involved extreme hard work, making it special.

Keya - I have learnt the importance of patience, team coordination, research, learning, and collaboration with team members in the project, showcasing a kinder side to the story.



PROBLEM

Period poverty in India not only hampers economic growth by 2.7%, but also perpetuates societal stigma and hampers education. With 20.9% of girls dropping out of school and 63.5% feeling ashamed, the lack of understanding and resources exacerbates the issue. Untabooed seeks to disrupt this cycle by providing accessible and engaging education on menstrual health, empowering marginalized communities and fostering a culture of openness and acceptance.



UNTABOOED.



SDG's



Promoting hygienic practices and mental well-being by educating



free copies of our book to the underprivileged



advocating for male involvement project promotes gender equality



focused on Rural communities and removing period poverty

Our Product

Putting the book together was a comprehensive process. We studied the different ways that traditional issues have adapted today, recognising the areas in which taboos have attenuated, while others where they persist. Each chapter has specific pivotal moments we wanted to capture through the illustrations. Our book has its online presence on Amazon and Flipkart as well!

We aimed at distributing and educating primarily prepubescent demographics, so we tailored the content to be understood while still captivating, including making it illustration-heavy. The book is essentially an anthology about Roshini and the people around her, how their lives are impacted by societal taboos, and depicted the complexities and layers of the issues through the various stories



Our Impact

Conducting sessions in our school proved to be a pivotal step in our mission to spread awareness and empower the youth. These sessions served as vibrant platforms where taboo topics found a voice. Holding sessions in government schools was slightly more difficult due to the diversity of mindsets we were empowering. These sessions became transformative experiences, bringing crucial information and support to areas where access to such resources is limited. Moreover, having collaborated with DASS and Pathshala NGO and partnering with the University book house has made our project stronger.

 **University Book House (Pvt.) Ltd.**
PUBLISHER • DISTRIBUTOR • LIBRARY SUPPLIER

+1700
hours of work
put in, over
the course of
6 months

25
books have
been
distributed
so far

5
sessions have
been held in
government
schools

150+
students
attended our
sessions

500+
Impacted



Support

Securing free venues to host our sessions significantly reduced our operational costs which not only provided us with suitable, safe space but also helped us reach a larger audience, increasing our impact. The moral cause behind our book often garnered the support of publishing houses (UBH) and printing companies who offered reduced rates. The NGOs we have collaborated with helped us tap into communities in need for our book. The free expertise from our counsellors and teachers was an invaluable resource that accounted for a smooth process, free of logistical hiccups. In the future, we hope to gain government aid to impact a larger audience.



Future plans

Our project aims to sell pad covers to fund training initiatives, increasing employment and reaching more villages. We aspire for our menstrual health book to be nationwide, breaking taboos. As we expand our reach we would like to translate this book in as many regional languages as possible. Collaborating with 45+ NGOs, we aim to amplify our impact, fostering sustainable change and empowerment across India.

With
Director



