On the first working day if you know that you have to go to jail for the program, then there is definitely a thrill as well as fear. Same thing was going in my mind. It is natural to be uneasy, when you hear name of prison and you have to organize an awareness program with the prisoners. In spite of this I decided to go there. The purpose of this visit was to create awareness regarding their health, sanitation and myths in their society. We went there on the invitation of Deputy Jailor.

Our first interaction was with Mr. Badri Lal Meena, deputy Jailor. We had a talk with him about women prisoners. He told that all these women are illiterate and they have no knowledge about their health that how they keep their health better, how to live life well. He was concern about the women and their livelihood after the punishment. He wants to them that they led a good life so this program has been organized. We have to interact with them about the life scenario, health and life education.

At the time of our interaction all women were seeing to us with curiosity. First of all we gave our introduction. We asked their name, family and other family related things I asked them why you are here. Some of them told me offence reason but some said they were not involved in crime. During this conversation I felt that they all are in the deep sorrow. Only one question they have in their mind that when will we release from jail and when we will come out from here. Women did not know how many days they remains in Jail.

During the conversation, two ladies told us that since they are in the jail no one came to meet them from their family and this pain was clearly visible in their tears. One woman is worried about her children that they are in what conditions, about their education and upbringings. I saw that some women following custom or tradition of wedlock like Mangalsutra, Sindoor, Bindi etc. They were assuming in their mind that their husband would take them and they would start living in their house like before and get same dignity and respect as before.
We told them about value of good health and sanitation. We shared that why good health is important. We discussed about their experience in their family for girl child education, child marriage, mensuration hygiene management superstition etc. They told that child marriage is very common in their society and they believe in myth and other superstitions.

They told many interesting things about menstruation like women and girls are told that during their menstrual cycle they should not bathe (or they will become infertile), touch a cow (or it will become infertile), look in a mirror (or it will lose its brightness), or touch a plant (or it will die), not go to school or outside of house, not cross the Chauraha, not touch the pickle or other things. Entry in kitchen and temple are completely prohibited.

One female said, “Agar jldi shadi n kre to inki suraksha ki jimedari kon lega.” (We do child marriage due to girl safety. Who will be responsible for their safety.)

Other said, “Un dino me to lgata he ki koi bhut bdi anhoni ho gyi he.” (During menstruation we feel like a severe infectious disease)

We showed them two movies also about general health and mensuration hygiene management and against child marriage. We showed them video of a song also “Hum honge kamyab ek din”. They were very happy after our program. They said that when they will go back in their family they will remember these things related with health or others issues. They said that there is no way of such type of information in their village.

One woman said, “Aapki bat shi he pr hum kya khaye or kya piye ? hme to pani bhi 4 kilometer dur se lana pdta he” (You are right but What we do eat or drink. We have to go 4 km for drinking water from our house).

One woman said “Mujhe to pta hi n tha ki bacche ko 6 mah se phle dudh ke alawa kuch nhi pilana chaiye. Ab me ise kuch nhi pilaya krungi dudh ke alwa”. (I have no knowledge that we should not use the water for child during breastfeeding to child but now I will not use anything to my child except breast milk.)

One woman said “Ap bich bich me ase hi ate rhna, hmara mn bhi Igega or hme kuch jankari bhi milti rhegi” (Please come in regular interval not only we will feel fresh and but also get the information from your side.)

The program was finished with shaking hands with all of them and smiling face. Jail administration was happy with this program and said that they need some type of program for male prisoners also. We assured that when we have time we will come again.