Cultural Exchange

• Screening of the Oscar Award winning documentary Period. End of Sentence, which focuses on the cultural perceptions and practices of women’s menstruation.

• Discussion with Indian-American female staff and community members about their perspectives and experiences having grown up/ lived in India. Niyati Pandya (MC Librarian) & Urvi Mehta (Physician)
# Global Competencies

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<tr>
<th>AACU Global Competency: Global Self-Awareness</th>
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<td>Identifies some connections between an individual’s personal decision-making and certain local and global issues</td>
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<th>AACU Global Competency: Cultural Diversity</th>
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<td>Explains and connects two or more cultures historically or in contemporary contexts with some acknowledgement of power structures, demonstrating respectful interaction with varied cultures and worldviews.</td>
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<th>AACU Global Competency: Understanding Global Systems</th>
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<td>Identifies the basic role of some global and local institutions, ideas, and processes in the human and natural worlds.</td>
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Global Course Outcomes

• Applies an intersectional feminist analysis to various texts, films, performances, and cultural artifacts from India.

• Identify intersecting dimensions of power and analyze how constructions of gender, race-ethnicity, nationality, sexuality, class, age, and ability impact contemporary Indian men’s and women’s experiences and lives.
Pre and Post-encounter survey asked attendees about the level of their knowledge of women's menstrual cycles in general and in India.

Based on the outcomes, please answer the following questions on a scale of 1-5 where 1 means not at all and 5 means very.

How much do you know about women’s menstrual cycles?
How comfortable are you talking about women’s menstrual cycles?
How much do you know about Indian/South Asian cultures?
How much do you know about women’s roles and expectations in Indian/South Asian cultures?
How much do you know about Indian/South Asian perceptions of women’s menstrual cycles?

Please briefly identify what you learned from this film viewing and discussion and why this might be important to you.
Discussion

• Global institutions and systems informing societal roles and knowledge about women's menstrual cycle: Health/Medicine, Religion, societal gender constructions, media, business, etc.

• Women in the U.S. learn about menstrual cycles from mothers, grandmothers, in school, online, and with their Doctors

• Women in rural India have limited knowledge and practices that result in restricting them from spaces including school, temples, and even their own homes

• Women in India feel empowered when they earn their own money, help other women by producing and selling menstrual pads, and work to break taboos about menstruation
Comments from Post-Survey

• "I learned about challenges women face in India with regards to access to and attitudes about menstrual cycles. [It is] very helpful to have that perspective."

• "The culture is a bit relatable. I wasn't aware that they used cloths [instead of products] but [cloth] could possibly be more sanitary."

• "I learned that education and opportunity is lacking for girls. While they are starting to get educated, there is still work to do."
Worldwide Taboos

- **Islamic tradition**: Menstruating women are not allowed to pray, touch the Koran, or observe fasting traditions.

- **India**: Women are not allowed to touch cows during menstruation.

- **Venezuela**: Menstruating women are forced to stay in special huts for the duration of their period.

- **Ghana**: Menstruating women are forbidden to eat fish or meat, and are permitted to drink milk from a goat only.

- **Southeast Asian communities**: Young menstruating girls are not permitted to enter the palace or the male sections of the village, and are also forbidden to be seen in public during menstruation for fear of contamination.

- **Nepal**: Young women are not allowed to touch or feed cows during their menstruation.

- **Kenya**: Women in the semi-nomadic Maasai region are not allowed to enter goat pens or milk cows, as they believe milk from the animal will contaminate the milk. They are also not permitted to consume animal products.