


by Sexuality&Disability 3 years ago

# SexDis workshop at NAB Mahalaxmi

We are back yet again with our 'secret ladies talk' (according to NAB) at National Association for the Blind. Check out how the SexDis workshop unrolled, one tweet at a time.


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Good morning b'ful people! We are back with our [#sexdis](#) workshop today at National Association for the Blind at Mahalaxmi. Watch this space!


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**Point of View**  
@povmumbai

Follow [@dis\\_sexuality](#) timeline now for live tweeting on [#sexdis](#) workshop from NAB-DOR, Mahalaxmi. [#disability twitter.com/dis\\_sexuality/...](#)

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**Japleen Pasricha**  
japna\_p@japna\_p

Follow [@dis\\_sexuality](#) right now! Yours truly live-tweeting a sexuality workshop from National Association for the Blind, Mumbai. [#sexdis](#)

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We had a small and cheerful group at National Association for the Blind, Mahalaxmi comprising of 15 young women ranging from 18-40 year olds. We started with our ever popular ice-breaker, 'Introduce yourself and tell us one thing that you have never done before, but want to do'.



.@smriti264 our Community Builder begins: Participants have to tell their name & one thing they wish to do in life [pic.twitter.com/ZbM1giiD7q](https://pic.twitter.com/ZbM1giiD7q)

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We were in for a surprise when the first participant although shy in the beginning, said she wanted to pursue singing and then actually sang a Telugu song for us. We all were mesmerized for sure!



Soni sang a Telugu song for us. She aspires to pursue singing. #sexdis [pic.twitter.com/P6X8qfI35v](https://pic.twitter.com/P6X8qfI35v)

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Most of the aspirations: 'I want to roam around alone, I don't want to be dependent on anyone'.  
The women are something! #sexdis

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After listening to the powerful aspirations of the young women, Nidhi Goyal led the workshop towards topics of safety and harassment. She broke the myth that blind women are not harassed because they are blind.



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.@saysnidhigoyal asks, does blindness means our lives are finished? Girls: a big NO! #sexdis

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Participant ask 'do men eve-tease blind women' @saysnidhigoyal: 'Yes, why not. We are also women. No discrimination while harassing' #sexdis


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 **smriti**  
smriti26@smriti264

Blind ladkiyon ko chedte hai kya? #sexdis

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Participants shared that they hesitate to tell their parents and family about the harassment they face since they fear it will further restrict their mobility.

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Participants share stories of harassment. They say they can't share at home, else parents won't allow to go out of the house. #sexdis

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 **smriti**  
smriti26@smriti264


Mere ghar waale bhi rokte bahut hai par.main zidd kark bahar jati hun #Blindwomendiaries #sexdis

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 **smriti**  
smriti26@smriti264

Main ghar pe share nahi karti agar mujhe koi chedta hai toh kyunki mujhe daant padti hai #sexdis

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 **smriti**  
smriti26@smriti264


Ghar pe restrictions sirf Blind ladkiyon k saath hi nahi sab ladkiyon k saath hoti hai @saysnidhigoyal #sexdis

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.@saysnidhigoyal: restrictions at home happens w sighted women as well as blind men. Overprotectiveness is a trait that cuts across #sexdis


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smriti26@smriti264

Apko andar se jagana padega ki mujhe independent banna hai [@saysnidhigoyal](#) [#sexdis](#)


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We then moved towards the favourite part of our session - body. Nidhi did a quick and fun body mapping exercise before we got into the nitty gritty of it.

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.[@saysnidhigoyal](#) asks girls to name body parts. Lips were hushed. And breasts became chest. Hips were avoided. [#sexdis](#)

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.[@saysnidhigoyal](#) asks, is there something between stomach and thighs? Does anyone know the name? Girls giggle. [#sexdis](#)

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Now talking about body parts. Shying away from discussing private parts #sexdis  
[pic.twitter.com/qvIHFSISbw](https://pic.twitter.com/qvIHFSISbw)

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Definitely ask silly questions. #sexdis

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Our favorite doctor Dr. Shrutika is here. Yay! Short intro on body mapping & the models will be out soon :) [#sexdis pic.twitter.com/YirFkZYw5m](https://pic.twitter.com/YirFkZYw5m)

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When Dr. Shrutika arrived, the participants were quite eager to ask questions and even requested for a proper gynae check-up later.



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Participants share their menstrual problems. Dr. Shrutika talks about hormonal imbalances due to lifestyle & PCOD. [#sexdis](https://twitter.com/sexdis)

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Always wipe dry after washing your private parts. Keeping it wet may lead to infections: Dr. Shrutika [#sexdis](https://twitter.com/sexdis)


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Talking about contraception now: Girls know about pills, Dr. Shrutika says condoms are better. Tell your man to use condoms. #sexdis

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Participant says "people think we shouldn't marry because we are blind, but I want to have a relationship and get married." #sexdis

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As always, the most exciting part of the workshop was working with the body models. We divided the participants into three linguistic groups as some spoke Marathi, some Telugu and some Hindi. The most amazing part of this workshop was that participants took upon themselves to explain to their friends and classmates. Peer-to-peer group work was very successful.



The body models are out! We are divided into three groups. Dr. Shrutika explains the uterus model.  
[#sexdis pic.twitter.com/XvTejUOPKp](https://pic.twitter.com/XvTejUOPKp)

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.@saysnidhigoyal takes charge of the female organ and explains the three openings. #sexdis  
[pic.twitter.com/mpeG0AxPtZ](https://pic.twitter.com/mpeG0AxPtZ)

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.@smriti264 is responsible for the male organ. A lot of giggles from this group :) #sexdis  
[pic.twitter.com/5NCOWof2j7](https://pic.twitter.com/5NCOWof2j7)

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Peer education is going on: girls explain each other what are the three openings and what is the vagina for. [#sexdis pic.twitter.com/bllauLISNE](https://twitter.com/bllauLISNE)

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We then further talked about contraceptions and the importance of wearing a condom during sexual intercourse. Although, there was initial hesitation and giggling during the condom training exercise, all the participants were successful in putting a condom on the banana with little or no help.

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Dr. Shrutika: even if your partner doesn't want to wear condom, it is imp you insist on it. You can also do pregnancy tests at home. [#sexdis](https://twitter.com/sexdis)

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You can take I-pill in case of emergency before 72 hrs, but it's a hormonal pill which messes up periods. Only use when necessary [#sexdis](https://twitter.com/sexdis)

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 **R**  
mizarcle@mizarcle


and for God sakes, it is not a contraceptive pill to be taken everyday! It is an emergency contraceptive. [twitter.com/dis\\_sexuality/...](https://twitter.com/dis_sexuality/)

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We are all set for condom training with bananas and condoms. [#sexdis pic.twitter.com/HeMjrAn5k5](https://twitter.com/HeMjrAn5k5)

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.@saysnidhigoyal: how can we blind people know if the condom is expired. Check if its sticky.  
[#sexdis](#)

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Some have already finished, while other are still giggling. [#sexdis pic.twitter.com/6FgNtKcDtV](https://pic.twitter.com/6FgNtKcDtV)

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And we're done: condom training accomplished! [#sexdis pic.twitter.com/7Fu9LrimGi](https://pic.twitter.com/7Fu9LrimGi)

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We then reached the last session of our workshop where we talked about relationships and intimate partner violence. We used the medium of role-play to actively involve the participants.



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We are now again divided into three groups, role-playing on situations based on intimate relationships. #sexdis

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Blue group is now performing their role play. Their situation: parents are pressurizing to get married. #sexdis [pic.twitter.com/YjwrvlLrRy](https://pic.twitter.com/YjwrvlLrRy)

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Pink group is now up. They are roleplaying intimate partner abuse, where the husband is suspicious.

[#sexdis pic.twitter.com/qGnYiXnwzL](https://twitter.com/qGnYiXnwzL)

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Red group is here, they role-play two blind people in love, but friends worried abt girl being abused by boy [#sexdis pic.twitter.com/16PGJieFLJ](https://twitter.com/16PGJieFLJ)

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We are now ending today's workshop with a short de-brief on intimate relationships, independence & the self [#sexdis pic.twitter.com/xjagjAS5Pt](https://pic.twitter.com/xjagjAS5Pt)

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**smriti**

smriti26@smriti264

Signing off from NAB workshop. Hope you liked the session [#sexdis](#)

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