

An Overview of ICA Nepal's work for Promotion of Menstrual Hygiene Management

Background

Menstrual Hygiene Management is one of the most pressing issues of Nepal where the lack of proper hygiene management, lack of access to sanitary materials and severe social restrictions to perform healthy practices have kept women of Nepal constantly at health risks. Women in Nepal during menstruation are not accessed to sanitary napkins easily, are not equipped well with proper water and sanitation materials such as clean water, soap etc, still in practice of using old cloth rags which makes them prone to infections. Sanitary napkins cost very high and are only in reach of urban area. In Rural area, nearly 53% of girls are compelled to miss school during periods. Even in Urban area and schools, the toilets aren't female friendly and there exists immense problem of proper water and sanitation facilities.

The problem is even more serious in Far and Mid western parts of Nepal where women are banished in the shed outside the home known as Menstrual Huts during their entire periods. They are restricted on eating fruits, healthy foods, wearing clean clothes, washing their body and using public resources. They aren't facilitated with clean water or rooms to stay, let alone sanitary napkins. Every girl is prone to cold, snake bites, infections and even worse, rapes and sexual abuses. Such practices have enhanced the impacts of reproductive health of women and limited women's social and cultural growth.

ICA Nepal's approaches on Menstrual Hygiene Management

So, with the training on production of low cost sanitary napkins in Changunarayan, ICA Nepal has started its different approaches in Menstrual Hygiene management issues in Nepal. We have some of them are:

- Provide awareness, distribute sanitary napkins, form school clubs and distribute IEC materials. Conducting MHM awareness programs to schools, women groups, cooperatives and local clubs in different parts of Nepal. So far we have reached more than 5000 women and girls.
- Publishing several IEC materials for menstrual hygiene management and awareness
- Organizing different talk shows and interaction program on menstruation hygiene management.
- Blog about menstruation: Let's Talk Periods is started to provide integrative information on menstruation and sharing the experiences. (www.letstalkperiods.wordpress.com)
- Training and promoting local women groups on production of low-cost sanitary napkins.



MHM Awareness program in Dolagiri School, Changunarayan



Production of Low cost Sanitary napkins in Changunarayan



Interaction Program about Menstrual Hygiene among Women's group at Parbat