

# Menstrual Health and Hygiene Online Learning Exchange

Advancing Women's Rights:  
Menstrual Health & Hygiene  
and Sexual & Reproductive  
Health & Rights

30th March 2023





# Advancing Girls' Rights through Improved Menstrual Health and Hygiene



# MHM within WASH in Schools

Fit for School supports Ministries of Education in implementing MHM-related activities as part of WASH in Schools to ensure that menstruation will not be a barrier to education

MHM embedded within WASH in Schools (WinS) provides opportunity to:

- Transform schools into places where facilities comply with girls' needs;
- Provide access to information about menstruation to address taboos and misconceptions in a culturally sensitive manner and without direct parental interference; and
- Contribute to increased public awareness and appropriate action





# Crucial MHM indicators



Water availability



Sanitation facilities



Availability of sanitary pads

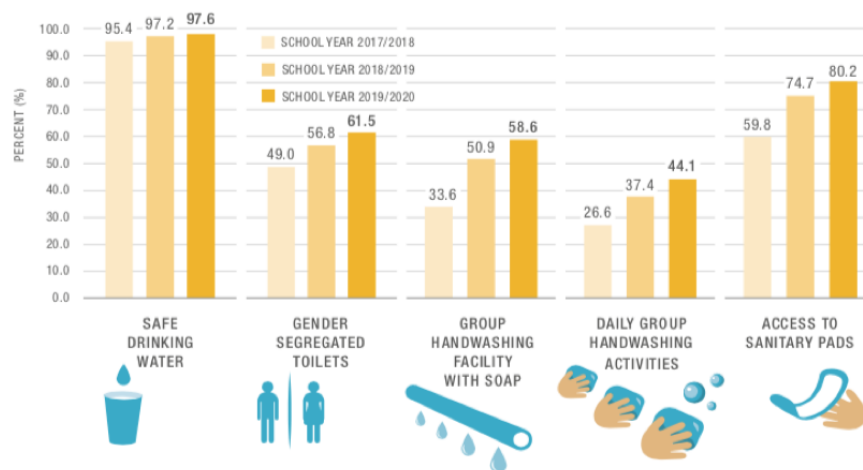


Access to information

## WINS MONITORING RESULTS

SCHOOL YEAR 2017/18 TO SCHOOL YEAR 2019/2020

COMPLIANCE TO THE FIVE CRUCIAL INDICATORS



Continuous improvements in the status of MHM-related indicators in schools since the baseline monitoring in SY 2017/18

# The WinS Network

[www.winsnetwork.org](http://www.winsnetwork.org)

## Who we are?

Global inter-agency network

[winsnetwork@giz.de](mailto:winsnetwork@giz.de)

## Objectives:

- ✓ To harmonize efforts in WinS
- ✓ To support ministries of Education to improve WinS services by aligning efforts among development partners and NGOs

## Working streams:

- Advocacy, policy, and system strengthening
- Monitoring and reporting
- Research and evidence-building
- Gender including MHH
- WinS programming
- Knowledge management, capacity development, learning and exchange

Our core group members: UNICEF, GIZ, Save the Children, WaterAid, the WHO/UNICEF Joint Monitoring Programme (JMP), London School of Hygiene and Tropical Medicine, Emory University, UNESCO

Join as an individual or an organisation. See website for details!



# Belinda Abraham

***An international development specialist with over 20 years experience in the WASH and education sectors in Sub-saharan Africa and Southeast Asia. Worked with UNICEF, GIZ, and a number of international NGOs in seven countries***

- American national
- MSc. International Development Planning, University of Guelph, Canada
- BA (International Development) and BSc.(Biology), Dalhousie University, Canada

*Presently:*

- *Supporting the global WinS (WASH in Schools) Secretariat*
- *Working with German-based NGO Viva Con Agua Sankt Pauli on Institutional Fundraising.*
- *Consulting with M4E German based consultancy firm undertake Global Three Star Approach Study*



# Session objectives

- to showcase the interface between MHH and SRHR;
- to present avenues for programmatic integration, as demonstrated in Nepal;
- to learn about the initiatives of different countries on MHH; and
- to provide a platform to discuss strategies that can be implemented in different countries

# Agenda

- Menstruation and child marriage
- Menstrual health and hygiene and sexual and reproductive health and rights interface: UNFPA Nepal program activities
- MHH and SRHR program integration: Support to the Health Sector Strategy Programme Initiatives
- Reactions from Pakistan and Philippines
- Open forum



## Presenters

**Ms. Radha Paudel**

Co-founder, Global South Coalition for Dignified Menstruation, Nepal

**Mr. Abhiram Roy**

Comprehensive Sexuality Education (CSE) Project Coordinator, United Nations Population Fund Nepal

**Ms. Sami Pande**

Technical Advisor, Support to the Health Sector Strategy Programme, GIZ Nepal

## Reactors

**Mr. Kamran Naeem**

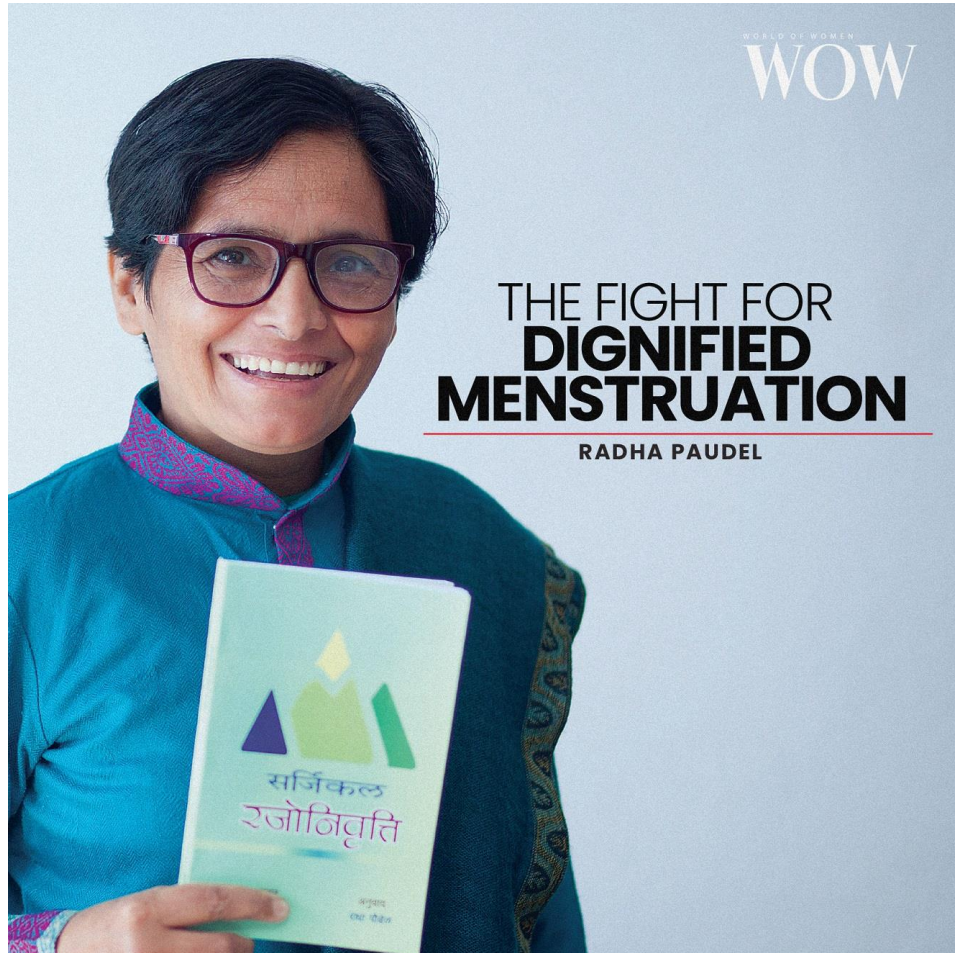
WASH, Climate, and Environment Specialist, UNICEF Pakistan

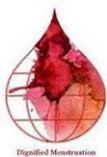
**Dr. Ma. Corazon Dumlao**

Chief, School Health Division, Bureau of Learner Support Services, DepEd Philippines

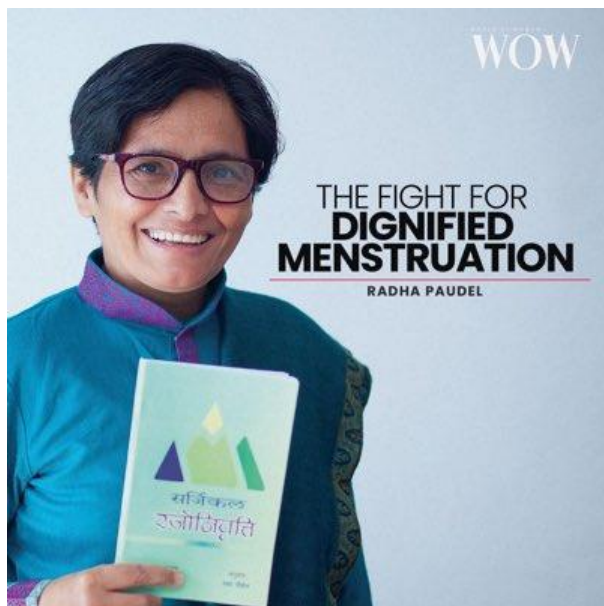
# Radha Paudel

Radha Paudel is a life-long rebellion for Dignified Menstruation from Nepal. She trained as an Anesthetic Assistant Nurse, worked for 24 hours for 4 years and converted as Author and Activist. By quitting all privileges, she founded a global network named 'Global South Coalition for Dignified Menstruation' for changing narratives around menstruation globally. Despite experiencing so many threats/challenges including funding, she also initiated an International Day of Dignified Menstruation for 8<sup>th</sup> December since 2019 which is marked over 56 countries in 2022. She writes books around dignified menstruation in Nepali and English. She received national and international recognitions/awards for her activism and literary work. She believes that dignified menstruation is an innovative and holistic approach for changing the landscape of gender equality globally.





# Link Between Menstrual Discrimination & Child Marriage



**Radha Paudel**  
Nurse, Author, Activist and Founder of Global South  
Coalition for Dignified Menstruation

[www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)

[rpaudel456@gmail.com](mailto:rpaudel456@gmail.com)

GIZ, Philippines

Thursday, 30 March, 2023



**Global South Coalition**  
For Dignified Menstruation

[www.radhapaudelfoundation.org](http://www.radhapaudelfoundation.org)

[www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)



**Global South Coalition**  
For Dignified Menstruation

**(GSCDM)**

## Introduction

- ❑ Survivor led, a global Network, based on global south
- ❑ For changing the narrative around menstruation from hygiene to dignity & from five days bleeding to life cycle approach
- ❑ Founded in 2019
- ❑ Initiation of Radha Paudel Foundation  
[www.radhapaudelfoundation.org](http://www.radhapaudelfoundation.org)
- ❑ Secretariat office-Nepal
- ❑ Steering committee: Nepal, Philippines, Sri Lanka, Malawi, USA
- ❑ Membership:  
<https://dignifiedmenstruation.org/membership/>



## Recalling the Definitions

### Menstrual Discrimination

Refers to taboos, shyness, stigma, restrictions, abuses violence, deprivation from services & resources associated with menstruation throughout the life cycle of menstruators (girls, women transmen, & queer). It is a forms of sexual and gender based violence and violation of human right.

It is everywhere across the globe with different name, forms and magnitude. It is complex and multifaceted.

***Global South Coalition for Dignified Menstruation 2019***

### Child Marriage

- Is defined as a formal or informal union before the age of 18.
- Marriage before the age of 18 is considered a human rights violation,
- Mostly affecting girls, & can lead to a lifetime of disadvantage and deprivation.



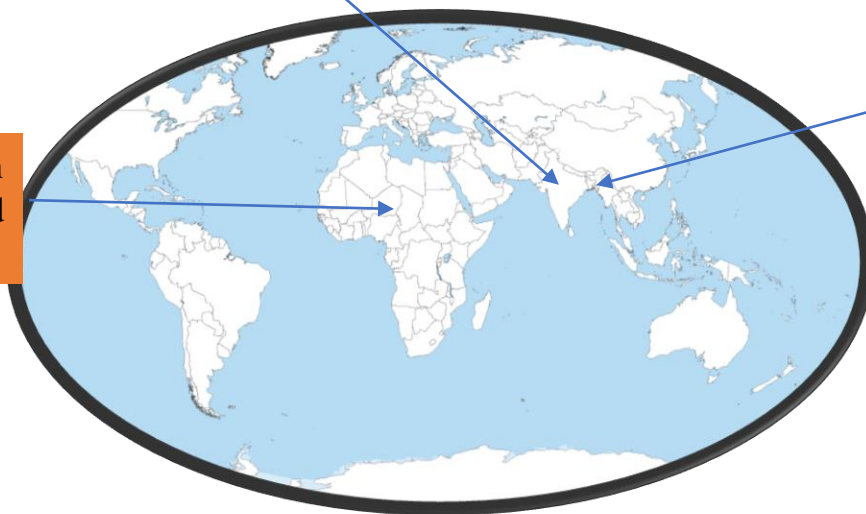
## Countries: Reviewed Policies and Practices Related with Child Marriage

2. India-Second highest rate of child marriage in South Asia

1. Bangladesh:  
First highest rate of child marriage in South Asia

3. Niger:  
Africa  
globally

In  
and



**Global South Coalition**  
For Dignified Menstruation

[www.radhakrishnanfoundation.org](http://www.radhakrishnanfoundation.org)

[www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)

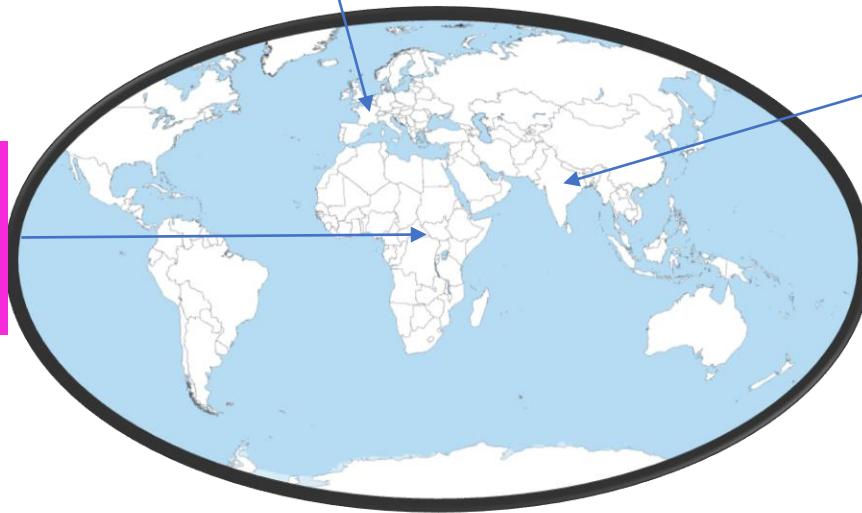
# Networks:

## Reviewed Policies and Practices Related with Child Marriage

Global Network: Girls  
Not Brides -2011-1500  
CSO members

South Asia: the  
South Asia  
Initiative to End  
Violence  
(SAIEVAC)

Africa: the  
African Union  
(AU)- 2013, 55  
members



## **Drivers for Child Marriage:**

- The absence of or low education,
- Poverty,
- Harmful practices e.g. female genital mutilation (FGM),
- Traditions of family honor,
- Trafficking, and
- Displacement.
- Inequitable social/gender norms
- Disasters including wars
- Pandemics e.g. COVID-19

## **Key interventions for ending child marriage:**

- Focused on engaging communities, families, policy makers, faith healers, etc.,
- Enhancing the purchasing power of parents/incentives e.g. livelihood activities
- Developing the skills of girls, scholarships, bags, cycles, insurance
- CSE at school, reducing the violence
- Fostering the legal and policy framework on child marriage

**Missing**

**Menstrual Discrimination**

**Dignified Menstruation on  
intervention**

## Menstrual Discrimination: Bangladesh, India and Niger

Bangladesh	India	Niger
<ul style="list-style-type: none"> <li>➤ Ignorance and silence regards to menstruation, misconceptions towards menstruation,</li> <li>➤ Avoid physical exercise during menstruation,</li> <li>➤ Avoid religious activities</li> <li>➤ Avoid being near men and boys;</li> <li>➤ Miss approximately three school days during menstruation, perceive that menstrual problems interfere with their school performance, menstruating girls do not use the toilet at school</li> <li>➤ Avoid 'white' foods such as banana, egg, milk, avoid sour foods;</li> <li>➤ Nominal interventions initiated to address menstrual discrimination, priority to hygiene or pads</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ignorance and silence regards to menstruation, misconceptions towards menstruation,</li> <li>➤ Avoid physical exercise during menstruation</li> <li>➤ Avoid religious activities</li> <li>➤ Avoid being near men and boys</li> <li>➤ Miss approximately three school days during menstruation, perceive that menstrual problems interfere with their school performance, menstruating girls do not use the toilet at school</li> <li>➤ Avoid 'white' foods such as banana, egg, milk, avoid sour foods;</li> <li>➤ Most of the programs focused on products and hygiene.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ignorance and silence regards to menstruation, Menstruation is unmentionable, considered as a woman's sole and private affair (UNICEF, 2019).</li> <li>➤ Prohibition on religious activities</li> <li>➤ Restricted from sexual activities</li> <li>➤ Women are deprived from participation in agricultural activities</li> <li>➤ Restricted from nutritional,</li> <li>➤ Very few organizations have started to address menstruation, focused on products</li> </ul>



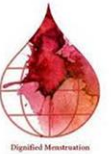
**Not allowed to cross  
the river or  
communal water  
source**



**Restrict to  
wash/bathe**



**Forbidden to cook/eat  
cassava bread**



**Not allowed to participate  
religious activities**



**Afraid to go outdoor  
activities, including school**



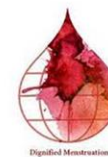
**Food restrictions such  
as avocado, citrus fruits,  
milk, pork**

**???????**  
**Right to dignity?**  
**Right to food ?**  
**Right to Participation?**  
**Right to freedom ?**



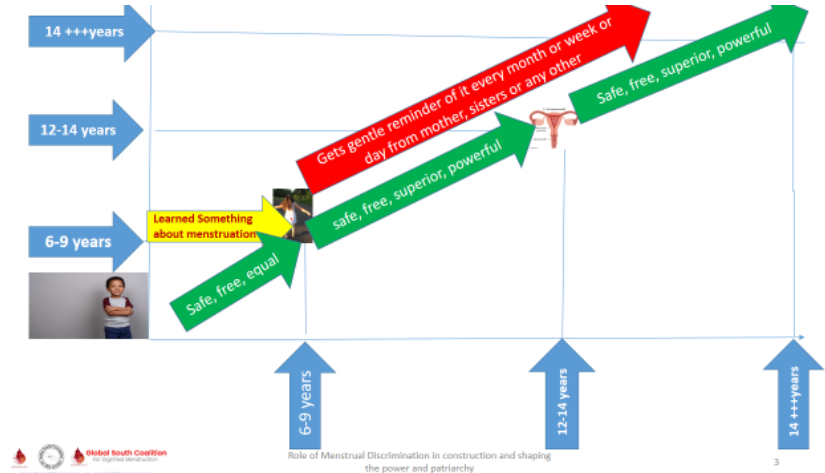
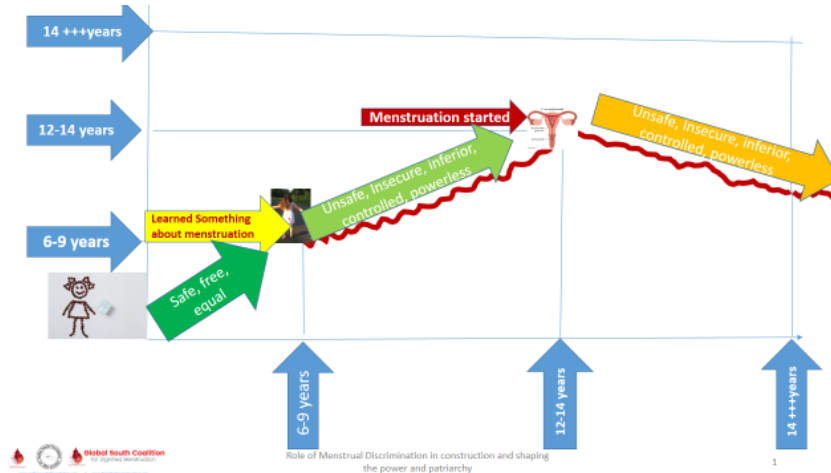


## Menstrual Discrimination violates the Human Rights as Multiplier Effects



Menstrual Practice	Human Rights							
	Dignity	Equality	Freedom	Non-Discrimination	Shelter	Food	Health	Education
Silence & Ignorance on Menstruation (fear, shame)	X	X	X	X	X	X	X	X
No Fruit/food-avocado, fruits, milk	X	X	X	X			X	
Hiding the menstrual products/cloths	X	X	X	X	X	X	X	X
Prohibited to participate in religious activities	X	X	X	X		X	X	X
Avoid School Activities	X	X	X	X		X	X	X

## Socialization of Menstrual Discrimination among menstruators & non-menstruators

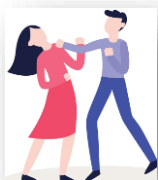


- ✓ Menstrual Discrimination constructs and shapes the power **systemically**
- ✓ That power goes in a spiral way perpetuates the patriarchy
- ✓ The systemic power and patriarchy further deteriorates **symptomatically** (menstruation, peri-menopause & menopause)

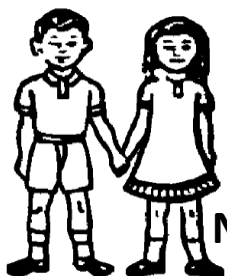
Thus it needs a multi-linear approach to full address it

That approach is Dignified Menstruation

# Menstrual Discrimination is root cause for violence against menstruators



**Construct the Power and Patriarchy (systematically) that perpetuates the sexual and gender based violence**



**6-12 years**

**Menstruator: considered herself as an impure, dirty, powerless, inferior**  
**Non-menstruator: considered himself pure, powerful, privileged, superior**



**6-9 years,**

**Both menstruators and non-menstruator know something about menstrual discrimination from their mother, news, movie etc.**

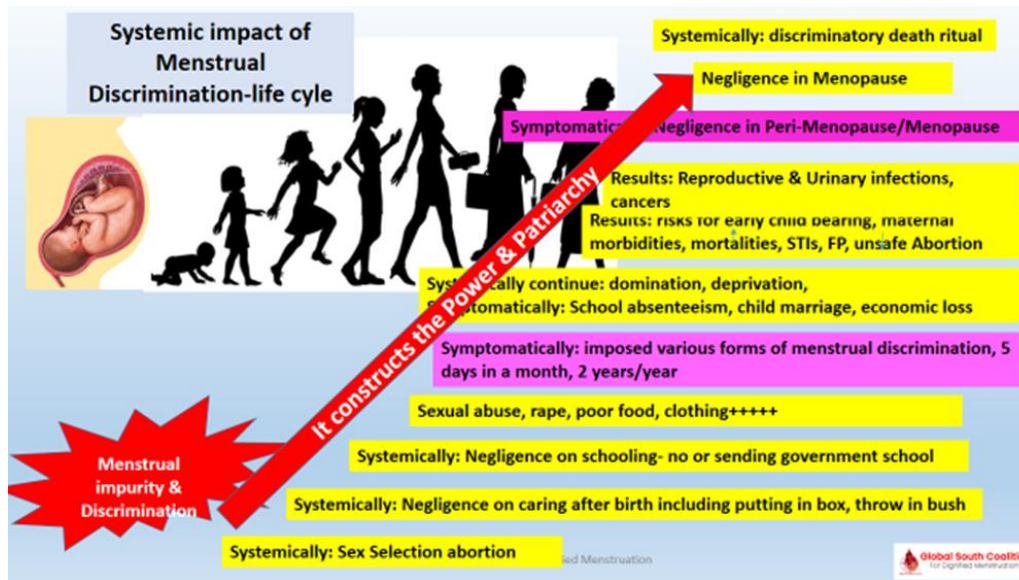
# Influence of Menstrual Discrimination

Systemic Impact

Symptomatic Impact

As like nerves in the body-  
from womb to tomb,  
throughout the life cycle

Menstruation, peri-menopause  
and menopause



RadhaPaudel

# Menstrual Discrimination contributes for Child Marriage

Failed in class, Drop out from school

Menstrual restrictions interrupt the girl's study for 5 days/ month & 2 months/year

- ☐ Stressed, distracted, not attentive in class
- ☐ Sick: pretended, pre-menstrual symptoms
- ☐ No/low performance of school activities
- ☐ Absent or leave from school

Glimpse of  
24 hours  
activities of  
a  
menstruating  
girl

- Stressed and disputes-pleasing to parents/siblings
- Separate from family/friends, inadequate light, no warm clothes/blankets, sleep disturbances
- Focus on hiding leaking, use double panties/trouser/pad, or seated at corner
- Silence. Limit to drink water, **no pad, facilities** for menstrual girl
- Stressed/disputes due to not get regular food on time, due to restriction
- Wake up early to manage blood: defecation, bathing, washing etc.



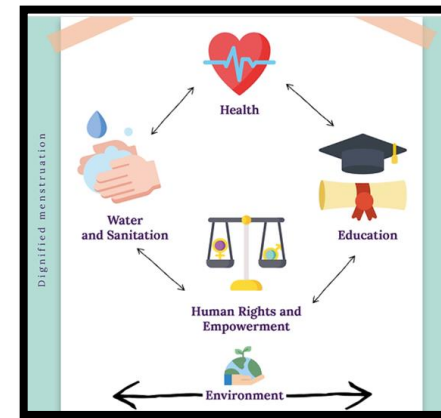


## Holistic Approach: Dignified Menstruation (Solution)



A state free from any forms of menstrual discrimination including taboos, stigma, shyness, abuse, restrictions, violence, deprivation from resources and services associated with menstruation throughout the life cycle of menstruators.

*Global South Coalition for Dignified Menstruation, 2019*



**WHAT:** Free from any forms of discrimination

**WHO:** Those who born with uterus and ovaries

**WHERE:** 24/7 hours including pandemic and humanitarian settings

**WHEN:** From birth to death

**HOW:** At individual, school, community, policy

**None of Human Rights Instruments speaks about menstrual discrimination is a form of violence of human rights and driver for child marriage.**



Human Right Declaration-1948

Convention for Elimination of All Forms of Discrimination against Women-1979

Convention of Child Right-1989

Sustainable Development Goals-2015

WHO: 1948= 75 years

ICPD: 1994= 29 years

WHO developed Comprehensive Package on SRHR in 2019



**Infertility**

**Sexual and Gender Based Violence**

**Safe Abortion**

**HIV/STIs**

**Nowhere But Menstruation is Everywhere**

**Comprehensive Sexuality Education**

**Reproductive Cancers**

**Sexual Health and Well-being**

**Safe Motherhood Programme**

**Family Planning: 1930**

**Dialogue on Dignified  
Menstruation is an entry point  
for SRHR indeed**

## Menstrual Discrimination is missing CSE

Concept	Topic
Relationships	Families, love, romantic relationships, tolerance, inclusion, respect, long term commitment and parenting
Values, Rights, culture & Sexuality	Values & Sexuality, Human Rights and Sexuality, Culture, Society & Sexuality
Understanding the Gender	<u>The social construction of gender &amp; gender norms, gender equality, stereotypes &amp; bias, gender-based violence</u>
Violence & staying safe	<u>Violence, consent, privacy, bodily integrity, safe use of information &amp; communication technologies</u>
Skills for Health & well being	Norms & peer influence on sexual behavior, decision making, communication, refusal, negotiation skills, media literacy, sexuality, finding help & support
The human body & sexual behavior	Sex, sexuality, sexual life cycle, sexual behavior & sexual response
Sexual & reproductive health	Pregnancy & Pregnancy prevention, HIV & Aids stigma, treatment and support, understanding, recognizing and reducing the risk of STIs, including HIV

## 4<sup>th</sup> International Dignified Menstruation Day, 8<sup>th</sup> December-marked 'Dignified Menstruation for Ending child Marriage'



**Call for Abstracts**  
"Dignified Menstruation for Ending Child Marriages"  
Fourth International Conference (Virtual) on Dignified Menstruation  
Thursday, 8th of December, 2022

We are calling for abstracts for research papers covering following thematic areas, to be presented at a conference marking the international day for dignified menstruation.

**Thematic Areas :**

Dignified menstruation	Menstrual hygiene, taxation, waste management, education, physical resources and climate justice	Menstrual discrimination, economic development and political participation
Dignified menstruation and the law		Dignified menstruation at school, during pandemics, disasters and conflict (refugees and migrants) and LGBTQI+ community

Submit your abstracts via email to [research@vluuthu.org](mailto:research@vluuthu.org) email address with a copy CCed to [dignifiedmenstruation2019@vluuthu.org](mailto:dignifiedmenstruation2019@vluuthu.org) on or before the 6<sup>th</sup> of November, 2022

More information, guidelines, and detailed concept paper available via [research@vluuthu.org](mailto:research@vluuthu.org), [dignifiedmenstruation2019@gmail.com](mailto:dignifiedmenstruation2019@gmail.com), and [www.vluuthu.org](http://www.vluuthu.org)

**Organized by :**

**Global South Coalition**  
For Dignified Menstruation

**VLUUTHU**  
For Dignified Menstruation

<https://dignifiedmenstruation.org/resources/conference-concept-paper-and-notice-calling-for-abstracts/>

**"Dignified Menstruation For Ending Child Marriage"**  
"बालविवाह अन्त्यको लागि मर्यादित महिनावारी"

**4<sup>th</sup> International Dignified Menstruation Day**  
**8th December 2022**

#DignifiedMenstruation  
#dignifiedMenstruation2022  
#DMD2022 #DMForChildMarriage

SUPPORTED BY SOLIDARITY ORGANIZED BY

**AHF**  
AIDS HEALTHCARE FOUNDATION

**Girls Act**

**Global South Coalition**  
For Dignified Menstruation

**Bharatiya Prastuti Foundation**  
For Dignified Menstruation



## Challenges

- ❑ Survivor Phobic Syndrome-

donors preaching for the survivor centered approach but yet to acknowledge the stories and leadership of survivors particularly from global south

- ❑ Colonized Mindset-

Global South actors colonized with the thoughts and ideas of donors, yet to challenge by themselves to unpack their deeds

- ❑ Zero Funding-

the quality of research, publications, interventions etc. compromised, excluded by survivor phobic syndrome and colonized mindsets locally and globally

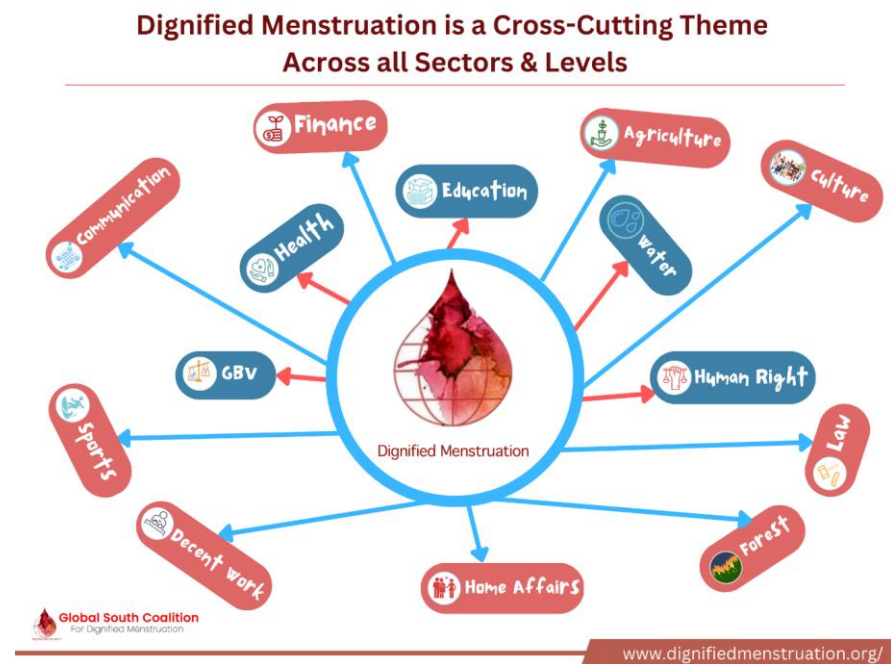


# Way forward ????



## Dignified Menstruation: Urgency to Incorporate

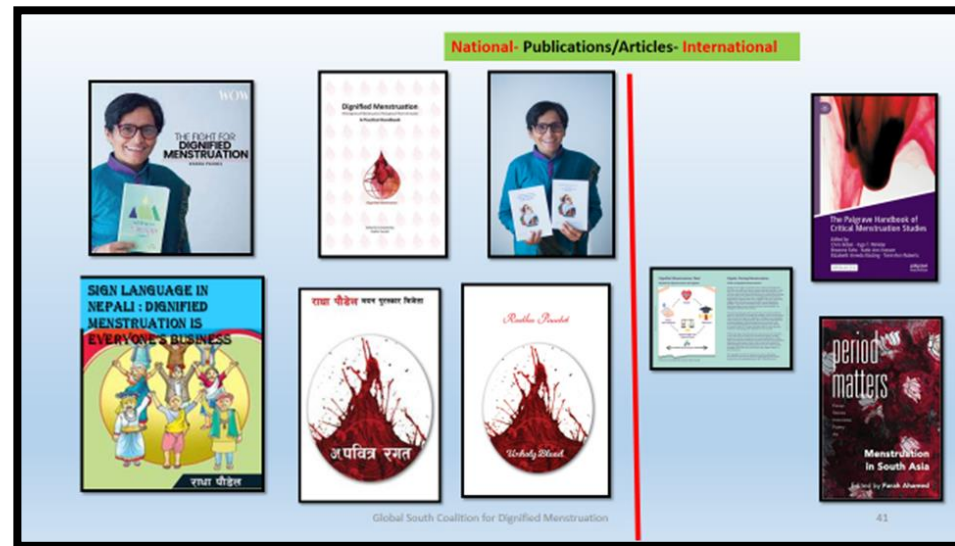
- ✓ Is not just about the 5 days of bleeding or issues related to poverty or illiteracy.
- ✓ Is also not about confronting any religion, ethnicity, country or region.
- ✓ As an innovative and holistic approach to dismantle all forms of menstrual discrimination, we strive to challenge patriarchy.
- ✓ We believe dignified menstruation is everyone's business because it is matter of human rights for over 50 % of the population in this planet in all settings.



# Thank You



- ❑ Website: [www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)
- ❑ YouTube: <https://www.youtube.com/@dignifiedmenstruation690>
- ❑ Facebook: <https://www.facebook.com/DignifiedMenstruation>
- ❑ Twitter: <https://twitter.com/GlobalSouthDM>
- ❑ Instagram: [https://www.instagram.com/dignified\\_menstruation/](https://www.instagram.com/dignified_menstruation/)



# Abhiram Roy

A public health professional with more than twelve years of working experience in health and development sectors particularly on socio and economic development, Adolescent Sexual and Reproductive Health and Rights (ASRH), maternal and child health, menstrual health and hygiene, gender equality and women empowerment, gender-based violence (GBV) and Comprehensive Sexuality Education (CSE). He currently works at the UNFPA Nepal Office taking lead in planning, managing, implementing, monitoring and reporting youth and CSE program.





# UNFPA Nepal Initiatives on MH and SRHR/CSE: Interface of MH and SRHR



Ensuring reproductive rights for all



## UNFPA Strategic Plan 2022-2025: Achieving the Sustainable Development Goals and fulfilling the ICPD PoA







## What does UNFPA do?

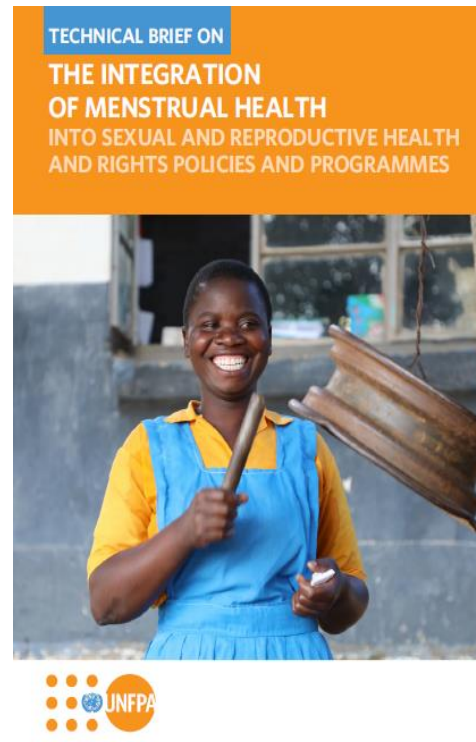


Among many harmful practices in Nepal, UN working group on ending harmful practices identified five major practices with the highest prevalence in Nepal:

- Caste-based discrimination;
- **Menstrual restrictions, including *chhaupadi*;**
- Child marriage;
- Dowry;
- Witchcraft accusations and persecutions.
- Gender-biased Sex Selection

# Intersection between MH and SRHR

- A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity in relation to the menstrual cycle, in which women, girls and all people who menstruate experience a positive and respectful environment, free from stigma and psychological distress, with the resources and support they need to confidently care for their bodies and make informed decisions about self-care throughout the life course; (ICDPoA)
- MH and SRHR intersect in various ways, all of which influence the experience and expression of sexuality, bodily autonomy, and health-related decision-making
  - **Socio-cultural linkages between MH and SRHR:** dismantling menstrual stigma and transforming harmful social and cultural norms is pivotal for the achievement of SRHR and gender equality
  - **Menstrual knowledge and SRHR:** Comprehensive sexuality education (CSE) and puberty education can be effective channels to share accurate, age-appropriate education on MH and SRHR and address stigma among peers.
  - **Biological Linkages Between MH and SRHR:** several intersections between MH and contraception



# Legal Context



The **Right to Safe Motherhood and Reproductive Health Act 2075/2018** safeguards young people's rights to comprehensive SRHR information, education and services.

Nepal is a **signatory to several international human rights** treaties which guarantee women and girls rights to equality and non-discrimination.

SDG 3 on health and well-being, SDG 4 on quality education and SDG 5 on gender equality and women empowerment

National Adolescent Health and Development Strategy 2018

School Education Sector Plan 2022 -2031

**National Curriculum Framework 2020** – chapters on **Menstrual health and hygiene are explicitly integrated** in school curriculum including other CSE components.





## What does UNFPA do?



### **Policy Advocacy and Technical Support to the Government –**

MoHP, MoEST, MoWCSC for integration of MH into SRHR/CSE relevant policies and program, and to recognize and address GBV/Harmful Practices:

### **Build Institutional Capacity and Strengthen Service Delivery and Quality of Care:**

AFHS certification, Service providers training, Commodities supply, supply chain management, prevention and treatment of RH morbidities, support develop cadre of Midwives, Teacher training on CSE.

### **SRHR/CSE in Humanitarian Setting:**

Prepositioning and supplies of RH kits, **Dignity and Kishori Kits**, Counseling





## What does UNFPA do?



### **Strengthen coordination mechanism:**

Health Cluster and Protection cluster, RH and GBV sub-cluster, Inter-cluster, CSE Technical Working Group, National CSE Advocacy Coalition.

**Creating an enabling environment to increase demand for CSE, SRHR services and improving MH.**

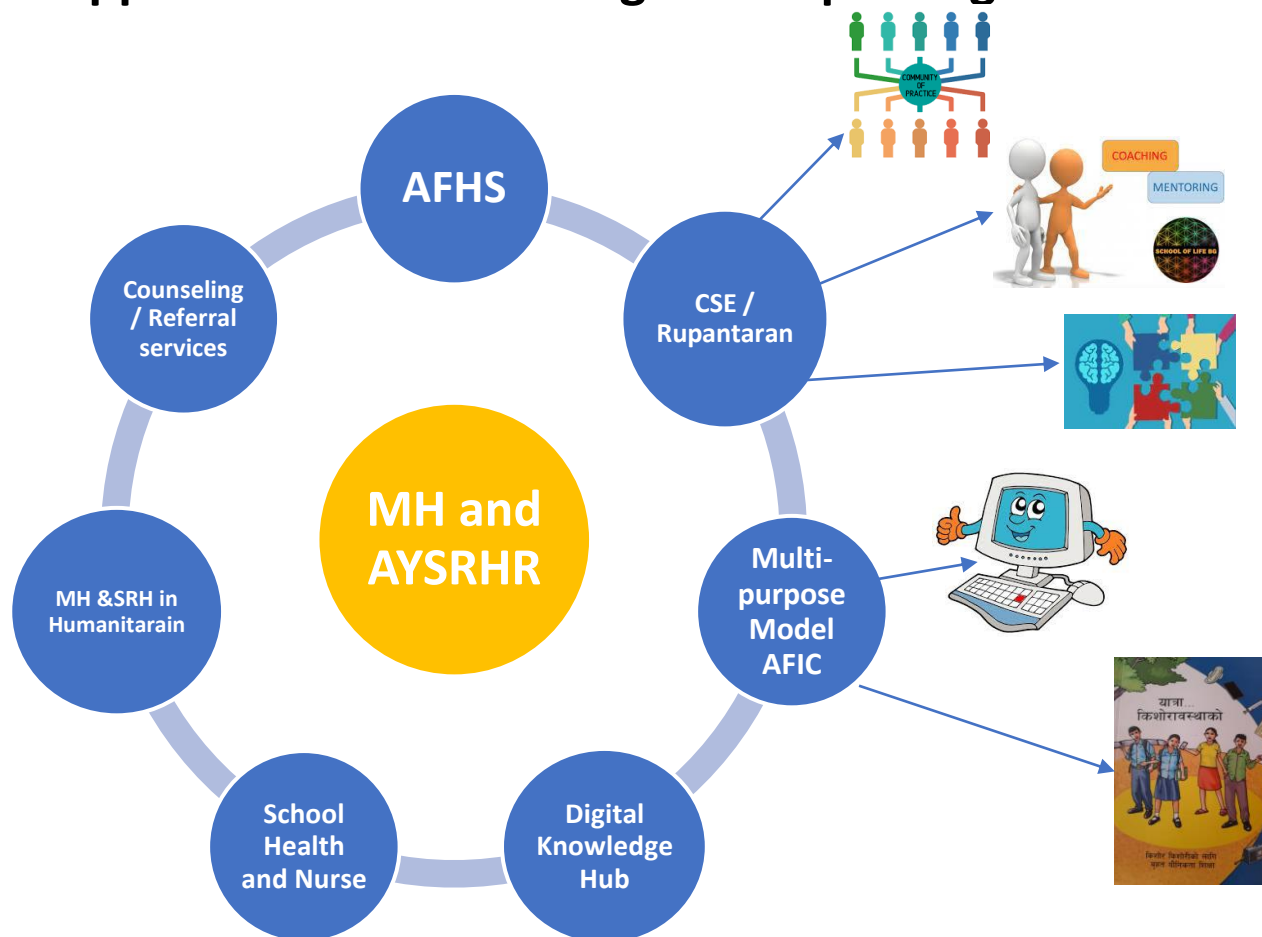
### **Raising awareness and Empowering women and girls:**

Roll-out Rupantaran: Adolescent social and Financial Skill Package, CSE out of school

### **Social Media and communications for impact:**

Young people's engagement through social media and innovative community out reach program

# Integrated and Holistic Approaches to Promoting and Improving MH and SRHR







## BEST PRACTICES

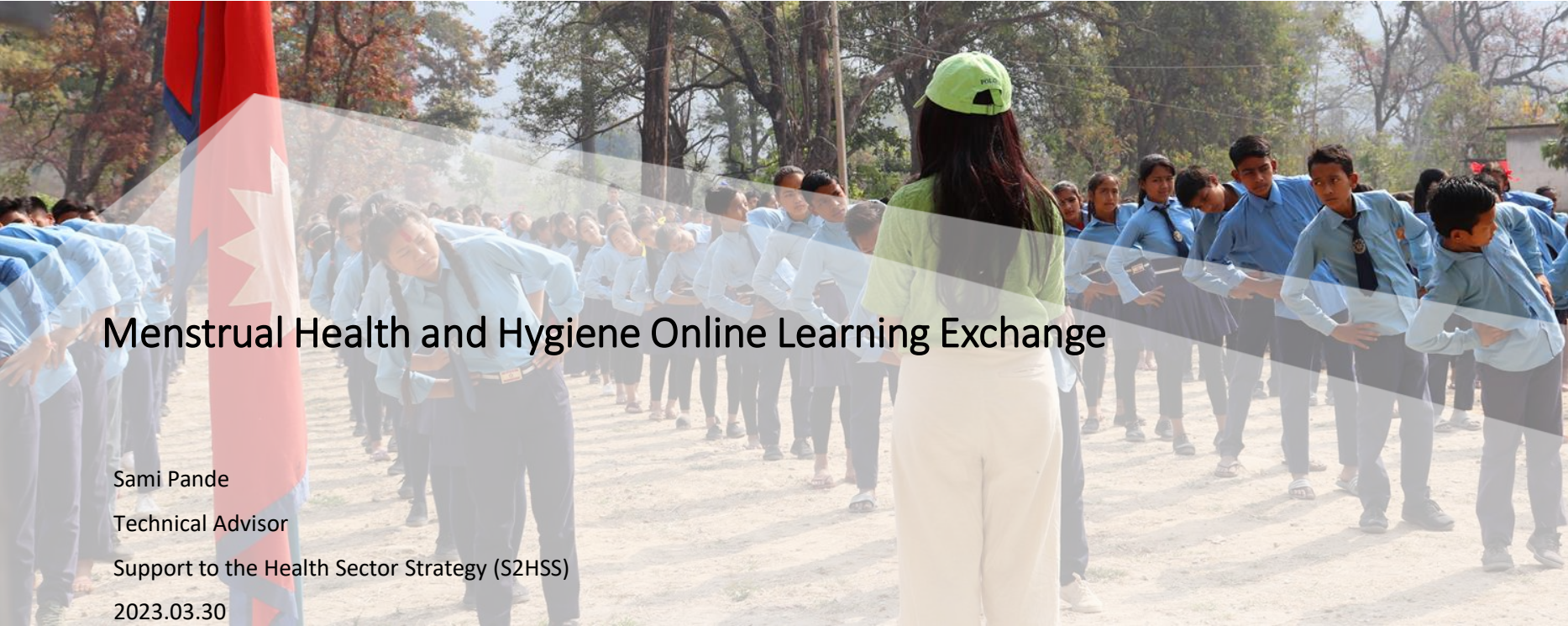
- **Use of ICT materials such as smart projectors and replenish of IEC/BCC and edutainment materials to AFICs** improved access for young students to sexuality/SRHR/MH information and education materials.
- **Use of Digital platforms and innovative community outreach during the time of COVID19 crisis** – such as mobilization of PEER educators, formulation of girls circle, youth initiated web-series, social media ambassadors etc.
- **Formulation of Technical Working Groups (TWGs), advocacy coalitions and Youth Advocates** have strengthened partnerships, especially with MOEST, MoHP and youth-led organization to advocate for integration of CSE and MH/SRHR agendas into policies and plans.

**Thank you**

# Sami Pande

Sami Pande works as a Technical Advisor for GIZ-Support to the Health Sector Strategy since 2019. She has done Masters of Public Health from The University of Adelaide and has several years of experience working in Public Health field in Nepal especially in Adolescent Sexual reproductive Health, Comprehensive Sexuality Education, WASH in School and Menstrual Health and Hygiene areas.





# Menstrual Health and Hygiene Online Learning Exchange

Sami Pande

Technical Advisor

Support to the Health Sector Strategy (S2HSS)

2023.03.30



Implemented by

**giz** Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH

## Introduction to the Support to the Health Sector Strategy (S2HSS)

GIZ is supporting the Ministry of Health and Population (MoHP) to implement Nepal Health Sector Strategy 2015-2020 extended up to 2022 through S2HSS which runs from July 2021 to July 2024. With the aim to improve access to effective and high quality health care services in Nepal , particularly for disadvantaged populations.

The overall goal of S2HSS is to strengthen the capacities of the institutions responsible for the social health protection and healthcare provision of the population.

### Four Major Working Areas



Social Health Protection



Sub-National Health  
Management



Improving access to digital data  
and information for health sector  
management



Institutionalization of selected approaches  
for the improvement of reproductive  
health services



Intersectionality between MH and Sexual Reproductive Health and Right (SRHR)

# • Menstrual Health is a vital component of SRHR

- sexually transmitted infections
- reproductive cancers
- obstetric fistula
- hiv-aids
- infertility
- menstrual health
- abortion
- family planning
- gender based violence
- maternal health



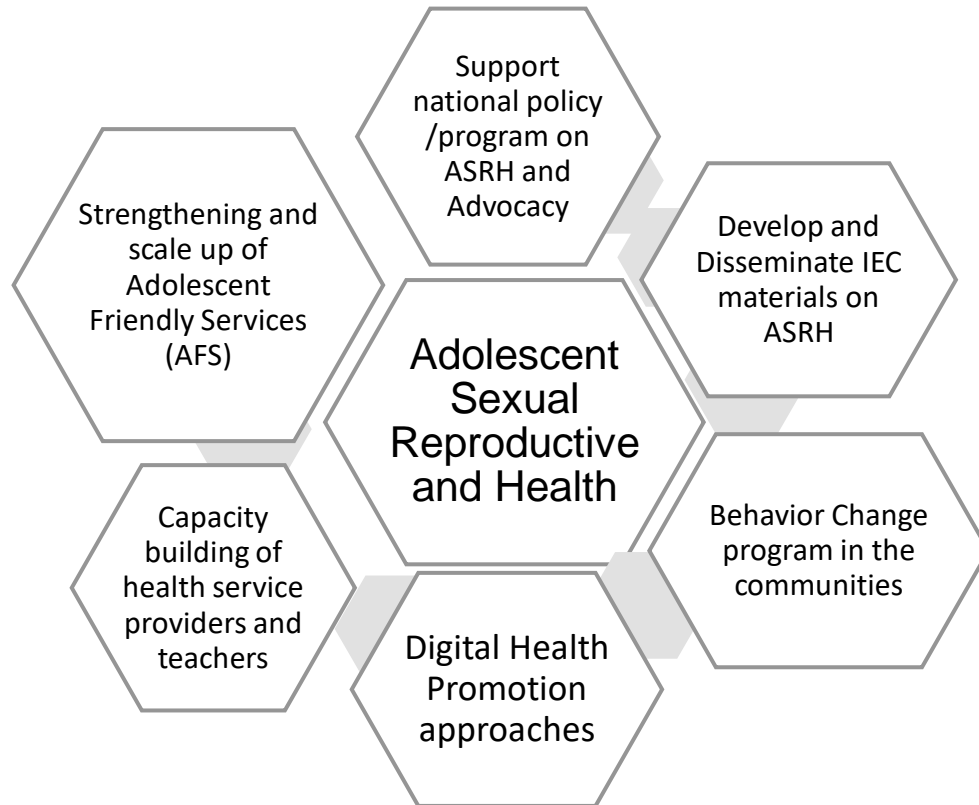
## **SRH and MH can be delivered in following approaches below**

- (1) Access to menstrual health and SRH commodities
- (2) Education and information
- (3) Access to health services and other allied services (e.g. WASH facilities)
- (4) Addressing and transforming gender norms, roles and power dynamics and creating enabling environment





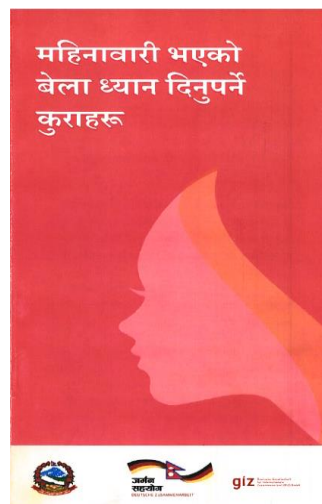
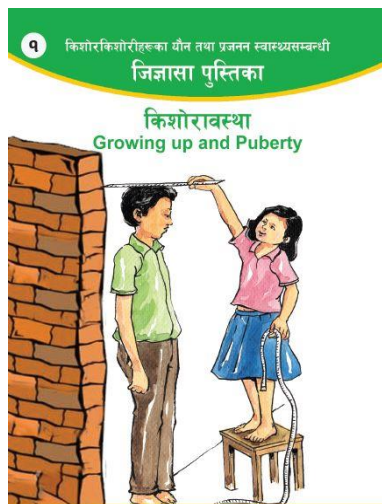
## GIZ's support to ASRH program-2016 and earlier



# Education and Awareness



## Information, Education and Communication (IEC) materials on MHM and ASRH



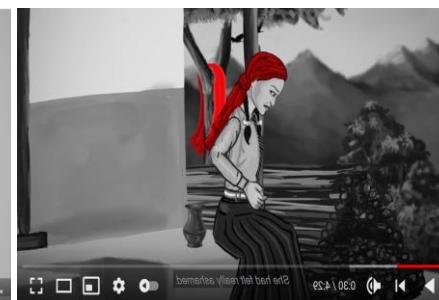
### १. पुनः प्रयोग गर्न मिल्ने प्याड (Reusable Pad)

हरेक महिनावारीको  
उचित व्यवस्थापनका  
लागि केही थान **सफा कपडा**  
वा **प्याडको** जोहो गर्नुपर्दछ  
ताकि समयमै प्याड फेर्न  
समस्या नहोस्।

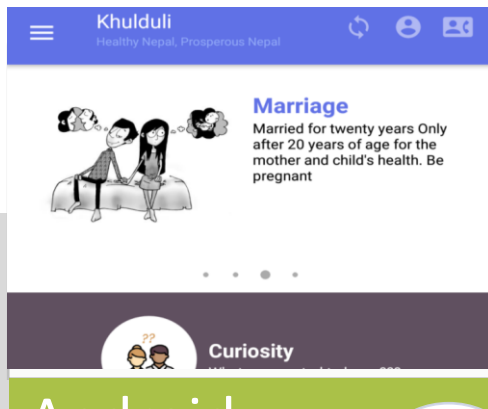


it is recommended to have a set of cloth and reusable pads for each menstrual cycle

### KI KI KA KURA –RADIO PROGRAM (16 episodes)



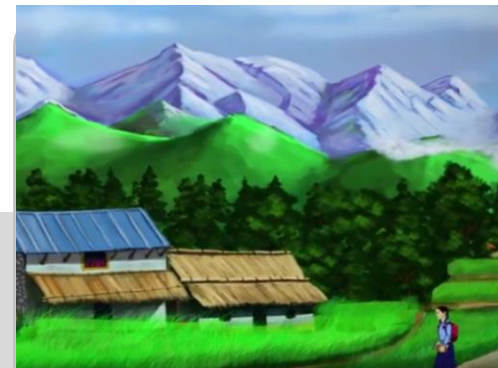
# Digital Approach



Android  
Application



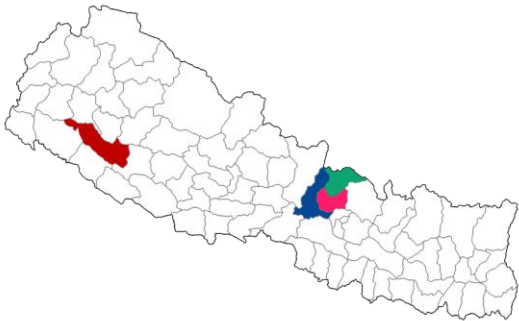
Web  
Platform



s &  
Animated  
Video



# School-based MHM Program



- Surkhet
- Dhading
- Nuwakot
- Rasuwa
- Bidur
- Godawari
- Solududhkunda
- Suddhodhan
- Panchapakhan



+ 300 Schools



+40,000  
Students



10 municipalities





# #Nepals Menstrual Movement

महिनावरी सम्बन्धि नेपालको अभियान

SOCIAL MEDIA CAMPAIGN  
NEPAL 2021/2022



50 000  
REACTIONS



3 000  
COMMENTS  
& SHARES



1 MILLION  
VIEWS



KEKI ADHIKARI

ACTRESS, PRODUCER,  
GOODWILL AMBASSADOR,  
INFLUENCER  
WITH 1.5 FOLLOWERS



Implemented by:

**giz** Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH

In Cooperation with:



As Partner of:

sustainable  
sanitation  
alliance



MORE  
INFORMATION:  
<https://bit.ly/3SMIMKI>

## SHORT FILMS



## SHORT CLIPS



## INTERVIEW



## TEASERS



AND MORE...

#Nepals  
Menstrual  
Movement  
महिनावरी सम्बन्धि  
नेपालको अभियान

SOCIAL MEDIA CAMPAIGN  
NEPAL 2021/22



## ARTICLES/ GRAPHICS



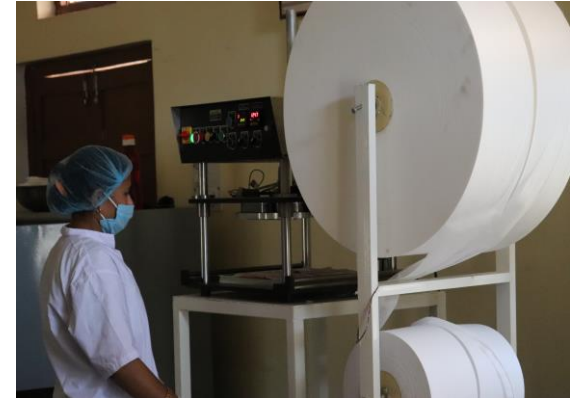


# Innovation on Menstrual Products



## Support for Compostable Sanitary Pad Production

- Setting up of sanitary pad units to establish social business through women led cooperatives
- It is low-cost and can be operated by semi-skilled persons
- Women are empowered through job creation; and sanitary pads are made more accessible in remote areas without relying on importing them
- Awareness on Menstrual Health and openness towards the topic is increasing in communities
- Challenges due to need of importing raw materials from India



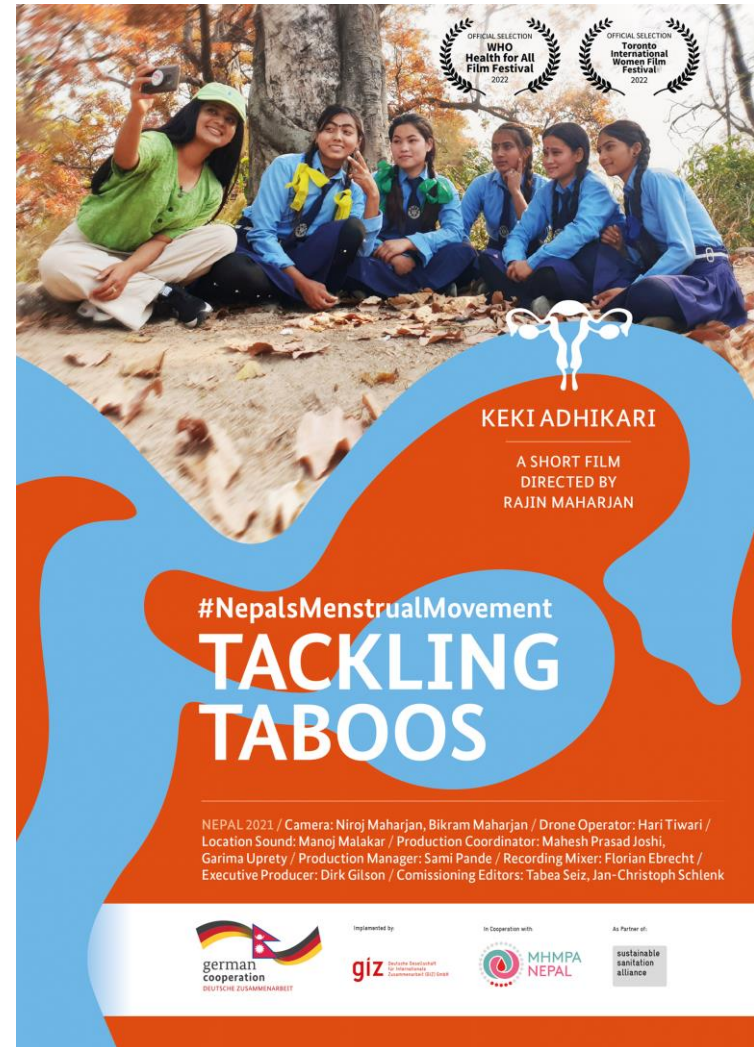
# WASH in School (WinS) Intervention



# Support for WASH Facilities/ services in schools



THANK YOU





# Contact for queries



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- Support to the Health Sector Strategy

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# Reactions

Open forum

## Questions to reflect on

What are your thoughts on the presentations?

Which of the strategies presented can be adopted in your country?

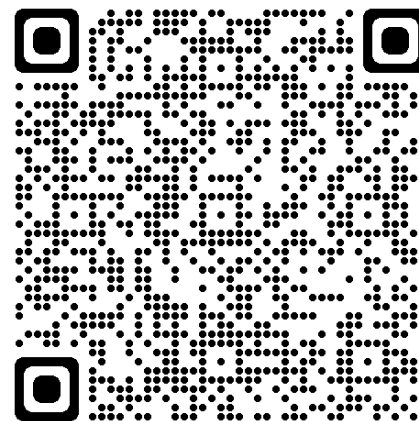
What are the challenges you foresee in the implementation of the strategies presented?

## WinS Network membership

You are invited to join the WinS Network by filling out the [member registration form](#). You will receive updates on WinS Network activities and can contribute to the Network's activities.



BECOME PART  
OF THE WinS NETWORK!



Scan to access the member registration form



Thanks for your attention!

You may contact us at [winsnetwork@giz.de](mailto:winsnetwork@giz.de)

