ICA NEPAL ON MENSTRUAL HYGIENE MANAGEMENT

Let's Talk Periods



INSTITUTE OF CULTURAL AFFAIRS(ICA) NEPAL

Menstruation Hygiene Management?

UNICEF and WHO has defined Menstrual Hygiene Management (MHM) as the use of clean menstrual management material to absorb and collect menstrual blood, that can be changed in privacy whenever required, girls and women have access to convenient place to dispose used materials, they are able to maintain cleanliness with the use of soap and water (UNICEF, 2019).



INSTITUTE OF CULTURAL AFFAIRS (ICA) NEPAL

Dedicated to human capacity building, Institute of Cultural Affairs (ICA) Nepal is an autonomous, non-governmental organization working since last 22 years in Nepal. ICA Nepal believes in sustainable participatory development.

ICA Nepal follows ideology of lifelong learning. It crosses sectors, cultures, and promote learning beyond traditional format and structures.

We believe in developing creativity, initiative and responsiveness in people thereby enabling them to adapt uncertain changes, and subcultures and negotiate conflicts Menstrual Hygiene Management is one of the pressing issues of Nepal where the lack of proper hygiene management, lack of access to sanitary material 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 napkin easily, are not equipped well with proper water and sanitation materials such as clean water, soap, etc. There is still a practice of using old cloth rags which makes them prone to infections. In rural area, 53 percent of girls are compelled to miss school during periods. Even in urban areas, the toilets are not female friendly and there exists immense problem of proper water an 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 (Chhau Ghoth) during their entire period. 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.

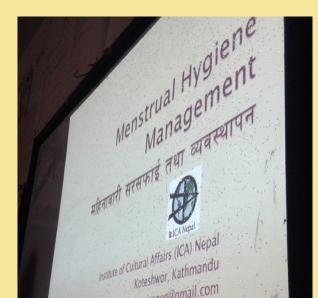
Since last several years, ICA Nepal has initiated integrative approach in responding Menstrual Hygiene Management in Nepal. ICA Nepal missions to promote social innovation through participation and community building. ICA Nepal visions to enlarge opportunities enhancing individual and organizational capacity throughout the country through training, facilitation and setting up community development activities.



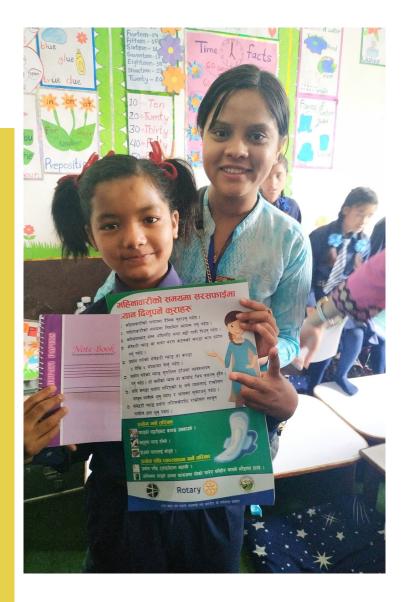
Reproductive Health & Sanitation Unit of ICA Nepal

Reproductive and Health Sanitation Unit of ICA Nepal aims at generating resources to undertake activities in relation to women reproductive health and menstrual hygiene sanitation. Some major tasks carried out are as follows:

- Conduct menstrual hygiene management awareness raising workshops in schools;
- Conduct menstrual hygiene management awareness among women groups, cooperatives and local clubs in different parts of Nepal;
- Design and publish Information Education Materials (IEC) for women reproductive health and menstrual hygiene management
- Organize talk shows and interaction program on women reproductive health and menstrual hygiene management
- Maintain Blog about menstruation: Let's Talk Periods
- Establish low cost sanitary napkin production unit
- Coordinate and collaborate with likeminded organizations, group, agencies and individuals
- Distribute sanitary napkins to local women



Menstruation Hygiene Management (MHM) Awareness Raising in Schools



So far, we have been able to reach more than 2000 girls through MHM awareness raising workshops. ICA Nepal is generating the resources through its own. We also receive from support from ICA Japan, Rotary Club of Rudramati and Global Giving.



The major objective of this activity is to raise awareness about menstrual hygiene management among school girls and facilitate schools with better and safer facilities for MHM. Series of interrelated tasks are carried out:

- Preparatory Meeting: A preparatory meeting with school.
- Workshop at the school: During the workshop, students are oriented on MHM, puberty, adolescents, hygiene during periods, hygiene and nonhygiene materials materials to use, sanitation facilities in schools, myths and prejudices.
- Formation of Surkshya Club: A committee of 5-6 member club will be formed. The club will work closely with School Management Committee to improve the school facilities for effective menstrual hygiene management.
- Distribution of MHM Kit: MHM Kit consists of sanitary napkin, degradable envelop, soap, towel, IEC materials.



Interaction with Women's Group on Need of Effective Menstrual Hygiene Management

ICA Nepal regularly interacts and works closely with local women's group in raising awareness in effective menstrual hygiene management practices and addressing issues of Chhaupadi. Currently, ICA Nepal is working with Progressive Women Society in Changuanaryan Bhaktapur district, Kalilamaya Micro Enterprise Cooperative Women Group in Phalbebas Municipality in Parbat district, Janjagaran Women's Society in Chautara Sangachowkgadi Municipality in Sindhupalchowk district in setting up low cost sanitary napkin production unit.

ICA Nepal mobilizes local women's groups in disseminating information and educate local community on menstrual sanitation, reproductive health, myths and stigma associated with menstruation.





LET'S TALK

Low Cost Sanitary Napkin Production Unit Establishment

As a part of integrative approach to address MHM in Nepal, ICA Nepal introduced "Low Cost Sanitary Production Unit" in Changunarayan, Bhaktapur in 2015-16. Considering the low level hygiene awareness and practice among rural women, the program aims to bring significant change in menstruation practices as well as help women generate income through selling these low-cost sanitary napkin. Local women were trained by experts from India. The napkins are produced and marketed by the community women which help to make the group selfsustainable. They are also trained on Promotion, Brand and Marketing for the proper strategic marketing of the napkins. ICA Nepal supported to establish this enterprise machineries, and raw materials required for the production. ICA Nepal received funding from Ministry of Foreign Affairs (MoFA) Japan through ICA Japan.



ICA Nepal promotes both disposable and reusable cloth napkin. ICA Nepal in coordination with local organization and local women group provides training on making disposable and reusable sanitary napkin.







બાહનાવારાળા સમયમા સરસળાડ્મા ध्यान दिन्पर्ने कुराहरू व्यक्तिगत सरसफाईले तपाईलाई आराम साथै आत्म विश्वास बढेको महसस हन्छ । सेनेटरी प्याड वा सफा नरम कटनको कपडा मात्र प्रयोग गर्ने । प्रयोग गरेको सेनेटरी नेपकिन वा कपडा 428 दिनमा ८ देखि ५ घण्टामा फेर्नपदर्छ । नेपकिन प्रयोग गरेको सेनेटरी नेपकिन सरक्षित ठाँउमा व्यवस्थापन गर्न पर्दछ । यो चर्पीको प्यान वा कम्बोट भित्र फ्याल्नु हदैन । • यदि कपडा प्रयोग गरिएको छ भने त्यसलाई राग्रोसंग साबुन पानीले धुनु पर्दछ र घाममा सकाउन पर्दछ । • सेनेटरी प्याड प्रयोग गरि सकेपछि रामोसंग सावन पानीले हात धुनुपर्दछ । सेनेटरी प्याड वा कपडा सफा र सुरूखा ठाँउमा Ž राम्रोसंग राख्नु पर्दछ । नियमित व्यायाम गर्नपर्दछ जसले गर्दा महिनावारी भएका बेला हुने अफ्टेरो कम गर्न सकिन्छ । कट्जियतबाट बच्न अधिपछि भन्दा बढी पानी पिउन पर्दछ । <u>निरामित स्वास्थ र पोषिलो खाना खाने गर्न पर्दछ ।</u>

प्रयोग भएको प्याड नष्ट वा व्यवस्थापन गर्ने प्रकुया

महिला वा केटीहरुले प्रयोग गरिसकेको कपडा वा सेनेटरी नेपकिन सौचालय, खुल्ला ठाँउमा, नाली ताल, कुवाको नजिक, खोला कुलो नहर आदि ठाँउहरुमा फालेको गरेको पाइन्छ जसले गर्दा पर्यावरणलाई प्रभाव पुर्यायी रहेको हुन्छ । विद्यालयमा छात्राहरुलाई सजिलो र नियमित विद्यालय आउन र पढाइमा कुनै बाधा नपरोस भन्नका लागि विद्यालयले सेनेटरी नेपकिन र प्रयोग गरेको कपडालाई व्यवस्थित रुपले व्यवस्थापन गर्नु पर्ने हन्छ । यी कराहरुलाई ध्यानमा राख्दै निम्नि तरिकाले व्यवस्थापन गर्न सकिन्छ ।

१. घरेलु स्तरबाटः

- क) खाल्डो बनाएर गाइने प्रयोग गरिसकेको कपडा वा नेपकिनलाई एउटा सामान्य खाल्डो वनाएर गाइन सकिन्छ । खाल्डो बनाउदा (०.५ मीटर चौडा लम्याई ०.५ लम्याई र १ मिटर गहिराई) खाल्डो खन्नुपर्दछ ।
 - माहराक्ष जाएडा जमुभवर । यो आकारको जाएडो २ वर्ष लद्ध । एक पत्टक यो खारुडो भरियो भने अर्को खारुडो खन्ने र प्रयोगमा त्याउन सकिन्द्र । यस्तो खारुडो खन्दा पानीको स्रोत भन्दा (हैडपंप, इनार आदि) कन्तिमा

७ मिटर टाढा खन्न पर्दछ ।

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-) मल बनाउने
- एउटा खाल्डो (0.५ मिटर चौडा 0. ०५ सम्म नहिरो १ मिटर) बनाउनु पर्दछ । प्रयोग गरिसकेको सेनेटरी नेपकिन त्यस खाल्डोमा जम्मा गर्न पर्दछ ।
- खाल्डोमा राखीसके पछि त्यसमा भगर पात र जोडनको रूपमा गोवर माधीबाट हाल्नु होस् खाल्डो नभरिएसम्म सोही प्रकृवा दोहोऱ्याउनुहोस् । सबै हालिसके पछि एक पत्र माटो राखेर त्यस सबैलाई नहिरोनरि माटोले 🏧
- प्रनंहोस् ।
- केही समय पछि त्यो राम्रो कम्पोष्ट कल भएर आउन्छ । त्यसलाई हामी तरकारी जहाँ पनि प्रयोग गर्न सक्दछौँ ।

कुनै उपयुक्त ठाँउमा खाडल बनाउने र प्रयोग गरिसकेका सेनेटरी नेपकिन त्यहाँ जम्मा गर्ने । जम्मा भएका फोहर र नेपकिनहरुलाई जलाउने



WHOD:

सकिल्ड ।

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Information Educational Material

ICA Nepal designs and publishes information education material on effective menstrual hygiene management. These materials are prepared in simple Nepali languages and massively distributed during community interactions and workshops. ICA Nepal has also published a training manual on starting up low cost sanitary napkin production.

महिनावारी सम्वन्धि जानकारी



जस्ते। हुन्छ | वच्चा दानीको तल र त्यसको माथि पिसाब थेलि हुन्छ । (यो यसरी हुन्छ भनि हातके पमबाट बताउने)



तलको बच्चा दातीला मुख्य हुन्छ । महिवावाटी हुनु भन्दा धहिले बच्चादाणीको जिसामा एजलको पाललो पत्र जन्मा हुन धाल्दछ ए योवेवाट गावा जाने परते पदार्थ आउन धाल्टका । एजलबाट बनेके पत्र मोटो ए धानसल हुन धाल्टछ । दिस्पन देखिए जराती साधेका थे परिपन्को अहलेकको छ ए योवीको साटे हुनै गाउा घालमी जरते। पदार्थ बाहिर आउन धालछ ।

महितातारी

- नारुणायारा 9 २ देखि ७ दिन सम्मको समय महिनावारीको समय हो । एक पटकमा ३५ देखि ५० मिलि ग्राम वा (ठूला वम्चाक ९ देखी ट वम्चा सम्म) रगत बाहिर आउछ १ त्तन बद्दन धालेको एक देखि अढाइ वर्ण भित्र महिनावार्र
- राम प्रथम न्यूया हुन्छ । हुन्छ । ॥ देखि १३ वर्षको बीच महिनाबारी सुरु हुन्छ । यदि १६ वर्ष सम्म महिनावारी नभए तुरुन्त डाक्टरको सल्लाह लिनु
- पदछ । २१ देखी ४५ दिनमा मासिक चक हुनु सामान्य कुरा हो । ४५ देखी ५० वर्षको उमेर भित्र महिनावारी बन्द हुन्छ । कन उमेरका महिलामा वर्षमा ३ देखि ४ पटक मात्र
- कन उनरका नाश्लाना बजना ३ दाख ठ यटक नात्र महितावारी हुतु स्वसाविक हो । महितावारी हुताको रसत आफैमा दुर्गलिधत हुँदैन । वो कपडा अथवा नेपक्तिजठो सम्पर्कमा आएपछि त्यसमा हुने रसायनिक पदार्थले दुर्गलिधत हुन्द्र ।

सेनेटरी न्यापकिनको व्यवस्थापन

- नय सप्पत्र राखनु पर्दछ । 1 सौचालयमा एउटा उत्तिवनको व्यवस्था गर्नु पर्छ । नयमा पुरानो पेपरहरुको व्यवस्था हुनुपर्दछ । जसम गरिसकेको नेपकिन बेरेर उत्तिवनमा फ्याक्नु पर्छ ।

Promoted by Productive Health and Sanifation Unit ICA Nepal Statement (Section 2014) Statement (

इन्स्टिच्युट अफ कल्चरल अफ्फेयर्स (आई.सी.ए. नेपाल)

पाउल सहन्द्रोग पुरले आशा जाशिवको छ । संस्थाबारे वय आनकाशीका ला w.ica-nepal.org वा सोन्हे सन्पर्क जरी प्राप्त जाने सकिनेष्ठ

_____ जलाएए, गाडेर या प्र्रेहर राखने ठाँउमा मात्र प्रतल्नू



रोतिटरी नेपकिन निमणि तथा जनचेतनामुलक तालिम निर्देशिका



केटाहरूके दुई अण्डाबेख हुन्छ, यो कटहरको बीव सवाब हुन्छ । केटीहरूको अण्डणकेषमा हजारीक संख्यामा अण्डाहरू हुन्छ (क्साके अक्तर सतुवको कण साहुके दुर्द्या कारल हुन्छ । यो केटीहरूमा जन्मदे देखि हुन्छ र तिकोए असरमा दुई पाँदा अण्डाहरू सक्रिय दुब हुन्न नर्थह । किहोर उत्तरव्यमा जब शान्स्वाकु ए परिपक्ते अप पाँठ अण्डलेमबाट पोरित्रपुर बच्चा दानिम आंडन्ड । अण्डा देबेबाट निस्कन्छन ।

यांउछ ।

अण्डा यथियेक्यो भप्रष्ट प्रृत्टे अण्डाकोषबाट बाहिष्ट आंडाड, त्यसाला हे अण्डा वेलिको नाष्ट्रमबाट अण्डा आस्क्रे कित्र अण्डा क्लेको नाष्ट्रमबाट अण्डा आस्क्रे कित्र अण्डा क्लेको नाष्ट्रमबाट अण्डा आस्क्रे कित्र अण्डा क्लेको यहांका बोक तिल्कक लागि प्रतिका गईवा ए दे रिडि ७६ प्रण्टा सम्प्र मार्वेति स्ट्रम्ब 1 क्व अण्डा ए बीक तिल्कक तो प्रतिका गईवा 1 क्व अण्डा ह बीक तिल्कक तो प्रतिका रहेका 1 क्व अण्डा ह बीक तिल्कक तो प्रात्न स्ट्रम्ब 1 क्लेको त्या प्राय का मार्कि स्ट्रम्ब स्ट्रम बहेला प्रतिक हुन कार्यवदा विधिक अण्डा क्लाव की भ्रे क्रान्ट्र प्र्यात स्ट्रम बहेला प्रति हम्बद विधिक अण्डा क्लाव की स्ट्रम्ब राज्य स्ट्रम बहेला प्रति हम्बद भाव अण्डा क्लाव क्लाव क्रान्ट्र क्लाव की स्ट्रम्ब राज्यति

बच्चा दानीको सामान्य स्थितिमा हातको

बच्चा दाबीको सामान्य टियरिमा हातको पत्का महत्ते दुई तपर्5 अण्डा बति (पेन्नोपिय दुई तपर्5 अण्डा बति दुईटा क्यातको दे बहाबह दुक्टा । ये हावामा देल्ट्या १ वर्षाको माध्यमारा अण्डा तच्चा दानीमा आंडारा । जुन बेला अंडकोज बाहिष्ट दुष्ट्य द्वारा समयमा द्वारामा तेष्टिर दु अण्डाहरूताई पन्न्या प्रत्यो आकाष्टवी अण्डातिले विन्नलाई पन्नेटर नच्चादानीमा ज्यांचम ।

भ र नाजनग नालम हुन महावदा विश्वित्र अण्डा बच्चा दावी में टहण्ड र ग्वात बेबेबे वे पत्र पत्र भर्म बातद्व फसादा महिलावारी हुने समय भयो अने बच्चादाबीवाट राज डांडाड र योजीवाट शुरुत्वरहा । हातको माण्डयम्तो सभाभवज्ञ कु होस् । त्यदि पत्रको रमत बीवी बार्मबाट बाहिर आंडाड भरोताई के बहिलावारी अन्दर्शी । यो प्रकृपा 13टा किवेलत पाक हुक्द जो कि बांतिका र नहिलामा अलन आजन हुक आदि श्रन्को गर्दती ।

अहिला तथा केटीहरूलेको शपथ लिने बेला आयो • अब म महिनावारिको बेला चप्प वस्ने छैन ।

- अब देखि मेले महिनावारी भएको बेला लाज मालनेष्ठैन वरु गर्व महसुस गर्ने छु।
 अब देखि मेले महिनावारी भएको बेला लाज मालनेष्ठैन वरु गर्व महसुस गर्ने छु।
 अब देखि म घर भित्र मात्र बरने छैन बरु वाहिर निस्केर मन लागेको काम गर्ने
- छु । २८ मेय महिलाबारी दिवस हो ।
 - प्यान वा कन्बोट फ्रिल भयामनु हुदैन ।
 बाटोमा चथामावि कदरे बाटो, नाता, पानीको खोता आदिमा वेपरिक प्रथासनु हुदैन थे। निश्चित ठॅउहरुमा मात्र प्रतन्ते बानी बसाल्नु पर्वछ।
 वेपरिकताई प्रतापुर, गोऽँद था प्रेड्र राष्ट्रके टॅंट्या स्वय प्रयन्ते

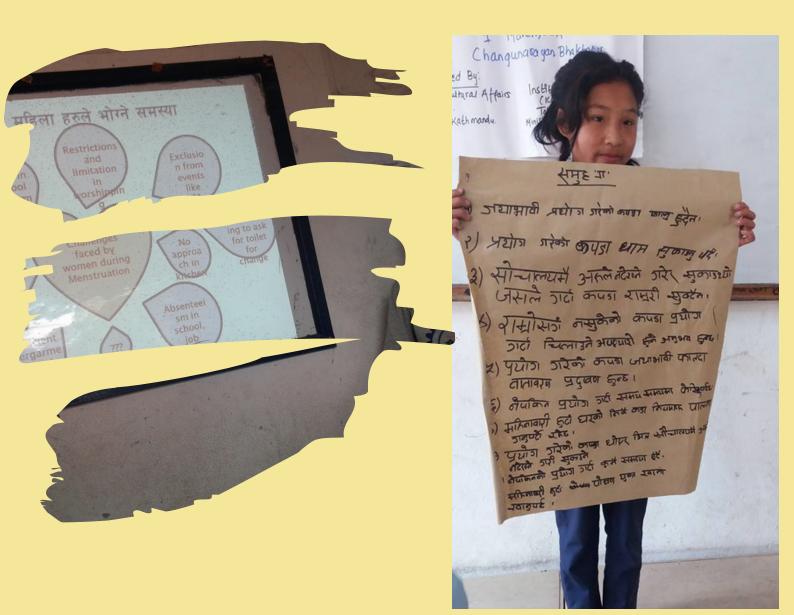
🌻 🕸 ICA Japan 🛛 🏵

Let's Talk Periods- Blog for Menstruation Hygiene Management

ICA Nepal runs a blog entitled "Let's Talk Periods": a blog dedicated entirely for menstrual hygiene. Although menstruation is an integral an normal part of human life, indeed of human existence, the subject is however too often a taboo and has met many negative cultural hindrances and attitudes due to the perceptions among especially men and boys, including the idea that menstruating women and girls are contaminated "dirty and impure". Blog is a platform to share ideas, opinion, activities and experience related to menstruation hygiene.



Link to the blog: https://letstalkperiodsblog wordpress.com/



ICA Nepal Responding against Chhaupadi







Chhaupadi is a common "tradition" practiced in regions like far and midwestern region of Nepal. In this tradition, a woman during her menstruation days is forced to live like an animal away from home in a hut or a shed for nearly 4 to 5 days every month.

The main reason why this tradition is practice is due to lack of awareness. ICA Nepal in collaboration with several locally based organization conducts awareness raising program against Chhaupadi.

In 2015, using social artistry tools in collaboration with Saipal Cultural Art Centre conducted a series of awareness raising programs in Hildam, Humla.

Similarly, in Dailekh and Kalikot ICA local mobilizers are conducting social mobilization.

Over the years, ICA Nepal has observed that though the Chhaupadi is not practiced in urban centres, but there is a different form of Chhaupadi. Though, there is no separate hut for a girl/a woman to stay during menstrual days, but she is not allowed to go to Kitchen or cook food especially for male members in the family. Similarly, in many instances, women/girls are encouraged to take medicine to delay their periods so that she can attend some festivals, family functions, rites and rituals. ICA Nepal raises voices in all these issues. We encourage women and girls to freely talk about menstrual issues, reproductive health, challenges and Chhaupadi.

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Moving Forward

ICA Nepal is committed to continue its effort on Menstrual Hygiene Management in Nepal. ICA Nepal is seeking collaboration, partners, supporters in this.

- Developing Menstrual Hygiene Management Training Manual
- ToT on Menstrual Hygiene Management
- Awareness Raising to school, community, parents group, health workers
- Establishment of low cost sanitary napkin production unit in several locations
- Support Schools on constructing a separate toilets for girl students
- Support on installing incinerator for effective disposable at schools
- Massive awareness raising against Chhaupadi practices
- Coordinate with local government and like minded organizations



Integrating MHM in ICA Projects

In early 2010, Founding Chairperson of ICA Nepal, Prof. Dr. Tatwa P. Timsina introduced the concept of safe and responsible MHM in ICA run projects. While working in the Far Western part of Nepal, he and his team were aware of this problem and later started exploring the development of appropriate measures regarding safer menstrual health and hygiene. With the support of international colleagues, he initiated the production of low cost sanitary napkins in Nepal. Today, ICA is focusing on MHM activities as one of the major working areas in Nepal.



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ICA Japan Rotary Club of Rudramati Women and Children Learning Centre Progressive Women Society ICA Community Training Centre Rural Youth People Concern Forum



Seikyo Japan Rotary Clubs Individual Donors Global Giving

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