



IDEAS For Us: Nepal

Menstrual Hygiene Management among government school students of Lalitpur District, Nepal

Branch Leaders:

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Project Introduction:

Title: "Menstrual Hygiene Management among government school students of Lalitpur District, Nepal."

Adolescence is a crucial age and full of curiosity about sexuality. Knowledge of adolescents regarding puberty, reproduction, and menstruation seems to lack in this region. Women are still considered to be a subject in the Nepalese society where menstruation is perceived as a social taboo. There are several factors contributing to a low level of Sexual and Reproductive Health knowledge among adolescent girls in Nepal. The main objective of this study, therefore, is to understand the knowledge, attitude, and practice of adolescent students on menstruation and related taboos in Lalitpur district.

IDEAS Budget/Objective:

- Ø **Goal 1A:** To understand the status of menstruation existing in the area.
- Ø **Goal 1B:** To understand the perception of the students.
- Ø **Goal 1C:** To provide knowledge on proper hygiene and menstruation management.
- Ø **Goal 1D:** To provide knowledge on menstruation taboos.
- Ø **Goal 1E:** To provide training on making reusable cloth pads.
- Ø **Goal 1F:** To encourage participants to advocate at their community.

1. Program Details

Facilitators –Shreya Khanal, Fellow worker: Volunteers from Nepal Health Corps, IDEAS For Nepal

General Outline:

An action plan will be conducted in 5 government schools of Lalitpur District. The schools will be selected on the basis of the need for addressing SRHR issues.

Action plan for grade 6 to 10 will be conducted according to their feasibility and volunteer participation. I will be conducting this program from November 2019 to July 2020 so that the monitoring and outcome measurement can be done for the effectiveness.

The program will take place in 4 phases:

1. Workshop on menstrual health and hygiene management.
2. Training session to make reusable cloth pad.
3. Involve interested school students to take part in the workshop sessions to advocate at the community level.
4. Dialogue session with school students on the MHM program.

Training Contents

1st Phase- Workshop

- The session will start with entertainment introduction round by Shreya Khanal in a fun way where the participants will be answering their name, address and hobby. A brief introduction about the workshop and purpose of Action Plan will be given by Shreya Khanal
- The second session will be about Menstruation by fellow volunteer “A” from Nepal Health Corps which includes:
 - Ø Introduction
 - Ø Local Language
 - Ø Menstruation cycle
- The session will be further continued by fellow volunteer “B” from Nepal Health Corps with the topics:
 - Ø Health Effects
 - Ø Menstrual Management
- The third session will start with the discussion and presentation by the participants on the Menstrual Taboos. The participants will be divided into groups and will be asked to discuss their views on Menstrual Taboos and the existing practice in their community. The session will be conducted by Shreya Khanal and it includes:
 - Ø Menstrual Taboos
 - Ø Society and Culture

2nd Phase- Training on reusable cloth pads

The second phase of the program will be continued by fellow volunteer “C” from Nepal Health Corps by providing training to the participants and female teachers of the school who will be guiding other school students to make reusable cloth pads by themselves.

3rd Phase- Involve school students

After the 1st and 2nd phase of the program in one school, respective interested school students (2-3) will be encouraged to participate in the 1st of workshop for another school program and promote peer education at community level. This will help foster the leadership, capacity, and learning of the school students to promote the sexual and reproductive health and rights at their community.

4th Phase- Dialogue between students, teachers, and facilitators

Here the session will focus on meaningful participation and output of school students, teachers, their behavioral health practices and the program implementation. This will ensure the monitoring of activities, search for scope of improvement,

challenges, and opportunities for both the organizers and participants to solve the hurdles in the field of reproductive health.

Budget Breakdown

ITEM	UNIT	QTY	AMOUNT(USD)
1. Stationery material	Rs.5000 (to make IEC material)	(to make IEC material in 3 schools)	Rs. 15,000
1. Projector (rent)	Rs.2,000 per one time	5 (Number of activities)	Rs. 10,000
1. Materials for reusable pad	Rs.4,000 per one training	5 number of activities (Cotton cloth, waterproof material, thread, stitches)	Rs. 20,000
1. Refresher for facilitators	Rs.500(per facilitator) *10(number of facilitators)	* 5 (number of activities)	Rs. 25,000
1. Transportation for Facilitators	Rs.500 (per facilitator) *10(number of facilitators)	5 (number of activities)	Rs. 25,000
The motivation for students to participate in the program	Rs.1,000(per student)	10 (number of students) Total 10 interested volunteer students will be selected from 5 schools to advocate about SRHR	Rs. 10,000

Total Budget: NRs. 1,05,000 (\$918.0 USD)

(1 USD = 114.38 Nepalese Rupee)

Project Outcomes:

1. School adolescents will learn about sexual and reproductive health rights.
2. School adolescents will be able to bridge the gap between social taboos and reproductive health needs regarding menstruation.
3. School adolescents are expected to orient people to make reusable cloth pads in their community.