

# ANNUAL REPORT



MHMPA  
NEPAL

2022



<https://mhmpa.org/>

**#Dignified Menstruation**  
**#WeAreCommitted**  
**#ItsTimeForAction**

# FOREWORD FROM THE NATIONAL CONVENER



MHM PA was established as an informal network of organizations working around menstruation since 2017. Starting with 20 members, now it has now over 80 plus institutional members by the end of 2022. This is membership based informal network. The vision is a country where Dignified Menstruation becomes a reality and is practiced everyday by everyone.

The members are UN agencies (UNICEF, UNFPA, UN Habitat, WFP), bilateral agencies (British Embassy, Finland Embassy, GIZ, SNV, USAID, bilateral projects), World Bank, several INGOs and national NGOs, civil societies, media, researchers, activists and other interested individuals.

It is our pleasure that we have been able to establish dignified menstruation as a national agenda of the government and non-government across various sectors. Sectors specially education, health, WASH and gender have been much vibrant towards dignified menstruation through various plans and programs. We have taken the lead role to coordinate with government and non-government agencies to organize and celebrate international Menstrual Hygiene Day every year at the National Level since 2018. We have also started nominating and mobilizing MHM Goodwill Ambassadors every year since 2018. We have partnered with various media and national celebrities for creating mass awareness on menstruation.

Policy Advocacy is our prime concern and endeavor. Through several years efforts and cooperation with the government, National Planning Commission has formed a high level Inter-Ministerial Advisory Group with representation from various ministries, National Women Commission and Development Partners with Technical Assistance of MHM PA through its National Convener on 20<sup>th</sup> December 2022. Strategic Recommendations from the Menstru-Action Summit organized by MHM PA in collaboration with GIZ in 2018 has been a basis for the policy advocacy.

Post COVID, early in 2022, MHM PA developed its Theory of Change and adapted five thematic areas- Policy Advocacy, Awareness and Education, Innovations and Sustainability, Capacity Development and Research and Knowledge Management.

In the year 2023, MHM PA plans to make collaboration with the government and provide technical assistance for formulation of national policy on dignified menstruation, roll out to sub-national levels, formulating sectoral plans and program, ensuring adequate menstruation indicators in the upcoming five years plan (2024/25-2029/30). MHM PA also plans to develop and implement harmonized plans and program among the non-governmental organizations, human resource development, knowledge management and research on behavior change around menstruation.

A handwritten signature in dark ink, consisting of a series of fluid, overlapping strokes that form a stylized representation of the name Guna Raj Shrestha.

Guna Raj Shrestha  
National Convener  
Menstrual Health/Hygiene Partners' Alliance (MHM PA)  
Kathmandu

# ABBREVIATIONS

MHM PA	Menstrual Health and Hygiene Management Partners’ Alliance (MHMPA)
NPC	National Planning Commission
MH Day	Menstrual Hygiene Day
GoN	Government of Nepal
UN	United Nations
INGO	International Non-Governmental Organization
NGO	Non-Governmental Organization
BBC	Beyond Beijing Committee
DMM	Dignified Menstruation Movement

# MHMPA AT A GLANCE

MHMPA is a membership-based Alliance with membership of UN, Bilateral agencies, INGOs, NGOs, civil societies, media, private sector, researchers, academicians, national celebrities and other individuals interested and active in the field of menstruation. MHMPA works on policy advocacy, public awareness/education, innovation and sustainability, knowledge management and capacity building around dignified menstruation and menstrual health and hygiene in Nepal. It also positions itself as an advisory network for the Government of Nepal and helps in facilitating knowledge management for decision making at national and sub national levels.



## Steering Committee Members

The steering committee plays an important role in MHMPA’s planning activities and overall functioning. The Steering Committee also ensures governance for transparency and accountability. The members for the year 2022 are:

- Beyond Beijing Committee (BBC)
- CARE Nepal
- GIZ Nepal
- Jasmine Hygiene Pvt. Ltd.
- KIRDARC
- Plan International Nepal

Mr. Guna Raj Shrestha is the founder National Convener for MHM PA since 2017. He is continuing to gear up his pivotal role for establishing dignified menstruation as a key agenda of the government and non-governmental sector in Nepal at his personal capacity as well as National Convener of MHM PA and the Steering Committee. He is the General Secretary of the Steering Committee as well. He was awarded a very high-level government award ‘Prabal Janasewa Shree’ to be conferred by the President of Nepal on 14th April 2023.

## Vision, Mission and Goals of MHMPA

MHMPA has been working for dignified menstruation since its establishment. As a national alliance, it became important to design the vision, mission and goals for the alliance.

### Vision

A country where Dignified Menstruation becomes a reality and is practiced everyday by everyone

### Mission

MHM PA is determined to extend collaboration with government stakeholders, non-government organizations and private partners through evidence-based policy advocacy, by providing learning resources and technical assistance to create an enabling environment for Dignified Menstruation.

**Goals**

- Strengthened coordination mechanism among various sectors- education, health, gender, water, sanitation, and hygiene (WASH), human rights on the issues/agenda of dignified menstruation
- Empowered communities (duty bearers and right holders) to promote practice of dignified menstruation
- Improved overall knowledge on MHM
- National and local Policy on MHM in place
- Establish a sustainable knowledge sharing platform
- Including MHM topics in School curriculum/textbook/education materials

**Strategic Objectives**

- Leadership and coordination:
  - Build and strengthen national institutions and mechanism at national and sub-national levels for dignified menstruation
  - Establish a consultative MHM Advisory Board connected to National Planning Commission in order to monitor streamline activities towards Dignified Menstruation
  - Advocate for Dignified Menstruation to become a national Sustainable Development Goal
- Action: Accelerate and sustain implementation of coordinated and integrated MHM initiatives
- Learning: Facilitate learning, share knowledge and generate evidence on MHM

# THEMATIC AREAS OF MHMPA

**POLICY ADVOCACY**

**EDUCATION AND  
AWARENESS**

**RESEARCH AND  
KNOWLEDGE  
MANAGEMENT**

**INNOVATION AND  
SUSTAINABILITY**

**CAPACITY  
DEVELOPMENT**

## PROGRAMS AND PROJECTS

TECHNICAL ASSISTANCE TO NATIONAL  
PLANNING COMMISSION

MUSICAL CAMPAIGN

FORMATION OF PROVINCIAL LEVEL ALLIANCE  
FOR DMM

MEDIA COVERAGE ON MENSTRUATION

# TECHNICAL ASSISTANCE TO NATIONAL PLANNING COMMISSION

Menstruation is a cross-sectoral area. The issues around menstruation are health, hygiene, human rights, gender equality. Though efforts have been made since the last one decade to address issues surrounding menstruation, for many women and girls, the impact is yet to be felt. The government, civil society, non-governmental sector, researchers, international organizations, private sector, youths and adolescent and media are proactively trying to engage this issue. Being a cross sectoral area, menstruation issues are already being taken on by several ministries within the Government of Nepal. However, there is often a lack of cohesion and collaboration between the various efforts around menstruation plans and programme. Though the ministries and departments are implementing various menstruation related plan and programs, there is yet needed harmonised and coordinated efforts. Also, there was yet need of platform for sharing learning.

A draft ‘national policy on dignified menstruation’ was drafted by a policy drafting committee comprised of representatives of ministry of water supply, ministry of women, children and senior citizen, ministry of health, and ministry of education in 2017 with the leadership of Ministry of water Supply but the draft policy remained pending since then due to unclarity of lead ministry to deal with the menstruation. Since menstruation is related with issues of health, education, sanitation and hygiene, human rights, cultural taboos and dignify of women and adolescent girls, these issues need to address by multi sectoral and wholistic approach.

Through continuous policy advocacy efforts of MHM PA since last several years, on 20<sup>th</sup> December 2022, the National Planning Commission (NPC) formed an Inter-minitrial Advisory Group (IAG) for Dignified Menstruation to mainstream sectoral policy, plan and program around dignified menstruation. The NPC has also accepted TA support from MHM PA through a menstruation expert. The establishment of an inter-ministerial advisory group is aimed to address the menstruation issues with multi sectoral and comprehensive approach. Such a mechanism would provide an integrated platform that would enhance efficiency and efficacy in combating menstruation related issues in Nepal. The IAG would be an invaluable tool in streamlining efforts across siloed sectors and would pave the path for the establishment of Integrated Dignified Menstruation Policies. This advisory group will work on intersectoral policies, plans and implementation monitoring (WASH, education, health, gender and equality, human rights) and to establish menstruation as a dignity of women and girls.

The National Planning Commission (NPC) is the specialized and apex advisory body of the Government of Nepal for formulating a national vision, development policy, periodic plans and sectoral policies for overall development of the nation.<sup>1</sup>

## Objective

The IAG will serve as a platform to ensure national policy and formulate and monitor inter-ministerial sectoral plans and programmes targeting various issues around menstruation in an integrated manner at federal, provincial and local government levels.

## Composition

The IAG is formed up with representatives from various ministries and is coordinated by the National Planning Commission. The following is the composition:

- |  |                   |
|--|-------------------|
| • Honorable Member of NPC  | - Chair           |
| • Joint Secretary (social development division), NPC                         | - Member          |
| • Joint Secretary, Ministry of Women, Children and Senior Citizen            | - Member          |
| • Joint Secretary, National Women Commission                                 | -Member           |
| • Joint Secretary, Ministry of Education, Science and Technology             | - Member          |
| • Joint Secretary, Ministry of Health and Population                         | - Member          |
| • Joint Secretary, Ministry of Industries, Commerce and Supplies             | - Member          |
| • Representative from Development Partners                                   | - Member          |
| • Experts on Menstruation (2 persons)  | - Member          |
| • Under Secretary, Social Development Division, National Planning Commission | -Member Secretary |

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<sup>1</sup> [https://npc.gov.np/en/page/introduction\\_history](https://npc.gov.np/en/page/introduction_history)



The social development division of NPC will coordinate and manage for the logistic requirement as per needs.

### **Key Functions**

The key functions of the IAG will be as follows:

- Set a definition of dignified menstruation
- Facilitate to finalize the draft umbrella 'national policy on dignified menstruation'.
- Roll out the approved menstruation national policy to the federal, provincial and local government levels.
- Provide strategic supports to the concerned ministries, provincial and local government to formulate plan and program in relation to the menstruation,
- Periodically monitor the progress of various concerned ministries, departments to meet the set plan and program
- Ensure dignified menstruation plan and indicators in the upcoming sixteenth plan across various SDGs.
- Meet bi-annually and review the progress and plan for the next half yearly, but other meeting can also be held as per needs.

MHM PA has started providing technical Assistance from January 2023 to the IAG/NPC through the National Convener Mr. Guna Raj Shrestha. Prior of this, MHM PA helped develop concept note on the advisory board and its Terms of Reference. The key functions of the technical assistance are:

- Provide technical assistance to the IAG/NPC, especially for menstruation related policy review and analysis, setting dignified menstruation indicators, documentation and communication.
- Support to the member ministries, department and provincial government for planning, programming and monitoring; including roll out the national policy to sub-national levels.
- Assist to organize and facilitate the meeting of the IAG and make follow up for implementation of the IAG's decisions.

# MUSICAL CAMPAIGN

Music binds people across religions, borders and other social hierarchy. MHMPA's effort to deliver impactful and meaningful advocacy through art is a way of addressing the issue of menstruation and its attachment to social stigma. For this reason, MHM PA approached to renown singer and artist Prakash Saput and Nepal's leading actor Keki Adhikari for producing a vibrant audio-visual song. They happily accepted our request and a very powerful song titled as *Para Para Chhu* (*I am at my own house but I am far*) was released on 8<sup>th</sup> December 2022 on the auspicious occasion of International Dignified Menstruation and also within the 16 days activism against GBV. The song focuses on a teenager and her journey of stigmatization and gender discrimination after menarche.

The main character's life takes a halt when she starts menstruating. In small everyday snippets, the video shows how a woman who is menstruating is considered "impure" and is required to follow rules and regulations that make no sense to her.

The audio-visual song was viewed by 1.6 million viewers in two months' time.

The main idea behind this musical campaign is to raise awareness towards minimizing menstrual stigma because of which women are unable to function normally in their daily lives, and to advocate for dignified menstruation as a right for all menstruators.

A second part of this musical campaign will be launched on Menstrual Hygiene Day 2023.



*Picture: A snapshot from "Para Para Chhu"*

# FORMATION OF PROVINCIAL LEVEL ALLIANCE

MHM PA has aimed to facilitate provincial level MHM Alliances in all the seven provinces in collaboration of local level partners. In its first in kind, Karnali Alliance on Dignified Menstruation Management (KADMM) was formed in May 2022. This was formed with the leading imitation of Sustainable Sanitation and Water for All (SUSWA), a bilateral project of the Government of Finland. It is expected that it would strengthen coordination between Provincial government, local governments and other DMM actors, which would allow for Karnali-specific knowledge sharing and approach to sustainably promoting DMM within Karnali Provinces.

KADMM is functioning as an informal, loose network/ membership-based alliance, with no membership charges. Anyone working in menstruation and related area in Karnali province is eligible to become a member. Ministry of Social Development has accepted to chair the alliance, whereas, KIRDARC is th Co-Chair and SUSWA has hosted the secretariat

Apart from the government, there are multiple actors working directly or indirectly on promoting DMM in Karnali province, e.g., through providing sanitary pad making training, constructing WASH facilities or providing DMM curricula for schools. However, with organizations and projects working within specific sectors, in different areas of Karnali and on different levels (community, municipality, national etc.), there has not been sharing of data and information collected on the situation of DMM, as well as limited collaboration and sharing of best practices.

The suggested vision for KA DMM is to support the vision of MHM PA's but on provincial level:

*A province where Dignified Menstruation becomes a reality and is practiced everyday by everyone.*



In similar regards, MHMPA also plans to create other provincial level alliance in the coming **years with** the help and support of its members and partners.

# MEDIA COVERAGE ON MENSTRUATION

In order to advocate for the media to focus on menstruation, MHMPA Nepal has brought forward a new publication titled, “Media Coverage on Menstruation, 2021” at the beginning of 2022. The main aim of the report is to highlight the media's prioritization towards a sensitive topic like menstruation and the space it has given in its coverage.

The key rationale of developing this report are as follows:

- 1) MHM PA intends to review and analyze media coverage every year
- 2) Identify gaps in media coverage and make adaptive strategies for media sector
- 3) Create evidence for policy advocacy

7 news portals (The Himalayan Times, Republica, Kantipur Daily, Nagarik News, The Kathmandu Post, Setopati and Online Khabar) were selected and thoroughly checked and analyzed.

There are many articles and news pieces that have been covered about menstruation. However, our findings have suggested that other areas that relate and intersect with menstruation also need to be covered in order to have a broader understanding. A few such topics and areas that looked missing are as follows:

- Gaps in policies and plans related to menstruation
- Commitments done by Nepal government on menstruation and menstrual health and hygiene and its follow up
- National initiatives by individuals and organizations on menstruation
- Menstruation in emergencies
- Menstrual issues with individuals from LGBTQIA community and persons with disabilities
- Policy advocacy to authorities from all three levels of the government
- Coverage on menopause
- Coverage on Premenstrual syndrome and premenstrual dysphoric disorder
- Involvement on men in menstruation

It has also been found that online portals have outnumbered print media in menstruation coverage. The coverage in two online portals is almost equal to five print media newspapers.



# CELEBRATIONS AND COLLABORATIONS

MENSTRUAL HYGIENE (MH) DAY CELEBRATION  
2022

MHMPA MEMBERS' MEETING 2022

INTERNATIONAL PRESENTATION ON  
MENSTRUATION RESEARCH NETWORK  
CONFERENCE

# MH DAY CELEBRATION 2022

In 2022, Ministry of Education, Science and Technology hosted the MH Day celebration in collaboration with MHMPA on 27th May 2022. The national slogan of this year's celebration was dedicated to education in schools and thus the slogan was **'#WeAreCommitted: Dignified Menstruation in Schools'**. The national event consisted of two high-level panel discussions, along with an exhibition, where various partner organizations showcased their work and effort on Menstrual Health and Hygiene. There were also artists performing theatre acts and famous singers performing songs on menstruation.



Ms. Saloni Pradhan Singh, Honourable Member, National Planning Commission graced the event as Chief Guest. **Ms. Singh committed to discuss with different Ministries through National Planning Commission and bring necessary changes.** She added that pad distribution and budget allocation is not enough and there should be more interventions like monitoring and other mechanisms.

During the opening session, Guna Raj Shrestha, National Convener of MHM PA Presented key note speech. He highlighted on the following:

- Free pads distribution in public schools
- Revised curriculum from Grade 4 to Grade 12 about Menstruation Hygiene and its management.

In addition, **Mr. Shrestha requested Nepal Government to work on their promises and commitments and to deliver them into action for better management of menstruation in Nepal.**

Along similar lines, Ms. Pramila Devi Bajracharya, **reflected that the government is working to uplift wide range of awareness programs that will help in eradication of the social taboos and stigma on mensuration.**

A few students and teachers who were invited for the program from different parts of Nepal also got a chance to share their experience on menstrual health and hygiene in their respective schools and in a broader perspective.

The first panel discussion, “Menstrual Education in Schools” had the following panelists:

The following panelists were present in the discussion:

- **Ima Narayan Shrestha, Secretary, Ministry of Social Development, Madhesh Province**
- **Suman Silwal, Curriculum Development Center**
- **Bala Rai, Focal Person from Nursing Division, School Health Nursing Division**
- **Babu Kaji Shrestha, Director, Global Action Nepal**
- **Mamata Pathak, Head Teacher of Kishan High School, Bardiya**

The panel discussion had the following key takeaways:

- Importance of having nurses in every school for the easy consult for students.
- Promise of positive growth of menstrual education, hygiene and problems in school.
- E-copy of every book and new curriculum from grade 1 to 12 being uploaded in the official curriculum development website.
- Programs in around 240 schools have been implemented which includes health of the students, teacher training, nursing facilities and menstrual hygiene management, yet less than 33% of the schools have been provided with the nursing facilities.



- Non-formal education long with formal education must be provided as the topic of menstruation and menstrual health relate both culturally and religiously.
- Teachers are putting more effort in teaching and trying to normalize the MHM topics.
- Visible difference had been made due to the different programs related to menstrual health and menstrual hygiene.

The first panel discussion was moderated by **Ms Aarti Chataut**.



The second panel discussion, “Dignified Menstruation in School: Free Sanitary Pads, Quality, Availability, Affordability and Waste Management” had the following panelists:

- **Dr. Hari Lamsal- Joint Secretary, Ministry of Education**
- **Shambu kumar Mahato – Public Health Officer, Banepa Municipality**
- **Apshara Shahi, Teacher from Kalikot, Karnali**
- **Dipisha Bhujel, Project Coordinator, NIDISI**
- **Mahesh Nakarmi, Director, HECAF 360**
- **Punit Sadra, Director, Jasmine Hygiene Pvt. Ltd.**

The panel discussion had the following key takeaways:

- Commitment to soon initiate the process of Dignified Menstruation in Schools is expressed.
- Budget for free pads distribution to local government per annum is disclosed.
- Insights on the low-quality pad provided by the schools.
- Plans and motive to make bio-degradable pads by using banana fiber after in-depth research on production, feasibility etc.
- HECAF 360 is doing research on making chemical free pads by using funds from different countries.
- Over 99% of the pad production over the world is non-biodegradable and the government should tag Nepal Government certified tag to quality sanitary pads only.



The second panel discussion was moderated by **Jagdish Kharel**.

In addition, voices from students across Nepal were heard by the audience where Nirajan Khadka from Plan International Nepal asked students about the knowledge of menstruation, the new curriculum and the education and environment given to the students in their class room.

The formal panel discussions were hosted by Ms. Shristi Kafle, Co-Host of Period Kaa Kura Podcast.

Along with the formal panel-discussion event, MH Day celebration also included an exhibition where various member and partner organizations showcased their work on menstrual health. Two theatre groups from Akash Academy and Katha Ghera also showcased their performances focusing on menstruation in schools and connected it with stigma and taboo. There was also a special performance by Ms. Rekha Joshi, MHM Goodwill Ambassador for Sudurpaschim where she sang songs on menstruation and shared her real-life experience.





# MHMPA MEMBERS' MEETING 2022

There was a total of 4 MHMPA Members' Meeting in the year 2022. Every meeting had one particular agenda where members discussed emerging issues and discussed possible solutions. The agenda for last year's meetings are as follows:

## 6<sup>th</sup> January 2022, Agenda: MHMPA Members Meeting on Menstrual Products: Made in Nepal

The main aim of this meeting was to bring together stakeholders from different parts of Nepal working on Menstrual Products that are Made in Nepal. The meeting was conducted in order to provide a common platform for communication on local production, problems with raw materials and technical issues and introduction to different individuals who are working on developing menstrual products in the local context. The presenters in the meeting were as follows:

- Ms. Rezina Raut, Independent Presenter who presented period underwear and talked about long term sustainability
- Ms. Sami Pande, GIZ provided insights on their effort to produce low-cost sanitary pads in rural settings
- Ms. Kshetra Saud, Manager, Jeewan Jyoti Women Cooperative talked about difficulties and potentials of such pads in the market.
- Mr. Florian Didier, NIDISI, provided a presentation where he presented the idea of using banana fiber for sanitary pads. The pads will be affordable and fully compostable and will be available in Nepal through a social business called Sparsa.
- Mr. Jiblal Pokharel, Nepal CRS Company, provided insights of the work done by Nepal CRS Company.
- Mr. Gyan Maharjan, XPOSE Nepal showcased "Sajilo Pad" during his presentation and provided the basic features of the pad.
- Mr. Punit Sarda, Jasmine Hygiene Products gave an update of Jasmine Hygiene's disposable sanitary pads (which are developed at 1000 pads per minute) which are compostable too. He also showed how new incinerators have been installed at Jasmine Hygiene's factory and pads are disposed accordingly.
- Mr. Siddhi Shrestha, UNICEF provided few recommendations.

## 20<sup>th</sup> April 2022, Agenda: MHMPA Members Meeting: Discussions, Suggestions and Commitments for MH Day Celebration 2022

The main aim of this meeting was to bring members together to discuss about the Concept Note developed by MHMPA for Menstrual Hygiene (MH) Day 2022 celebration. Another aim of the meeting was also to welcome suggestions for improvement and commitment from members to make this event successful. The following were the suggestions and discussions:

### Siddhi Shrestha, UNICEF

- The theme for MH Day "Menstruation in Schools" is very relevant.
- UNICEF is working in 200 schools per year and it would be great to invite teachers/students/individuals from local and provincial government to participate in the panels.
- UNICEF has committed to allocate resources and dedicate some funding in order to bring participants from different parts of the country at the event. (Total Amount: Rs. 200,000, for approximately 9 participants)
- UNICEF has also committed to provide design support from UNICEF communication team for the Press Meet event

#### Gyan Maharjan, X-POSE Nepal

- X-POSE Nepal is organizing a cycle rally on 28<sup>th</sup> May 2022
- The Chief Guest for the event will be someone from Ministry of Women and Children and potentially a new elected mayor too

#### Giri Khatri, Welthungerhilfe (WHH)

- The organization is working in Province 2 and MHM is also one of its components
- Suggestion to include individuals from palika level to know the depth about free sanitary pad distribution

#### Nirajan Khadka, Plan International Nepal

- Plan International Nepal is ready to support MHMPA in this event.
- Suggestion to include young girls (with whom Plan International Nepal is directly working through their project) in the panel to help bring real life experience forward.

#### Maya Khaitu, Days for Girls

- Maya Khaitu has committed to participate in stall to showcase her organizational work

#### Priti Sharma, VSO Nepal

- Suggestion to think about those individuals who are out of school for various reasons
- There is a need for the panel to be intersectional (by inviting volunteers and boys and those out of school)
- VSO Nepal will provide sign language support for the event
- Suggestion to gather information on what local government has been doing with budget allocated for MHM

#### Dipisha Bhujel, NIDISI

- Suggestion to also include transgender male experience since they are mostly left out

#### BK Shrestha, Global Action Nepal (GAN)

- BK Shrestha pointed out that there is a need to have some outcome from the event
- The panel discussion needs to be more focused on advocacy rather than just discussion
- There is a need to bring local voices forward

#### Radhika Ghimire, Freelancer Researcher

- Radhika's research has shown questionable quality of pads and therefore this area needs to be explored more in the panel discussion
- There is not enough water for girls during their menstruation which makes it difficult for them to go to school
- There is a serious need to generate a solution for pain management (which is talked about very less) and this is one factor because of which girls fail to attend schools
- We also need to look beyond school level (high school) and look at the experience of women and girls studying in Bachelor's Degrees

#### Sujata, HECAF 360

- Menstrual Waste Management is an important topic and this area definitely needs to be discussed in the panel discussion

#### Sten, Health Education Awareness and Rights (HEAR)

- Sten has promised to share his organization's work experience from Bajhang on SRHR: with nurses and male teachers

- The organization has also distributed free sanitary pads to young girls and their mothers and would share this experience, either in panel discussion or any other place on MH Day event.

Rashmi Adhikari, Kumari's Adventure with her Mooncycle

- It would be good to have Kumari's Adventure book showcased in the MH Day event. It is available in both Nepali and English language

Dr. Manita Pyakurel, Green Tara Nepal

- Green Tara Nepal with the support of Karuna Deutschland has produced an audio video song. It would be nice to have it showcased in the event. Link: <https://www.youtube.com/watch?v=QEOoEjNTwhU>

Ashim Poudel, KIRDARC

- Since, we are mobilizing media, Indreni program could be another possible platform for mass awareness. Indreni is a folk song program broadcasted by Himalaya TV every day, hosted by Krishna Kandel and is very popular. Average view of video in YouTube is around 1 million. Indreni has also invited singers from Sudur Paschim and Karnali province for their performance in their program.

Dr. Sara Parker

- DWD also has over 30 stories from menstrual activists that we would like to share - exhibit - at the event to celebrate all the work that is being done / currently being prof read in English and Nepali

### 3<sup>rd</sup> June 2022, Agenda: Discussion on Nepal Governments Decision to waive 90% tax on sanitary products imported

The main aim of this urgent members meeting was to discuss the Nepal Government's plan to waive 90% tax on sanitary products imported.

Mr. Punit Sarda, Director, Jasmine Hygiene, provided valuable insights:

- This kind of decision by the Government will affect domestic industry in the long run.
- It is unfair that the Government is not prioritizing local and domestic goods and rather giving importance to foreign products.

Ms. Sandhya Chaulagain, WaterAid provided following insights:

- Expert economics analysis and perspectives need to be made on why did the government take this kind of decision, know their justification
- It is obvious that we need to promote the Nepali products of better quality and with affordable price. There should also be enabling environment that needs to be given by government and encourage production at local level

Ms. Priti Sharma, VSO provided following insights:

- Tax rebate ensures financial feasibility of MHM imported products
- Government schemes also promotes use of national MHM products, so there is a need of lobby for increased tax rebate in import of raw materials for national MHM companies.

The following plan of actions had been decided by MHMPA members in the meeting:

- A letter will be drafted by Punit Sarda to the Prime Minister reflecting concerns on Government's decision and will be sent on MHMPA's name.

Letter has been submitted to Ministry of Women and Ministry of Education.

## 8<sup>th</sup> December, 2022, Agenda: Launch of Audio-Visual Song “Para Para Chhu”

The main aim of this meeting was to launch the audio-visual song “Para Para Chhu” developed by Prakash Saput and Keki Adhikari with technical support from Beyond Beijing Committee (BBC), Plan International Nepal and UNICEF in collaboration with MHMPA.

The event was graced by Chief Guest **Saloni Singh Pradhan**, Honorable Member, National Planning Commission. Other guests who graced the event were Ms. Kamala KC, WASH Advisor, British Council, Alexandra Plueschke, Deputy Country Director, GIZ, Elke Wisch, UNICEF Country Representative to Nepal, Jari Laukka, Senior Specialist, Water and Sanitation, Finnish Embassy, Julie Gurung, Director of Business Development, Plan International Nepal

Ms. Pradhan acknowledged that menstrual stigma still persists in our society and she hopes that this song will reach many people and will help initiate the conversation around menstruation.

Some important points were made by other special guests. They are as follows:

- Importance of making menstrual health an intersectional issue and to not just look at the health aspect but to also to look at other aspects like menopause. As there are many women in leadership positions and they collide with menopause, it is an important area to be explored
- There is a need to look at menstruation beyond the lens of “women and girls” and to also include people with disabilities and the LGBTQ+ community
- There is an urgent need to include all actors working on Menstrual Health and bring all of them together and to work in an organized way

Ms. Hanna Matilda, Sustainable Wash for All (SUSWA) reflected upon SUSWA’s work and the formation of provincial level DMM at Karnali.

In addition, all the participants provided positive feedbacks on the audio-visual song.

# International Conference with Menstruation Research Network

On June 2022, MHMPA had a chance to be a part of an International Conference organized by the Menstruation Research Network.

A joint presentation was made by MHMPA, University of Pittsburgh, Tribhuvan University, Global Action Nepal and Liverpool John Moores University on the topic “Collaborative Filmmaking for Menstrual Advocacy: Reaching Policy Makers via Film to Influence Knowledge, Attitudes and Action in Nepal”

The presentation was developed as a result of a Policy Dialogue jointly organized by all the above-mentioned institutions.

13 women in Far-West Nepal were trained in basic filmmaking techniques to share their own experiences of menstrual taboos and solutions through film between 2019-2021. Over the course of 2 years, the women created two films. The study team provided editing support and visited the community on 3 separate research trips to work on the films and incorporate any changes that the women wanted to make before finalizing the films.

The films were shown to policymakers and these women reflected their experience.

# Announcements

## New Host Organization

MHMPA is glad to announce that Beyond Beijing Committee (BBC) will be the new secretariat for the years 2023 and 2024.



## MHMPA Website is LIVE

MHMPA is glad to announce that the alliance website is now LIVE. We are still working on publishing the work of members and partners. The website can be viewed at [mhmpa.org](https://mhmpa.org)

# MOVING FORWARD – PLANS FOR 2023

## POLICY ADVOCACY

CONTINUED SUPPORT TO THE NATIONAL PLANNING COMMISSION  
ESTABLISH DIGNIFIED MENSTRUATION HUBS AT PROVINCIAL LEVEL

## EDUCATION AND AWARENESS

PRAKASH SAPUT/KEKI ADHIKARI AUDIO-VISUAL SONG PART II  
PUBLICATIONS ON NEWSPAPERS AND ONLINE PORTALS  
MOBILIZATION OF GOODWILL AMBASSADORS  
MOBILIZATION OF SOCIAL MEDIA – INSTAGRAM/TIKTOK

## RESEARCH AND KNOWLEDGE MANAGEMENT

REGULAR UPDATE OF MHMPA WEBSITE  
COLLECTION OF MHM RESOURCES  
MHMPA COLLABORATIVE RESEARCH WITH PARTNERS  
MEDIA COVERAGE ON MENSTRUATION REPORT 2022

## INNOVATION AND SUSTAINABILITY

DEVELOP INFORMED CHOICES OF MENSTRUAL PRODUCTS  
ADVOCACY FOR LOW-COST HIGH QUALITY SANITARY PADS (BIODEGRADABLE)  
WASTE MANAGEMENT OF MENSTRUAL PRODUCTS

## CAPACITY DEVELOPMENT

DEVELOPING HUMAN RESOURCE ON DIGNIFIED MENSTRUATION: MASTER TRAINING OF TRAINERS

## MH DAY 2023

FORMATION OF NEW STEERING COMMITTEE MEMBERS  
MHMPA MEMBERS MEETING 2023

**ANNEX: MHMPA MEMBER’S LIST 2023**

**BILATERAL ORGANIZATIONS**

FINLAND EMBASSY  
GIZ  
SUSWA  
USAID  
WORLD BANK

**UN AGENCIES**

UN HABITAT  
UNDP  
UNFPA  
UNICEF  
WFP  
WHO

**INGOs**

CARE  
GOOD NEIGHBOURS INTERNATIONAL  
IPAS  
NIDISI  
OXFAM  
PATH  
PLAN INTERNATIONAL NEPAL  
SAVE THE CHILDREN  
SNV  
SWISS RED CROSS  
VSO  
WATERAID  
WELTHUNGERHILFE  
WORLD VISION  
FHI 360  
DAYS FOR GIRLS  
UMN

**NGOs**

BEYOND BEIJING COMMITTEE  
CENTER FOR INTEGRATED URBAN DEVELOPMENT  
CONNECTION NEPAL  
DAYS FOR GIRLS  
DIDI BAHINI  
ENVIRONMENT AND PUBLIC HEALTH ORGANIZATION  
GLOBAL ACTION NEPAL  
GREEN TARA NEPAL  
GUTHI NEPAL  
HECAF 360  
HOPE IS LIFE NEPAL  
ICA  
KIRDARC  
MITRA SAMAJ  
NAWAPAILA  
NEPAL RED CROSS SOCIETY  
NEWAH  
NYAYA HEALTH NEPAL



PUTALI NEPAL  
RADHA POUDEL FOUNDATION  
SAFI NEPAL  
SEBAC NEPAL  
SOCHAI- YOUTH FOR NUTRITION  
VISIBLE IMPACT  
X-POSE NEPAL  
YUWA NEPAL  
YUWALAYA  
ZEST LAB

#### PRIVATE ORGANIZATIONS

IRIS GROUP INTERNATIONAL  
JASMINE HYGIENE  
NEPAL CRS COMPANY  
PAD2GO  
SAFEPAD NEPAL PVT. LTD.

#### ACADEMICS

LIVERPOOL JOHN MOORES UNIVERSITY  
THE BRITISH COLLEGE  
TRIBHUWAN UNIVERSITY  
UNIVERSITY OF PITTSBURGH