



**A brief report on
National Conference on Dignified Menstruation
On Menstrual Hygiene Day
28th May 2021**



Menstrual Hygiene/ Health Management Partners' Alliance announces
National Conference on 28th May, 2021
International Menstrual Hygiene Day 2021

Time for Action :

EDUCATION FOR DIGNIFIED MENSTRUATION



Webinar



28 MAY, 2021
FRIDAY



From 1:00 PM to
3:00 PM

LIVE ON
zoom

MEETING ID
961 4733 1645
PASSCODE
465224

SCAN TO JOIN



SPONSORS



giz



SNV

VSO

Report prepared by: Guna Raj Shrestha, Tabea Seiz and Jyotika Rimal

1. Introduction

Since 2018, Menstrual Health/Hygiene Partners' Alliance (MHM PA) has been organizing the national event to celebrate the International Menstrual Hygiene Day on 28th May every year in collaboration with the relevant ministries. This year, we organized a 'National Conference on Dignified Menstruation' on zoom with the presence and participation of National Planning Commission and Ministry of Education, Science and Technology on 28th May 2021.

The global theme for Menstrual Hygiene Day for 2021 was "To set up action and investment in menstrual health and hygiene NOW". Along similar lines, the theme for Nepal in 2021 decided by MHMPA was "Education for Dignified Menstruation".

The program was graced by Dr. Usha Jha, Member, National Planning Commission as Chief Guest, and Mr. Ram Prasad Thapaliya, Secretary, Ministry of Education and Science and Technology as Special Guest.

A total number of 350 participants were present in the zoom event. The event was also relayed through several live Facebook pages. The invitees for the event were MHM PA members, media, WASH cluster members, health cluster members, education cluster members.

The program was run for almost three hours against the initial planned duration of two hours. Ms. Aarti Chataut, Deputy General Manager of Nepal TV and a renowned TV journalist, moderated the overall event including panel discussion.

The event was interpreted to the sign language as well for the benefit of the hearing-impaired participations. The interpretation was done by Ms. Pooja Regmi, VSO volunteer-thanks.

2. Opening Session

The Conference was started with an opening remarks of Ms. Rakshya Poudel, Senior Technical Advisor, Plan International Nepal on behalf of MHM PA.

Then followed the keynote prepared by Guna Raj Shrestha, National Conveyer, MHMPA. In the keynote speech, the following national issues related to dignified menstruation were highlighted:

- 1) The draft national policy on dignified menstruation, 2018 is pending, poor coordination mechanism for implementation and monitoring
- 2) Silo/fragmented programme and projects of government agencies, more coherent approach needed
- 3) Prevailing taboos, more awareness and behaviour change across rural, urban and overseas needed
- 4) Very limited scientific facts and evidences to bring changes on behavioural change/awareness

- 5) The current text books and curriculum are limited to biological dimensions but there is urgent need of awareness and behavioural change
- 6) There are very limited facilities related to menstruation in schools and public institutions
- 7) Dialogue not at desired level, lack of services and information on sexual minorities and disabled people
- 8) More disability friendly text books, information and extended services/facilities are needed
- 9) No tax exemption on pads yet. Poor distribution system
- 10) Programme with coordination and co-work still needs improvement for minimization and ultimately abolition of Chhaupadi traditions

The keynotes also made a list of following recommendation to the Government of Nepal and other stakeholders to establish dignified menstruation:

- 1) Establishing inter-ministerial coordination mechanism to plan and monitor the policies, plans and program related with menstruation
- 2) Wider consultation for approval and implementing of the national policy on dignified menstruation-2017
- 3) Support to formulate MHM guidelines at the provincial and local government levels
- 4) Setting dignified menstruation - SDG indicators and monitoring mechanism for implementation
- 5) Menstruation to be included as key part of national campaign of 'Activism Against Gender based Violence (A-GBV)'
- 6) Exemption of tax to the raw materials for domestic pads' production
- 7) Coordination with the WASH and Health Cluster for addressing menstruation issues during ongoing COVID pandemic
- 8) Effective implementation, monitoring of free pad distribution to 1.4 million girls of public schools
- 9) Dignified menstruation in the revised school text books based on the revised curriculum together with MHM education materials
- 10) Mainstreaming of dignified menstruation in the Total Sanitation Master Plan and subsequent campaign
- 11) Coordination mechanism with Development partners and MHM PA for joint planning and implementation of MHM interventions

Mr. Kunj Joshi, Chief, National Health Education Information Communication Center (NHEICC) of the Ministry of Health opined his ideas on Dignified Menstruation and NHEICC's commitment towards creating a safe and equitable environment for girls and women in the menstruation bracket. He also talked about including different donors, stakeholders and government agencies in the process.

3. Panel Discussion

MHMPA Menstrual Hygiene/ Health Management Partners' Alliance announces
National Conference on 28th May, 2021
 International Menstrual Hygiene Day 2021

28 MAY, 2021
 FRIDAY

From 1:00 PM to
 3:00 PM

Time For Action :
EDUCATION FOR DIGNIFIED MENSTRUATION

Panelists

Dr. Usha Jha
 Member
 National Planning Commission (NPC)
Chief Guest

Mr. Ana Prasad Neupane
 Director General
 Curriculum Development Center, MOE

Ms. Ragishree Shrestha
 Senior Health Education Officer
 PHTC, Bagmati Province

Mr. Siddhi Shrestha
 WASH Specialist
 UNICEF Nepal

Mr. Babu Kaji Shrestha
 Executive Director
 GAN Center

Ms. Rakshya Paudyal
 Senior Technical Advisor
 Plan International Nepal
 (Opening Remarks)

Key Note Speaker

Mr. Guna Raj Shrestha
 National Convener
 MHM PA

Moderator

Ms. Aarti Chataut
 Deputy General Manager
 Nepal TV

Ms. Swastika Bakharel
 Member
 Girls Out Loud, Sindhuli

Mr. Yulan Yadav
 Student
 Janakpur

Zoom Meeting Details:
 LIVE ON zoom
 MEETING ID: 961 4733 1645
 PASSCODE: 465224

SPONSORS

BEYOND BELONG COMMITTEE NEPAL, care, giz, PLAN, GIRLS GET EQUAL, Safety, SNV, VSO

Webinar

Voice of Youth

The following personalities participated in the panel discussion; the theme was around education for dignified menstruation – policy, plan and program, achievement, ongoing initiatives, and future plans.

Dr. Usha Jha- Member of National Planning Commission: Announced to establish High Level Menstruation Coordination Mechanism and Pass the Draft National Policy on Dignified Menstruation

The chief guest of the conference was Hon'ble Member of National Planning Commission Dr. Usha Jha. She expressed her commitment to soon initiate the process of passing the draft National Policy on Dignified Menstruation, which was prepared a few years ago, in consultation and discussion with various ministries and other stakeholders. She also informed that an inter-ministerial high-level monthly coordination mechanism would be formed in the near future in coordination with the National Planning Commission. She said that if women entrepreneurs could develop pads locally in coordination with the Ministry of Women's Affairs, women would be employed and the Government of Nepal's program to distribute pads in schools would also come into action.

Mr Shri Ram Prasad Thapaliya- Secretary to the Ministry of Education: Committed to give continuity and intensify to the dignified menstruation friendly program/projects in the education sector

On the occasion, Secretary at the Ministry of Education, Shri Ram Prasad Thapaliya, informed that the Ministry of Education was constructing gender friendly toilets in the schools, making efforts to include ample topics related to dignified menstruation in the school curriculum and distributing free pads to the girls in all public schools. He said that the covid epidemic was affecting the pads distribution program in schools and there were problems in monitoring. The Ministry of Education said that efforts are being made to increase the size of the budget to give continuity and intensity to the dignified menstruation friendly education program/projects.

Mr. Ann Prasad Neupane, Director General of the Curriculum Development Center: New MHM curriculum to introduce in all public schools from BS 2080.

Mr. Ann Prasad Neupane, Director General of the Curriculum Development Center, said that efforts are being made to make the school curriculum gender friendly by consulting with the stakeholders. He informed that the new revised syllabus is being piloted in some districts and will be fully implemented from 2080 BS.

Ms Ragishri Shrestha, Senior Officer, Health Training Center: The Ministry plans to put menstruation educational tool kits on its website

Similarly, Ragishri Shrestha, Senior Officer of the Health Training Center under Bagmati Pradesh, informed that MHM educational tool kits are being prepared to supplement the school curriculum in coordination with the Health Training Center, Curriculum Development Center and MHJM Alliance. She also said that the educational tool kits would be helpful in conducting health classes through school nurses. she also said that the provincial ministry plans to put the above educational tool kits on its website.

Mr. Kunj Joshi, Head, National Health Information Communication Center: Commitment to Production and Dissemination of menstruation education Materials

Mr. Kunj Joshi, Head of the National Health Information Communication Center, informed that the Center is committed to produce and disseminate materials in a comprehensive manner in coordination and cooperation with the stakeholders for menstruation related awareness, behavior change and general information dissemination.

Mr. Siddhi Shrestha- WASH Specialist, UNICEF: Implementing and Advocating Menstrual Policies and Programs through State and Local Governments

Mr. Siddhi Shrestha, UNICEF Nepal's Water, Sanitation and Hygiene Specialist, opined implementing and advocating menstruation policies and programs through state and local governments.

Mr. Babu Kaji, ED of GAN Center: sought collaborative effort of developing the Menstruation Education Toolkit as joint effort with MHMPA and official stakeholders.

In addition, Mr. Rajendra Aryal, National President, Federation of Drinking Water and Sanitation Users Nepal also focused on joint effort from all sectors.

Youth Voices from villages

Ms Swastika Bakharel, Sindhuli- an active member of “Girls Out Loud”: committed for her efforts in creating a safe space to talk about menstrual issues and taboos and in eradicating untouchability in her own household. However, she brings forward difficulties of accessibilities of various menstrual products (pads, menstrual cups)

Yulan Yadav, Janakpur-SRHR (Sexual and Reproductive Health and Rights) awareness youth activist: focused/committed making allies of men and to help in making others understand about dignified menstruation. He also urged for exempting tax on menstrual pads

4. Launching videos and radio PSAs

Following two short video documentaries and two radio jingles were also launched jointly by the Chief Guest and the Special Guest:

- *Nepal's Menstrual Movement* (sponsored by GIZ), 5min – played by Keki Adhikari, MHM Goodwill Ambassador, Cene Star
<https://health.bmz.de/videos/nepal-menstrual-health-film-part-1-taboos/>
- *MHM Awareness in COVID* (sponsored by VSO), 2 min played by Dhurmus and Suntali, Nepal's veteran artists
<https://www.facebook.com/VsoNepal/videos/165718902174906>
- *Radio Jingles* (sponsored by CARE Nepal), 30 secs each- to broadcast by ACORAB radio networks

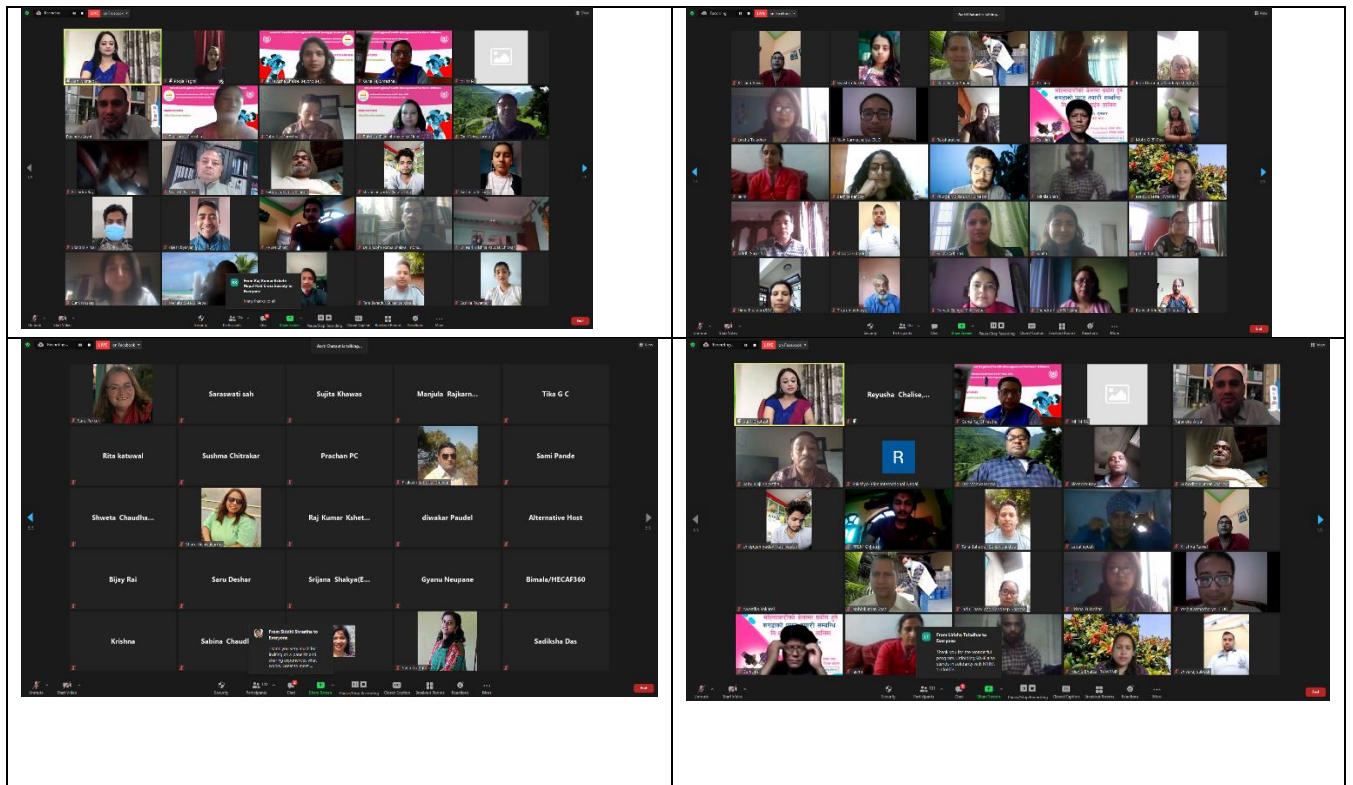
5. Closing Remarks

Reyusha Chalise, Project Officer, Beyond Beijing Committee (BBC), on behalf of MHM PA, expressed the vote of thanks to all the guests, panelists, participants, hosts, moderator, technical support team, sign language interpreter and keynote speaker.

YouTube link of the Zoom event (3 hours)

<https://www.youtube.com/watch?v=txpHKngO1mE>

Some photo snaps of the zoom conference



MHM Day Celebration in Nepal, 2021

Various activities done by MHM PA members and others dedicated to celebrate the MH day in May and June 2021

Organizer	Date	Theme and Date	Short description of Event or Activity	Impact (how many participants, how many people reached, etc)	Link (if applicable)
BBC/Plan/GIZ	22 May 2021	Menstrual Hygiene Management at Schools.			Keki Adhikari to moderate the session, link through https://www.facebook.com/officialkekiadhikari
Pad2Go	24 May	Inclusive period; Dalit community and menstruation			Join Zoom Meeting https://mtholyoke.zoom.us/j/94601697357 Meeting ID: 946 0169 7357
GUTHI	24 May	MHM Counselling Session			
OUR TURN	25 May	Invited adolescent girls for a session to understand and assess the needs of girls. The title	The President and Vice-President, Girls Advisory Board, and Her Turn graduates discussed this issue to understand and assess their needs. The girls		https://hamropalo.org.np/menstrual-hygiene-day-2021-period-during-pandemic/

		of the event was “Managing Menstrual Hygiene During the Pandemic: Voices of Adolescent Girls”	shared interesting stories from their first menstrual experience to the challenges the pandemic has created.		
--	--	---	--	--	--

Organizer	Date	Theme and Date	Short description of Event or Activity	Impact (how many participants, how many people reached, etc)	Link (if applicable)
Visible impact/ Plan International Nepal	21-28 May	A. Social Media Campaigning -Period Bingo and Menstruation: Word Hunt - Info graphics on Clinical facts on Menstruation	Visible Impact organized a week-long campaign on social media to celebrate MHM Day 2021 in collaboration with Plan International Nepal. The different social media events under the campaign were conducted in the Facebook and Instagram pages of Visible Impact. Two social media contests were also organized which brought in the participation of more than 80 young people. A total of 22 young people were also awarded with prizes for their performance in the contests. The major objective of the campaign was to break the	Through the social media campaign, we were able to reach 1,05,011 people through the Facebook page of Visible Impact.	<u>Social Media Campaign Details</u> Date: 21-28 th May, 2021 Facebook and Instagram Pages of Visible Impact Icreate! contest- https://www.facebook.com/media/set/?vanity=VisibleImpact&set=a.3875629842550219

		<p>- Period Memes -Stories of Change-- Naulo Guff Gaff series -Two contests (Profile Frame Sharing & ICreate!</p> <p>B. Web meet: Actions through Conversation s: No more silence</p>	<p>silence and raise awareness on different aspects of menstrual health.</p> <p>A virtual event for the celebration of MHM Day, 2021 was organized on 27th May 2021. This web meet brought together 82 participants of different sectors from across the seven provinces of Nepal. Through the incorporation of sign language interpretation within the program modality, the program was successful in accommodating people with disabilities. The event was live broadcasted through the Facebook page of Visible Impact.</p> <p>The discussion of the web meet was focused on identifying different challenges and problems around menstruation and the way forwards for mitigating the gaps.</p>		<p>Video Message of Miss Nepal World 2019 Anushka Shrestha- https://fb.watch/6OgRXaulrt/ Video Message of Angel Lama- https://fb.watch/6OgUtCCBZi/</p> <p>Naulo Guff Gaff series- https://fb.watch/6OgPbEXhS1/</p> <p>Meme sharing https://www.facebook.com/VisibleImpact/posts/3887990501314153</p> <p>Clinical Facts on Menstruation https://www.facebook.com/885457111567522/posts/3890568514389685/</p>
--	--	---	---	--	---

					<p>Story Sharing - https://www.facebook.com/VisibleImpact/posts/3890461981067005</p> <p><u>Web Meet Details</u></p> <p>Date: May 27, 2021 Time: 10:00 AM-12:00 PM Where: ZOOM Recorded link of the web meet: https://www.facebook.com/watch/live/?v=124800026322673&ref=watch_permalink</p>
Nawa Paila	27 May	Menstrual Hygiene Management: Status, Challenges, and Gap			<p>Please register in advance to join the webinar: https://us02web.zoom.us/j/84411111111</p>

					Zoom Meeting ID: 873 6706 0309 Passcode: MHM
Yuwa		Q. What strives does the Government and CSOs need to make Vision 2030 a reality in Nepal and what role can youth play in it? 200 words	On 28 May, they shared tips and tricks to manage menstrual hygiene through their social media pages		To resond
GAN Nepal	27 May	Webinar, Girls Kick			National girl's education network planning to have interaction program among seven provinces participants in collaboration with GAN, girls kick
MHM PA	28 May	National Conference			
CARE Nepal	28 May	PSA on MHM			Will be aired around MH Day on radio for one month
NFCC	28 May	Menstruation complaint hotline			CIN radio networks https://www.facebook.com/nfccnepal/photos/pcb.2870786136511231/2870786096511235

VSO	28 May	Video on MHM on Nepal Television	Dharmus Suntali Foundation, in relation to VSO launched their video on VSO's official Facebook website showcasing Menstrual Hygiene and Management.		MHM video- Broadcasted by NHEICC on Nepal television, Social media campaigning on MHM, 600 Hygiene kits distribution to marginalized girls
GUTHI	28 May	Reusable Cloth Pad Making Session			
NIDISI	28 May	webinar on the topic of "Menstruation and Pandemic"			Former NePals e.V.
Radio Kaa Kura	28 May	Radio Episode on MH Day			The episode will be released on different digital platforms as given in the link: Soundcloud , Facebook , Anchor FM , Google Podcast , Radio public ,
Kumari's Adventure	29 May	With Sophie Maliphant, Video of girls sharing stories of the book			release of video with part of Kumari's Adventure story read by the girls who have drawn it.

Image TV/VSO	30 May	TV talk program			https://www.youtube.com/watch?v=ubmtxEKXm14
BRANNGO	30 May	Event with British NGO association, Sophie Maliphant and Sara Parker			Creative outputs within menstrual education, webinar, The Country That Shook and Dignity without Danger - Sophie and Sara with special guests from Kumari's Adventure
PERIOD KAA KURA	30 May	Breaking the Sush in Menstrual Health and Hygeine	The following topics were covered: 1) How to maintain menstrual hygiene 2) Period Poverty 3) Detailed Discussion on Menstrual Cup Sustainable Period Products		https://twitter.com/PeriodKaaKura/status/1398534391639404549/photo/2
NATIONAL COALITION FOR GIRLS' RIGHTS/JCYCN		<i>"Role of Stakeholders in menstrual hygiene management in schools and community".</i>	FORUM-ASIA's member in Nepal, Jagriti Child and Youth Concern Nepal (JCYCN) organised an interactive online event to discuss: the role of stakeholders in menstrual hygiene management in schools and community. 4)	More than 240 participants which included representatives from respective networks and alliances, development organizations, Civil Society Organizations (CSOs) from all 7 provinces and 77 districts	https://www.forum-asia.org/?p=34968

				along with peer educators, adolescents' child club member, teachers, parents, journalists attended for discussions.	
SWASTHA NAARI		The organization organised a conversation program in a clubhouse with Dr Sujata Khadka Neupane, Consultant Obstetrics and Gynaecologist currently working at B and C hospital, Jhapa.	Topics such as tips for maintaining a healthy vagina, debunking period myths, the role of men in menstruation, vaccination during menstruation, management of menstruation during Covid-19 and many more were covered during the session. There were many experiences sharing and healthy discussions.		https://twitter.com/swasthanaari/status/1398967210706571267
SOCHAI- YOUTH FOR NUTRITION		Menstruation: My Superpower Campaign	Girls were dressed as superheroes and had a picture of them with a placard that campaigned along the lines of dignified menstruation		
RADHA POUDEL FOUNDATION		Video Launch May 28 and Dec 08 (Dignified Menstruation Day)	A video was shown in which the difference between May 28 (Menstrual Hygiene Day)		https://www.facebook.com/radhapaudelfoundation/videos/785217222019225

			and Dec 08 (Dignified Menstruation Day)		
WATER AID NEPAL		Launch of “Menstrual Complaint Hotline”	They developed a hotline so that women facing problems during menstruation can share their challenges.		https://www.facebook.com/wateraidinnepal/photos/a.10150262327623790/10158314180143790/
SAVE THE CHILDREN NEPAL		Pictures that showed all hygiene related things to be done while menstruating	The official Facebook page uploaded few pictures and campaigned for menstrual Hygiene.		https://www.facebook.com/savethechildren.np/photos/pcb.10161220184077942/10161220180882942/
WORLD VISION INTERNATIONAL NEPAL					https://www.facebook.com/WVINPL/photos/a.569394909771194/4353794184664562/
GOOD NEIGHBORS INTERNATIONAL NEPAL	4 June	Video on How separate toilets can help in managing periods for girls	The video has been uploaded on YouTube and talks about why well managed toilets are important for girls.		https://www.youtube.com/watch?v=IsPOCUDI TCE
BEYOND BEIJING COMMITTEE		Shared MHMPA’s conference link.			https://www.facebook.com/MHMPANEPAL/videos/937532157090521
DAYS FOR GIRLS		Virtual Speech Contest 2021 MHM Edition throughout the week.	The organization announced two winners on MH Day on 28 th May. The videos of different virtual speeches have been uploaded in their Facebook page.		https://www.facebook.com/DaysforGirlsNepal/photos/a.1669693839974519/2947974692146421/

WELTHUNGERH ILFE		VIVA! PERIOD	Livestream about Menstrual Hygiene Management in WASH projects in Nepal		https://vivaperiod.vivac.onagua.org/?fbclid=IwAR1DGUb9y-B2FWwM6tfQclx3TZo-M9uDdMfYn637skhMm pxU9e4mBFE-iGQ
WORLD BANK NEPAL		It's Time for Action	WB Nepal uploaded a blogpost on the occasion of MH Day		https://blogs.worldbank.org/water/menstrual-health-and-hygiene-empowers-women-and-girls-how-ensure-we-get-it-right?fbclid=IwAR2gGUQle1vHvrfD8f8diRh87H hv4EG Nb0 ki-FY3zQzKx1 i7uewYOO U
USAID		It is important for women to be comfortable to speak about menstruation and to break the culture of silence	USAID is engaging working men and women in Nepal in the Dignified Menstruation conversation.		https://medium.com/usaid-2030/dignified-menstruation-in-the-workplace-fe19afab97b2