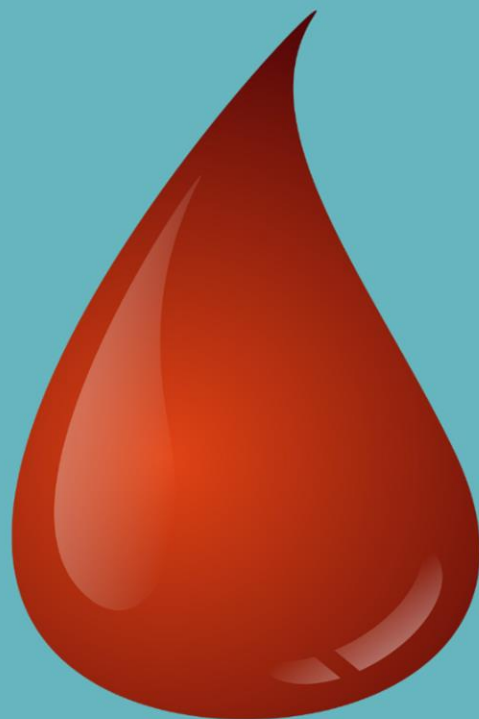
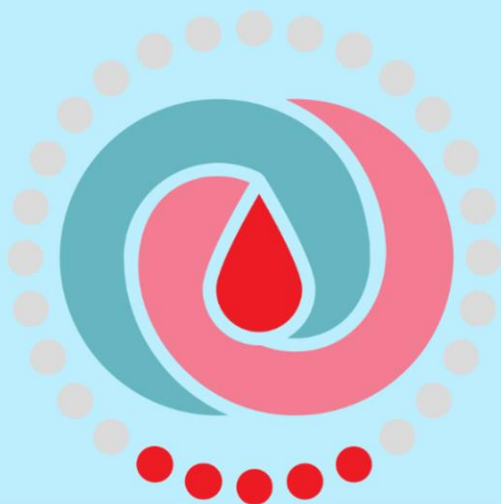


ANNUAL REPORT 2023



#DignifiedMenstruation #MenstruationMatters
#ItsTimeForAction



MHMPA
NEPAL

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FOREWORD FROM THE NATIONAL CONVENER



The Menstrual Hygiene Management Partners Alliance (MHM PA) is an informal network of over 80 institutional members working to promote dignified menstruation in Nepal since 2017. Originally starting with 20 members, MHM PA has grown significantly with 80+ members by the end of 2022/2023. The network's vision is a Nepal where dignified menstruation is a daily reality for all.

Members include UN agencies, bilateral organizations, the World Bank, INGOs, NGOs, civil society, media, researchers, activists and interested individuals. MHM PA has successfully established dignified menstruation as a national priority across government and non-government sectors, especially in education, health, WASH, and gender.

Since 2018, the Menstrual Hygiene Management Partners' Alliance (MHM PA) has taken a leading role in coordinating stakeholders to celebrate International Menstrual Hygiene Day at the national level each year. The network also nominates and mobilizes Goodwill Ambassadors annually to raise awareness about dignified menstruation. In partnership with media and celebrities, MHM PA creates mass awareness campaigns centered around menstruation.

Looking ahead to 2024, MHM PA has several key initiatives planned to advance menstrual health and hygiene in Nepal. First, MHM PA intends to continue providing technical assistance in formulating a national policy on dignified menstruation, as well as ensuring adequate menstruation indicators are included in the upcoming 16th Five Year Plan. Building local expertise will also be a priority, with plans to develop training curriculums on menstrual health and hygiene. Additionally, MHM PA aims to gain a comprehensive understanding of menstruation-related issues from diverse perspectives. This will involve consultation with persons with disabilities, youth, LGBTQI+ communities, and other groups. Outreach efforts are also planned, including developing policy briefs, conducting policy dialogues in Bagmati Province, mobilizing goodwill ambassador Rekha Joshi, and using social media to raise awareness and promote dignified menstruation. Also, to measure the effectiveness of past advocacy campaigns, MHM PA plans to conduct surveys this year. Through this multifaceted approach, MHM PA is well positioned to drive continued progress on menstrual equity in Nepal in 2024 and beyond.

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.



Vision, Mission, Goals and Strategy Objectives 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



MHMPA STEERING COMMITTEE

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. Currently, there are 10 steering committee members for the year 2023 and 2024. They are as follows:

- Beyond Beijing Committee (BBC)
- Days for Girls Nepal (DfG)
- GIZ
- Good Neighbors International (GNI)
- Karnali Integrated Rural Development and Research Center (KIRDARC)
- Nepal Water for Health (NEWAH)
- Plan International Nepal
- Sustainable WASH for All (SUSWA)
- Visible Impact (VI)
- WaterAid Nepal (WAN)

BBC, GIZ, KIRDARC, and Plan International Nepal have continuously supported MHM PA by being steering committee members in the previous term too. Days for Girls Nepal (DfG), Good Neighbors International (GNI), Nepal Water for Health (NEWAH), Sustainable WASH for All (SUSWA), Visible Impact (VI) and WaterAid Nepal (WAN) have joined as new Steering Committee members for this term.

Guna Raj Shrestha, who is the founder of MHM PA, works as the National Convener.

BBC has hosted its secretariat office for two years from August 2022 to August 2024; the secretariat is hosted by its members on rotation basis at the interval of two year. GIZ has been supporting financially to the Secretariat since 2020.

PROGRAMS AND PROJECTS

**MENSTRUAL HYGIENE (MH)
DAY CELEBRATION 2023**

**MEDIA COVERAGE ON
MENSTRUATION REPORT**

**TECHNICAL ASSISTANCE TO
NATIONAL PLANNING
COMMISSION/HIGH LEVEL
ADVISORY BOARD**

**MUSICAL CAMPAIGN-
Khulera Kura Garau
Para Para Chhu**

PROGRAMS AND PROJECTS

MH DAY CELEBRATION 2023

In 2023, Menstrual Hygiene Day was celebrated in Nepal with the theme **"Period Pride: We Are Committed"** (सम्मानित महिनावारी, हाम्रो प्रतिबद्धता). The main event was held at Rastriya Sabha Griha and consisted of three components: six paper presentations, experience sharing, and a song launch. There were also two side events - a cycle rally and an exhibition.

Additionally, a book titled "नेपालमा महिनावारी अभियन्तका कथाहरु" was launched, containing stories of 34 activists working in menstruation materials production, education, health, grassroots organizing, creative arts, and policy. Special presentations were given by Dr. Sara Parker, B.K. Shrestha, Prof. Madhusudan Subedi, the Dignity Without Danger team, and Guna Raj Shrestha, the National Convener of MHM PA presented key note speech on **"Country Status and Ways Forward"**. This event was covered by various national daily and online portal.



Experience sharing

Community voices are a powerful catalyst for behavioral change and play a vital role in promoting menstrual health, hygiene, and dismantling stigma. Their presence during the program ensured not only cultural relevance but also provided valuable local knowledge and experience. Through their contributions, community voices helped raise awareness, challenge societal norms, and empower individuals. The inclusion of diverse perspectives was exemplified by the compelling voices of Sujata Shakya, a Bachelor's student in Development Studies, Chesang Ghising, a Transman from Beyond Beijing Committee, and Laxmi Kunwar, a wheelchair user, who courageously represented the voice of a person living with disability. Their strong advocacy further amplified the efforts to break the silence surrounding menstruation and foster a more inclusive and accepting society.

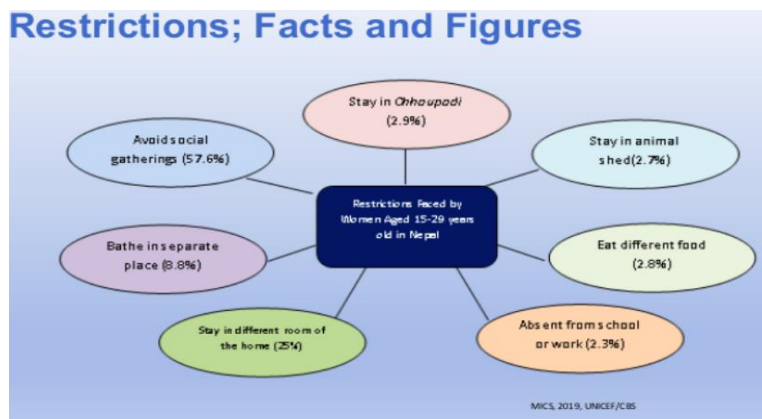
Music as a Medium of Change

During the celebration, with the objective of raising awareness about menstrual hygiene management (MHM) and advocating for the eradication of harmful practices, Rekha Joshi, MHM PA Goodwill Ambassador for 2023 gave a powerful performance on stigma/taboo related to menstruation and pledged that she will work towards advocating for Dignified Menstruation.



Keynote Speech

Guna Raj Shrestha, the National Convener of MHM PA, extended a warm welcome to all the distinguished attendees and delivered a keynote speech that addressed various crucial aspects of menstrual health and hygiene. Mr. Shrestha presented the health, educational, social, economic and environmental impacts of poor menstrual hygiene practice.



Source: Keynote Presentation

Demonstrating the facts and figures above, he highlighted the restrictive practices and taboos surrounding menstruation, emphasizing the need to challenge and overcome them. Through facts and figures, Mr. Shrestha shed light on the far-reaching impacts of poor menstrual practices on the well-being of individuals and communities.

He also emphasized the importance of accessible sanitary products and the need for friendly and hygienic toilets to ensure proper menstrual hygiene management. Mr. Shrestha highlighted key achievements made so far in addressing menstruation-related issues, acknowledging the commitment from the Government of Nepal since 2018. He provided updates on the implementation status of various plans and policies related to menstrual health and hygiene.

Special Presentation By Dr Sara Parker, B K Shrestha, Prof Madhusudan Subedi & the Dignity Without Danger team

Sara Parker has dedicated 30 years of research in Nepal, focusing on education, gender, and participatory development. In 2015, following the devastating earthquake, she wrote about the issue of Gender-Based Violence (GBV) in the aftermath. Additionally, Parker has been involved in initiatives related to distributing menstrual kits, which promote dignity and freedom for women during their menstruation.

Talking about the book launch Parker mentioned that the release of a new book in Nepali aims to encourage people to share their stories and challenge the common beliefs about menstruation. The book sheds light on the significant work being carried out in the field of MHM and aims to inspire individuals and communities to support a dignified approach to menstruation. It emphasizes the importance of starting at the grassroots level and involving policymakers in Nepal and other places as well.



“Mahinawari Chhaina Jiwan Chaina” - No menstruation, No Life” was the major message that Parker highlighted during her special presentation. She emphasized that by working together and collaborating, we can make a real difference in promoting dignified menstruation. The book and her research works in Nepal send a powerful message that change is possible when we take collective action. She also pressed the need of using social media influencers to bring changes in the society.

Song Launch

Laxmi Kunwar, a wheelchair user, played the song “Chhaupadi ka Barema Khulera Kura Garau” which translates “Let’s openly talk about Chhaupadi, for there is a solution.” This song, created in collaboration with UNICEF, SUSWA, NEWAH, and BBC, aimed to raise awareness and address the issues surrounding Chhaupadi, a harmful practice in Nepal where menstruating women are isolated.

Paper Presentations

Six papers related to menstruation hygiene, menstrual taboos, sexual and reproductive health rights, chhaupadi pratha, menstrual cups and trend of women’s experience of restriction were presented to bring greater awareness about important women’s issues that still need more attention.

Specifically, presentation highlighted ongoing problems and restrictions faced by women due to menstruation, inadequate access to menstrual hygiene products and education, stigmatization of menstrual cycles, and lack of reproductive autonomy. Presenting research and data on these topics could advocate for policy changes and funding to improve women’s health, education, empowerment and human rights. Tackling these sensitive but important issues can allow women to reach their full potential socially, educationally, economically, and in health outcomes.

Following papers were presented:

- 1) Menstrual hygiene among prisoners of eastern Nepal – Mamata Regmi
- 2) Knowledge and behaviors related to key SRH issues, including menstrual health in Godawari Municipality of Kailali District- Dr Prakash Dev Pant, Jayashree Rai, Latshering Glan Tamang
- 3) It begins at home: Perception and practices of menstrual taboos among adolescent girls from selected schools in Lalitpur- Dikscha Karki, Prof. Madhusudan Subedi
- 4) Trend of women’s experience of restriction during menstruation and its associated factor in Nepal: Comparison of 2014 and 2019 round survey – Navaraj Bhattarai, Kabita Aryal, Amrita Pahadi, Kiran Acharya
- 5) Changes in practice of chhaupadi pratha in Sudurpaschim: A case of chaurpati, Achham- Nirajan Khadka
- 6) Satisfaction in use of menstrual cups among its users in Nepal- Sita Koirala, Raghendra Mishra, Karuna Bhandari, Archana Shah, Nirajan Khadka, Dr. Khem Bahadur Karki.

Sideline Events:

1) Cycle Rally

On International Menstrual Hygiene Day on 27th May 2023, X-Pose Nepal organized Cycle Rally. This year's Theme for the Cycle Rally was “सम्मानित महिनावारी: हाम्रो प्रतिबद्धता” "Pride of Menstruation, We are Committed". The purpose of this event was to raise public awareness about the topic, and we are pleased to announce that our goal has been achieved.



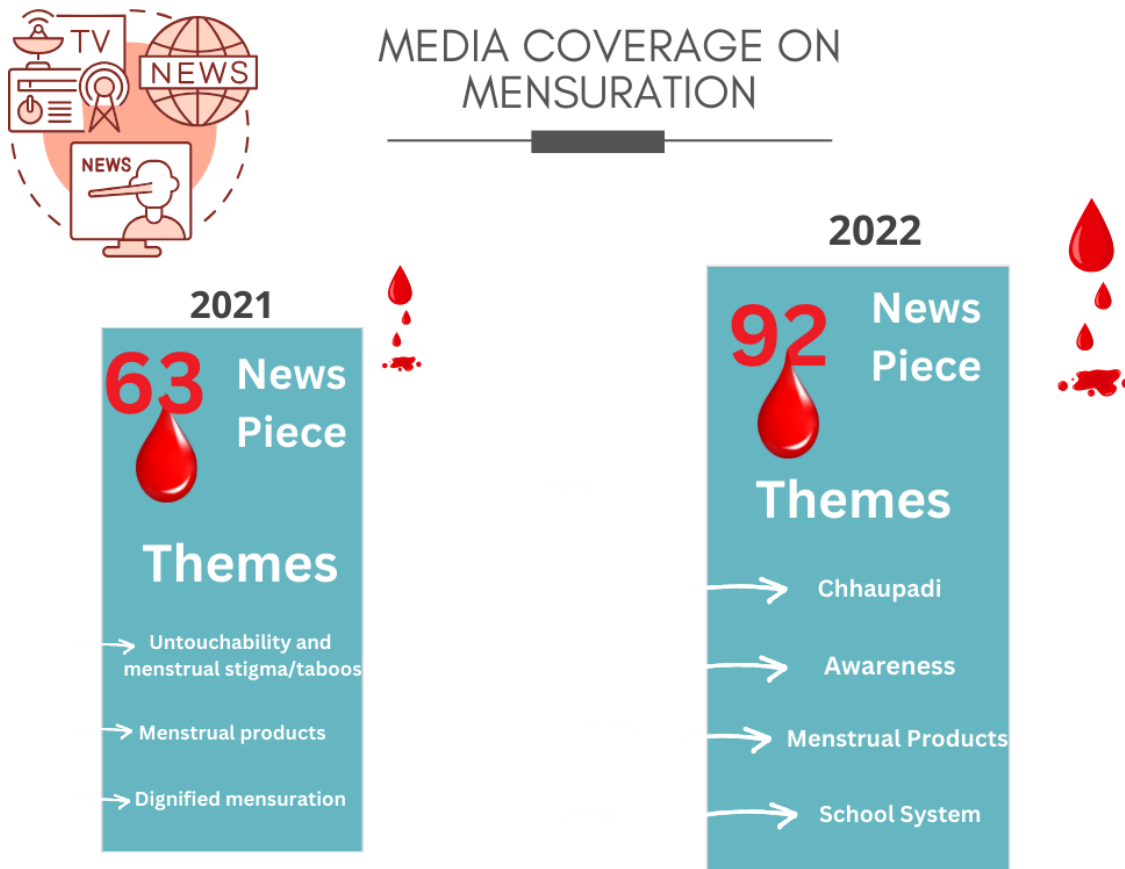
2) Exhibition

As part of the celebration, member organizations showcased products and services related to menstruation through an exhibition. Organizations attracted crowds using quizzes, displays, charts, and best practice models. The exhibition provided an interactive opportunity to explore different menstrual hygiene products and services, including eco-friendly options. Attendees interacted with representatives and learned about the products and services. The engaging activities helped raise awareness and emphasize the importance of menstrual health.



MEDIA COVERAGE ON MENSTRUATION REPORT

MHM PA has developed a new report titled "Media Coverage on Menstruation 2022" as a continuation of the media coverage report from 2021.



The media coverage on menstruation has increased from 2021 to 2022, with the total number of news piece rising from 63 to 92. More print newspapers have started reporting on this issue, in addition to online portals. Certain topics like menstrual products and education have gained more prominence, though issues of diverse sexual orientations, gender identities, and expressions (SOGIESC) remain missing. Both Nepali and English media have expanded their coverage by using diverse formats beyond just news articles. Overall, the coverage seems more robust in 2022, though there is scope for improvement to make it more holistic and inclusive. Sustained advocacy efforts are needed to further engage media on eliminating taboos around menstruation.

MEDIA COVERAGE ON MENSTRUATION 2022

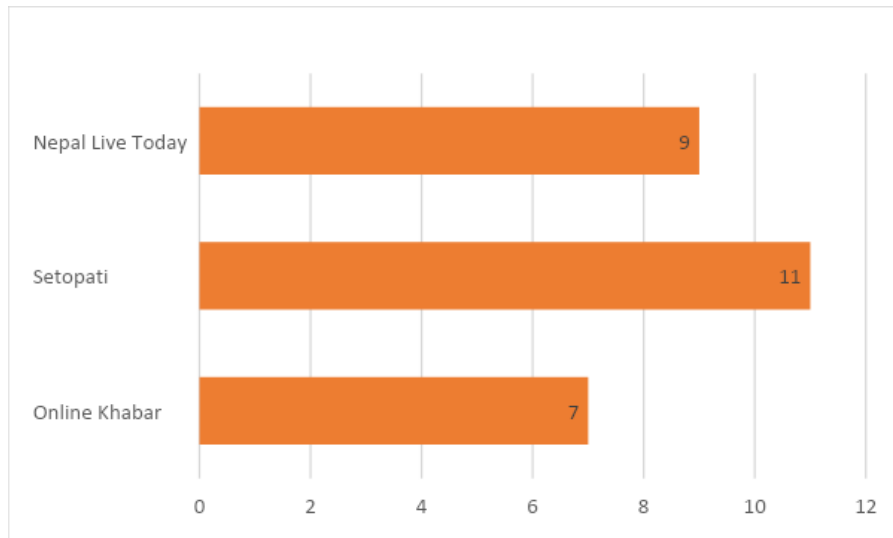
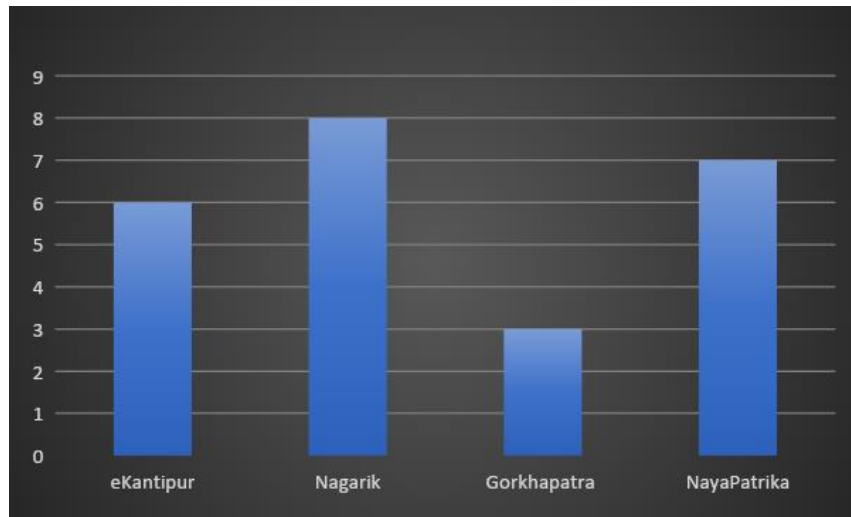
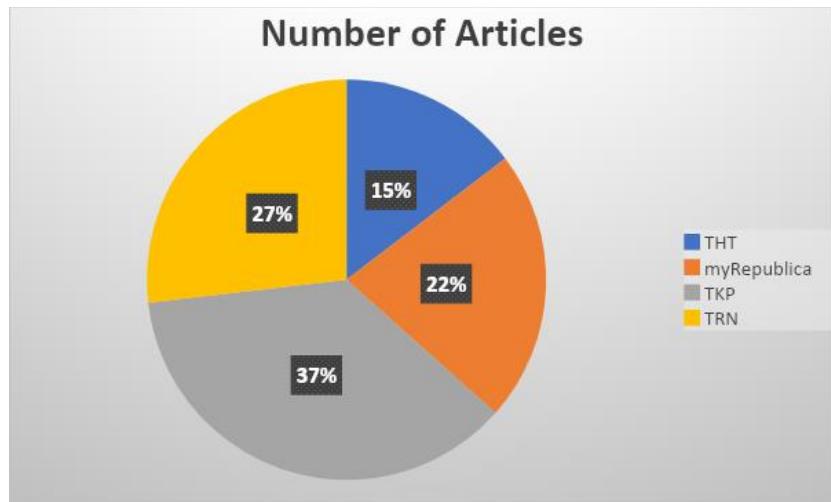
In 2022 report, while coverage of menstrual issues saw some growth, it remained limited in scope. Certain themes dominated, like Chhaupadi, awareness programs, menstrual products, and school access. However, some important aspects were still missing. There was a lack of coverage on policy gaps in menstrual health, initiatives by activists, issues faced by marginalized groups like persons with disabilities and SOGIESC, coverage of menopause, premenstrual dysphoric disorder (PMDD)/premenstrual syndrome (PMS), and involvement of men in menstruation. The report highlighted opportunities for Nepali media outlets to expand reporting to capture a wider range of menstrual perspectives and experiences. Broader coverage can help drive advocacy, shape policy debates, and ultimately transform social attitudes surrounding menstruation. The report provides a baseline to track how media representation of menstrual issues evolves in the coming years.

Overview of the News Coverage in 2022

English Newspapers	Number of Articles
THT	6
myRepublica	9
TKP	15
TRN	11

Nepali Newspapers	Number of Articles
eKantipur	6
Nagarik	8
Gorkhapatra	3
NayaPatrika	7

Online News Portals	Number of News Articles
Online Khabar	7
Setopati	11
Nepal Live Today	9



Thematic Areas

A thematic analysis was conducted from all the articles from the above-mentioned newspapers and online news portals. After a thorough analysis, four major themes have been identified. They are as follows:

- Chhaupadi: Stigma, Untouchability, Social Norms/ Societal Pressure
- Awareness: Doctor's Perspectives, Celebration, Real-life experience, Education, Dignity
- Menstrual Products: Menstrual Cups, Vending Machines
- School Systems

A brief description of all the themes have been given below:

Chhaupadi

Many news pieces have covered Chhaupadi. Although Chhaupadi has been criminalized, some areas in Nepal still continue to hold this tradition because of which every year, there is at least one news coverage of young girls and women dying in Chhau Goths.

The news pieces that have covered Chhaupadi have presented a very similar kind of pattern. Stigma, shame, certain social norms, societal pressure and untouchability are factors that play a role in Chhaupadi.

Awareness

Over the years, menstrual awareness has been an integral part of different programs and projects run by different organizations and individuals. Although there is news coverage of Chhaupadi, there are also news coverage on awareness of menstruation through the lens of dignity, celebrations, real life experience, and doctor's perspectives. The news coverage is mostly in forms of op-eds and articles, which gives a certain level of awareness. The articles have certain viewpoints from doctors and experts in relation to menstrual health, which helps readers in gaining knowledge around the topic of menstruation. Few articles have also displayed positive side of menstruation where families have celebrated the daughter's first menstruation with open arms, gifts and cakes. Many op-eds have also reflected authors stand on menstrual discrimination and stigma and their individual efforts to overcome them.

Menstrual Products

A number of articles have also focused on menstrual products to help menstruators know about the choices that they have while menstruating. Many articles have focused on menstrual cups and have provided insights of how it can be a long-term sustainable solution for menstruation. Similarly, news pieces on reusable sanitary pads have also made its way to newspapers.

This year, the majority of the newspapers and online portals, which have been analyzed, had a photo feature on the protest against red tax on menstrual products. The news gained a lot of popularity and many have argued that menstrual products should not be labeled as luxury since menstruation is a natural process and not a luxurious one.

School Systems

Oftentimes, young girls also miss school in comparison to their male counterparts. Although, studies have shown that young girls miss school during menstruation because of lack of proper WASH (Water, Sanitation and Hygiene) facilities, this is NOT only the sole reason. Social, cultural and traditional barriers play an equally important role. For example, women and girls often live under fear of having stains from menstrual blood in schools and workplaces because of which they withdraw themselves from any activities in the classrooms and workplace. Similarly, lack of conversation around menstruation and the silence that is observed has also helped in maintaining menstrual stigma across all generations.

Recommendations

The following are a few recommendations to the Nepali media fraternity from MHMPA Nepal.

- 1) The Nepali media needs to hold conferences related to menstruation at least once a year in order to provide a platform to talk about challenges and opportunities faced by different stakeholders working in the field of menstruation.
- 2) There is a need for more editorials on menstruation and its related topics. There is lack of enthusiasm from editors in media houses to learn more about menstruation and lack of interest in addressing such a sensitive topic. With so many women and girls menstruating every day in Nepal, it is important to highlight the topic.
- 3) Print media – The newspapers mentioned above must try and work with organizations working in the field of menstruation to bring forward more narratives and stories of women, girls and other menstruators in order to help bring attention and help in spreading similar experiences forward. Setopati has done a commendable job in bringing stories of famous women to help break taboo and stigma.
- 4) The media should try and focus on disseminating its people to different parts of the country to follow-up several news related to menstruation. Time and again, there is much news about Chhaupadi, but there is hardly any follow-up. By following up on news about such critical issues, it would help in creating awareness to the general public.
- 5) Nepali media houses should try and capacitate its employees by providing courses, training and workshops related to menstruation for better coverage.

TECHNICAL ASSISTANCE TO NATIONAL PLANNING COMMISSION

Through continuous policy advocacy efforts of MHM PA since last several years, on 20th December 2022, the National Planning Commission (NPC) formed an Inter-ministerial Advisory Group (IAG) for Dignified Menstruation to mainstream sectoral policy, plan and program around dignified menstruation. The NPC accepted TA support from MHM PA with support provided by Mr. Guna Raj Shrestha, who is the founder and National Convener of the MHM PA. The establishment of an inter-ministerial advisory group aimed to address the menstruation issues with multi sectoral and comprehensive approach. It provides an integrated platform that would enhance efficiency and efficacy in combating menstruation related issues in Nepal. This advisory group works 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.

This board has three key objectives: developing a comprehensive National Policy on Dignified Menstruation, formulating MHM indicators for inclusion in the upcoming 16th Five-Year Plan, and establishing an agreed definition of "Dignified Menstruation". The MHM PA is providing technical assistance support to the National Planning Commission, specifically for developing MHM indicators and ensuring their endorsement for inclusion in the ongoing 16th Five-Year Plan. The NPC has broadly endorsed three indicators related to MHM facilities in schools, health, and gender-based violence (GBV). However, the planning document is currently on hold due to the change in government, and its progress will resume once the government nominates new members. Concurrently, a policy brief is in progress, and a draft of national MHM guidelines has been prepared, though not yet formally approved. The Advisory Board aims to review these existing guidelines and explore elevating them into a comprehensive national MHM policy.

MENSTRUAL HEALTH AND HYGIENE



Issues

- Stigma
- Insecurity
- Exclusion
- Neglected
- Lack of awareness
- Misinformation
- Gap in policy
- Poor menstrual hygiene



Achievements

- Policies
- Standard Guideline
- Legal Framework
- Education and curriculum materials
- Teacher Training Materials
- Menopause toolkit
- Research in all seven provinces



Time for Intervention

- Coordinated approach
- Evidence based practices
- Inclusive intervention
- Age-specific programs
- Pad making training
- Menstrual friendly toilets
- Community health programs
- Focus on menopause

MUSICAL CAMPAIGN- KHULERA KURA GARAU

Introduction

“Khulera Kura Garau” is the second part of the song series done by famous artists Keki Adhikari and Prakash Saput. The first part of the song “Para Para Chhu” was a successful hit with more than 3 million views. As a part of awareness raising and advocacy, along with dissemination to a wider range of audience, “Khulera Kura Garau” reflects upon discouraging stigma and taboo towards menstruation.

The song “Khulera Kura Garau” was launched on Menstrual Hygiene (MH) Day by Ms. Laxmi Kunwar, Person with Disability who also shared her experience on menstruation. The song has aimed to raise awareness and address the issues surrounding Chhaupadi, a harmful practice in Nepal where menstruating women are isolated. By using the medium of music, the team of Keki Adhikari and Prakash Saput and these organizations sought to break the silence surrounding Chhaupadi and encourage open dialogue.



Picture: A snapshot from Khulera Kura Garau

The song conveyed the important message that by openly discussing the problem, we can collectively find solutions and work towards eliminating harmful practices. The launching of the song on special day served as a powerful advocacy tool, drawing attention to the need for change and sparking conversations about menstruation, gender equality, and human rights. The collaboration among UNICEF, SUSWA, NEWAH, and BBC in the creation of this song showcased the collective efforts of multiple organizations committed to addressing the challenges associated with Chhaupadi. By leveraging the power of music, they aimed to amplify the voices of those affected and foster a sense of solidarity in advocating for change. The song was a testament to the transformative power of music and its power to inspire social change and promote dialogue on critical and sensitive issues.

*Link for Para Para Chhu: <https://www.youtube.com/watch?v=y7JTQJxFnnc>

*Link for Khulera Kura Garau: <https://www.youtube.com/watch?v=bR6B8RHpnMw>

COLLABORATIONS

MHMPA MEMBERS MEETING

MENOPAUSE
STORYTELLING
WORKSHOP

HARM REDUCTION
WORKSHOP

COLLABORATIONS

MHMPA MEMBERS' MEETING 2023

There was a total of three MHMPA Members' Meeting in the year 2023. 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:

24 Feb 2023, Agenda: Sharing practices and learning on menstrual waste management, TA support to National Planning Commission, Women Health Conference, MHM PA Steering Committee Membership

- Ms. Sushma Shrestha of BBC presented findings from a study on sanitary pad disposal in 6 public schools. Key findings included schools using makeshift incinerators, open burning, and research recommendations.
- Participants provided feedback, highlighting issues like lack of government guidelines, pad quality concerns, budget needs, and quality assurance.
- Mr. Mahesh Nakarmi of HECAF 360 presented on sanitary pad decomposition rates - 3-6 months for compostable, 800-900 years for non-compostable, and 1-10 years for reusable.
- Mr. Sunny Rajopadhy of Didibahini/Chyau Biotechnologies presented an ambient bioreactor solution for processing menstrual waste.
- Mr. Guna Raj Shrestha updated that the National Planning Commission formed an advisory group on dignified menstruation, with TOR approved for expert support.
- Mr. Guna Raj shared MHM PA's 2023 strategic plan and requested budget commitments from members.
- Ms. Jyotika Rimal informed about an upcoming women's health conference where BBC booked a stall for MHM PA members.
- Mr. Guna Raj reminded about upcoming steering committee selection based on funding commitments.
- HECAF 360 showcased a "Zero Waste Clinic" exhibition.

7TH April 2023, Agenda: National slogan for Nepal, Discussions on Menstrual Hygiene (MH) Day plans and preparations, Endorsement of new Steering Committee Members for 2023-2024

- Mr. Guna Raj proposed the slogan "Pride of Menstruation, We are Committed" in English and Nepali for 2023 Menstrual Hygiene (MH) Day and requested alternate slogans from members by mid-April.
- Mr. Guna Raj proposed activities for national MH Day celebration on 28th May:
 - 2-hour policy discussion with presentations
 - 30-min stand-up comedy
 - 30-min musical concert
 - 30-min launch of song, book, TikTok, other
 - Exhibition of products, publications, innovations
 - Bicycle rally day before
- Mr. Guna Raj informed the event would likely be hosted by National Planning Commission or Prime Minister's Office with MHM PA.
- Mr. Guna Raj requested members propose a declaration by the Chief Guest and share own event plans by mid-May.
- Mr. Guna Raj requested a study on pad effectiveness in schools.

- 10 steering committee members were endorsed out of 15 applicants, with 4 continuing and 6 new members.
- The first steering committee meeting would agree on roles, endorse 2023-2024 strategies and plans, and secure funding.
- Mr. Guna Raj congratulated to the newly endorsed members on behalf of the MHM PA members

8th December 2023, Agenda: In solidarity to celebration of '16 days' activism against GBV' and '5th International Dignified Menstruation Day'

- Celebrated launching of 'Khulera Kura Garaun' .Prakash Saput, Keki Adhikari and Rekha Joshi were present in persons.
- The song was officially launched by Dr Anita Shah Dhungana, honorable member of National Planning Commission.
- Live concert by Prakash Saput, Rekha Joshi, Gauri Bhatta, Ibsal Sanjyal
- The event was recorded in video by GIZ team lead by Jan Christoph Schelenk
- At the end we had MHM PA's general meeting.
- In the meeting following members presented about their orgs, ongoing activities and lessons learnt:
 - GNI
 - HECAF
 - Dignity Without Danger
 - NIDISI
 - Days for Girls
 - Child Fund Japan
 - Flowy Venture
- In the meeting, following decisions were made:
 - A wing of musical artists will be initiated with convenorship of Rekha Joshi
 - A wing of media personnel
 - Collaborate with DWD for publication of second episode of MHM activists' book
 - Collaborate with Prakash Saput/Keki Adhikari to produce third episode of Para Para Chhu
 - Welcomed new member Child Fund Japan
 - MHM PA to feed into the policy dialogue and in other forums:
 - Policy gaps in MHH
 - How to procure locally environment friendly pads
 - How to subsidize the biodegradable pads to make it affordable
 - How to ensure banana/bamboo fibers are health risk free
 - Exploring exporting Nepali products
 - How to make easily available the education materials developed by DWD

In addition, the steering committee held meetings six times throughout the year 2023. These meetings took place in January, March, April, May, June, and July, ensuring regular oversight and guidance for the organization's initiatives.

MENOPAUSE STORYTELLING WORKSHOP

The menopause storytelling workshop happened on Sept 7th and 8th where 12 women came together and shared their stories of menopause and highlighted their problems and difficulties. The session highlighted stories of menopausal and perimenopause women in leadership positions through a recent workshop. The aims of the workshop was to provide technical knowledge about menopause for professional women going through it, to share unheard narratives and real-life menopause experiences, to create a platform for menopause storytelling, and to facilitate a smooth professional transition through menopause.

By highlighting the experiences of women leaders, the workshop gave voice to an often-overlooked stage of life and provided support, knowledge, and community for women undergoing changes. Bringing these stories forward helped break taboos, sparked important conversations, and empowered women across various industries and roles. Overall, the workshop aligned with MHM PA's mission to illuminate diverse experiences related to bodily transitions and promote dignity, understanding, and health.

The menopause storytelling workshop was initiated by 3 Australia Awards alumni, and partnered with MHM PA, Institute of Medicine, Department of Public Health, TU, Department of Gender Studies, TU, National University of Mongolia, Institute for Integrated Development Studies (IIDS). MHM PA played a key role by supporting the overall management of the program and by becoming a long-term partner to advocate for menopause. As a result, MHMPA, along with the organizers of the workshop, are developing a “Menopause Toolkit for Workplace in Nepal and Mongolia”.



HARM REDUCTION WORKSHOP

A harm reduction workshop was organized by Dr. Sara Baumann, Assistant Professor, University of Pittsburgh jointly with MHM PA at Good Neighbors International on 9th June 2023. The workshop brought together experts from different organizations- in order to share expert insights on “Exploring Harm Reduction for Menstrual Stigma in Nepal.” The workshop entailed a total of 18 participants.



Join us!

Exploring Harm Reduction for Menstrual Health in Nepal

A brainstorming workshop for menstrual health experts

Organized by:

- GLOWHER: global women's health research collective learning practitioners & methods
- University of Pittsburgh School of Public Health
- MHMPA NEPAL

Harm Reduction refers to the idea of reducing negative impacts of health behaviors without necessarily eliminating the problematic behaviors entirely.

At this interactive workshop, we will:

- Provide a brief introduction to Harm Reduction
- Use human-centered design to gather ideas regarding opportunities and challenges for applying harm reduction for menstrual health

Date and Time: June 9, 2023, 3:00-5:00 PM
Location: Good Neighbors International, Ekantakuna (In-person)
(virtual participation option also available - contact Jyotika for details)
Please RSVP to Jyotika Rimal and select in-person or via zoom (Zoom link will be provided)
No previous knowledge of Harm Reduction or Human centered design are necessary!

RESOURCES OF MHMPA 2023

NEW ARTICLE PUBLISHED

A new article has been published on PLOS One Blog Section, written by MHM PA Advocacy Officer titled, "Women's Health: Beyond Just Absence of Disease". The link to the article can be found below:

<https://yoursay.plos.org/2023/03/womens-health-beyond-just-absence-of-disease/>

ARTICLE ON MENOPAUSE

<https://yoursay.plos.org/2023/10/menopause-neglected-under-researched-but-important/>

HOST ORGANIZATION

Beyond Beijing Committee (BBC) has been hosting the secretariat for the two years period of 2022-2024.



MHMPA MEMBER OF GLOBAL MENSTRUAL COLLECTIVE (GMC)

Another very important announcement is that MHM PA has now become a member of Global Menstrual Collective (GMC).



You can learn more about them here: <https://www.globalmenstrualcollective.org/>

MOVING FORWARD – PLANS FOR 2024

POLICY ADVOCACY

CONTINUED SUPPORT TO THE NATIONAL PLANNING COMMISSION
SUPPORT TO STRENGTHEN KARNALI MMHM PA
DEVELOP POLICY BRIEF AND CONDUCT POLICY DIALOGUE

EDUCATION AND AWARENESS

DISSEMINATE PRAKASH SAPUT/KEKI ADHIKARI AUDIO-VISUAL SONG PART I AND II
MOBILIZATION OF GOODWILL AMBASSADOR- REKHA JOSHI
MOBILIZATION OF SOCIAL MEDIA – TWITTER/FACEBOOK/LINKEDIN

RESEARCH AND KNOWLEDGE MANAGEMENT

REGULAR UPDATE OF MHMPA WEBSITE
COLLECTION OF MHM RESOURCES FROM MHM PA MEMBERS
MHMPA COLLABORATIVE RESEARCH WITH PARTNERS
MEDIA COVERAGE ON MENSTRUATION REPORT 2023
DIGITAL ARCHIVE ON VARIOUS ISSUES OF MENSTRUATION FROM LGBTQI+ COMMUNITY,
PERSON WITH DISABILITY, YOUTH VOICE THROUGH CONSULTATION

INNOVATION AND SUSTAINABILITY

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

CAPACITY DEVELOPMENT

DEVELOPING HUMAN RESOURCE ON DIGNIFIED MENSTRUATION: MASTER TRAINING OF TRAINERS

MH DAY 2024

MHMPA MEMBERS MEETING 2024

ANNEX: MHMPA MEMBER'S LIST 2024

BILATERAL ORGANIZATIONS

FINLAND EMBASSY
GIZ
SUSWA
WORLD BANK
USAID
PEACE CORPS
FCDO

UN AGENCIES

UNICEF

INGOs

CARE
GOOD NEIGHBOURS INTERNATIONAL
PLAN INTERNATIONAL NEPAL
NIDISI
SNV
SWISS RED CROSS
VSO
WATERAID
WELTHUNGERHILFE
WORLD VISION
ODA FOUNDATION
ACTION AGAINST HUNGER
CHILDFUND JAPAN
KARUNA DEUTSCHLAND

NGOs

BEYOND BEIJING COMMITTEE
CENTER FOR INTEGRATED URBAN DEVELOPMENT
CONNECTION NEPAL
DAYS FOR GIRLS
DIDI BAHINI
Emerge Nepal
ENVIRONMENT AND PUBLIC HEALTH ORGANIZATION
FORUM FOR WOMEN, LAW AND DEVELOPMENT
GLOBAL ACTION NEPAL
GREEN TARA NEPAL
GUTHI NEPAL
HOPE IS LIFE NEPAL
ICA

KIRDARC
MITINI
MITRA SAMAJ
NAWAPAILA
NEPAL RED CROSS SOCIETY
NEWAH
RADHA POUDEL FOUNDATION
SEBAC NEPAL
THE COUNTRY THAT SHOOK
VISIBLE IMPACT
YUWA NEPAL
YUWALAYA
INITIATION FOR CHANGE
AASAMAN NEPAL
LUMANTI SUPPORT GROUP FOR SHELTER
NFCC
WOMEN FOUNDATION
SAATHI
HEAR NEPAL
HECAF 360
XPOSE NEPAL
ZEST LABORATORY

PRIVATE ORGANIZATIONS

NEPAL CRS COMPANY
PAD2GO
SAFEPAD NEPAL PVT. LTD.

ACADEMICS

LIVERPOOL JOHN MOORES UNIVERSITY
THE BRITISH COLLEGE
TRIBHUWAN UNIVERSITY
UNIVERSITY OF PITTSBURGH
UNIVERSITY OF COPENHAGEN
AKASH ACADEMY
RR SHREE SCHOOL OF TECHNOLOGY

MHM PA MEMBERSHIP UPDATED LIST

A series of emails were sent to all MHM PA members who had not filled the form for the alliance membership. Some new members have reached out to the alliance for the membership. Logos of all members who have filled up the MHM PA form have been collected for future documentation. So far the following members have filled the form:





Swiss Red Cross





अविभेद र समानताका लागि कार्यरत



STEERING COMMITTEE MHH ACTIVITIES FOR YEAR 2023-2024

Name of Organization: Visible Impact

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1.	No Shame to Bleed	Kathmandu Valley	<ul style="list-style-type: none"> • Training of trainers provided to selected 10 young people called “Sarathi” • School based sessions on Menstrual Health and Hygiene delivered by the Sarathi • Capacity building of Sarathi through other activities like blog writing and learning circles 	Phase VI (July 2023- July 2024)	This is an in-house and self-funded flagship program. A Workshop Facilitation Guide on Menstruation has been developed under this project.
2.	Youth Empowerment for SRHR	All 7 provinces	<ul style="list-style-type: none"> • 4 young people called “Youth Champions” are selected from each of the seven provinces who are provided with an intensive boot-camp on different topics of SRHR including menstruation • Community and school-based informative sessions on SRHR topics including menstruation delivered by the Youth Champions in each of their provinces 	February 2023- June 2024	Running
3.	MHM for Chepang Girls	Gorkha District	<ul style="list-style-type: none"> • 24 Chepang girls from Gorkha district are selected and trained through an intensive boot-camp on Menstrual Health and Hygiene • Community-based sessions delivered by the trained Chepang girls on different aspects of MHM 	September 2023- September 2024	Running

Name of Organization: Good Neighbors International

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	MHM in School	Humla, Mugu, Doti, Bajura, Achham, Darchula, Bardiya, Kailali, Myagdi, Parbat, Kaski, Gorkha, Nuwakot, Jhapa, Kathmandu, Lalitpur, Mahottari	<ol style="list-style-type: none"> 1. Accessibility of MHM Services and Facilities (Water, MHM Friendly toilet, MHM Corner, hand washing station) 2. Enhanced Knowledge, Attitude, and Practice (IEC material, training/ workshop and girls/ child club, teacher, health worker, FCHV mobilization) 3. Decreased Menstruation-related Stigma (male involvement, local government involvement and traditional healer mobilization) 	2014 to till	Under Integrated Community Development Project (ICDP)

Name of Organization: Karnali Integrated Rural Development and Research Center (KIRDARC)

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	Girls Standing Strong (GSS) Project	Kalikot (Narharinath and Sanni Triveni)	<ul style="list-style-type: none"> • Repair and Maintenance of Sanitation Facilities, water facilities and solid waste facilities • Orientation event School WASH Management Coordination (SWASHC) Committee • Awareness Campaigns on Chaupadi including Street Drama and several competition in school 	July 2023- June 2026	Partner: Plan International
2	MHM and WASH Friendly School in Kalikot	Kalikot (Narharinath and Sanitriveni)	<ul style="list-style-type: none"> • Awareness on WASH and MHM • Training on local level sanitary pad production • Construction of MHM room at 6 school • MHM and CGD friendly WASH friendly at 6 schools • Video Documentary on WASH and MHM in Karnali • IEC/BCC Materials and • Wall Paintings related to MHM 	June 2023 to 15 April 2024	Partner: Plan International
3	Integrated Community Development Project	Mugu (4 Palika) and Humla (Kharpunath, Sarkeghad,	<ul style="list-style-type: none"> • Health Camp for Sponsored Child • Child Protection: Capacity building of Child Right Committee- Child 	2016 August- 2024 December	Partner: Good Neighbor International

		Chankeli, Simikot)	Marriage and Child Right		
4	Maternal Child Health Care	Mugu (Soru, Khatyad, Chayanath Rara, Mugum Karmarung)	<ul style="list-style-type: none"> • Maternal Child Health Care • Construction of 3 Birthing Center • SBA training and Implant Training • Interaction and Capacity Building with mother group and father groups • IEC materials on MHM • Repair and maintenance of sanitation facilities, solid waste management and sal nal katne thau in Hospitals • Regular meeting with Hospital Development Committee • FCHV training on MHM 	2022 Jan-Dec 2024	Partner: Good Neighbor International
5	Strategic Partnership Agreement (DANIDA)	Sarkeghad, Humla	<ul style="list-style-type: none"> • Monitoring Family WASH (includes MHM indicators) Improvement Plan • Sanitary Pad Distribution • Sensitization (Chaupadi, MHM, inclusive WASH facilities) and strengthening institutional inclusive WASH facilities in 4 schools 	Jan 2022-Dec 2025	Partner: Mission East
6	Child Protection, community engagements	Patarasi, Guthchaur, Chandnath, Tatopani, Tila, Sinja	<ul style="list-style-type: none"> • CFLG Declaration • Child Club/Youth Club orientation on MHM • Life skill training including (Stress 	Upto September 2024 and possible extension	Partner: World Vision International

	Sponsorship project		<p>Management, Sanitary Pad Production)</p> <ul style="list-style-type: none"> • Child Congress (Bhal Bhela) for planning submission during local planning process 		
7	SAHAYATRA III	Tatopani, Jumla	<ul style="list-style-type: none"> • Teachers training on GESI/gender • Preparation of School Improvement Plans • Conduct Intergenerational Dialogue • Capacity building of child protection actors • Launch Healthy Transition package in targeted communities • SRHR interventions • Conduct adolescent sexual and reproductive health training • Social Protection and CFLG 	2024-2028	Partner: Save the Children
8	USAID: Equity and Inclusion in Education	Karnali Province (All Palika)	<ul style="list-style-type: none"> • Regularly coordinate with and engage other relevant line ministries, particularly the Ministry of Women, Children and Senior Citizens at the provincial level, and Health Offices at the District and local levels. 	2024-2028	Partner: Plan International

Name of Organization: Sustainable WASH for All (SUSWA)

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	Local Resources Person development and mobilization (LRP)	Selected Rural/Municipalities of Humla, Jumla, Kalikot, Mugu, Dailekh, Dolpa, and Salyan	<ol style="list-style-type: none"> 1. Training on DMM to local youth as LRP 2. LRP mobilization to facilitate DMM/MHM at communities 	Sep 023- Jul, 024	41 youths are trained on DMM as LRPs and mobilized against harmful practices of menstruation management and to promote MHM.
2	Provincial workshop on DMM with Deputy Mayors/ Vice Chairs	Selected Rural/Municipalities of Dolpa, Dailekh, Salyan, Surkhet, Kalikot, Jumla, Mugu and Humla	<ol style="list-style-type: none"> 1. Provincial workshop on DMM with Deputy Mayors/ Vice Chairs 	9-10 Oct 023	12 points Surkhet declaration for DMM was agreed and signed
3	DMM/MHM training		<ol style="list-style-type: none"> 1. Training on MHM/DMM along with sanitary pad making to teachers, students/child clubs/ adolescent groups, youth networks, social female volunteers and religious/community leaders 	Oct 023- Mar 024	9 events, 277 participants
4	16 Days of Activism Against Gender-based Violence	Selected Rural/Municipalities of Dolpa, Humla, Jumla, Kalikot, Mugu, Salyan and Surkhet	<ol style="list-style-type: none"> 1. Musical concerts on DMM by Karnali and National Goodwill Ambassadors at Palata RM (Kalikot) and Sarkegad, Humla) 2. Awareness raising campaigns on MHM and taboos 3. Creative activities such as cultural programme, deuda, poem and speech competition, interaction etc. 	25 Nov- 10 Dec 023	30 events 12,183 participants

5	DMM Day celebration	Selected Rural/Municipalities of Dolpa, Humla, Jumla, Mugu, Salyan and Surkhet	<ol style="list-style-type: none"> 1. ToT on DMM to WASH Unit staff 2. BC message on DMM dissemination on FB reels by Karnali and National Goodwill Ambassadors 	8 Dec 023	17 events, 1187 participants
6	GEDSI/DMM promotion events	Selected Rural/Municipalities of Humla, Jumla, Kalikot, Mugu, Dailekh, Dolpa, Salyan and Surkhet	<ol style="list-style-type: none"> 1. Study on GEDSI including DMM 2. Across-Generation' Sasu Buhari workshop (1 day) 3. Awareness raising to ensure access to WASH facilities focusing access to toilet during menstruation and to create demand for sanitary materials for menstrual hygiene 4. Workshop on DMM at municipal level 5. Mobilization of religious and community leaders, youth networks and teachers against harmful practices of chhaupadi 	Sep 023- Jul 024	13 events, 649 participants
7	International Women's Day celebration	Selected Rural/Municipalities of Humla, Jumla, Kalikot, Mugu, Dailekh, Dolpa, Salyan and Surkhet	<ol style="list-style-type: none"> 1. Musical concerts on DMM by Karnali Goodwill Ambassador and other artist at Bagachaur Municipality and Darma Rural Municipality, Salyan 2. Awareness raising campaigns on MHM and taboos 3. Creative activities such as cultural programme, deuda, poem and speech competition, interaction etc. 	8 March 024	21 events, 7,561 participants
8	Policy Advocacy	Selected Rural/Municipalities of Humla,	<ol style="list-style-type: none"> 1. DMM policy consultation workshops 	Mar- Jun 024	Till April 9, 4 workshops are

		Jumla, Kalikot, Mugu, Dailekh, Dolpa, and Salyan			conducted. Target of current FY is 10.
9	Campaigning by social media		<ol style="list-style-type: none"> 1. TiKTok by Ibsal Sanjyal, a young artist from Karnali 2. Facebook reels by MHM Goodwill Ambassador (Rekha Joshi) 	<p>Jul- Sep 023</p> <p>Feb- Jul 024</p>	Running
10	Strengthening KADMM: a collective effort DMM		<ol style="list-style-type: none"> 1. Various synergetic actions 		SUSWA is a Co-chair of KADMM

Name of Organization: GIZ-Support to the Health Sector Strategy (S2HSS)

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	Support to the Health Sector Strategy	Nuwakot Kailali Dhading	-School based MHM program -WASH in School program -Support for compostable sanitary pad productions -Support to MHM PA -Support to NHEICC on the development and dissemination of IEC materials on MHM	2016-2023	Completed

Name of Organization: Days for Girls Nepal

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	Kailali Project	Kailali (Godawari Municipality)	AWH training, DFG Washable Pad distribution, FGD and MWK	2020 to 2024	Running
2	Samman Project	Kailali(Mohanyal Rural Municipality) Dhanusha (Ganeshmancharnath Municipality and Janapur Metropolitan)	AWH training, DFG Washable Pad distribution, Radio Program and MWK	2024 to2025	Running
3	Pahilo Paila Project	Chitwan (Kalika Municipality and Ichhayakamana Rural Municipality)	AWH training, MWK training and Premenstrual girls	2024 April to 2024 September	Running
4	KOICA ERCN	Tanahu (Ghiring Rural Municipality, Sindhupalchok (Pachpokhari Thangpal Rural Municipality) and Kavrepalanchok (Temal Rural Municipality)	AWH Training, MYOL Training and DFG Washable Pad distribution	19 th Oct 2022 to 19 th Oct 2024	Running

Name of Organization: Nepal Water for Health (NEWAH)

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	- Increasing Access to Improved Water, Sanitation, And Hygiene Services	- Kavre (2), Sindhuli (11), Myagdi (1), Baglung (14)	<ul style="list-style-type: none"> - To effectively manage their menstruation, girls and women require access to water, sanitation and hygiene (WASH) facilities so NEWAH continuously providing access to WASH facilities in community. - Community Awareness on MHM through group (Tole) education and household visit - MHM training to Secondary School WASH committee and facilitation for proper management of sanitary pad at school. - In MHM day celebration carried out activities in project areas: <ul style="list-style-type: none"> - Interaction & Discussion on traditional taboos, social concept, norms, norms, and sanitary pad making training. - Interaction, Discussion and Rally - Sanitary Pad Distribution - Mass Meetings, demonstration of making of Pad 	- 2022 to 2023 Project activities & MHM Day celebration on 28 May 2023	- NEWAH has been continuing the activities in projects each year

Name of Organization: Beyond Beijing Committee Nepal (BBC)

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1. 1.1	Capacity Building Training on Comprehensive Sexuality Education for Youths Sexual and Reproductive Health and Rights	Kathmandu Valley	Create awareness regarding menstrual hygiene and menstrual products among youths through demonstration, videos and games.	16 th April- 22 nd April 2023/2024	Running
2	Capacity Building Training on Comprehensive Sexuality Education among out-of School and in-school adolescents	Dharan Kaski Kavre Baglung Makwanpur	Create awareness regarding menstrual hygiene and menstrual products among out of school youths through demonstration, videos and games.	10th Sep 2023 18th Aug 2023 27 Sep 2023 20 Aug 2023 2nd Sep 2023	Completed

Name of Organization: Plan International Nepal

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	Adolescents Sexual and Reproductive Health and Rights (ASRHR) improvement project in Bardiya	Bardiya: Geruwa Municipality, Thakurbaba Municipality, Barbardiya Municipality, Madhuwan Municipality	<ul style="list-style-type: none"> - Establish Menstrual Health and Hygiene (MHH) rest room in schools - Construction of gender and disability-friendly WASH facilities - Adolescents, families and community's orientation on SRHR including MHH - Fathers group meeting to ensure male engagement in MHH 	January 2021 - December 2023	MHH is an integral component of SRHR in our projects.
2	MHM and WASH friendly schools in Kalikot	Kalikot: Sanni Triveni Rural Municipality, Naraharinath Municipality	<ul style="list-style-type: none"> - School based WASH and MHH interventions including community advocacy focused to ensure the dignity of girls and young women - Influencing local governments to ensure the sustainability and ownership of implemented interventions 	May 2023 - April 2024	6 public schools
4	Climate Resilient WASH model pilot project in Nepal	Jumla: Hima Rural Municipality, Sinja Rural Municipality, Kanaka Sundari Rural Municipality	<ul style="list-style-type: none"> - Activities to promote climate resilient WASH and gender-responsive menstrual hygiene management services and make schools and communities resilient at the face of disasters 	1 April 2023 - 31 March 2024	Completed
5	WASH SDG	Sunsari and Sindhuli	<ul style="list-style-type: none"> - Strengthening WASH governance and institutional framework 	August 1 2017 - March 31 2024	Completed

			- Improve facilities and strengthen capacities and performance of service providers		
6	Telethon - Child Not Bride	Dhanusha: Bideha Municipality, Janaknandani Rural Municipality, Kamala Municipality, Sahidnagar Municipality, Sabaila Municipality Bardiya: Geruwa Municipality, Madhuban Municipality, Barbaridiya Municipality, Thakurbaba Municipality	Activities to discourage harmful and discriminatory norms, values and practices around menstrual taboos and discrimination	1 January 2022 - 31 December 2025	Integrated project including education, youth employment, ECD, protection, DRR and climate change
7	Girls Get Equal - Preventing Child Early and Forced Marriage	Bardiya, Jumla and Kalikot	Activities to discourage harmful and discriminatory norms, values and practices around menstrual taboos and discrimination	1 January 2020 - 31 December 2024	Integrated project including education, youth employment, ECD, protection, DRR and climate change

Name of Organization: WaterAid Nepal

SN	Name of project	Project area (name of district/s)	Key activities (maximum 2/3 activities)	Duration (from/to)	Remarks
1	WASH GAINS	Bardiya (5 municipalities: Gulariya, Madhuwan, Barbardiya, Thakurbaba and Geruwa)	<ul style="list-style-type: none"> • Orientations, Sensitization, trainings, sessions on: WASH rights, WASH in Schools (WinS) and MHH • Establish and run adolescent friendly corner facilitated by kishori clubs • Organize media campaigns and events to tackle gender, disability and MHH norms 	April 2023 – March 2026	Ongoing