



Media Coverage On Menstruation



2023



MHMPA
NEPAL



Introduction

Menstruation is still a taboo topic in many parts of Nepal. Historically, there has been little open discussion about this natural biological process in Nepali society or media. Many traditional beliefs view menstruation as polluting or impure, leading to the exclusion and restriction of menstruating women and girls. However, in recent years there has been a slow but steady increase in Nepali media coverage and open dialogue regarding menstruation.

Prior to the 2000s, news media rarely addressed menstrual hygiene practices or health. This began to change gradually in the 2000s, with more stories on access to menstrual products and understanding of the menstrual cycle. After landmark Supreme Court rulings in 2005 and 2008 banning *chhaupadi*, media attention expanded. In the 2010s, a few Nepali radio and TV programs directly discussed menstrual hygiene and health, helping break taboos. The most rapid changes have happened in the past few years. Print and digital platforms now regularly highlight health, education, and human rights issues surrounding menstruation for Nepali women and girls. Today in 2024, frequent in-depth coverage on menstruation can be seen across Nepali media formats.

Though media coverage has increased, there are still people practicing *chhaupadi* and lacking information on menstrual hygiene and products. According to the 2021 study “Status of Menstrual Health and Hygiene Management among Adolescent Girls of Nepal” conducted by World Vision in Koshi and Sudurpaschim, significant gaps in knowledge around menstruation persist among adolescent girls in Nepal. One quarter of girls are unaware about menstruation before their first period, and one half are unaware of the link between menstruation and fertility. At the same time, adolescent girls continue to face restrictions during menstruation, from limits on religious activities to issues of untouchability and food consumption. Moreover, mothers play a complex role, remaining the primary source of information and guidance on menstrual management while also serving as the main conveyors of menstrual restrictions passed down through generations. The practice of *chhaupadi* continues as well, still occurring in three of seven provinces, most prevalently in Sudurpaschim.

The Menstrual Health and Hygiene Management Partners' Alliance (MHMPA) Nepal published this report analyzing how Nepali media covers news, opinions, and issues related to menstruation. By monitoring relevant articles, MHMPA aims to highlight this important yet often ignored topic to media outlets nationwide. Additionally, providing critical feedback intends to assist media professionals in exploring menstruation issues in more depth. With many Nepali communities still imposing menstrual restrictions rooted in cultural taboos and silence, media plays a vital role in educating the wider public. Given the influence of media coverage on policymakers, MHMPA strives to impact policies affecting menstruation through dedicated research and reporting.

Rationale

This marks the third edition of MHMPA's annual "Media Coverage on Menstruation" report. Publishing regular reviews aims to advocate for improved media prioritization of this sensitive, yet often neglected topic. The key rationale behind developing this yearly report is twofold:

- 1) To identify gaps in existing coverage in order to recommend adaptive strategies for the media sector, and
- 2) To produce evidence supporting policy changes regarding menstrual health and hygiene.

For this edition, MHMPA analyzed samples from major news outlets across three categories: English print newspapers, Nepali print newspapers, and online news portals (both English and Nepali). The English newspapers examined were The Kathmandu Post, The Himalayan Times, The Rising Nepal, and myRepublica. The Nepali dailies included Kantipur, Nagarik, Gorkhapatra, and Naya Patrika. Finally, the online portals assessed were OnlineKhabar, Setopati, and Nepal Live Today. By highlighting trends in how these diverse news media cover menstruation-related topics, MHMPA aims to influence improved reporting and editorial policies nationwide.

Objectives

The main objectives of developing this report are as follows:

- To provide a comprehensive outlook on media's overall coverage on menstruation for the year 2023
- To understand what kind of coverage (articles, editorials, op-eds) have been published and what kinds of details have been provided
- To understand what the Nepali media is missing while making coverage on menstruation
- To identify gaps in the media and to help media develop strategies

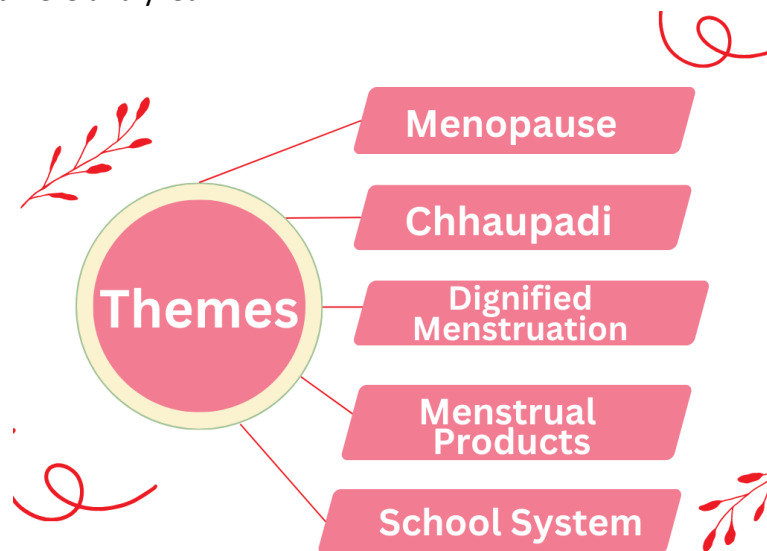
Methodology

This report is based on the analysis of news pieces covered by both print media and online news portals. A total of eleven newspapers have been selected and analyzed. The following are the newspapers that have been analyzed:

- For English newspapers: The Kathmandu Post, The Himalayan Times, The Rising Nepal and myRepublica have been chosen.
- For Nepali newspapers: Kantipur, Nagarik, Gorkhapatra and Naya Patrika have been chosen.
- For Online portals: OnlineKhabar, Setopati and Nepal Live Today have been chosen.

The main idea behind choosing newspapers and online portals in both Nepali and English language is to check the coverage each news article makes and the types of readers who read them. The newspapers have been thoroughly analyzed and key findings have been presented. In addition, several different themes have also been identified. The analysis has been done in order to check different themes and to see if the media has missed out on any important theme that needs to be covered.

The themes have been analyzed through thematic analysis- initially, preliminary codes were identified after which patterns/themes were generated in accordance with articles and their priorities on different topics of menstruation. The following themes were found to be prevalent in the articles that were analyzed:

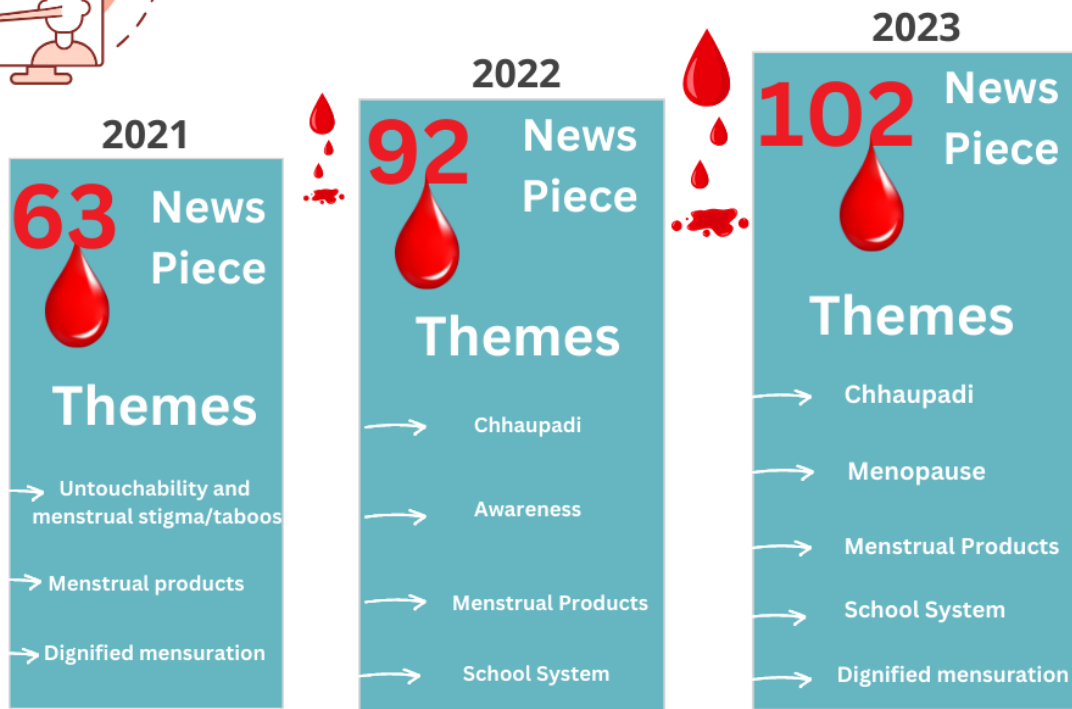


- **Menopause:** Stigma, Taboos, Post-Menopause Healthcare, Education, Awareness.
- **Chhaupadi:** Stigma, Untouchability, Social Norms/ Societal Pressure, Snake Bite
- **Dignified Menstruation:** Government Initiative, Doctor's Perspectives, Equality, Celebration, Real-life experience, Education, Awareness.
- **Menstrual Products:** Menstrual Cups, Pads
- **School System:** Sanitation facilities, women friendly toilets

The different themes mentioned above have been thoroughly described along with other key findings



MEDIA COVERAGE ON MENSURATION



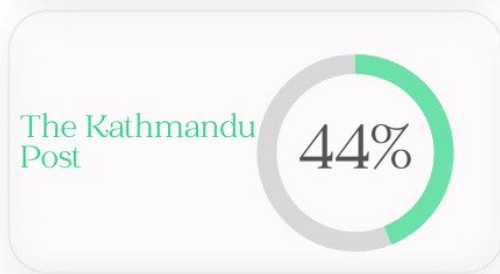
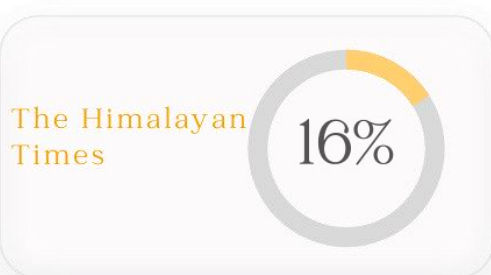
The media coverage on menstruation has witnessed a significant surge from 2021 to 2023, with the total number of news pieces rising from 63 to 102. This increase is marked by a growing number of print newspapers, in addition to online portals, reporting on this crucial issue. Notably, certain topics like menstrual products and education have gained more prominence in the discourse. However, issues surrounding diverse sexual orientations, gender identities, and expressions (SOGIESC) remain largely overlooked.

Both Nepali and English media outlets have expanded their coverage by employing diverse formats beyond traditional news articles, such as feature stories, opinion pieces, and multimedia content. This diversification in storytelling has contributed to a more robust and multifaceted exploration of menstruation-related topics in 2023. Nevertheless, there remains ample scope for improvement to make the coverage more holistic, inclusive, and representative of the diverse experiences and perspectives surrounding menstruation.

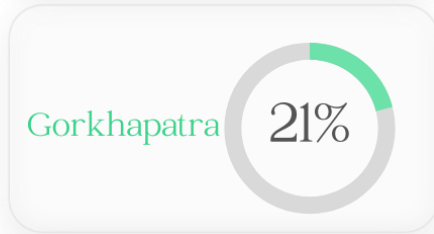
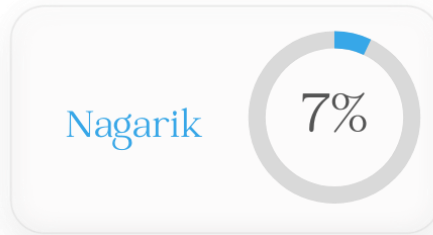
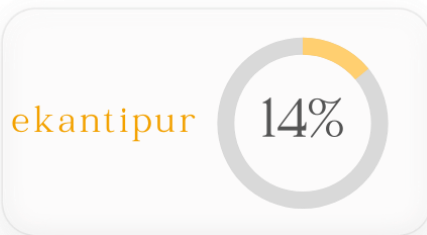
Sustained advocacy efforts are crucial to further engage media stakeholders in eliminating the persistent taboos and stigma associated with menstruation. By fostering open and nuanced conversations, the media can play a pivotal role in normalizing menstruation and promoting greater awareness, understanding, and empathy toward this natural biological process.

Analysis of Different Newspaper (Printed and Online) 2023

English Newspaper	Number of News Coverage
The Himalayan Times	7
myRepublica	6
The Kathmandu Post	20
The Rising Nepal	12
Total	45

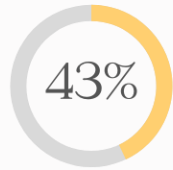


Nepali Newspaper	Number of News Coverage
eKantipur	4
Nagarik	2
Gorkhapatra	6
NayaPatrika	17
Total	29



Online News Portals	Number of News Coverage
Online Khabar	12
Setopati	14
Nepal Live Today	2
Total	28

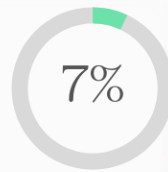
Online
Khabar



Setopati



Nepal Live
Today



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:

- **Menopause:** Stigma, Taboos, Post-Menopause Healthcare, Education, Awareness.
- **Chhaupadi:** Stigma, Untouchability, Social Norms/ Societal Pressure, Snake Bite
- **Dignified Menstruation:** Government Initiative, Doctor's Perspectives, Equality, Celebration, Real-life experience, Education, Awareness.
- **Menstrual Products:** Menstrual Cups, Pads
- **School System:** Sanitation facilities, women friendly toilets

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

Menopause:

Menopause as a topic has received scant attention in the Nepali media landscape. Only a handful of articles and opinion pieces have attempted to shed light on this natural biological process and the societal attitudes surrounding it. A couple of blogs and opinion writers have aimed to destigmatize menopause and raise awareness about the challenges women face during this transitional phase. These limited pieces have discussed the cultural taboos and misconceptions associated with menopause in Nepal. The authors have emphasized the need to normalize conversations around menopause and provide better support systems for menopausal women. They have stressed that menopause is a natural process and should not be treated as a source of shame or embarrassment.

With only a few articles available, the coverage of menopause in Nepali media has been extremely sparse compared to other health topics. The existing pieces have played a minor role in initiating conversations and raising awareness about this important aspect of women's health and well-being, but there is a significant lack of in-depth and comprehensive coverage on the subject.

Chhaupadi

Despite being outlawed, the persistent media coverage of Chhaupadi exposes the deep-rooted cultural beliefs that continue to endanger women and girls across certain regions of Nepal. Annual reports of tragic deaths within Chhau Goths serve as grim reminders of the challenges in eradicating this harmful tradition. The media has delved into the complexities surrounding Chhaupadi, shedding light on the societal norms, stigma, and untouchability that perpetuate this practice.

Notably, the coverage has evolved to explore the intersections of Chhaupadi with broader issues of gender inequality, lack of education, and poverty. Through investigative journalism and human-centric storytelling, the media has amplified the voices of survivors, activists, and experts, sparking crucial conversations and inspiring collective action. This coverage has served as a catalyst for grassroots movements, policy reforms, and community-led initiatives aimed at breaking the cycle of oppression and empowering women.

Dignified menstruation

In Nepal, where menstrual stigma and untouchability practices persist in many communities, the pursuit of dignified menstruation remains a distant reality. To disseminate the idea of menstrual dignity to a wider audience, the media has utilized articles, blogs, and opinion pieces.

The media in Nepal has started publishing articles on dignified menstruation, addressing challenges like lack of sanitation facilities, stigma, and economic barriers. While commendable, these initial efforts need to be bolstered with increased, consistent coverage across platforms. By amplifying diverse voices, sharing stories, and providing accurate information, the media can play a key role in dismantling stigma, empowering women and girls, and fostering an environment where menstruation is celebrated as natural and dignified.

Menstrual Products

The media in Nepal has broadened its coverage of menstrual products, educating menstruators about sustainable choices like menstrual cups and reusable sanitary pads through insightful articles and features. Through powerful visuals and in-depth reporting, the media galvanized public discourse, challenging the notion of menstruation as a luxury. This widespread coverage sparked crucial conversations around menstrual equity and policy reforms.

School System

The absenteeism of young girls from schools during menstruation in Nepal is a complex issue rooted in social, cultural, and traditional barriers that extend beyond the lack of WASH facilities. The media has highlighted the psychological burdens faced by menstruators, such as the fear of staining clothes and facing humiliation, leading to withdrawal from classrooms and workplaces. Additionally, the pervasive silence surrounding menstruation has perpetuated stigma and misinformation across generations. Through powerful storytelling, the media has amplified voices challenging these barriers, advocating for menstrual education, accessible products, and open dialogue to break the cycle of stigma and ensure girls' full participation in education and workplaces.

What new Nepali Media has included in 2023 compared to past?

In 2023, the Nepali media landscape has taken strides to broaden its coverage on issues related to menstruation and women's health. While still limited, new topics such as menopause, post-menopause, menstruation in the workplace, and menstruation during emergencies have found their way into articles and discussions. Notably, the online portal Setopati launched the "Periods Talks (महिनावारीका कुरा)" program, featuring interviews with transmen, celebrities, and emphasizing the importance of men's involvement in raising awareness and challenging the stigma and taboos surrounding menstruation.

Additionally, the media has ventured into exploring PCOD/PCOS, digital innovations and technology related to menstrual health, articles on dysmenorrhea, and depicting menstrual-related issues through art forms. This diversification of content not only educates and informs but also provides platforms for open dialogue and creative expression, paving the way for a more inclusive and empowering discourse on women's health and menstrual experiences in Nepal.

What Nepali Media is still missing?

- **Gaps in policies and plans related to menstruation**

There are several policies and plans that are in place. However, analysis and gaps are never analyzed. Analysis of gaps in policies, plans and programs will not only create a buzz among policymakers, it will help the general people understand that policy gaps exist and that there needs to be a certain level of intervention to acknowledge it.

- **Policy advocacy to authorities from all three levels of the government**

Media has the ability to advocate for several issues through their write-ups and networking. In this regard, the Nepali media can work in advocating for policies and plans relevant to menstruation.

- **Coverage on PMS/PMDD (Premenstrual Syndrome and Premenstrual Dysphoric Disorder)**

There are sensitive areas like Premenstrual syndrome and Premenstrual dysphoric disorder which need to be highlighted and the media needs to provide space for the same. It has been estimated that 80% of the menstruators have one or another form of PMS or PMDD. Therefore, this is also an important area that needs to be covered.

- **Inclusivity and representation of diverse experiences:** While the media has started covering some new topics like menopause and menstruation in the workplace, the coverage still seems to lack representation of diverse sexual orientations, gender identities, and expressions (SOGIESC) and person with disability. The experiences and perspectives of transgender, non-binary, and gender non-conforming individuals, people with disability in relation to menstruation appear to be largely overlooked.

- **In-depth and comprehensive coverage:** Despite an increase in the number of articles, the coverage of menopause in particular remains "extremely sparse compared to other health topics" and lacks in-depth and comprehensive reporting on the subject.

- **Intersectionality:** Although the coverage has started exploring the intersections of issues like Chhaupadi with broader topics like gender inequality, poverty, and lack of education, there seems to be scope for further exploration of how menstruation intersects with other social and economic factors.

- **Diverse storytelling formats:** While diverse formats like feature stories, opinion pieces, and multimedia content are being employed, there could be further exploration of innovative storytelling techniques and platforms to engage audiences in a more immersive and impactful way.

In summary, the Nepali media still has room for improvement in terms of inclusivity, in-depth and nuanced reporting, exploring intersectionality, maintaining consistent coverage, and employing diverse storytelling formats to comprehensively address the multifaceted issues surrounding menstruation.

Conclusion

The analysis of media coverage on menstruation in Nepal for the year 2023 has shed light on both the progress made and the areas that still require significant attention. While the Nepali media landscape has witnessed a surge in the number of news pieces dedicated to this crucial issue, there remains ample scope for improvement to ensure comprehensive, inclusive, and impactful reporting.

The thematic analysis revealed that topics such as Chhaupadi, dignified menstruation, menstrual products, and the school system have received relatively more coverage compared to previous years. However, the subject of menopause continues to be largely overlooked, with only a handful of articles and opinion pieces attempting to shed light on this natural biological process and the societal attitudes surrounding it. Moreover, the media has yet to fully embrace the representation of diverse sexual orientations, gender identities, and expressions (SOGIESC) in its coverage of menstruation. The experiences and perspectives of transgender, non-binary, and gender non-conforming individuals, person with disability remain largely absent from the discourse, perpetuating a lack of inclusivity and understanding. While commendable efforts have been made to explore the intersections of menstruation-related issues with broader social and economic factors, such as gender inequality, poverty, and lack of education, there is a need for deeper and more nuanced exploration of this intersectionality.

Furthermore, the document highlights the need for consistent and sustained media coverage to drive substantial change and challenge the deeply ingrained attitudes and practices surrounding menstruation in the country. While the increase in coverage from 2021 to 2023 is a positive development, maintaining this momentum and ensuring regularity is crucial to keep the conversation alive and effect lasting change. Additionally, the Nepali media could benefit from exploring diverse storytelling formats beyond traditional news articles, feature stories, and opinion pieces.

By embracing more innovative techniques and platforms, such as multimedia content, immersive storytelling, and interactive digital experiences, the media can engage audiences in a more impactful and immersive manner, fostering greater empathy and understanding. To bridge the gaps in coverage, media should prioritize areas such as policy analysis, national initiatives by individuals and organizations, menstrual issues faced by persons with disabilities, policy advocacy at all levels of government. By addressing these overlooked aspects, the media can contribute to a more comprehensive and inclusive discourse on menstruation.

In conclusion, while the Nepali media has made commendable strides in addressing the long-standing taboos and stigma surrounding menstruation, there is a pressing need for continued efforts to ensure holistic, inclusive, and impactful coverage. By embracing diversity, exploring intersectionality, maintaining consistent coverage, and employing innovative storytelling techniques, the media can play a pivotal role in normalizing menstruation, promoting greater awareness, and driving policy changes that prioritize menstrual health and dignity for all individuals in Nepal.

Recommendations

The following are few recommendations to the Nepali media Fraternity from MHM PA Nepal:

1. Increase coverage and prioritize in-depth, comprehensive reporting on menopause and related topics like post-menopausal healthcare.
2. Ensure inclusive representation of diverse sexual orientations, gender identities, and expressions (SOGIESC), person with disabilities in menstruation-related coverage.
3. Further explore the intersectionality of menstruation with other social and economic factors, such as gender inequality, poverty, education, and disability.
4. Maintain consistent and sustained media coverage on menstruation to drive substantial change and challenge deep-rooted attitudes and practices.
5. Employ diverse and innovative storytelling formats, such as multimedia content, immersive storytelling, and interactive digital experiences, to engage audiences more effectively.
6. Analyze gaps in existing policies, plans, and programs related to menstrual health and hygiene, and advocate for necessary changes.
7. Provide more coverage to national initiatives by individuals and organizations working towards menstrual health and hygiene awareness.
8. Advocate for policy changes and initiatives related to menstrual health and hygiene at all levels of government through media coverage.
9. Increase coverage on topics like Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD) to raise awareness and understanding.
10. Collaborate with menstrual health experts, activists, and organizations to ensure accurate and well-informed reporting.
11. Foster open and nuanced conversations through media platforms to normalize discussions around menstruation and promote greater empathy and understanding

Annex

List of articles on menstruation and list of newspapers

The Himalayan times

<https://thehimalayantimes.com/opinion/navigating-menopause-at-work-a-vital-conversation>

<https://thehimalayantimes.com/nepal/resources-for-child-friendly-local-governance>

<https://thehimalayantimes.com/sports/uml-chair-oli-calls-for-unity-to-end-vaw>

<https://thehimalayantimes.com/nepal/gender-equality-policy-in-full-fledged-implementation>

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<https://thehimalayantimes.com/kathmandu/nhrc-urges-to-make-relief-distribution-operation-more-effective>

<https://thehimalayantimes.com/nepal/un-agencies-launch-joint-emergency-response-to-earthquake-in-western-nepal>

My Republica

<https://myrepublica.nagariknetwork.com/news/use-of-period-delay-pills-fail-to-attain-dignified-menstruation/>

<https://myrepublica.nagariknetwork.com/news/president-vice-president-and-pm-extend-best-wishes-on-the-occasion-of-16-day-campaign-on-violence-against-women-and-girls/>

<https://myrepublica.nagariknetwork.com/news/journalists-and-civil-activists-commit-to-give-priority-to-issues-of-marginalized/>

<https://myrepublica.nagariknetwork.com/news/what-do-we-mean-by-painful-menstruation-or-dysmenorrhea/>

<https://myrepublica.nagariknetwork.com/news/rishi-panchami-celebrations-underway-as-hindu-women-across-nepal-perform-ritual-prayers-in-pictures/>

<https://myrepublica.nagariknetwork.com/news/nepal-s-project-wins-undp-s-equator-prize-for-2023/>

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<https://kathmandupost.com/province-no-2/2023/07/03/poor-reproductive-health-plagues-musahar-women>

<https://kathmandupost.com/columns/2023/01/30/post-menopause-healthcare>

<https://kathmandupost.com/national/2023/06/05/with-hotter-days-and-approaching-monsoon-snakebite-incidents-on-rise>

<https://kathmandupost.com/books/2023/06/03/the-art-and-politics-of-poetry>

<https://kathmandupost.com/movie-review/2023/05/31/tulkee-a-woman-s-pain-is-not-a-plot-device>

<https://kathmandupost.com/art-culture/2023/10/11/championing-change>

<https://kathmandupost.com/health/2023/07/16/snakebite-why-the-lethal-touch-is-a-growing-challenge>

<https://kathmandupost.com/sudurpaschim-province/2023/08/09/girl-dies-of-snake-bite-in-baitadi>

<https://kathmandupost.com/columns/2023/05/27/embrace-women-s-diversity>

<https://kathmandupost.com/movie-review/2023/06/07/revisiting-jhola-social-commentary-done-right>

<https://kathmandupost.com/art-culture/2023/05/06/measuring-change-in-social-norm>

<https://kathmandupost.com/art-culture/2023/04/11/deconstructing-myths-about-pcod-and-pcos>

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The rising Nepal

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<https://risingnepaldaily.com/news/32924>

<https://risingnepaldaily.com/news/30066>

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