

Our Working Modalities

At the national level, we collaborate directly with government ministries and relevant departments to influence policies and drive meaningful change. At the provincial and local levels, we work through our network members across the country, ensuring that our efforts are effective and locally relevant. MHMPA also provides technical assistance to the National Planning Commission, leading to significant achievements such as the inclusion of Menstrual Health and Hygiene (MHH) indicators in the 16th Five-Year Plan. Our efforts have been contributing to the development of a national policy on dignified menstruation, reinforcing our commitment to improving menstrual health and advancing the rights of all individuals.

We also align menstruation related program and projects among the members as to synergize and avoid duplication by taking lessons from each other's. We engage mass media and influencing national personalities for creating awareness and behavior change. We do collaborate with research institutes and universities for evidence generation on menstruation.



Karnali Alliance for Dignified Menstruation Management (KADMM)

In 2022, MHMPA's Province Alliance - Karnali Dignified Menstruation Management (KADMM) was established to combat menstrual stigma and improve access to WASH facilities in Karnali Province. It focuses on education, promoting reusable sanitary pads, and community engagement to ensure dignified menstruation and address persistent cultural taboos.

Musical Campaign

The song series Para Para Chhuu and Khulera Kura Garau were released by renowned artists Keki Adhikari and Prakash Saput which aimed to raise awareness and challenge menstrual stigma. Para Para Chhuu garnered over 3.5 million views, while Khulera Kura Garau reached more than 900k views, spreading the message to a wide audience.



MHMPA Good Will Ambassador

The Alliance has actively engaged and inspired national celebrities to champion the Menstrual Health and Hygiene Management (MHM) campaign. Notable figures include Miss Nepal 2012 (Malvika Subba); Miss Nepal 2015 (Evana Manandhar); and Miss Nepal 2017 (Nikita Chandak), along with acclaimed Nepali film stars Rekha Thapa and Priyanka Karki. These ambassadors have participated in Alliance meetings, lending their voices and influence to our cause.

In recognition of their commitment, Ms. Priyanka Karki was appointed as the MHM Goodwill Ambassador of Nepal for the year 2019/20, followed by Ms. Keki Adhikari in 2020/21 and 2022. Most recently, Ms. Rekha Joshi has been named the MHM Goodwill Ambassador for 2023/2025. Their involvement not only raises awareness but also empowers communities to break the stigma surrounding menstruation.



MHH Singer Alliance

The MHH Singer Alliance was launched by MHMPA to unite influential voices from the music and artistic community, creating a powerful ripple effect of awareness and action around dignified menstruation. In 2024, approximately 20 talented singers joined the Alliance, with plans for further expansion in the future. Coordinated by the Goodwill Ambassador-Rekha Joshi, this alliance harnesses the artistic talents of its members to raise awareness about Menstrual Health and Hygiene (MHH). With their significant fan followings, these artists have the ability to reach and inspire a broad audience, fostering a deeper understanding and dialogue about menstruation and its importance in society.



Key Achievements

Network development

- Over 100 institutional members
- KADMM establishment and activated with lead role of SUSWA, 2022
- MHH Singer Alliance established, 2024

Policy Advocacy

- Formation and activation of High-Level Advisory Group comprised of five ministries led by National Planning Commission
- Policy dialogue on inclusive MHH Policy advocacy

Awareness and Education

- Songs produced, viewed by over 3.5 million people
- Hundreds of tiktok and reels
- Active engagement of Goodwill Ambassadors

Plan and program

- 16th five year plan (2024-2029) included two indicators on menstruation (Schools with menstrual hygiene products and clean toilets and Absenteeism from school/workplace due to menstruation in 12 months)
- Free pads distribution to school girls across Nepal, since 2019
- School curriculum included MHH from grade 4 to 12, since 2020
- Produced school MHM reference kit (both students and facilitators), 2022

Knowledge Sharing and Technical Support

- Research
- Publications
- Websites
- Interaction and dialogue

Member of
Global Menstrual Collective (GMC).



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Supported By



Until we are all equal



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#DignifiedMenstruation #MenstruationMatters #ItsTimeForAction



Menstrual Health and Hygiene
Management Partners' Alliance



Who we are?

Menstrual Health and Hygiene Management Partners' Alliance (MHMPA) Nepal is a membership-based Alliance with membership of UN, Bilateral Agencies, I/NGOs, civil societies, media, private sector, researchers, academicians, national celebrities and other individuals interested and active in the field of menstruation. MHMPA works on Menstruation Policy Advocacy, Education, Awareness, and Behavior Change, Menstruation-Friendly WASH Facilities, Menstrual Materials, Knowledge Management, Human Rights, Menopause, Comprehensive Sexual and Reproductive Health (CSRH) around menstruation.

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. The Alliance is an informal, loose network with no membership charges. Anyone working in menstruation and related area is eligible to become a member.

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.

Our Vision

A country where menstruation becomes a reality and is practiced everyday by everyone as normal in a safer manner.

Our Mission

MHMPA is determined to extend collaboration with government stakeholders, non-government organisations and private partners through evidence-based policy advocacy, by providing learning resources and technical assistance to create an enabling environment for safer menstruation practices.

Our Goals

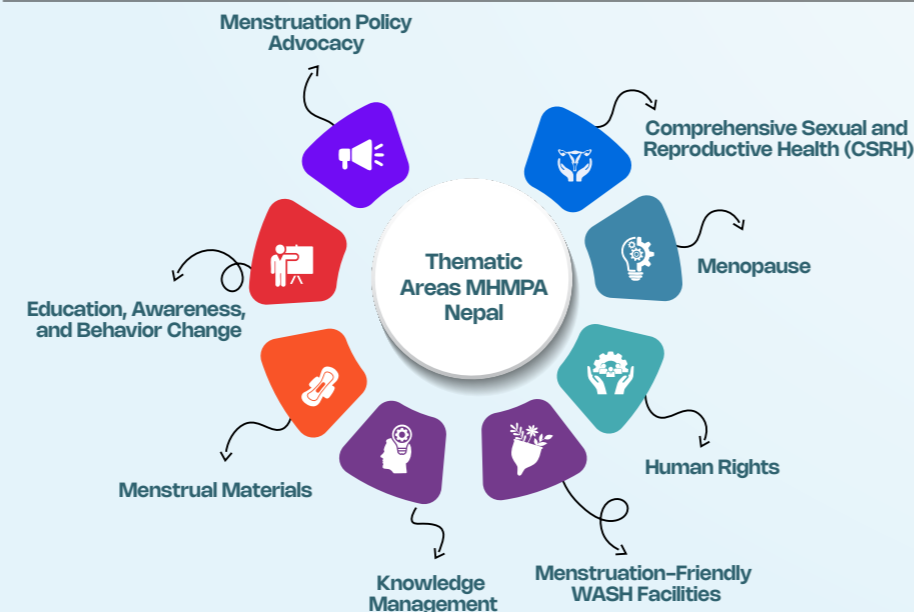
- Strengthened coordination mechanism among various sectors- education, health, gender, water, sanitation, and hygiene (WASH), human rights on the issues/agenda of life-cycle menstruation.
- Empowered communities (duty bearers and right holders) to promote safer and environment friendly menstruation practices.
- Improved overall knowledge on various aspects of menstruation.
- National and sub-national level menstruation in place.
- Establish a sustainable knowledge sharing platform.
- Included menstruation topics in School curriculum/textbook/education materials.

Our Strategic Objectives

1. **Leadership and coordination:**
 - Build and strengthen national institutions and mechanism at national and sub-national levels for safer and environment friendly menstruation
 - Advocate for menstruation to become a national agenda for achieving Sustainable Development Goals(SDGs) and for ensuring human rights
2. **Action:** Accelerate and sustain implementation of coordinated and integrated menstruation initiatives
3. **Learning:** Facilitate learning, share knowledge and generate evidence on MHM/MHH.



Thematic areas of MHM PA 2025-2030



MHMPA Steering Committee

The MHMPA Steering Committee is a crucial pillar in shaping the organisation's mission and strategies. As the backbone of our planning and operations, the committee ensures that our actions are transparent, accountable, and aligned with our goals. Through close collaboration, its members make informed decisions that drive MHMPA's initiatives forward. Members of the steering committee serve a two-year term, infusing fresh perspectives and maintaining steady progress. The committee consists of five to ten members, each responsible for overseeing a specific thematic area.

Committee members are selected on a rotational basis from the broader MHMPA network, ensuring diverse representation and a wide range of voices in the decision-making process. This inclusive approach keeps the organisation adaptable and responsive to the needs of our community. The National Convener, who also serves as the General Secretary of both the Steering Committee and MHMPA, plays a central role in maintaining cohesion and providing effective leadership throughout all activities.

Steering Committee Organisations: 2023/2025

- 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)

MHMPA Network Members

From its modest beginnings with just 20 members, the MHMPA network has blossomed into a vibrant community of over 100 members. This dynamic network is a hub of collaboration, bringing together a wide range of organisations and individuals united by a common mission. Our members span a diverse spectrum, including UN agencies, bilateral organisations, World Bank, I/NGOs, civil society groups, media professionals, researchers, activists, and passionate advocates. Each member contributes unique expertise and insights, creating a rich tapestry of knowledge and resources that drives our work forward. Together, the MHMPA network amplifies our impact, fostering partnerships that lead to innovative solutions and lasting change. This diversity not only strengthens our community but also ensures that our efforts are inclusive, effective, and grounded in a variety of perspectives.

Our Work

Our programs are carefully designed around the thematic areas and annual plan established by the MHMPA, with endorsement from our members and the steering committee. This collaborative approach ensures that our initiatives are relevant, impactful, and aligned with our mission to promote Menstrual Health and Hygiene (MHM). Since 2018, MHMPA has taken the lead in celebrating National Menstrual Hygiene Day, raising awareness and fostering dialogue around this important topic. Through these celebrations, we aim to engage communities, reduce stigma, and advocate for the rights of individuals to manage their menstruation with dignity and access to essential resources. Our ongoing efforts reflect our commitment to improving menstrual health for all, ensuring that everyone has the knowledge and support they need to thrive.



Secretariat Office

From 2017 to May 2022, CODEF Nepal hosted the MHMPA Secretariat. Following that period, the Beyond Beijing Committee (BBC) Nepal took over as the host of the Secretariat office. The Secretariat plays a crucial role in managing logistics, administrative task and financial matters. This includes overseeing web hosting, publications, and other essential operations and coordination. The hosting of the Secretariat rotates every two years, ensuring fresh leadership and new perspectives. However, if all the steering members collectively decide that the secretariat should continue beyond the initial two-year term, they have the option to extend its tenure.