

PROPOSAL ON
MENSTRUAL HEALTH MANAGEMENT AND WASHABLE SANITARY PAD PROJECT



SUBMITTED BY

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PROJECT BACKGROUND

Article 25 of International declaration of Human rights states that everyone has the right to a standard of living adequate for the health and well-being of himself and of his family; including food, clothing, and housing and medical care and necessary social services motherhood and childhood are entitled to special care and assistance. In Nepal, nearly 60% to 69% rural women use old cloths instead of using Washable Sanitary Pads leading to vaginal infection & diseases.

Low cost Feminine hygiene is a priority. Menstruation continues to be shrouded in misconceptions and perceived as a matter of extreme embarrassment. In rural parts of Nepal, menstruation and menstrual practices are clouded by taboos and social restrictions for women as well the girls. The socio cultural norms in the society discourage discussion pertaining to puberty and menstruation within and outside the family thus leading to poor and unhygienic practices to manage Menstruation. Girls have little opportunity to take care of their health and other requirements. Because of the traditional patriarchy followed since time immemorial, often their contribution is not accounted and valued. Communication gap between girls and their parents, other family members is found.

The problems rises in proportion to the affordability to the choices of means adopted for menstrual hygiene management where largely the women and girls prefer washable sanitary pad but due to low income and poverty, they many times fail to afford it. This further inculcates sense of inferiority and declines their confidence in mobility attending schools, doing even daily household chores and participation.

Though in urban Nepal the trend has changed in recent years, but in working area alike rural Nepal, these topics remained significantly taboo among all, irrespective of social and economic status. Poor Accessibility and Social barrier is the root cause behind this. Washable Sanitary Pads are only available in the medical stores or departmental stores generally situated in the largest villages or local markets. Without transportation, it is very difficult to reach the marketplace. On top of that, social issues prevent women and girls from obtaining Washable Sanitary Pads at local pharmacies due to social embarrassment about the topic.

Thus, this project not only would be responsive to meet the need of low cost sanitary napkin demand of the poor and marginalized community's women & girls and also engaging the girls and women for their employability and earning income and empowering them. Since, without availing effective alternatives to the girls and women on menstruation, they will not be motivated and changed towards new behavioral practices. Hence, we will make sure production, promotion and uses of the low cost Washable Sanitary Pads by the target beneficiaries itself.

Project Name: Menstrual Health Management and Washable Sanitary Pad Project

Project Location: Sunkoshi and Golanzar Rural Municipalities

Project Goal: To help move towards a world where girls feel empowered in their bodies, achieve economic independence, understand their reproductive and sexual health options, and harness the power to shape their lives.

Project Objectives:

- Aware women & girls on menstrual health hygiene
- Support washable sanitary pad kits
- To provide economic opportunities through sewing the washable sanitary pad kits
- To motivate local government to put menstrual health hygiene in priority and promote Nepal Government concept of free sanitary pad

Target Beneficiaries: This project directly support the 5000 women & girls through support of washable sanitary pad kits and economic opportunities. However, indirectly, it highly contributes to promote local government to take initiation on menstrual health hygiene and contribute to huge number of women & girls.

Statement of Need: Women's health and hygiene has been one of the key concerns over the years across the world. The awareness on menstrual hygiene and usage of Washable Sanitary Pads is virtually absent in rural areas. Poor menstrual hygiene can cause fungal infections, repeated infections to RTI, cervical cancer and vulnerable to infertility. Reproductive hygiene education and sexual education is not part of any education system in Nepal.

Sunkoshi Rural Municipality & Bhotekoshi Rural Municipality is located Sindhupalanchowk District with population of 19973 of 17156. The areas both are near to Tibet border of Nepal. People of these areas follow old age tradition regarding the menstruation. The cases of cervical cancer and prolapse uterus are high in these areas. One of the reason is poor menstrual health hygiene. Still women and girls have less knowledge on menstrual health hygiene and even could not afford a sanitary pad.

The area is geographical challenging to work where frequent transportation is not available for the movement in the villages. The adolescent girls get information regarding the menstruation from her mother and grandmother, who themselves had practiced the unhygienic behaviors for years and thus do not see any harm in the practices of using old cloths during menstruation. The families of the intervene communities are extremely poor and illiterate and daily wages work is the only

source for majority of the families that also varies due to seasonality of the jobs in construction, agri- cultural labour works, and others. Some of the families also work at brick kilns. Few of them are marginal farmers in the villages but it is not sufficient for food grain production for whole year.

Another important factor is that the rural women and girls generally do not maintain cleanliness during menstruation period. As a result, they become the host of many infectious diseases. This is due to the lack of awareness among them and due to the economic inability for adopting better precautions like- use of good washable sanitary pad during menstruation period. Usually different varieties of Washable Sanitary Pads are found available in the market. But the reason is that these napkins are not affordable for rural poor women and girls.

In Sunkoshi Rural Municipality & Golanzar Rural Municipality, adolescent girls mostly use tericot cloth, as no other option is available. They further added that if they purchase sanitary napkin from the market the minimum price of a pad cost Rs. 70/- and in a month at least 2 to 3 pads are required. Therefore, it is not possible to purchase it per month for a girl of poor or very low-income family.

Project Methodology: There are three components in this project implementation.

- 1. Distribution of Washable Sanitary Pad kits :** Washable Sanitary Pad Kit includes one Jean cotton bag , 2 shields , 8 liners , 2 underwear , 2 small towels , 1 soap , 2 zip lock bags , 1 manual of menstrual health hygiene & how to use sanitary pad . Altogether, 5000 washable sanitary pad kits will be supported to schools and women group. This pad is eco-friendly and last for 3 years. Government of Nepal has approved our designed and met the entire government requirement.
- 2. Training on Menstrual Health Hygiene:** Training to 12 girls on menstrual health hygiene so that they have to provide training on schools & community level.
- 3. Awareness on Menstrual Health Hygiene at Schools & Community Level :** Awareness on Menstrual Health Hygiene at schools & community level will be provided to aware people how to women & girls
- 4. Employment Opportunity:** This project will provides employment opportunity for 23 women & girls for 6 months that will also boast their morale and dignity.

Budget: This budget are for 5000 washable sanitary pad kits , training cost, awareness on menstrual health at different locations, monitoring & evaluation.



SN	PARTICULAR	QTY	RATE (USD)	AMOUNT (USD)
1	Washable Sanitary Pad Kits	5000	8.5	42500
	2 Shields- USD.1.5			
	8 Liners –USD 2			
	2 Underwear-USD.3			
	2 Small Towel- USD.1.5			
	1 Soap- USD 0.5			
	2 Zip lock Bags- USD 0.5			
	1 Cotton Bag- USD.1			
	1 Handbook on Menstrual Health Hygiene-USD.1			

	Will be sewed by trained 23 girls & women for 9 months			
2	TOT on Menstrual Health Hygiene for 7 days for 12 female Trainer Fee-USD.350 for 7 days Stationary- USD.15 Hall Charge- USD.105 for 7 days Refreshment for participants-USD.115 for 7 day Certificate-USD.7 Banner-USD.5	-----	-----	597
3	Training & awareness on Menstrual Health Hygiene at 30 locations (20 schools & 10 at community) Refreshment to 5000 People –USD.5000 Allowance for 3 trainers for 30 days-USD.900 Training & Awareness Materials for 30 locations-USD.450 (USD.15 for each location)	-----	-----	6,350
4	Transportation Cost (4 Wheelers Scorpio Pickup) Transportation to 30 locations Since the project site is rural we need 4	30	150	4500

	Wheelers for 30 days only (each location 1 day) including carrying the sanitary Sanitary pad kits			
5	Accommodation & Food Since, project site is rural overnight stay Is needed for 4 (3 trainers,1 Driver) Room Charge with Food-USD.15 For 4 people –USD.60	15	60	900
6	Monitoring & Evaluation	-----	-----	1000
7	Contingency Cost	-----	-----	3500
	Total			59,347

Project Sustainability: We will collaborate with location government and transfer our technology on washable sanitary pad so that local government can continue this project even after completion of the project.

Photographs of our previous project on menstrual health and sanitary pad









