



How can menstrual products ensure dignity of girls/women during menstruation ?

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Hotel Yak and Yeti, Kathmandu, 28 March 2019,



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

Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Simple used or new piece of cloth	<ul style="list-style-type: none"> Commonly used and available 	<ul style="list-style-type: none"> Widely used throughout the country by lower income families Traditional practice



Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Non-Biodegradable disposal sanitary Pads	<ul style="list-style-type: none"> An average 7 million units of Sanitary Pads sold every month in urban (PSI,2018). 	<ul style="list-style-type: none"> Family with disposal income Not used in rural areas due to lack of availability and knowledge



Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Reusable Cloth pads (with holder and clip)	<ul style="list-style-type: none"> In areas where small local enterprises developed / NGOs School where training were conducted 	<ul style="list-style-type: none"> Widely used in urban areas Used by women who have lower income earning families Not available and use in rural areas except few exceptions



Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Tampons	<ul style="list-style-type: none"> Selected supermarkets in touristic areas 	<ul style="list-style-type: none"> Returned Non-Resident Nepalese women Women with disposal income



Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Menstrual panties	<ul style="list-style-type: none"> • Very rarely used and available 	<ul style="list-style-type: none"> • Used in only trainings by few organizations



Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Bio-Degradable disposal sanitary pads	<ul style="list-style-type: none"> Recently introduced Not widely distributed 	<ul style="list-style-type: none"> Chitwan (Central part of country) Local initiatives with limited distribution



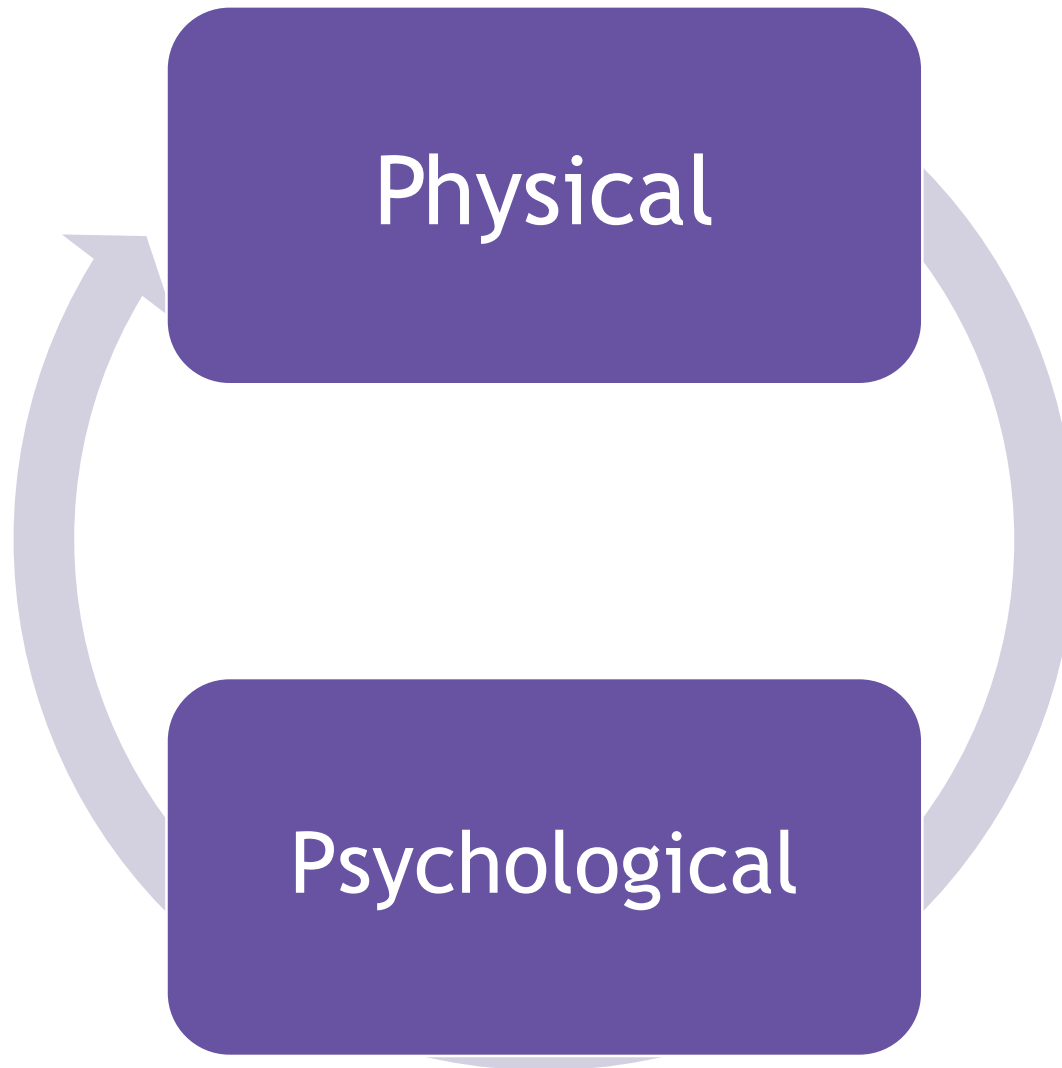
Current Situation with Menstrual Health Products in Nepal

Types	Availability	Commonly Used location
Menstrual Cups	<ul style="list-style-type: none"> • Very recently introduced by few NGOs • Not widely available 	<ul style="list-style-type: none"> • Not commonly used among Nepalese women • Few pilot projects are on progress



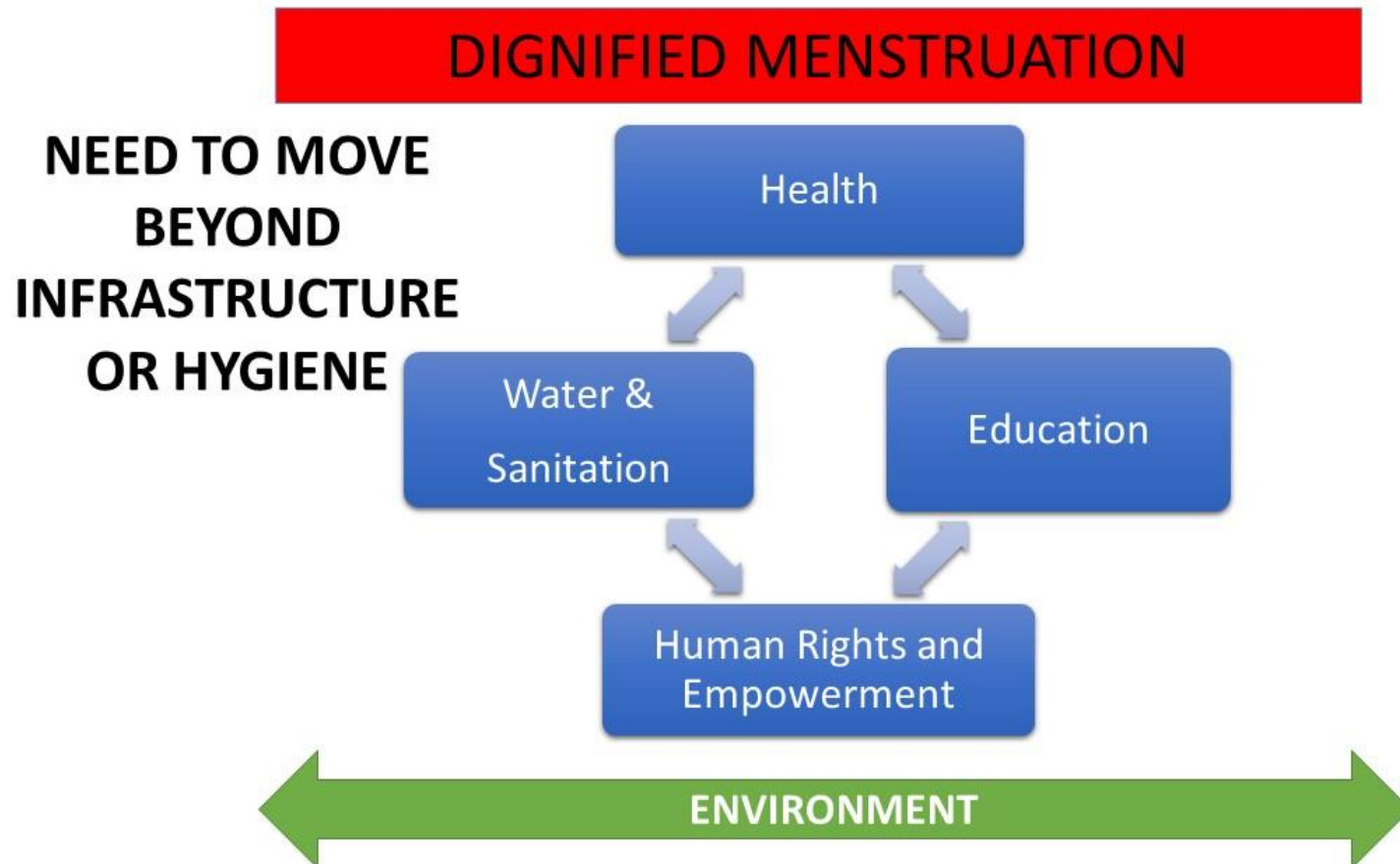


Impact on Girls and Women's Health



Impact on Girls and Women's Health

Dimensions	Impact
Physical Health	<ul style="list-style-type: none"> • Hygiene and care of MH products leads to many complications related with reproductive health e.g. vaginitis • Physical discomfort due to not having an appropriate products • Lack of availability of the products limit the physical activity/movement (e. g. school) of the girls
Psychological Health	<ul style="list-style-type: none"> • Emotional distress during menstruation due to shame and lack of dignity regards to products including purchasing, using and waste management • Risk of depression and suicide ideation



CALL FOR ACTION

Urgency of Standard and Quality of Menstrual Products

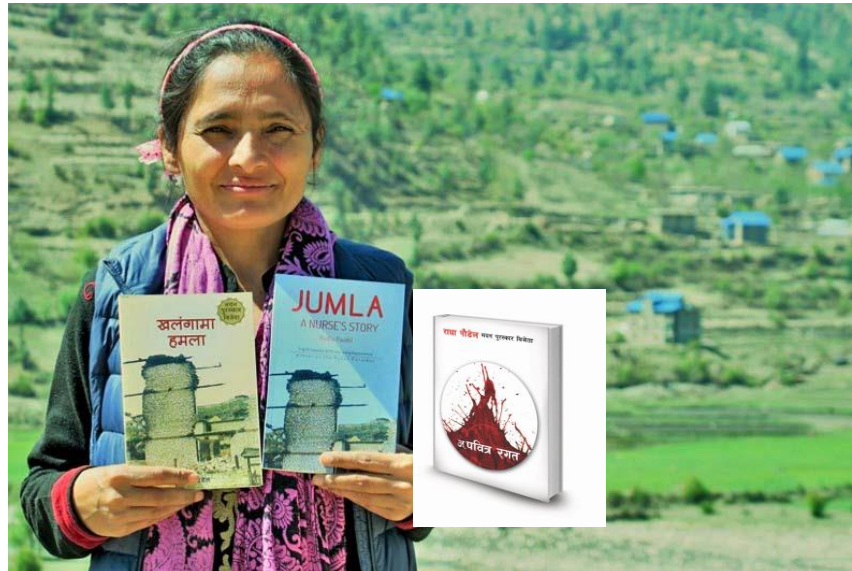
Practices (Challenges):

1. Menstrual Blood consider 'IMPURE'
2. 40+ types of rumours, misconceptions, associated with menstruation (RPF, 2018)
3. Separate toilets for girls 67 % (UNICEF, 2016)
4. Struggling by small enterprises-administrative process

Policies (Opportunities):

1. Right to Dignity (Constitution)
2. Mandatory Provision of pad in school (2019)
3. Increasing demand of productions
4. Introduction of diverse production

Thank you



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