

**Day 3 Session 9:  
MENSTRUAL HYGIENE MANAGEMENT (MHM)  
– MHM IN THE COMMUNITY**

**SANITATION, HYGIENE AND WATER  
MANAGEMENT PROJECT  
NEPAL**

*Amar Mani Poudel | Mukesh Singh | 3 August, 2017*



# Overview of the project

- **Timeline:** July 2014 to June 2018.
- **Target:** 5 Village Development Committees (VDCs) in Bajhang District, Nepal with low sanitation & water coverage
- **Objectives:** Improved health through enhanced WASH outcomes for targeted communities, improved WASH governance and capacity of local stakeholders.
- **Government policy:** National Sanitation and Hygiene Master Plan guided use of total sanitation & community based water supply approaches applied in project.

# Taboos and Myths of Menstruation



- Considered unclean & impure
- Sleep outside of house
- Restricted in seeing relatives
- Restriction of various food
- Restriction in movement  
(including attending school)

# Chhaupadi Practices in Nepal

- Chhaupadi is part of local culture.
- Menstrual Hut (Chhau)
- Different for married and unmarried women
- Cow pee for purity



# Menstruating Teen Sent to Outdoor Hut. She Didn't Survive

Nepal tradition of 'chaupadi' banishes menstruating females from their homes



By **Elizabeth Armstrong Moore**, Newser Staff

Posted Dec 21, 2016 7:33 AM CST

107 comments

Comments



Nepalese women offer prayers on the banks of the Bagmati River in Nepal, as part of a cleansing ritual for their menstruation cycle. (AP Photo/Niranian Shrestha)

**(NEWSER)** – A 15-year-old girl in Nepal who had been banished to a tiny, outdoor hut because she was having her period was found dead in the morning, and now police are investigating, reports the [BBC](#). It was cold, and she'd lit a small fire, but "there wasn't any space for air to come in or smoke to escape, so she died of suffocation," a government employee tells [NPR](#) in regard to the death of 9th-grader Roshani Tiruwa. Her father found her body. What's worse, another teen died under similar circumstances last

# Nepali 'Menstruation Hut' Ritual Claims Life Of Teenage Girl

Posted: Jul 10, 2017 6:06 PM NST

Updated: Jul 10, 2017 6:06 PM NST

NEW DEHLI (CNN)-- A teenage girl in Nepal has died after she was bitten by a snake while banished to a cowshed during a menstruation ritual that sees young women separated from their families and made to sleep alone.

The victim, 19-year-old Tulasi Shahi, from western Nepal's Dailekh district, was taking part in chhaupadi, a common practice in the west of the country in which women, considered unclean during menstruation, are sequestered for the extent of their periods.

It's a ritual that Shahi had likely endured many times before, but on Thursday night, alone on the floor of her uncle's cowshed, the teenager was bitten by a poisonous snake. "Twice, on her head and leg," the local district mayor Surya Bahadur Shahi told CNN.



CNN Photo

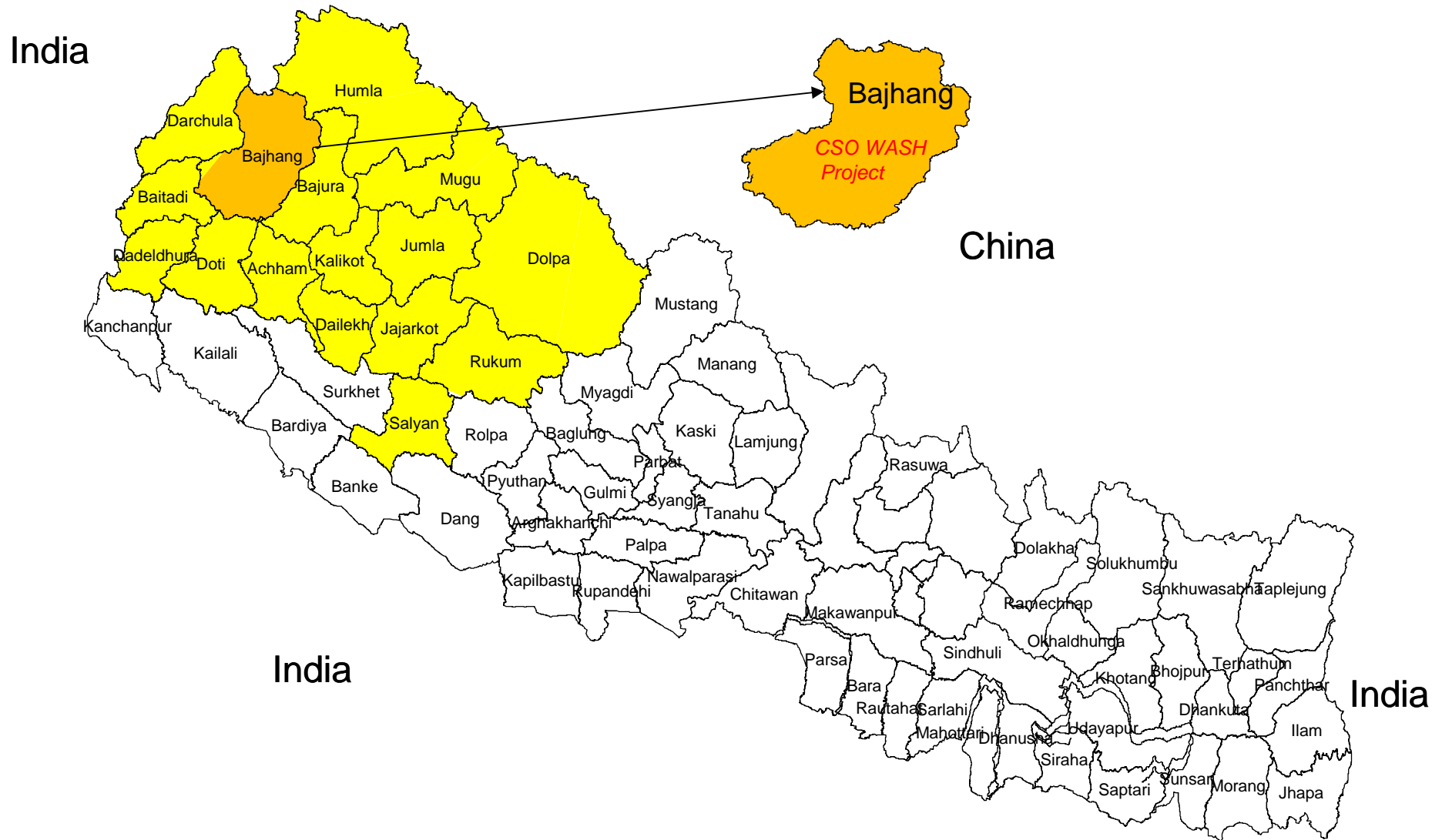


# MHM Challenges

- Govt's Chhaupadi Eradication Directive 2005 not effective
- Many continue to believe in Chhaupadi culture
- Enforced on girls and women
- Safety, security and hygiene issues



# Chhaupadi districts in Nepal



# Problems seen within Bajhang District

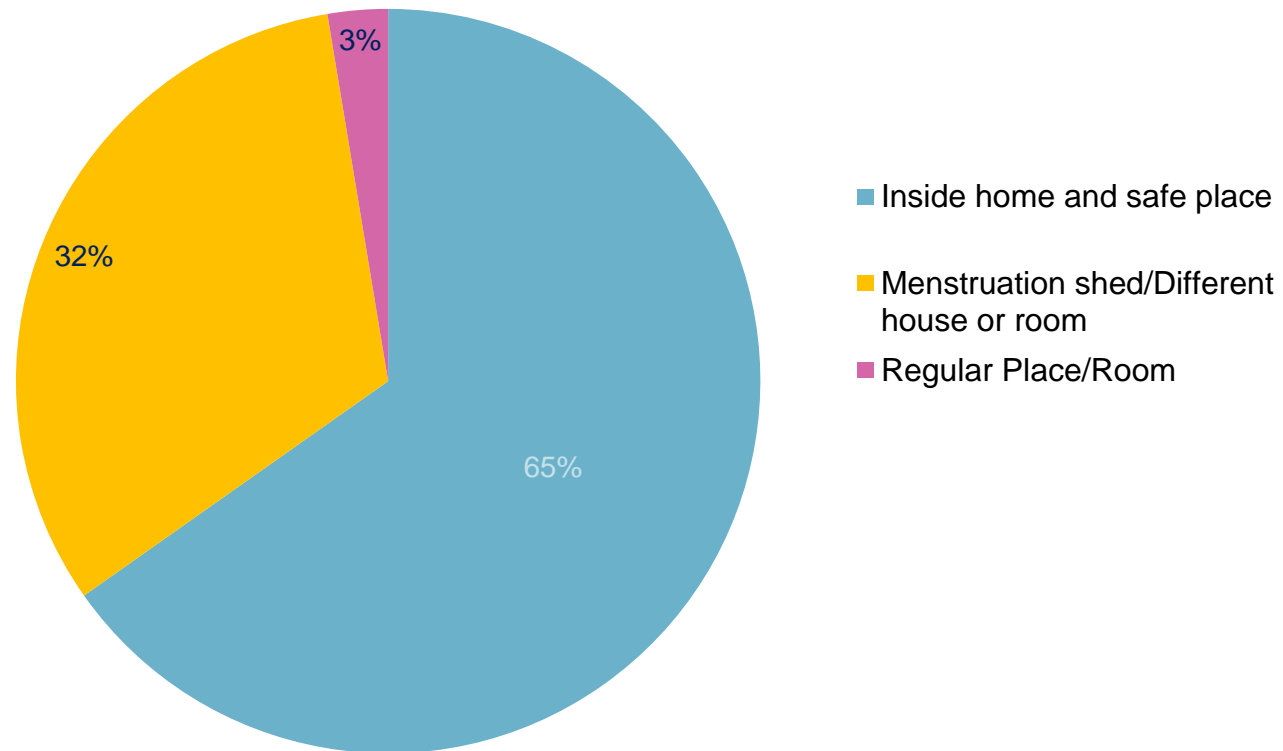


- Unhygienic menstrual hut
- Unhygienic practices
- Lack of access to water
- Lack of Nutrients/food
- Lack of facilities in schools
- Shame and reduced school attendance during menstruation
- Poor results and school drop out

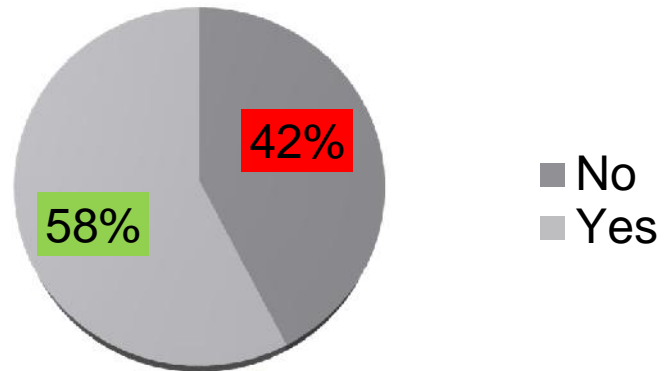


# Findings of MHM Survey

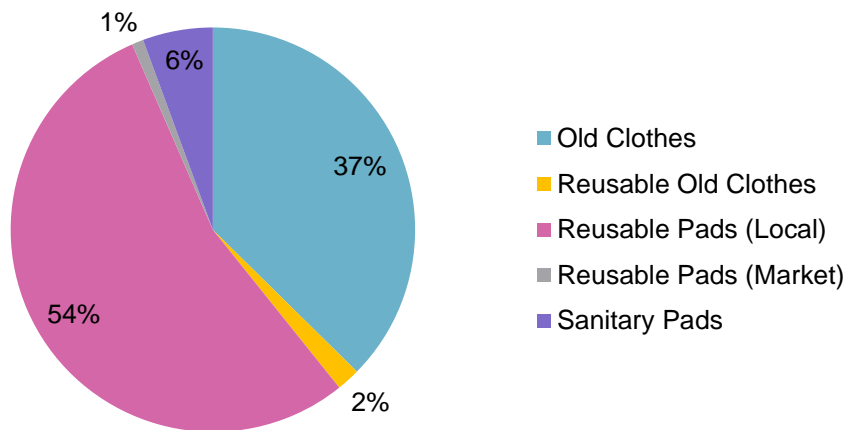
## Stay place during menstruation



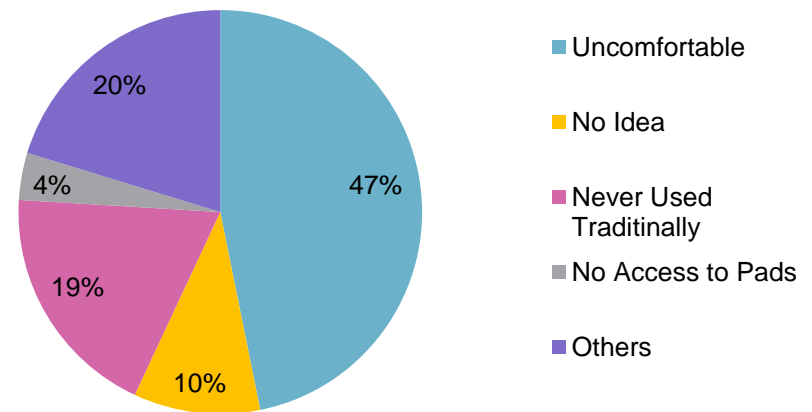
## Usages of material/sanitary pads



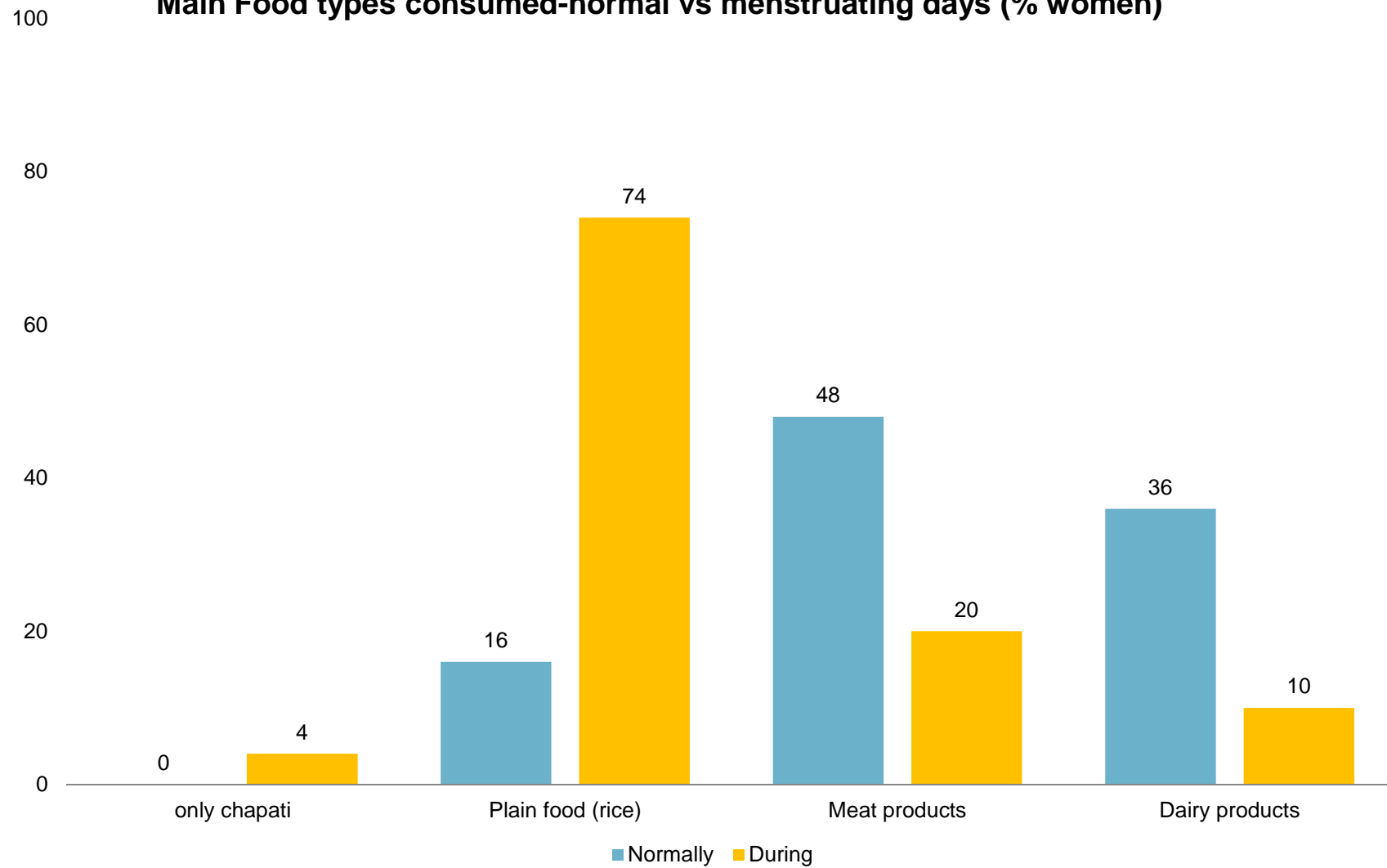
### Yes - Types of Pads Used



### No - Reasons for Not Using



## Main Food types consumed-normal vs menstruating days (% women)

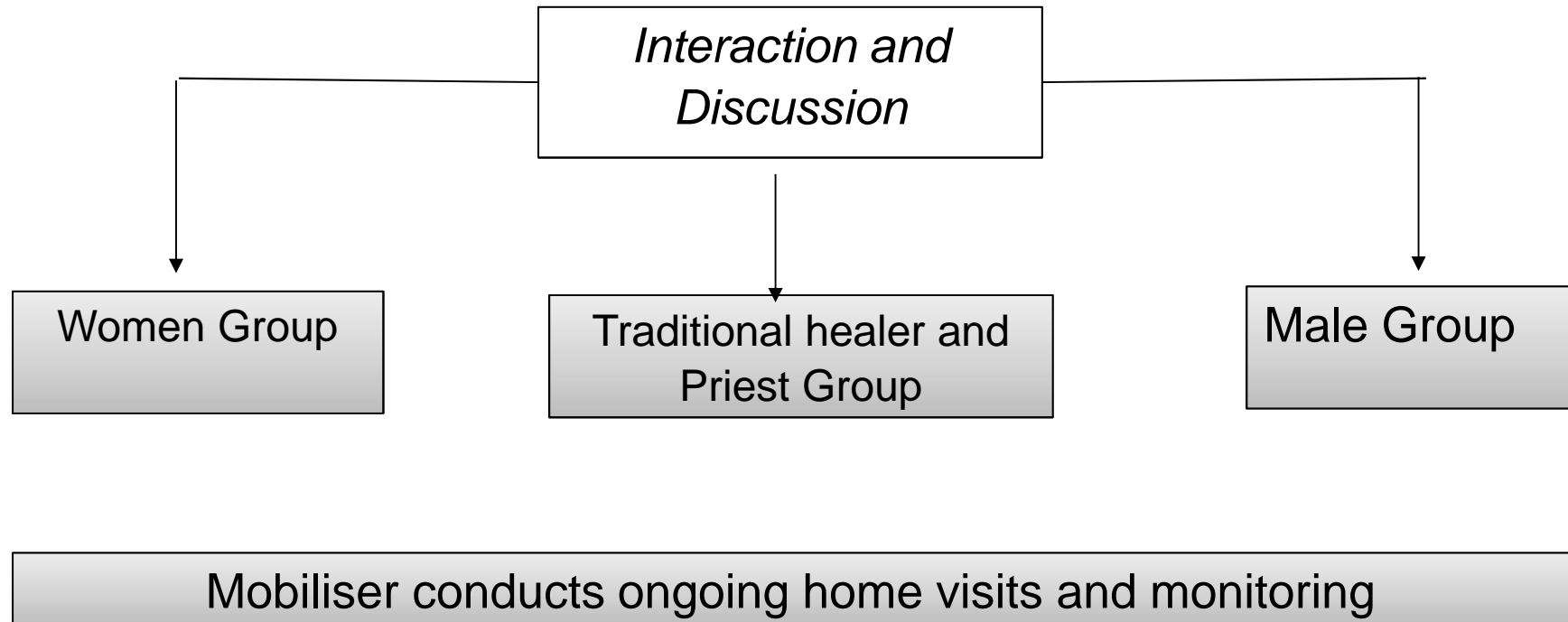


# APPROACH AND TOOLS

1. Social Awareness
2. Chaupadi Free Village Campaign
3. SaniShop

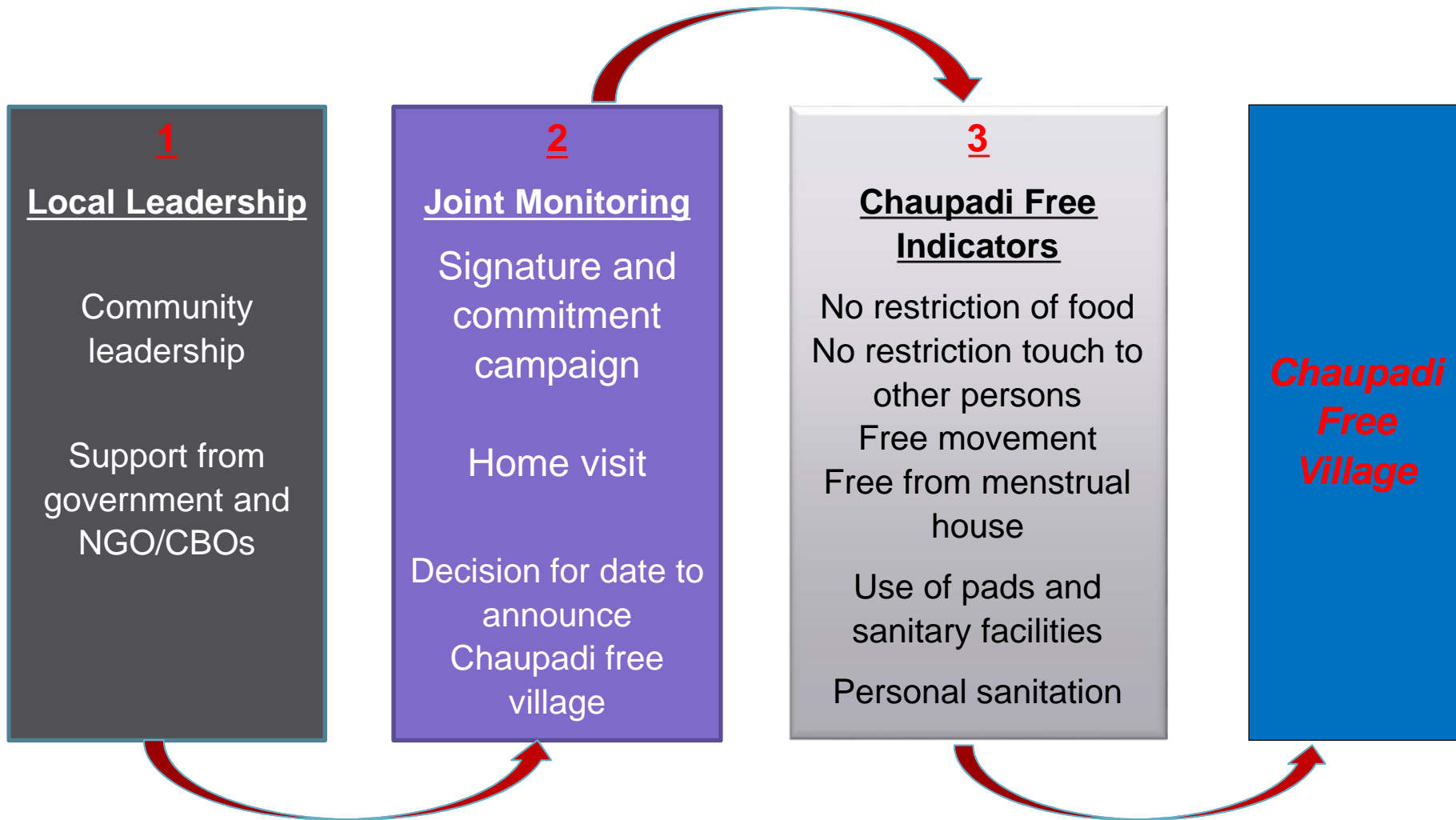
Approaches are supported by capacity building of change agents and communities

# Social Awareness Approach

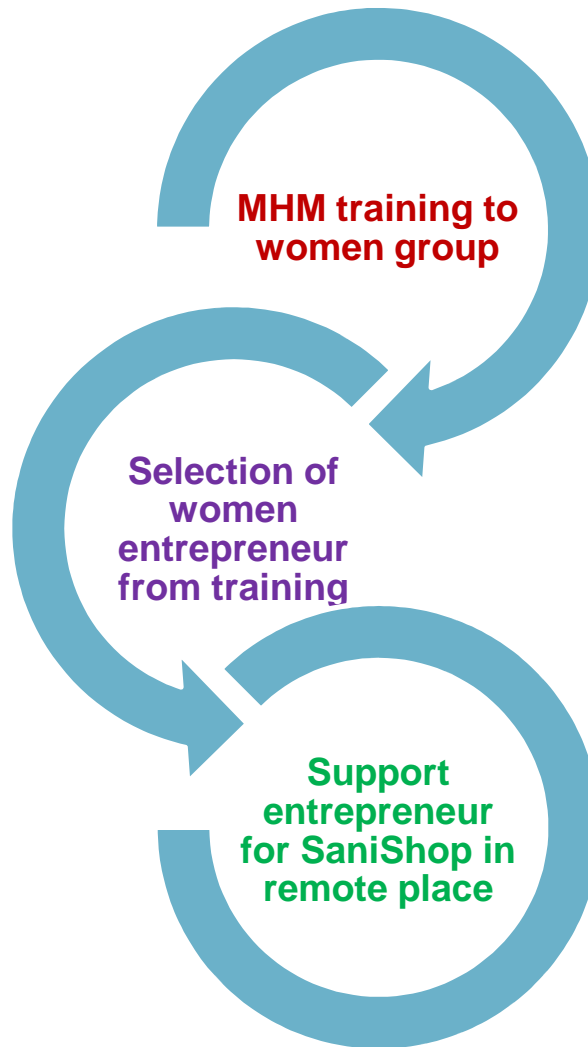




# Chaupadi Free Village Campaign Approach



# SaniShop Approach



# ***Progress in MHM***

- Sensitized households
- 3647 people participated in discussions to stop Chhaupadi
- Advocated to 1282 female including disable.
- 6 CGD institutional toilet constructed
- 156 (incl 5 males) trained on MHM and pad making



- Increased MHM knowledge
- Reduced use of menstrual huts
- Increase in women using reusable pads
- Reusable pads made and sold by entrepreneurs
- Reduced school drop out among menstrual girls

# ***Lesson Learnt***

1. Home visits by motivators provide one of the best way to initiate discussion on MHM
2. Entrepreneurship at local level in reusable pad making
3. Interaction and discussion in different groups increased social awareness – community, schools, males and females
4. Discussions on CGD friendly infrastructures has helped communities engage and understand issues
5. Developing opportunities such as *Sanishops* through existing community groups strengthens ownership and demand

# ***Resource recommendations***

MHM Training curricula

CGD Friendly WASH Facility guideline –Unicef

MHM survey 2017-CSO WASH Project Nepal



# Different types Menstrual Huts



# QUESTIONS?