



POUR ELLE

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**18TH GENERAL MEMBERSHIP MEETING OF THE
REPRODUCTIVE HEALTH SUPPLIES COALITION**

Struggles of Girls and Women during Menstruation in Nepal

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Menstrual Restrictions in Nepal

- Girls and women are isolated during menstruation:
 - adjoining in same house,
 - separate house or hut,
 - separate room
 - separate corner of the room or tents during diasters
- During isolation, they follow three sets of restrictions:
 - I. **Restriction in terms of food** e.g. no diary products
 - II. **Restrictions in terms of touch** e.g. no touch of household member
 - III. **Restriction in terms of mobility** e.g. no entry in to the house or community program

Consequences of Menstrual Restriction on Nepalese Women: Ecological Perspectives



Public: Deep silence everywhere against rape, murder, menstrual restriction no research including religion ,poor enforcement of constitution , NO

Community: Deprived from participation in any in any social, cultural, economic activities, beaten by wild animals , rape, sexual abuse

Relational: Failing in school, stigma and discrimination from friends, religious people, child/early marriage,

Individual:

Traumatic feeling, suicidal attempt, isolation, no proper food, water, clothing, cleansing, hygiene, absenteeism in school and work, reproductive and urinary infections, rape, sexual abuse,

Consequences of Menstrual Restriction for Nepalese Women



Sustainable Development

Peace ↔ Human Right ↔ Empowerment

Power, Gender Inequality, violence, Injustice, Patriarchy, Masculinity



Why do Menstrual Restrictions Continue in Nepal?

Supplies of Menstrual Hygiene Products:

- Ignorance about the menstrual hygiene products including physiology of menstruation
- No practice of use of sanitary products: use a saree or wrapper for 3-4 days, no use of panty in rural areas
- No availability of all products, imposed sanitary pads
- Not affordable, even if available (expensive products, Poverty)
- Stigma and rumours associated with it such as infection, infertility
- Waste management of used products e.g dogs carrying here and there
- Not priority of family, girls used the money from notebooks or snacks
- No priority for government & funders/financing - struggling for last five years
- No mechanism for promotion of sanitary products e.g. subsidies

Why do Menstrual Restrictions Continue? contd-....

Religion and Poor Mindset: Missing among front liners including activists, teachers, health workers, male, priests etc.

Gender Discrimination: Menstrual hygiene a sole business of women, viewed as bad luck, impure

Unavailability of water with water supply: Poor coverage (NPC, 2015)

Resourcing Priority Attention: Merely low priority, deep culture of

Affordable, quality sanitary products could mitigate these issues

Do I make mistake
with menstruation?
If NOT
when will be the
priority of menstrual
hygiene products ?