

Success story

Suryamukhi adolescent girls' group on Menstrual Hygiene Management



Suryamukhi adolescent group is an adolescent girls' group from Goltar, Mahabharat Rural Municipality-1, Kavrepalanchowk which is 103 km north-east from district headquarter, Dhulikhel. The group was formed by the Civic Forum team with eighteen adolescents' girls from the Goltar drinking water supply scheme site. The

girls were orientated on menstrual hygiene management and were taught to prepare homemade sanitary pads.



After the orientation, the group has started collecting Rs 50 from each member in Sunrise Bank located nearby their place. Nisha Bajyu, a 12 year old studying in grade six in a government school is treasurer of *Suryamukhi* adolescent group. She tells, "I have not started my menstruation yet. Though I have not yet

started my menstruation, I am very happy to learn about things to be considered during menstruation."

A 15 year old Kopila Kunwar Chhetri, studying in grade 9 is a chairperson of the group. She shares her experiences with us, "We learned lot of things in the program. Before we used normal cloth and it was very difficult. When I had to sit and stand up, I used fear that the cloth might slip but the homemade sanitary pad is very easy to use since it has button which prevents from slipping. We can go to school easily without having any problem. We had also used commercial sanitary pad. It used to create waste which was difficult to manage" she further adds, "We have prepared more homemade sanitary pads from other clothes and also taught our other friends and sister to prepare it."