

Innovations:

Learning and implementing

Beli Sitang, 15 years old girl, is a resident of Tamang Tole of Dhap ward no. 1., Mahabharat Rural Municipality. She reads in class 10 in the local higher secondary school at Dhap. She is a child of the middle-income family and has 8 members in her family.

MHM Orientation was organized by Civic Forum in which she actively participated and she just not only listened the delivered contents of Menstrual Hygiene but enthusiastically expressed her curiosity on various menstruation related facts and taboos. She equally showed her learning attitude while preparing home made sanitary pads.

During our follow up meetings at the Dhap, she brought the homemade sanitary pad which she prepared with the clothes and materials provided by Civic Forum. She said, " These homemade sanitary pads are not only easy to prepare but also are comfortable to use and it decreases the chances of staining my underwear and trousers." She felt confident at her school during her periods after using these pads. She was more happy that she can save her money. She added, " I also taught the method of preparing these pads to my family members and other friends. My sister-in-law has started selling such pads in her shop at Maindanda too."

The excitedness and happiness of Beli related to home made sanitary pads made us feel the worth fullness of our orientation on MHM conducted at Dhap.

