

Success story

"It has been easier for me to do household chores during my menstruation as it tightly fits with the undergarment"

Shreejana Tamang is a nineteen-year adolescent girl from *Chhange*, Dhulikhel Municipality, ward no. 1. She lives with her mother and father helping them in their fields. She has studied till grade 12. After failing in exam, she has stopped her studies and spends her time helping her mother at home and field. She received two days orientation on menstrual hygiene management conducted by Civic Forum and learnt about menstruation.

She tells, "I had heard that we could make homemade sanitary pads but I didn't know how to prepare it. Now I can make pad after miss taught us to prepare it. I found this pad easier as it does not slip because of the button. It has been easier for me to do household chores during my menstruation as it tightly fits with the undergarment. When I used to wear simple cloth during menstruation it was very difficult for me to be physically active due to fear of leakage and slipping. I have also started to clean my private parts daily. I used to bath only after four days of menstruation."

She further provides update on her adolescent group, "We had formed *Laliguran Kishori Samuha*. It's been two months since we have formed the group. We had collected NRs 20 from each member in the first monthly meeting and we increased it to NRs. 50 in the next month. We have not yet planned what to do with the money since it is not much till now. After we collect more money, we will discuss in our monthly meeting."

