

PROPOSAL ON
WASHABLE SANITARY PAD PROJECT



(An initiative to improve health status of the adolescent girls and women and generate livelihood avenues in rural areas)

SUBMITTED BY

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PROJECT BACKGROUND

Article 25 of International declaration of Human rights states that everyone has the right to a standard of living adequate for the health and well-being of himself and of his family; including food, clothing, and housing and medical care and necessary social services motherhood and childhood are entitled to special care and assistance. In Nepal, nearly 60% to 69% rural women use old cloths instead of using Washable Sanitary Pads leading to vaginal infection & diseases.

Low cost Feminine hygiene is a priority. Menstruation continues to be shrouded in misconceptions and perceived as a matter of extreme embarrassment. In rural parts of Nepal menstruation and menstrual practices are clouded by taboos and social restrictions for women as well the girls. The socio cultural norms in the society discourage discussion pertaining to puberty and menstruation within and outside the family thus leading to poor and unhygienic practices to manage Menstruation. Girls have little opportunity to take care of their health and other requirements. On account of the traditional patriarchy followed since time immemorial, often their contribution is not accounted and valued. Communication gap between girls and their parents, other family members is found.

The problems rises in proportion to the affordability to the choices of means adopted for menstrual hygiene management where washable sanitary pad is preferred by and large by the women and girls but due to low income and poverty they many times fail to afford it. This further inculcates sense of inferiority and declines their confidence in mobility attending schools, doing even daily household chores and participation.

Though in urban Nepal the trend has changed in recent years, but in working area alike rural Nepal, these topics remained significantly taboo among all, irrespective of social and economic status. Poor Accessibility and Social barrier is the root cause behind this. Washable Sanitary Pads are only available in the medical stores or departmental stores generally situated in the largest villages or local markets. Without transportation, it is very difficult to reach the marketplace. On top of that, social issues prevent women and girls from obtaining Washable Sanitary Pads at local pharmacies due to social embarrassment about the topic.

Thus, this project not only would be responsive to meet the need of low cost sanitary napkin demand of the poor and marginalized community's women & girls and also engaging the girls and women for their employability and earning income and empowering them. Since, without availing effective alternatives to the girls and women on menstruation, they will not be motivated and changed towards new behavioral practices. Hence, we will make sure production, promotion and uses of the low cost Washable Sanitary Pads by the target beneficiaries itself. Rotary Club of Dhulikhel has already setup very good sewing center and already have 23 trained girls and women through our previous global grant GG1747475 .

Project Name: Washable Sanitary Pad Project

Project Location: 79 village development committees of Sindhupalchowk District

Project Goal: To help move towards a world where girls feel empowered in their bodies, achieve economic independence, understand their reproductive and sexual health options, and harness the power to shape their lives.

Project Objectives:

- Aware women & girls menstrual health hygiene
- Support washable sanitary pad kits
- To provide economic opportunities through sewing the washable sanitary pad kits
- To motivate local government to put menstrual health hygiene in priority and promote Nepal Government concept of free sanitary pad

Target Beneficiaries: This project directly support the 5021 women & girls through support of washable sanitary pad kits and economic opportunities. But indirectly, it highly contribute to promote local government to take initiation on menstrual health hygiene and contribute to huge number of women & girls.

Statement of Need: Women's health and hygiene has been one of the key concerns over the years across the world. The awareness on menstrual hygiene and usage of Washable Sanitary Pads is virtually absent in rural areas. Poor menstrual hygiene can cause fungal infections, repeated infections to RTI, cervical cancer and vulnerable to infertility. Reproductive hygiene education and sexual education is not part of any education system in Nepal.

The working area i.e. Sindhupalchowk District is located at Northern Part of Nepal and shared border with Tibet. This is one of the most remote and hilly parts of Nepal with population of 336,478 people residing in 79 village development committees. The area is geographically challenging to work where frequent transportation is not available for the movement in the villages. The adolescent girls get information regarding the menstruation from her mother and grandmother, who themselves had practiced the unhygienic behaviors for years and thus do not see any harm in the practices of using old cloths during menstruation. The families of the intervene communities are extremely poor and illiterate and daily wages work is the only source for majority of the families that also varies due to seasonality of the jobs in construction, agricultural labour works, and others. Some of the families also work at brick kilns. Few of them are marginal farmers in the villages but it's not sufficient for food grain production for whole year.

Another important factor is that the rural women and girls generally do not maintain cleanliness during menstruation period. As a result they become the host of many infectious diseases. This is due to the lack of awareness among them and also due to the economic inability for adopting better precautions like- use of good washable sanitary pad during menstruation period. Usually different varieties of Washable Sanitary Pads are found available in the market. But the reason is that these napkins are not affordable for rural poor women and girls.

In Sindhupalchowk district, adolescent girls told that mostly they use tericot cloth as no other option is available. They further added that if they purchase sanitary napkin from the market the minimum price of a pad cost Rs. 30/- and in a month at least 2 to 3 pads are required. So, it's not possible to purchase it per month for a girl of poor or very low income family. 'Free Sanitary Pad Program' is launched by the Govt. and provision is made to provide free sanitary napkin to

the adolescent girls enrolled in the govt. schools, but it is not reaching to them and if distributed in somewhere just one packet that is insufficient to them.

Project Methodology: There are three components in this project implementation.

1. **Distribution of Washable Sanitary Pad kits :** Washable Sanitary Pad Kit includes one Jean cotton bag , 2 shields , 8 liners , 2 underwear , 2 small towels , 1 soap , 2 zip lock bags , 1 manual of menstrual health hygiene & how to use sanitary pad . Altogether, 5000 washable sanitary pad kits will be supported to schools and women group. This pad is eco-friendly and last for 3 years. Government of Nepal has approved our designed and met all the government requirement .
2. **Training on Menstrual Health Hygiene:** Training to 12 girls on menstrual health hygiene so that they have to provide training on schools & community level.
3. **Awareness on Menstrual Health Hygiene at Schools & Community Level :** Awareness on Menstrual Health Hygiene at schools & community level will be provided to aware people how to women & girls
4. **Employment Opportunity:** This project will provides employment opportunity for 23 women & girls for 6 months that will also boast their morale and dignity.

Budget: This budget are for 5000 washable sanitary pad kits , training cost, awareness on menstrual health at different locations, monitoring & evaluation.

| SN | PARTICULAR | QTY | RATE (NPR) | AMOUNT (NPR) |
|----|---|-------|---------------|----------------|
| 1 | Needle For 25 Machines Normal (Piece) | 100 | 100 | 10000 |
| 2 | Lock Machine Thread For 25 Machines (Piece) | 250 | 350 | 87500 |
| 3 | Normal Thread For 25 Machines (Piece) | 200 | 120 | 24000 |
| 4 | Needle For 6 Lock Machines (Piece) | 30 | 120 | 3600 |
| 5 | Machine Oil (liter) | 10 | 350 | 3500 |
| 6 | Blade For Lock Machines (Box) | 2 | 300 | 600 |
| 7 | Chalk (Box) | 20 | 50 | 1000 |
| 8 | Tip Buttons (Package) | 15 | 1500 | 22500 |
| 9 | Good Quality Falatin Fabric Cotton big guaze (Meter) | 800 | 150 | 120000 |
| 10 | Good Quality Falatin Fabric Cotton small guaze (Meter) | 2500 | 150 | 375000 |
| 11 | Good Quality Cotton (Meter) | 1500 | 280 | 420000 |
| 12 | Water Proof Fabric (Meter) ion treated | 800 | 400 | 320000 |
| 13 | Jean Cotton For Bag (Meter) | 4000 | 350 | 1400000 |
| 14 | Thread For Bag (Roll) | 500 | 100 | 50000 |
| 15 | Underwear | 10000 | 150 | 1500000 |
| 16 | Small Towel | 10000 | 40 | 400000 |
| 17 | Soaps | 5000 | 25 | 125000 |
| 18 | Ziplock Bag Big | 5000 | 25 | 125000 |
| 19 | Ziplock Bag Small | 5000 | 15 | 75000 |
| 20 | Packging Box | 100 | 250 | 25000 |
| 21 | Sewing cost of Sanitary Pad Set | 10000 | 75 | 750000 |
| 22 | Reproductive Health Training For 7 Days | 12 | 1000 | 12000 |
| 23 | Distribution of 5000 Washable Sanitary Pad kits (30 location), 2 people | 60 | 1000 | 60000 |
| 24 | Reproductive Health Training to 30 locations | 60 | 1500 | 90000 |
| 25 | Packging 5000 washable sanitary pad kits & load in 100 boxes | 10 | 5000 | 50000 |
| 25 | Manual on Mensural Health & how to use pads | 5000 | 25 | 125000 |
| 26 | Transporation to 30 locations for distributing kits | 15000 | 30 | 450000 |
| 27 | Transporation of raw materials to facility | 10000 | 5 | 50000 |
| | Sub Total | | | 6674700 |
| 28 | Contingency Cost | | | 400000 |
| | Total in Nepali Ruppess | | | 7074700 |
| | Total in USD | | 1 USD=NRP.119 | 59451.2605 |

Funding Source: Rotary Club of Dhulikhel will search and request for international partner for this project. Rotary club of Dhulikhel will contribute of USD.2000 for this project and remaining fund will be requested to international Rotary Clubs.

Project Sustainability: We will collaborate with location government and also transfer our technology on washable sanitary pad so that local government can replicate our project at different location of Sindhupalchowk district. We successfully able to do at Sindhuli ,Kavre &

Siraha district of Nepal through our previous global grant . Now local government of that area has setup their own center where washable sanitary pad is produce.