

Integrated Rural Health Development Training Center

IRHDTC/Nepal

'I am a Child, not a Bride- Phase II' Campaign'

Activity Report of Reusable Pad Making

Introduction

Integrated Rural Health and Development Training Center Nepal (IRHDTC), with the support of the young women-led organization She the Kranti, organized a reusable pad-making initiative in Parsagadhi Municipality. This zero-cost initiative from IRHDTC was designed to address the needs of economically challenged individuals who cannot afford sanitary pads and have limited awareness of menstrual health and hygiene. The initiative primarily targeted members of the Vision Child Club and local mothers, with a total of 84 participants (52 Vision Child Club members and 32 local mothers). The initiative aimed at equipping these women with skills to make reusable pads while promoting sustainable menstrual health practices.

Objectives

The primary objectives of the program were:

- To educate participants on proper menstrual hygiene practices, including rest, nutrition, and safe pad use and disposal.
- To teach the skill of making reusable pads, which are both hygienic and environmental friendly.
- To provide essential materials for reusable pad-making for a year, ensuring continued practice and adoption of these sustainable methods.
- To reach economically disadvantaged groups who cannot afford commercial sanitary pads and raise awareness about health and hygiene.

Outcomes

The outcomes of the reusable pad-making initiative were highly positive and impactful. Participants not only learned the practical skills needed to create reusable pads but also gained valuable knowledge about maintaining menstrual hygiene. By focusing on key areas such as proper rest during menstruation, nutritious diets, and the safe use and disposal of pads, the initiative successfully raised awareness about important health practices. The feedback from participants was overwhelmingly positive, highlighting how beneficial and informative the sessions were. Additionally, the provision of essential materials for pad-making for nearly one year ensured that participants could continue making and using reusable pads, reducing their reliance on costly disposable options. This initiative also strengthened community relationships by fostering a supportive and collective learning environment. The initiative's focus on economically disadvantaged groups further emphasized the importance of accessible, sustainable solutions for menstrual health. Overall, the initiative's success reflects its comprehensive approach to addressing both immediate needs and long-term sustainability, leading to better health outcomes and community empowerment.

Annex



Adolescent girls making reusable pads



Adolescent girls following steps of making reusable pads



Vision Child Club members showcasing the pads they made



Adolescent girls making reusable pads