

WHAT SHOULD BE ACHIEVED

1. Convergence with different ministries, departments and schemes.
2. State specific MHM operational guidelines/policies/district level plans.
3. Develop indicators and monitor these at the state level.
4. Awareness creation around MHM through well targeted communication and media plans.
5. Training and capacity building at all levels.
6. Sharing of good practices with GOI as well among districts.

How To Do It !

1. Convergence with different departments and schemes/programmes

- Engage State officials of various relevant schemes and /or departments.
- Build a platform for coordination and sharing of experiences and good practices.
- Nodal department for coordination to be decided upon by the State

Program/Scheme (Department)	Role in Convergence
Swachh Bharat Mission Guideline (MDWS via WSSO)	Funding, monitoring, facilitation; plan for training, material for training; orientation of stakeholders; Coordination with relevant line departments; official communication to concerned departments and officials; convene core group meetings for coordination
Rajiv Gandhi Scheme for Empowerment of Adolescent Girls - SABLA (MWCD/ICDS)	Access to ICDS functionaries- AW supervisors and workers; coordination, organize trainings for anganwadi workers.
Rashtriya Bal Swasthya Karyakram including ARSH (MoHFW)	Coordination with RBSK teams; organize trainings of RBSK teams; provide access to ARSH Counselors;
Swachh Bharat – Swachh Vidyalaya (MoHRD)	Access to teachers, HMs (schools & KGBVs); organize trainings for adolescent girls.
Menstrual Hygiene Scheme - National Health Mission (MoHFW)	Training, provision of free/low costs sanitary pads
NRLM (RDD)	Coordination with SHG leaders; sanitary napkin production, organize trainings; access to absorbents through SHGs
No specific programme - Tribal development	Residential schools. Access to teachers of Ashram schools, wardens, superintendents; coordination, organize trainings

2. State specific MHM guidelines and policies**State-level adaption of MHM guideline**

- Set up state and district-level committees. Formalization of these committees is essential.
- Assure convergence and input from all relevant departments.

- Convene State level consultation in every state, define roles of various departments clearly along with a state-level plan
- Adapt/develop social and behaviour change communication materials for different stakeholders.

Budget allocation for MHM

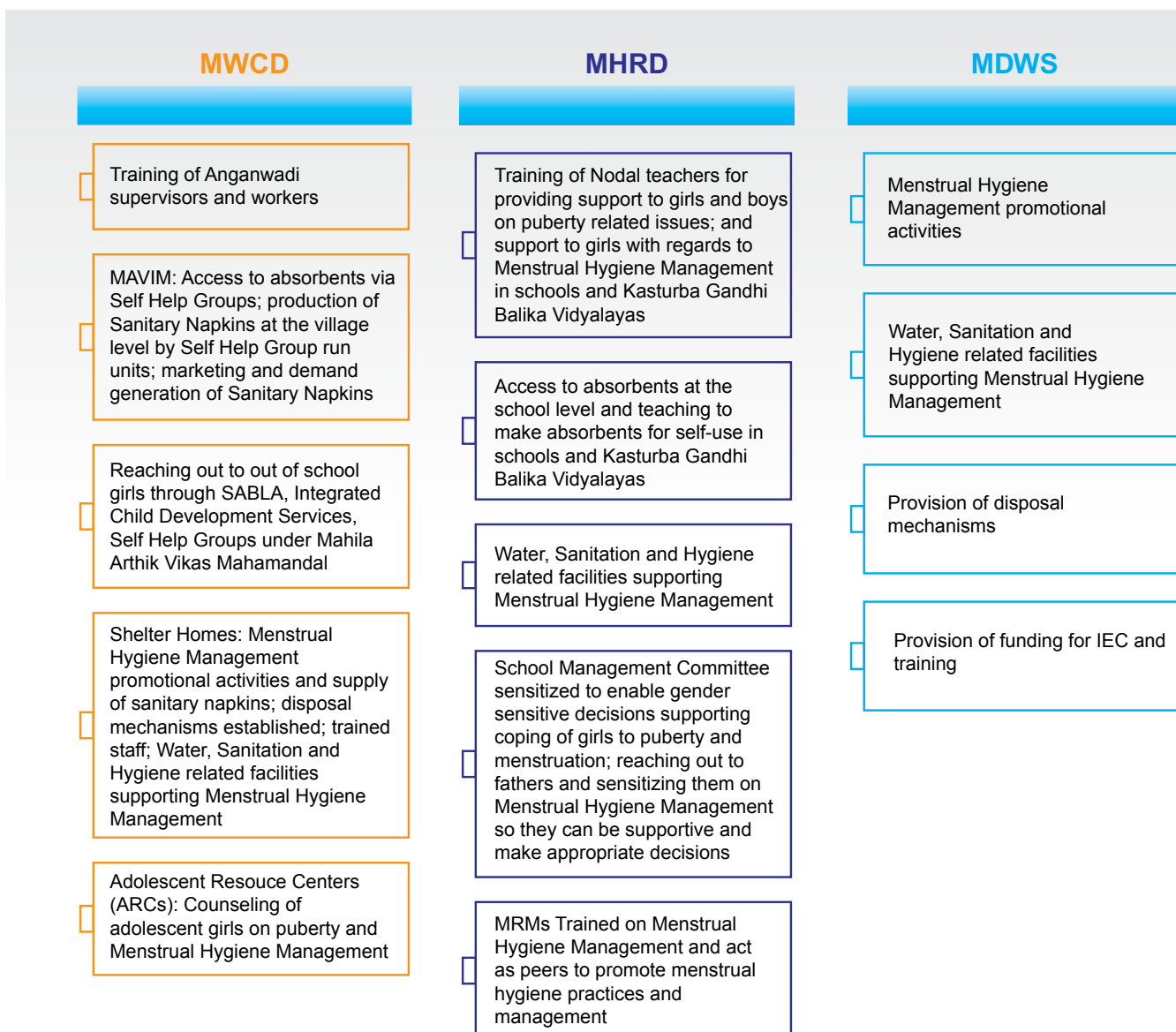
- Under SBM IEC budgets: for awareness, training/capacity building around MHM, availability of absorbents as well infrastructure budgets for safe disposal and incinerators. Budget allocated for O & M of incinerator.
- State level allocation of funds for this intervention.
- Encourage districts to allocate, spend and monitor spending.

Inclusion of MHM into school education curricula

- Organise training and capacity building, and resource materials.
- Integrate MHM training for teachers, with regular in-service training for teachers. Separate funding can be allocated to the Education Department to conduct trainings of teachers on MHM.

Policy for distribution of low costs sanitary napkins

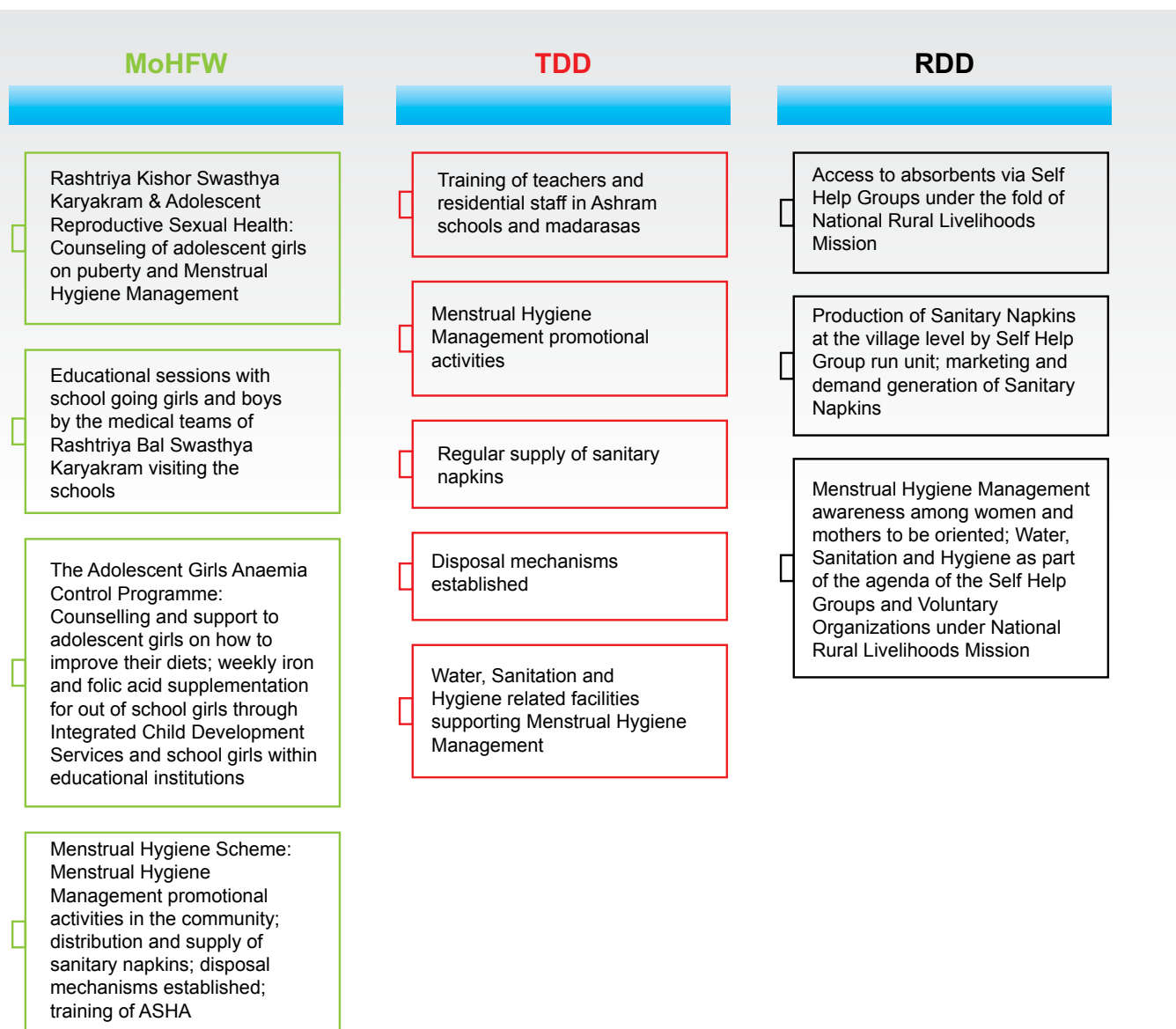
- Free or low cost sanitary napkins often overcome the problems of affordability.



- It is recommended to also source other consumables essential for girls MHM, such as soap, and other supplies for keeping toilets clean in schools.
- It is essential to define the supply chain, expected recurrent costs and allocate appropriate levels of funding for sustainable regular supplies. Availability of sanitary napkins through various female frontline cadre of various line departments and SHG women.
- Point of delivery/ sales has to be chosen carefully.
- Avoid creating a waste problem for the environment by making provision for safe disposal of napkins (see chapter 6), or promote re-usable and/or compostable products.
- Endorsing of commercially available napkins need to be rechecked.

Promotion of the production of local sanitary napkins

- Strengthen incentives for CBOs, NGOs, SHG/local women’s groups to set up production for their own materials. This should be done through careful consideration so that the groups do not go into loss as seen in the past.
- Some NGOs are able to provide support in setting up these production units and business trainings.
- Assure and supervise quality. A system or mechanism of quality assurance to be put in place for products and raw material used.



3. Define and monitor MHM related Key Performance Indicators and targets

KPI should be:

- State policies on MHM finalised
- State-level IEC strategies developed and rolled out
- IEC Budget defined and allocated and spent

Key indicators on MHM for State and the districts can include:

- xx% of districts are conducting MHM awareness activities
- xx% schools with separate toilet block for girls
- xx% schools with incinerators/disposal facilities for menstrual waste
- xx% schools with MHM education
- # &xx% schools with MHM focal point teachers trained on the subject and on use of SBCC materials
- xx% schools with sanitary napkin or (other) delivery mechanism
- # of trainings held for government officials to implement MHM guidelines under SBM

4. Awareness creation around MHM

Reaching out to parents need to be planned with the appropriate messages and communication tools.

5. Training and capacity building at all levels

Design a training plan (1 day/ 2 day, other, ...as part of stand-alone training, and identify key outcomes for each session and methodology, and reach out to resource persons such as national experts, NGOs/CBO partners. Master Trainers to be developed from each concerned government department.

Participants:

State level officials, District Magistrates, District Education Officers, DPCs, District Health officials, District Engineers from PHED, Panchayat officials.

Objectives:

- Participants understand the importance of MHM
- Participants have the skills and knowledge to include MHM into their respective areas of work

The components of the training module to focus on:

- Concept of MHM, importance of MHM in schools
- Practical problems faced by girls during menstruation
- Policy environment at National and State (schemes and need for convergence)
- Components of MHM friendly schools
- System for monitoring and supervision, monitoring indicators
- Budget allocation for state-level programme
- IEC plan/strategy on MHM
- Orientation on guideline on MHM for the state and operationalization at the district level

6. Sharing of good practices with Government of India (line ministry) as well among districts

It is encouraged to share your experience and good practices on state as well district level, so everyone can learn and benefit from it!

- Felicitate good performance – districts, schools, students, teachers, HMs, SMCs, other frontline workers, officials, various other stakeholders, etc.