

Menstrual Hygiene Programme (MHP)

This Programme is currently running in 4 Districts of our State viz. Bilaspur, Hamirpur, Mandi and Una. The aim of this programme is twofold; first to provide cheap and good quality sanitary napkins to adolescent girls and second to provide the knowledge about maintaining good menstrual hygiene to the above beneficiaries.

MHP is a programme running due to the good partnership between the Department of health and Department of Women and Child Development. The Sanitary Napkin Packs are distributed by the AWW to the Adolescent girls in their respective areas for which they receive an incentive of Rs. 1 per pack sold and Rs, 50 to 100 per monthly meeting she holds with the beneficiaries. To facilitate their function the AWW have been trained adequately by the Deptt. of Health and Refresher Workshops are planned.

In FY 2012-13 in MHP 7.48 lakh girls accessed this programme via the AWW and bought more than 7 lakh packs of Sanitary Napkins. Our State also provides free napkins packs to the AWW who help in the distribution of napkins to the Adolescent Girls. In FY 2012-13 we provided more than 74 thousand napkin packs free to the above mentioned group. Districts were given separate funds to carry out awareness activities in relation to the said programme

Block level Trainings of Female Health Workers and Health Supervisor were held in the districts of Kangra and Sirmour to increase their sensitization to the issue of Menstrual Hygiene amongst health providers.

State of Himachal Pradesh will soon be launching the above programme in the remainder of the districts so that no adolescent girl in our State is left out. We plan to cover approximately 4.5 lakh girls more in the coming year. To facilitate this programme the State will hold multi-level workshops with the various stake holders followed by trainings so that the uptake of this beneficial Programme is prompt and complete.