

No. EDN-HE (21) F (10) 09/20203
Directorate of School Education
Himachal Pradesh

Dated: Shimla-171001 the June, 2025


To

All the Deputy Director of Elementary /Higher Education,
Himachal Pradesh

Subject:- Regarding suggestions on Menstrual Health.

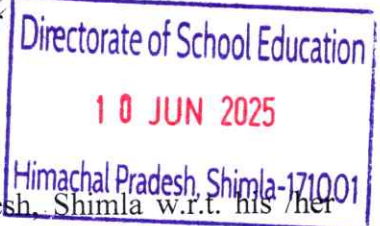
Please find enclosed herewith a copy of letter No.NHMHP-RKSK0GEN/2/2019-IEC-NPCB-RKSK-(E-11282) dated 11th April, 2025 alongwith its enclosures (finding of Sulab NGO & recommendations of National Health Mission, HP on menstrual hygiene management) received from the Mission Director, National Health Mission through Secretary (Health) to the Government of H.P. Shimla vide letter No. HFW-A-F010/9/2023-HEALTH-A dated 2nd May, 2025 on the subject cited above.


In this context, you are directed to look into the matter and issue necessary directions to all the Heads of educational institution working under your control with respect to provide better wash facilities at school, work places, Anganwadis and reproductive knowledge capacity building of young schools girls through teaching physical and reproductive knowledge and do the needful accordingly.


Additional Director
School Education
Himachal Pradesh
June, 2025

Endst.No. Even dated Shimla-171001 the June, 2025
Copy for information and necessary action to:-

1. The Secretary (Health) to the Government of Himachal Pradesh, Shimla w.r.t. his/her letter referred above.
2. The Mission Director, National Health Mission, H.P, Shimla-9
- ✓ 3. The Nodal Officer-IT Cell, Directorate of School Education, H.P, Shimla-1 with the remarks to upload the same on departmental website.
4. Guard file.




Additional Director
School Education
Himachal Pradesh

hen
9/5/25

No.HFW-A-F010/9/2023-HEALTH - A
Government of Himachal Pradesh
Department of Health & Family Welfare

From

The Secretary (Health) to the
Government of Himachal Pradesh

To

1. The Director, Health Services,
Himachal Pradesh, Shimla-9
2. The Mission Director,
National Health Mission,
Himachal Pradesh, Shimla-9
3. The Director, Medical Education & Research,
Himachal Pradesh, Shimla-9
4. The Director (SJ&E),
Himachal Pradesh, Shimla-9
- ✓ 5. The Director of School education,
Himachal Pradesh, Shimla-1



Dated: Shimla-2 the

2nd May, 2025

Subject: Regarding suggestions on Menstrual Health.

Sir,

I am directed to enclose herewith a copy of U.O letter No. Secy/CM-H0337/2022-DEP-B-166790, NHMHP-RKSK0GEN/2/2019-IEC-NPCB-RKSK-(E-11282) dated 14-02-2025, 11-04-2025 respectively alongwith its enclosures (findings of Sulab NGO & recommendations of National Health Mission, HP on menstrual hygiene management) on the subject cited above and to request you to take necessary action on the issues at your end, please.

Yours faithfully,
Signed by

Neeraj Kumar

Special Secretary (Health) to the
Government of Himachal Pradesh

Shimla

Dated:

Endst. No. as above

Copy forwarded to the followings for information:

1. The Secretary (SJ&E) to the Government of Himachal Pradesh.
2. The Secretary (Education) to the Government of Himachal Pradesh.

-sd/-

Special Secretary (Health) to the
Government of Himachal Pradesh

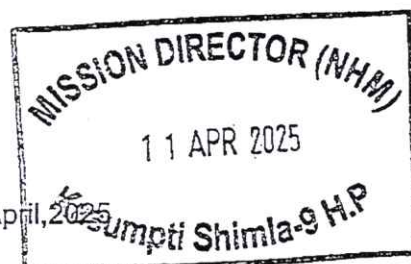
Ms. P. K. Singh
7.5.25
General
Superintendent (hen)

online

No. NHMH-HP-RKSK0GEN/2/2019-IEC-NPCB-RKSK-(E-11282)
National Health Mission, H.P.

To

✓ The Secretary(Health)
to the Government of Himachal Pradesh,
H.P. Secretariat, Shimla-171002.



Dated Shimla-171009 the

April, 2025

Subject: Regarding suggestions on Menstrual Health.

Madam,

Please refer to your office letter No.HFW-A-F010/9/2023-HEALTH-A

dated 17th February, 2025 on the above cited subject. As regard findings and recommendation of study conducted by Sulab International Social Services Organization on present Menstrual Hygiene Management(MHM) and practices among Women and Girls, the observation & recommendation are as under :

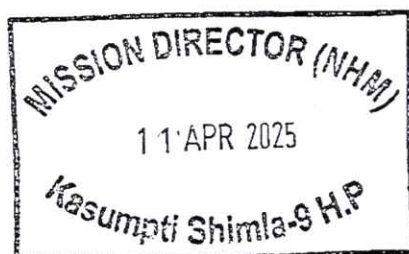
Sr.No.	Findings	Observations
1	Community based taboos, restrictive myths & silence on the subject abound due to which proper medical attention & advice may not be accessed by many. More openness through awareness, advocacy and open discourse is required.	Under Rashtriya Kishor Swasthya Karyakram, awareness activities are being done for the 10-19 years age girls.
2.	National Family Health Survey (NFHS-4, 2015-16) estimated that out of 336 million menstruating women in India, only about 121 million(36%) used sanitary napkins. Percentage of women IN 15-24 years in India using hygienic menstrual aids & protection has increased to 77.3% (NFHS-5, 2019-21) but not 100%. However, this rise is not reflected in women beyond 24 age nor among girls outside educational institutions (not all girls attend educational institutions). States have generally been focusing on women in educational institutions but not covering women outside educational institutions nor on women beyond schools years i.e. 20-49, which constitute the Elders & Aging Menstruating Women (EAMW)	As per NFHS-4, in Himachal Pradesh, 84% women age 15-24 yrs reported using a hygienic method of menstrual protection. In NFHS-5, 92% women age 15-24 yrs reported using a hygienic method of menstrual protection. The age group covered for the MHP is as per the GOI guidelines which is 10-19 years.
3.	Nearly 23 million girls in India drop out of school when they reach puberty due to menstrual related barriers.	The drop out rates in our state is negligible.

4.	<p>There are aspects of MHM other than napkins. There are inadequacies in safe, secure, private and functional WASH facilities for girls and women during menstruation near the workplace (specially in unorganized sector) and in educational institution, thus adversely affecting their health. School girls are unable to use school toilets for menstrual related issues due to lack of water, soap sanitation, missing doors, taps and dustbins or other disposal systems. This promotes absenteeism of upto 60 days in a year or complete dropout</p> <p>School becomes a lesser option compared to the conform & privacy of home</p>	The suggestion can be incorporated in the State Health Promotion Policy
5.	Women in menstruation face disparity at workplace.	
6.	Poor menstrual health management has affect on general health & life expectancy.	
7.	Due to silences around menstruation, Elder & aging Menstruating women, women beyong school/ college years & yongh mothers living in remote rural & impoverished areas find there are restriction & taboos & many skip consulting a doctors for intimate menstrual issues. Medical health may be far away from their village & even if available, in the absence of women doctors there is hesitation in consulting male doctors.	
8.	Women in marginalized households do not have access to households do not have access to household cash to get treated for MHM related diseases, & end up with UTI, uterine & cervical disorder. Mnay rely on quacks & home remedies due to lack of local availability of doctors, or cost, or shyness. Poverty, family negligence, low local access to healthcare lead to poor MHM outcomes and loss of livelihoods.	
Recommendation		
1.	Create a State Level Menstrual Health Committee to integrate women's Menstrual	The issues related to MHP are discussed at the State

	Hygiene and Health well being into State's Health and Other Plans.	Level Committee under Ayushman Bharat-School Health & Wellness Programme.
2.	IEC for Menstrual Hygiene education & awareness be operationalized at school level.	This activity is already being covered in the schools.
3.	Integrate Jal Jeevan Mission with MHM to provide better WASH facilities at Schools, workplaces, Anganwadis and Community places.	The wash facilities are ensured in the schools by the Education Department
4.	Make Schools and Public/ Community Toilets Period Safe by providing washing areas and bathing cubicles in schools/ Public Community toilets and in toilet at workplace to provide sanitary dignity.	
5.	Provide pads within financial reach of marginalized communities including proper disposal of menstrual waste. Also proper changing facilities at workplace including in informal unorganized workplace	Under the program of RKSK awareness activities are done for the 10-19 years old girls
6.	Teachers, School Counselors and Social Workers and Gram Sabhas / Panchayats to pro-actively monitor that facilities for proper menstrual hygiene are present in schools.	Done by the School Nodal Teachers, ASHA workers during their visit to the schools
7.	Reproductive knowledge Capacity Building of young Schools girls through teaching physical and	

In view of above observations, it is submitted that we may add menstrual hygiene as a chapter in the health promotion policy in the state of Himachal Pradesh.

Yours faithfully,



Mission Director
National Health Mission, H.P.

Ohhine

क्रम संख्या 3180400

हिमाचल प्रदेश सरकार
मुख्य मन्त्री कार्यालय
HIMACHAL PRADESH GOVERNMENT
CHIEF MINISTER'S OFFICE

तार पता : चीफसैक

Telegraphic Address : CHIEFSEC

Fax No. 0177-2625011

एलर्जली

शिमला - 171 002.

ELLERSLIE,

SHIMLA-171 002.

Sub:- Regarding suggestions on Menstrual Health.

Enclosed please find herewith a photo copy of letter/representation dated -nil- received from Sh. Pankaj Jain, Palam Dabri Road, Mahavir Enclave, New Delhi-110045 on the subject noted above.

It is requested to examine the proposal.

Under Secretary
to the Chief Minister

The Secretary (Health) to the
Govt. of Himachal Pradesh,
Shimla 171002

No. Secy/CM-H0337/2022-DEP-B-166790, Dated :

CHIEF SECRETARY
(S&M H-A)

14 FEB 2025

H.A. SECRETARIAT
SHIMLA-171002

सुलभ इंटरनशनल सोशल सर्विस ऑर्गनाइजेशन

(Serving the Nation since 1970)

(NGO in General Consultative Status with
the Economic and Social Council of the United Nations)



Ref No. SISSO/CM/26/2025

Date: 04/02/2025

Pankaj Jain, IAS (Retd.)

(Former Secretary Govt. of India)

Hony. Controller General Sulabh International Social Service Organisation

Palam Dabri Road, Mahavir Enclave

New Delhi - 110045

Mobile- 8010246663 / 8076329732 ; Email- pankaj.onboard@gmail.com

Honorable Shri Sukhvinder Singh Sukhu Ji,

Sulabh has conducted a study (copy enclosed) in 14 aspirational, backward & vulnerable districts comprised in 7 states of Assam, Bihar, Chhattisgarh, Haryana, Maharashtra, Odisha & Tamil Nadu on the present Menstrual Hygiene Management (MHM) and practices among Women and Girls.

The following are some of the findings some of which would be present in your state and may need to be addressed. Sulabh would be willing to be part of State initiatives and partner with the State Government to address these issues.

Findings:

1. Community based taboos, restrictive myths & silences on the subject abound, due to which proper medical attention & advice may not be accessed by many. More openness through awareness, advocacy and open discourse is required.
2. National Family Health Survey (NFHS-4, 2015-16) estimated that out of 336 million menstruating women in India, only about 121 million (36%) used sanitary napkins. Percentage of women in 15-24 years in India using hygienic menstrual aids & protection has increased to 77.3% (NFHS-5, 2019-21) but is not 100%. However, this rise is not reflected in women beyond 24 age, nor among girls outside educational institutions (not all girls attend educational institutions). States have generally been focusing on women in educational institutions but not covering women outside educational institutions nor on women beyond school years i.e. 20-49, which constitute the Elder & Aging Menstruating Women (EAMW)
3. Nearly 23 million girls in India drop out of school when they reach puberty due to menstrual related barriers.
4. There are aspects of MHM other than napkins. There are inadequacies in safe, secure, private and functional WASH facilities for girls and women during menstruation near the workplace (specially in unorganised sector) and in educational institutions, thus adversely affecting their health. School girls are unable to use school toilets for menstrual related issues due to lack of water,

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Email: info@sulabhinternational.org / sulabhinfo@gmail.com / sulabhinfo1@gmail.com

Website: http://www.sulabhinternational.org / www.sulabhtoletmuseum.org

Regd. Office: Sulabh Bhawan, New Patliputra Colony, Patna - 800 013, Bihar (India)

Tel. Off.: (+91-612) 2263650, 2270827; Fax: (+91-612) 2270773

sanitation, missing doors, taps and dustbins or other disposal systems.
This promotes absenteeism of upto 60 days in a year or complete dropout.

School becomes a lesser option compared to the comfort & privacy of home.

5. Women in menstruation face disparity at workplace.
6. Poor menstrual health management has effect on general health & life expectancy.
7. Due to silences around menstruation, Elder & Aging Menstruating Women, women beyond school/college years, & young mothers living in remote rural & impoverished areas find there are restrictions & taboos & many skip consulting a doctor for intimate menstrual issues. Medical health maybe far away from their village & even if available, in the absence of women doctors there is hesitation in consulting male doctors.
8. Women in marginalised households do not have access to household cash to get treated for MHM related diseases, & end up with UTI, uterine & cervical disorders. Many rely on quacks, & home remedies due to lack of local availability of doctors, or cost, or shyness. Poverty, family negligence, low local access to healthcare lead to poor MHM outcomes and loss of livelihoods.
9. Half of the respondents felt that white discharge, pain, swelling, burning & itching were not serious to warrant medical intervention & remain without treatment.

Recommendations:

1. Create a State Level Menstrual Health Committee to integrate Women's Menstrual Hygiene and Health wellbeing into the State's Health and other Plans
2. IEC for Menstrual Hygiene education & awareness be operationalised at school level. Also separately for EAMW in community settings.
3. Integrate Jal Jeevan Mission with MHM to provide better WASH facilities at schools, workplaces, anganwadis and Community places.
4. For EAMW, provide in Welfare schemes facilities specially in rural areas for Menstrual related health checkups, water and toilet infrastructure and sanitary pads either free or priced at a nominal cost
5. Make Schools and Public/Community Toilets Period Safe by providing washing areas and bathing cubicles in School /Public Community Toilets and in toilets at Workplaces to provide sanitary dignity
6. Provide pads within financial reach of marginalised communities including proper disposal of menstrual waste. Also proper pad changing facilities at workplace including in informal unorganised workplaces.
7. Teachers, School Counsellors and Social Workers and Gram Sabhas / Panchayats to pro-actively monitor that facilities for proper menstrual hygiene are present in schools
8. Capacity Building of young School girls through teaching physical and reproductive knowledge.
9. EAMW to participate and hold awareness drives at village level

10. Women need to be empowered with disposable income for their Menstrual needs. Through micro-credit facilities EAMW can be assisted to set up

HGs so as to have disposable incomes and to better take care of their Menstrual health needs

Sulabh would be happy to partner with the State Govt. in achieving the above objectives

With high regards.

Yours Sincerely,



(Pankaj Jain)

Shri Sukhvinder Singh Sukhu
Hon'ble Chief Minister
Room No. E-100,
Armsdale Building, HP
Secretariat, Shimla – 171002
Himachal Pradesh