



MENSTRUAL HEALTH AWARENESS PRESENTATION 2026

Project Number: 3

Date: 27th July , 2026

Location: Grand Academy Secondary School, Satdobato

Collaborated with: Community Development Foundation (CDF) Nepal, MYFLOO, The Red Blood Official & Interact Club of St. Xavier's School, Godavari (ICSXG)

Specified Committee: Community

Sponsoring Organization(s):

- Community Development Foundation (CDF) Nepal
- MYFLOO
- Peace First
- Padelux Premium Sanitary Pads
- We for Change

Guests:

- 1.Representatives from Community Development Foundation (CDF) Nepal
- 2.Representatives from MYFLOO
- 3.Representatives from The Red Blood Official

Area of Focus:

Maternal and Child Health

(Also supports Basic Education and Literacy by promoting menstrual health education and awareness.)

Introduction:

The Menstrual Health Awareness Presentation 2026 took place at Grand Academy Secondary School, Satdobato, with the purpose of informing students on menstrual health, menstrual hygiene, and menstrual tracking. This project was arranged by the Community Development Foundation (CDF) Nepal, MYFLOO, in collaboration with Peace First, The Red Blood Official, and the Interact Club of St. Xavier's School, Godavari (ICSXG). The intention of this project was to eradicate any stigma related to menstruation and empower the students with correct information on menstrual health and hygiene.

Project Summary:

The awareness meeting was organized by students, teachers, and volunteers to ensure that there is healthy and well-informed knowledge about menstruation. Topics such as menstrual health, hygiene issues, period tracking, and the need to develop an environment where menstruation can be talked about openly without discrimination and stigma were covered in this presentation.

Discussion and awareness sessions involved students asking questions and gaining the confidence to understand menstrual health issues. Materials for the purpose of education were shared with the help of partner organizations while hygiene issues were emphasized with the help of Padelux Premium Sanitary Pads. The health awareness event was a great success..

Itr. Drishya Ratna Ghale
President RY(2025/26)

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Activities Conducted:

- Awareness presentation on menstrual health and menstrual hygiene.
- Session on period tracking and reproductive health education.
- Interactive question-and-answer discussion with students.
- Distribution of educational materials and awareness booklets.
- Promotion of healthy menstrual hygiene practices and stigma-free conversations.

Objectives Achieved:

- Increased awareness of menstrual health and hygiene among students.
- Encouraged open and respectful discussions about menstruation.
- Educated participants on proper menstrual hygiene management and period tracking.
- Reduced misconceptions and stigma associated with menstruation.
- Empowered students with knowledge to make informed health decisions.

Outcome:

The awareness program successfully educated students on menstrual health and hygiene while fostering confidence to openly discuss menstruation. Participants demonstrated greater understanding of menstrual well-being, hygiene practices, and the importance of supporting a stigma-free environment in schools and communities.

PHOTOS:

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