



Khwahish Menstrual Hygiene Management Club

Objectives

Menstrual Hygiene Management (MHM) includes the three interlinked components of managing menstruation hygienically:

1. *Breaking the silence*

This critical step towards implementing hygienic practices in rural locales consists of breaking through the taboos associated with menstruation. Positive and informative conversations can foster an understanding regarding this natural occurrence experienced by all females, prepping young women with the appropriate knowledge to manage this biological transition in a safe and healthy manner. Additionally, creating safe spaces for women and girls to host such open discussions is also essential in eradicating the fear and shame associated with menstruation.

2. *Managing menstruation hygienically and safely*

This step is dedicated to securing access to adequate water, cleansing materials and private spaces for hygienically managing menstruation.

3. *Safe reuse and disposal solutions*

Ensuring that environmentally-friendly mechanisms for safe reuse, collection and disposal of menstrual wastes are available.

MHM Club Members

To make schools MHM-friendly and instill an active outreach program in the community, MHM Club membership should represent students from all grades.

Students

From grade 6 to 10..... 1 or 2 from each grade/class.

Teachers

Two or more female teachers willing to make the additional time commitment to facilitate and support this group.

Designation of the “MHM Club Members”

Selection of members can be done two ways:

1. Teachers who are knowledgeable about the responsibilities associated with this project, can ask 1-2 students from each grade level to volunteer for positions within the club.
2. Each class can elect 1-2 responsible and trustworthy classmates to represent them as “MHM Club Members.”

Organization

Roles and Responsibilities

Generally each club will have a “Chairperson” who is tasked with guiding and planning club activities. Additionally, the committee will have a “Secretary” who will be responsible for keeping records and facilitating communication between the students, teachers, and committee members. If necessary, a treasurer can be appointed to collect and account for club funds.

MHM Club can meet after or before school to develop a school-specific program of action, with guidance from the appropriate faculty members in the school. Schools have a number of areas for improvement and upkeep. The MHM Club should therefore consider all the necessary activities in its action plan and should encourage other students to carry them out.

Tasks

1. To ensure that the mandated stock of sanitary pads is maintained. If necessary, order more pads in advance to ensure that minimum stock is available at all times.
2. Maintain the account of money collected from the sale of sanitary napkins.
3. Train students how to use the sanitary napkins dispenser and the incinerator.
4. Ensure that coinage is available to break up larger denominations of currency.
5. Establish a contingency plan for students to purchase sanitary pads in case of sanitary pad dispenser malfunction.
6. Educate, engage and involve new students in the school.
7. Host monthly meetings to share knowledge and create awareness among teachers and students.
8. Distribute sanitary pads to the students when free sanitary pads are provided by the Khwahish Sewa Society.
9. Communicate with KHASS volunteers.
10. Communicate and Coordinate with Khwahish Sewa Society from time to time.
11. MHM Club members meet after or before school and develop a program of action with guidance from willing teachers and Khwahish Sewa Society volunteer.
12. Adopt a nearby elementary school in which hand hygiene can be promoted.

MHM CLUB Check List

Month: _____

School Name: _____

Description	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Daily Check list																															
9.00 AM																															
Load Sanitary pads if Required																															
Empty Ash tray of Incinerator & press red button																															
11.00 AM																															
Press red button of Incinerator																															
1.00 PM																															
Press red button of Incinerator																															
3.00 PM																															
Press red button of Incinerator																															
Weekly																															
Educate new students																															
Order Sanitary Napkins when < 500																															
Monthly																															
Monthly Club meeting																															
Education Session																															
Yearly																															
Menstrual Hygiene day May 28 th .																															
Invite Khwahish Sewa Society for Seminar																															
Club member Initials																															
Teacher in charge initials																															

Reviewed by: Signature Chair/Co-Chairperson

Date: