

Best Practice under Adolescent Health/RKSK Division, State Health Society, Manipur

Chief Minister's Menstrual Hygiene Scheme (CMMHS)

Rationale of the Scheme

The Chief Minister's Menstrual Hygiene Scheme (CMMHS) was to improve menstrual hygiene for school going adolescent girls (10-19 years) with the following objectives:

- Free delivery of high-quality sanitary napkins (SN) to school going adolescents' girls.
- To cover both urban and rural school going adolescent girls in the state.
- To increase awareness among adolescents' girls on menstrual hygiene, build self-esteem, & empower girls for greater socialisation.
- To ensure safe disposal of sanitary napkins in an environment friendly manner.

The scheme was initiated with the approval from the State cabinet on 21st April, 2022. The scheme is funded by the State Government of Manipur and linked is with School Fagat-hansi Mission. The scheme also encouraged local start up to initiate local manufacturing group for production of standard sanitary napkins in bulk.

Description of the Model

The Chief Minister's Menstrual Hygiene Scheme (CMMHS) is implementing in all the 16 districts of the state in convergence with Education Department, National Health Mission & Health Departments. Some of the activities are:

- Identification of local entrepreneurs or start up for manufacturing of standard sanitary napkins in bulk.
- Launching of CMMHS
- Identification and selection of schools from 16 districts
- Procurement of sanitary vending machines, incinerators and sanitary napkins
- Stakeholders meeting
- Awareness in schools
- Monitoring & reporting

Human Resources

- The scheme is managed by the already existing staffs of NHM, Health & Education (s) Departments

Capacity Building

- Sensitization program for state & districts level officers of Education (s), NHM & Health Departments
- Hands on training for selected school teachers

Evidence of effectiveness

- The scheme is appreciated by both the school authorities and the beneficiaries
- Good convergence efforts of NHM, Health & Education (s) departments to implement the scheme at schools
- Positive response from the schools in implementing the scheme
- More awareness classes on menstruation are taken up by the concern teachers in their respective schools.

Brief activities conducted:

Sl.No.	Indicators	Total
1	Number of Districts covered	16
2	Number of Schools covered	38
3	Number of sanitary vending machines procured and installed	33
4	Number of incinerators machines procured and installed	33
5	Number of sanitary napkins allocated/distributed	323200
6	Number of beneficiaries availing the service within 6 months (April to September, 2023)	9395
7	Number of participants participated at State level sensitization program	48
8	Number of participants participated in 2 hands on training programs	81

Cost/ Financial Implications

- Funded by State Government of Manipur

Lesson Learnt and Challenges

- Need more sensitisation and awareness on menstrual issues at different level like acceptance, understanding myths of menstruation, accessibility and disposal of sanitary napkins in an environment friendly manner.
- Involvement of more departments/stakeholders in addressing the issues like good sanitation including separate toilets for boys & girls/women & men, good water supply in schools, public places, working places etc.
- Faced challenges during installation of machines at hill districts due to hilly terrain
- Schools were closed for months as soon as the program started implementing due to the prevailing situation in the state and hampered the implementation of the program.

Potential for scale

- To cover more government, government aided and some private schools with larger coverage of beneficiaries
- To extend to college level under “College Fagat-hansi Mission” in all the districts.
- To avail comprehensive services by the beneficiaries through integration of parallel program divisions under Health & NHM department & Development Partners.
- To create more venues to install sanitary vending machines, incinerators and sanitary napkins for the interest of young girls and women other than schools.
- To established inter-sectoral convergence like PHED, YAS, MAHUD etc for more comprehensive services to explore and access to ensure better services like separate toilets for boys & girls, women & men, water supply, sanitation, awareness etc.

Partners involved in Implementation

- Education Department, National Health Mission & Directorate of Health Services, Manipur

Contact Details

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Photo Annexure:



Launching ceremony on 15th December, 2022 at Wangkheil High School by Hon'ble Chief Minister of Manipur



State Level Sensitization Program for Education, NHM & Health Departments for ZEOs & DNOs