

GOVERNMENT OF INDIA  
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

**RAJYA SABHA**  
**STARRED QUESTION NO. 107**  
TO BE ANSWERED ON 13.12.2023

**MENSTRUAL HYGIENE POLICY**

107. PROF. MANOJ KUMAR JHA:

Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:

- (a) whether Government is planning to roll out Menstrual Hygiene Policy soon;
- (b) if so, the details thereof;
- (c) whether the policy contains provisions to promote and provide for menstrual hygiene among LGBTQIA+ community;
- (d) if so, the details thereof and if not, the reasons therefor;
- (e) whether Government plans to run destigmatisation campaigns related to menstruation in schools and colleges; and
- (f) if so, the details thereof and if not, the reasons therefor?

**ANSWER**

MINISTER FOR WOMEN AND CHILD DEVELOPMENT  
(SHRIMATI SMRITI ZUBIN IRANI)

(a) to (f): A statement is laid on the Table of the House.

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**Statement referred to in reply to part (a) to (f) of the Rajya Sabha Starred Question No. 107 raised by Prof. Manoj Kumar Jha regarding 'Menstrual Hygiene Policy' for answer on 13.12.2023**

(a) to (f): Menstruation, as we all know, is a natural physiological process in the lives of all menstruators including adolescent girls and pre-menopausal women. A small proportion of women/ girls suffer from severe dysmenorrhea or similar complaints; and most of these cases are manageable by medication. However, the issue of menstruation and its associated activities are surrounded by silence, often treated with shame and associated with social taboos that restrict mobility, freedom and access to normal activities for menstruating persons, and many a times leads to their harassment and social exclusion. It becomes even more sensitive, when a girl/ menstruating person is unaware of the changes that she undergoes emotionally and physically, while facing her menstrual cycle for the first time. Young adolescent girls tend to be less prepared for menstrual hygiene management (MHM) and suffer from anxiety, apprehensions, fear and shame during their menses.

In such a situation, it is imperative to create a congenial ecosystem for not only ensuring menstrual hygiene for all menstruating persons in the country but also to educate and sensitise the men and boys on this issue. This gives rise to the need for proper guidance, advice, information and knowledge on menstrual cycle as well as menstrual hygiene management (MHM). This is essential to ensure dignity of adolescent girls and women and other menstruating persons, and to separate myths from facts about menstruation, and its relation with health issues, well being, gender equality, education and rights. Therefore, practical, sustainable and culturally acceptable methods are needed for addressing the menstrual hygiene needs.

Keeping these factors in mind, the Government implements the Scheme for Promotion of Menstrual Hygiene among adolescent girls in the age group of 10-19 years. The Scheme is supported by National Health Mission through State Programme Implementation Plan (PIP) route based on the proposals received from the States/UTs. One of the major objectives of the scheme is to increase awareness on Menstrual Hygiene.

In addition, Ministry of Drinking Water and Sanitation under Swachh Bharat Abhiyan has developed National Guidelines on Menstrual Hygiene Management (MHM) for creating awareness on Menstrual Hygiene Management (MHM) in rural areas as part of its overall interventions related to behaviour change on the aspects of sanitation and hygiene. Under the Beti Bachao Beti Padhao (BBBP) component of Mission Shakti, an Umbrella Scheme for safety, security and empowerment of women implemented by Ministry of Women and Child Development, raising awareness about menstrual hygiene is one of the key areas. Further, to ensure access to sanitary napkins and good quality medicines at affordable price, Department of Pharmaceuticals under Ministry of Chemicals and Fertilizers implements the Pradhan

Mantri Bharatiya Janasudhi Pariyojna (PMBJP), an important step in ensuring the health security for the citizens. Under the project, over 10,000 Janasudhi Kendras have been set up across the country, which besides affordable medicines, provide Oxo-biodegradable sanitary napkins named Suvidha at Rs. 1/- per pad only.

Further, formulation of policies, programmes and schemes as also making appropriate amendments is a continuous process and the Government takes appropriate measures from time to time in consultation with stakeholders. In this direction, Ministry of Health & Family Welfare has formulated a draft Menstrual Hygiene policy in consultation with stakeholders.

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