

# Kerala She Pad Scheme

The state government of Kerala has launched She Pad scheme to provide free sanitary napkins for girls students. Initially in She Pad Scheme 1st Phase, govt. had distributed free sanitary napkins in about 300 government schools of the state. Later in She-Pad Scheme 2nd Phase, govt. has extended distribution of free sanitary napkins to girls in around 560 government schools.

## Kerala She Pad Scheme Phase 1

The objective of the scheme is to enable free distribution of sanitary napkins to girl students in government schools. The scheme is an attempt to normalize public debates about menstrual hygiene. This is a good initiative of the government because menstrual hygiene is every girl's right. This scheme will also help raise the awareness about the need for menstrual hygiene. The government has allotted funds to implement the She Pad Scheme. This fund will be given by local panchayats and Kerala State Women's Development Corporation.

According to the latest National Family Health Survey of 2015-16, nine out of 10 young women in Kerala already use personal hygiene products. She pad scheme is the battle for last mile menstrual hygiene in Kerala. Moreover, the government will conduct awareness camps in various schools for boys to create a healthy mindset on menstruation in the opposite sex. The government will also make sanitary pads easily accessible to the girls in the schools.

## Kerala She Pad Scheme Phase II Implementation

She Pad Scheme Phase II in Kerala started for adolescent girls in govt. and aided schools to promote good hygiene practices and to improve their quality of life. In the last academic year 2019-2020, KSWDC had implemented the She Pad Scheme in 1200 schools. Now the phase 2 of She-Pad Scheme has been extended to 560 government schools. Along with the awareness classes, sanitary pads, incinerator and storage box are provided to schools absolutely free of cost.

This project is being implemented with funds provided by local self government bodies. A survey was conducted in 110 schools in the district before the launch of project in 2016. This survey reveals that awareness among adolescent girls about healthy practices with regard to menstruation was poor.

The success of the She-Pad Scheme could be seen in the 2018-2019 survey which reveals that students are now aware about menstrual hygiene. KSWDC will provide a video and booklet to school authorities to help them continue awareness programme for new students. One teacher in the school is selected as coordinator and activities are monitored by KSWDC staff.

Still some girls depends on unhygienic alternatives like cloth, ash, sand and husk which makes them prone to risk of reproductive diseases. So, Kerala She Pad Scheme women friendly initiative which will help girls to lead a life of confidence, dignity and honor.

## Eligibility Criteria

The eligibility criteria for obtaining the benefit of the scheme is –

- The girl should be between the age of 11 and 18
- The girl should be studying in the government school.
- The girl should be residing in Kerala.

## Benefits

The girls will be able to maintain good menstruation hygiene and in addition to this, the dropout rate for the schools will also fall. Falling dropout rate would mean that more people will be encouraged to go for higher education