

# **Request for Proposal**

**ADDRESSING BARRIERS IN MENSTRUAL HEALTH AND JUSTICE IN  
KASKI AND SURKHET DISTRICTS OF NEPAL**



Center for Research on Environment Health and Population Activities (CREHPA)  
Kusunti, Lalitpur, P.O. Box: 9626,  
Kathmandu Nepal  
Web: [www.creHPA.org.np](http://www.creHPA.org.np)

**7 Feb, 2025**

## **Background**

CREHPA is a not-for-profit research organization based in Lalitpur, Nepal. It is registered under Society's Act 2034, of the Nepal Government as a non-governmental organization. It is also registered with the Social Welfare Council, Nepal. CREHPA has many years of research experiences in the field of public health, population, reproductive and sexual health, and rights, child rights, abortion, gender issues including gender-based violence, and human trafficking, environment/climate change, etc. Menstruation is a normal and healthy biological process; however, it is seen as taboo in many cultures. Menstruation matters – not just to those who experience pain, stigma, lack of menstrual knowledge, resources, and dignity but for society as it can also affect health, education, and gender equality. Till date, work on menstruation has coalesced around the concept of Menstrual Hygiene Management (MHM). Although MHM is of critical importance to menstrual experiences, it excludes several issues affecting the well-being and dignity of women, girls and others who menstruate including menstrual pain and its management, menstrual stigma, issues related to disposal of menstrual products, environmental aspect, etc. Therefore, the need for extended framework of menstrual justice is evident. Therefore, this research project contributes in the development of the concept of menstrual justice, drawing on the broader literature on reproductive justice, international development literature, and utilizing two in-depth case studies in Nepal and Guatemala.

This study primarily aims to improve women and girls' menstrual experiences and reduce the negative impacts of menstruation and related practices through the development of a framework and theory of menstrual justice in Nepal. Technical Advisory Committee (TAC) is formed in federal and Technical Support Committee (TSC) in province level (Gandaki and Karnali) to provide technical support and disseminate research findings and recommendations drawn. National TAC is formed under the leadership of Ministry of Women, Children and Senior Citizen. TSC is formed under the leadership of Ministry of Health in Gandaki province and Ministry of Social Development in Karnali province. The committee meetings are conducted each year to share the progress of the study

As a part of baseline survey, the qualitative and quantitative data collection has been completed. The findings from baseline survey highlighted the need for intervention on menstruation including pain, as the majority of girls experienced period pain and were keen in learning pain management strategies. Along with this, stakeholders such as community men, women and school teachers were also in favor of conducting programs on menstruation including pain management. Therefore, the intervention on menstrual pain incorporating the materials on physiology of the menstruation has been developed.

## **Scope of work**

This project will be implemented in selected 15 wards of 3 municipalities (Rupa, Madi rural municipality and Pokhara metropolitan city) and 18 wards of 2 municipalities (Barahatal rural municipality and Panchapuri municipality) of Surkhet district. The project will be implemented among adolescent girls aged 13-18 years. A total number of 1920 adolescent girls (960 in each district) have already been interviewed as a part of baseline survey. These interviewed girls will

be randomly assigned to either the intervention or control group. There will be 480 adolescent girls in the intervention group in each district. Those in the intervention group will receive the intervention (program) in a group of about 20 girls (24 groups in each district). However, the applicant can propose how they would like to implement the intervention.

Following are the responsibilities of implementing agency:

1. Carry out community engagement/ sensitization to assess if selected *toles*/village are interested in the intervention, willing to support it, make sure to talk about it with all relevant stakeholders. Intervention should be implemented where baseline survey has been conducted.
2. Obtain approval from relevant provincial as well as local level government agencies for intervention.
3. Translate/adopt contents/Manuals of group discussion to the local context. Contents to be covered in the group discussion in English will be provided by CREHPA.
4. Use social map and contact details of interviewed adolescent girls provided by CREHPA and recruit 480 girls and their parents and selected stakeholders for the intervention. There may be 24 adolescent groups and their parents and community level /stakeholders in each district.
5. Hire and train facilitator (s) to lead the groups, these leaders should go through a one-week training on content, group facilitation, etc.
6. Lead the groups for 4-6 months, each session is estimated to be about one hour. Every week a group session will be conducted with alternate composition, for 3 months (12 sessions) – implementing agency are open to suggest alternative mode of implementations
7. Organize group meeting once a week (or mutually agreed week) for 4-6 months
8. Ideally groups should start around April of 2025 and last until Sept 2025.
9. Provide insight in intervention development, manage overall intervention and oversight intervention implementation.
10. Provide a report that covered interventions strategy, findings, lesson learned and recommendations for future program.

### **Eligible applicants**

- Non-governmental organizations (NGOs) legally registered with the relevant agencies of Government of Nepal either in Kaski or Surkhet districts.
- At least 3 years of working experience in implementing project related to adolescent health and rights, sexual and reproductive health and rights etc. in project areas. Experience working with wide range of stakeholders including local government.
- Sound track report/ rapport with province government as well municipalities level stakeholders based on its previous work carried out in the specified community in close network with them
- Registered in VAT/PAN.

## **Clarifications on RFP**

Interested applicants may request for clarification(s) or submit questions electronically to [menstrualjustice@crehpa.org.np](mailto:menstrualjustice@crehpa.org.np) with the Subject: Clarification– Menstrual Justice by 15 February 2025. Any queries received will be responded via email.

## **Preparation and submission of application**

Proposal from an NGO should include description of organization, context, objectives, implementation plan/strategy/method, activity timeline, detail budget and justification. The proposal should not exceed 10 pages and should only aimed to work either in Surkhet or Kaski districts. The language of the proposal should be in English. Missing information and documents may result in disqualification of the application.

Proposal must be submitted electronically to [menstrualjustice@crehpa.org.np](mailto:menstrualjustice@crehpa.org.np) with Subject: Menstrual Health Justice by 28 February 2025. Proposal received later than this date will not be accepted. CREHPA reserves the right to accept and reject proposals without any further notice or justification.

## **Evaluation process**

The three members evaluation committee will review all submitted proposals and make decision based on the following key aspects:

- Experience in implementing sexual and reproductive health and rights, particularly adolescent health
- Understanding of the context
- Implementation Strategy
- Work plan
- Key professional staff
- District where the organization is registered
- Value for money

## **The proposal should have following documents:**

- Cover letter
- Proposal
- Government registration certificate
- Last two fiscal year's audit reports
- Tax clearance, registration certificate with district administration office and social welfare office, if applicable.