

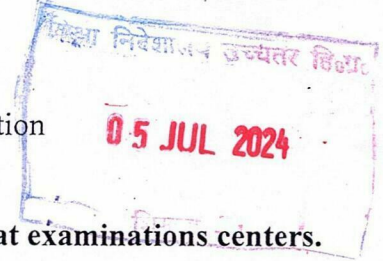
No. EDN-HE (21) F (10)10 /2023

Directorate of Higher Education  
Himachal Pradesh

Dated: Shimla-171001 the June, 2024

To


All the Deputy Directos of Higher Education  
Himachal Pradesh.



**Subject: - Regarding provision of sanitary pads at examinations centers.**

Please find enclosed herewith a copy of letter No. 9-1/2024-IS-17 dated 7<sup>th</sup> June, 2024 alongwith its enclosure received from the Under Secretary to the Government of India, Ministry of Education, Department of School Education & Literacy, New Delhi through Secretary (Education) to the Government of Higher Education, Shimla-2 vide letter No. EDUB-A-04/2/2023-Part-I(Comp-168710) dated 19.06.2024 on the subject cited above.


In this regard, you are directed to circulate the same amongst all the Heads of Educational Institutions under your control and issue necessary instruction/directions to all the Heads of Educational Institutions i.e provision of sanitary pads at examination certers and also ensure that sanitary pads are readily available free of charge at all examination certers, allow female students to take required restroom breaks, if needed, during examinations to attend to their menstrual needs, implement educational programs to raise awareness about menstrual health and hygiene among students, teachers and staff & also ensure that female students are treated with dignity and respect their menstrual needs, maintain confidentiality and provide private facilities for changing sanitary products if necessary. Action taken report be sent to this Directorate.

  
Director of Higher Education  
Himachal Pradesh

Endst. No. Even dated Shimla-171001 the June, 2024

Copy to:-

1. The Under Secretary to the Government of India, Ministry of Educaion, Department of School Education & Literacy, New Delhi W.r.t. his/her letter referred above.
2. The Secretary (Education) to the, Government of Himachal Pradesh, Shimla 2 W.r.t. his/her letter referred above.
- ✓ 3. The Technical Officer (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh with the request to upload the same on Departmental web site.
4. Guard File.

  
Director of Higher Education  
Himachal Pradesh

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EDUB-A04/2/2023-Part-1(Comp-168710)  
Government of Himachal Pradesh  
Department of Higher Education

From

The Secretary (Education) to the  
Government of Himachal Pradesh

To

1. The Director, Higher Education,  
Himachal Pradesh, Shimla-171001
2. Secretary,  
H.P Board of School Education,  
Dharamshala, Distt Kangra-176213.

P.S. Cell DHE.....	19/6/24
20 JUN 2024	
Branch	Gen.

Dated Shimla-171002, the

19-06-2024.

**Subject:- Regarding provision of sanitary pads at examinations centres.**

Sir,

I am directed to enclose herewith a photocopy of letter No. F.No:9-1/2024-IS-17, dated 07-06-2024 as received from Under Secretary to the Govt. of India, Ministry of Education, Department of School Education and literacy New Delhi on the subject cited above and to request you to examine the matter and take further necessary action in this regard under intimation to the quarter concerned as well as to this department.

Yours faithfully,

(Anil Kumar Sharma)

Under Secretary(Education) to the  
Government of Himachal Pradesh.

Ms. Rishi  
21/6/24.



14/6/24

F. No. 9-1/2024-IS-17  
 Government of India  
 Ministry of Education  
 Department of School Education & Literacy  
 (IS-17 Section)

New Delhi, 7<sup>th</sup> June, 2024

To,

The Addl. Chief Secretary/Principal Secretary/Secretary,  
 Department of Education, All States/UTs.

Heads of Autonomous Bodies (CBSE, KVS and NVS)

**Subject: Provision of sanitary pads at examination centers - regarding.**

Sir/Madam,

I am directed to bring to your kind attention, the issue of menstrual hygiene management of students in schools, particularly during high-stakes examinations such as class 10<sup>th</sup> and 12<sup>th</sup> Board Examinations.

2. Menstrual health and hygiene is an essential aspect of women's health and well-being. However, it remains a significant challenge for many young girls and women, particularly those from disadvantaged backgrounds, to access sanitary products regularly. This issue is at times exacerbated during examination when students are required to spend prolonged hours in examination halls without easy access to sanitary facilities or products. Lack of access to sanitary pads may impede the ability of girl students to concentrate on examination, potentially affecting their academic performance and overall well-being, in case of emergency.

3. Accordingly, few proactive measures may be taken for supporting the health and dignity of female students, and creating a conducive environment for all students to excel academically. The following are therefore recommended:

(i). **Provision of Sanitary Products:** Ensure that sanitary pads are readily available, free of charge at all examination centers.

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 US (Cdr)

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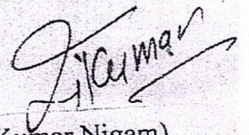
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- (ii). **Accommodations for Restroom Breaks:** Allow female students to take required restroom breaks, if needed, during examinations to attend to their menstrual needs. This can help alleviate discomfort and reduce anxiety among students.
- (iii). **Sensitization and Awareness Programs:** Implement educational programs to raise awareness about menstrual health and hygiene among students, teachers, and staff. Creating a supportive and understanding environment can help reduce the stigma associated with menstruation and promote empathy and inclusivity.
- (iv). **Confidentiality and Privacy:** Ensure that female students are treated with dignity and respect regarding their menstrual needs. Maintain confidentiality and provide private facilities for changing sanitary products if necessary.

4. Above small measures can go a long way in providing ease and confidence to girl students.

Yours faithfully,



(Raj Kumar Nigam)  
Under Secretary to the Government of India

12/5/05

CPN.B2