



February, 2026

Dear GlobalGiving Community,

Because of your generous support, Days for Girls Nepal continues to expand access to comprehensive menstrual health education and washable menstrual products across diverse communities.



Through a holistic Period Positive Schools approach, 6,051 people were reached in 2025, including 5,897 schoolgirls and women, as well as members of their families and surrounding communities. Importantly, 144 schoolboys and men were also engaged, fostering shared responsibility for menstrual health and helping reduce stigma at the household and community levels.

Activities were implemented across Kailali, Mahottari, Sindhuli, Dhankuta, Dhanusha, Bajura, and Pokhara, expanding the program's reach across varied geographic and cultural contexts. Alongside education sessions, 5,897 locally produced, washable Days for Girls Kits were distributed, ensuring participants could immediately apply what they learned with dignity and confidence.

Participants consistently shared how access to washable Kits has changed their daily lives:

“I like the DfG pad because it's comfortable, leakage-free and easy to use while travelling or going to school.”

“The DfG pad makes it easier to walk and perform daily chores without any fear.”

“Because it is reusable, it helps in keeping the environment clean.”

Education sessions were equally impactful. Many participants expressed gratitude and a desire to share what they learned:





“I’m very grateful for the training. I have learned a lot and I will share this with my family and community members.”

“We want this training to be conducted next year too.”

Beyond individual stories, monitoring, learning, and evaluation (MLE) results demonstrate measurable shifts in attitudes. At pre-test, only 48.76% of participants agreed that menstruation is a natural sign of being a healthy woman; at follow-up, this rose to 84.34%. Similarly, 79.33% of participants initially believed it was acceptable to tease a girl when she is menstruating. After the sessions, that figure dropped dramatically to 26.51%. These results reflect significant progress in challenging stigma and strengthening community understanding of menstrual health.

Your support also helped strengthen long-term systems change. Through a KOICA-supported Training of Trainers (ToT), Days for Girls Nepal invested in building local leadership and technical capacity to deliver menstrual health education at scale. Last May, seven teachers were trained to independently deliver menstrual health education within their schools—ensuring the message and impact continue beyond the project period. In addition, the School Technical Education Programme further reinforced sustainable integration of menstrual health education into school systems.



DfG Nepal also advanced awareness and advocacy at the national level. A key milestone was the National Menstrual Health Product Standard & Stakeholder Engagement Conference, which convened government representatives, practitioners, and sector stakeholders to strengthen dialogue on product standards, quality assurance, and coordination. This convening elevated menstrual health as a shared public health and policy priority and laid groundwork for stronger national systems.

Because of you, menstrual health in Nepal is becoming not only better understood, but more openly discussed, more confidently managed, and more fully integrated into schools and communities. Thank you for helping create environments where girls, women, and their communities can thrive with dignity.

With deep gratitude,

The Days for Girls Team