

Dear GlobalGiving Community,

Thank you for your ongoing support of Days for Girls Nepal. Through your generosity, we are making a lasting impact on the lives of women and girls throughout Nepal by providing them with comprehensive menstrual health education and sustainable menstrual care.

In this report, we want to highlight the story of Sharmila Shahi, a young woman whose life was changed through Days for Girls programming. When Sharmila first joined Days for Girls in rural Kalikot, Nepal, she was too shy to speak in front of others and intimidated by meeting new people. Today, she is a professional radio host, a university graduate, and an outspoken advocate for menstrual health and girls' education.



"Joining Days for Girls was the turning point of my life," said Sharmila.

Sharmila received Days for Girls' Training of Trainers before she even experienced her first period. Because of the knowledge she gained, menstruation was never something she felt ashamed of. While many girls around her hid bloodstains on their clothes or school benches, Sharmila understood that menstruation is a healthy, natural part of life.

"I never felt afraid to talk about periods. We learned that menstruation is natural and should never be hidden."

Inspired by her Days for Girls training, Sharmila began educating her younger siblings, classmates, and girls throughout her community. She even facilitated menstrual health education at her father's school. As a teacher himself, her father proudly supported her work and encouraged her to bring the program to his students.

Beyond building confidence, Days for Girls also created new economic opportunities. Through her work with the organization, Sharmila earned an income that allowed her to support her family and become financially independent. In a community where sons are

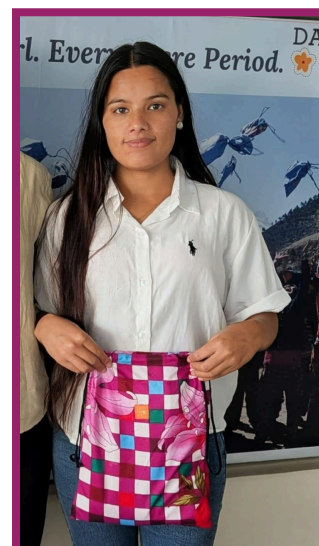
often expected to provide, her brother now proudly says that his sister is the pillar of their family.

The skills she developed through Days for Girls, including public speaking, interviewing, data collection, and leadership, opened doors professionally. Her experience led to employment with both a local radio station and UNICEF Nepal.

Today, Sharmila continues to advocate for girls beyond menstrual health. After noticing that many Dalit girls were leaving school due to early marriage or financial hardship, she connected them with scholarship opportunities. Many have since returned to school, and some have even earned their teaching licenses.

She also champions reusable menstrual products, recognizing both their health and economic benefits. By using reusable Days for Girls Kits, families can save money each month—resources that can instead be invested in food, education, and other household needs.

Now preparing to pursue her master's degree at Tribhuvan University in Kathmandu, Sharmila hopes to inspire the next generation of girls in her village.



"I want younger girls to know that we are not limited by old taboos. We can be educated, independent, and proud," said Sharmila.

Thank you for your help in making stories like Sharmila's possible! Your ongoing partnership is fueling transformation in Nepal, empowering women and girls to reshape their families, schools, and communities.

With gratitude,

The Days for Girls Team