



September 2024

Dear Global Giving Community,

First, we want to extend our sincere gratitude for your continued support of our work in Nepal. Your generosity is what makes this project possible, and we are so thankful to have you on this journey with us.



You may have noticed a gap since our last report in September 2024. Due to an unexpected administrative delay, we were unable to publish updates until now, but our work on the ground never stopped, and we are excited to share what you have helped make possible over these past months.

Thanks to your support, we reached a total of 9,036 individuals in Nepal and 351 in Bhutan in 2024, delivering vital menstrual health education and locally made Days for Girls Kits.

So far in 2025, we have reached 2,500 people in Kailali and Janakpur, providing menstrual health education sessions and distributing washable pad Kits sewn by our incredible team.

In one of our most meaningful trips this year, the team traveled to Kailali District in May, an area where the harmful practice of *chhaupadi* is still widespread. There, they led 4 menstrual health education sessions for 327 women and girls in schools and community spaces, and distributed DfG



Kits to every participant. They also led a session specifically for school-aged boys, helping to break down stigma and create more supportive environments for girls.

During this visit, we also conducted interviews and focus groups with community members who had previously participated in our programs. Women shared how much the education empowered them and their families, and many spoke about the tangible difference the DfG Kits have made, especially in helping girls stay in school.

DAYS FOR GIRLS

Also in May, in partnership with KOICA, our team trained 7 teachers through the “School Technical Education Programme.” These educators are now equipped to continue delivering menstrual health education in their own schools, ensuring the message and impact continue to grow.



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This is part of a broader outreach in the first half of the year, including 10 Ambassador of Women's Health training sessions and direct education for 725 individuals (706 women and girls, 19 boys) between January and June. For reference, in 2024, we reached over 7,122 individuals through our programming in Nepal, including activities under the Men Who Know initiative.

Behind every DfG Kit distributed is the hard work of our local sewing team in Nepal. So far this year, they have sewn 2,623 Kits, ensuring

that every person attending an education session receives these essential resources with dignity and care.

None of this would be possible without you. Your support helps shift the narrative around menstruation, break down harmful taboos, and equip communities with knowledge and tools that can transform lives.

Thank you for believing in this work, and in a world where periods are never a barrier!

With deep gratitude,

The Days for Girls Team