

Dear Global Giving Community,

We have many exciting updates to share with you this quarter as our project in Nepal continues to make significant strides, all thanks to your generous support. Your contributions have enabled us to



empower thousands of individuals with the knowledge and resources necessary to improve menstrual health and hygiene, fostering a healthier and more informed community in the Janakpur and Chharnath districts.

The SaMMan Project is dedicated to improving menstrual health and hygiene education in Nepal's Dhanusa and Kailali districts. Our mission is to support adolescent-aged girls and women through the "Ambassador of Women Health" (AWH) training, while also involving boys and men in our "Men Who Know" (MWK) program. We strive to ensure that everyone has access to sustainable menstrual products by distributing locally-made washable pads. Beyond education and distribution, we work to foster a supportive environment for menstruation through community efforts and partnerships with local

governments. Our goal is to make a positive, lasting impact on the lives of those we serve.

On June 26th, 2024, we held a successful stakeholder meeting with school principals, health teachers, and child club representatives. This meeting served as an opportunity to introduce the



SaMMan Project and gather valuable feedback on its implementation. The stakeholders responded positively to the training content and expressed their commitment to supporting the smooth implementation of future activities.

During that time, Days For Girls Nepal organized AWH training sessions for local women in the Dalit communities of Barmajhiya and Pidari. In Barmajhiya, 25 women were trained as AWH, and a local Ambassador provided menstrual health education to 40 school adolescent girls. In Pidari, 158 women also

received AWH training, equipping them to serve as health advocates within their communities. Additionally, 41 school-going adolescent girls in Pidari received menstrual health education from a

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local Ambassador. The training offered comprehensive education on menstrual health and hygiene, including sessions on puberty, reproductive organs, and self-defense, along with practical demonstrations on using the DfG Kits. This initiative effectively reduced the stigma surrounding menstruation and empowered participants to advocate for menstrual health within their communities.

Understanding the importance of involving men and boys in menstrual health education, we also conducted the MWK training at Shree Secondary School in Barmajhiya. This training engaged 30 boys from grade 10 and focused on puberty, the menstrual cycle, and reproductive health, alongside discussions on hygiene, human trafficking, and consent.

From June to July 2024, through training and distribution of DfG washable pads, we have reached a total of 1,792 individuals across the regions of Janakpur and Chharnath. This includes 1,156 women, 327 girls, and 309 boys. These DfG Kits are key to contributing to the creation of a menstruation-friendly environment in these communities.



In August, we conducted a 3-day enterprise training program for 10 local leaders. This intensive training was designed specifically for female enterprise leaders, aiming to bolster their capacities and familiarize them with government services, facilities, and budgeting processes. The participants gained confidence in financial management and proposal writing, improved their communication skills, and developed stronger relationships with one another.

As we continue our work in Nepal, we remain deeply committed to expanding our reach and ensuring that more women, girls, and

people who menstruate have access to the menstrual health resources they need. Your unwavering support is crucial to sustaining these efforts and driving positive change in the communities we work with. Thank you for believing in our mission and for being a vital part of this journey. Together, we are making a lasting difference in the lives of so many, and we are excited to see what the future holds!

With deepest gratitude,
The Days for Girls Team