

DAYS FOR GIRLS

November, 2025

Dear GlobalGiving Community,

We are deeply grateful for your continued support of Days for Girls Nepal. Your generosity makes every milestone possible and brings us closer to a world where periods are never a barrier to education, health, or opportunity.



Earlier this year, our team embarked on a meaningful field visit to Kailali District from May 1–5, 2025. This trip aimed to implement our programming, strengthen our connection with local communities, evaluate the ongoing impact of our programs, and gather direct feedback from beneficiaries.

Over the course of four days, we reached four project sites across rural Kailali, conducting Ambassador of Women’s Health (AWH) training sessions in three of them and engaging more than 500 individuals through education, interviews, and community dialogue. The visit was also documented by a small filmmaking team to help capture the voices at each site—Falebisauna, Badegaun, and Kolmoda—women and girls spoke candidly about how Days for Girls Kits and menstrual health education have improved their lives. They shared how the washable pads have provided comfort, dignity, and the ability to attend school and work without interruption. Many expressed pride in breaking the silence around

menstruation, now openly discussing the topic with family members and peers.



The team also led a Men Who Know session for boys at Kolmoda School, helping to foster empathy and reduce stigma in the community. The energy was inspiring: after the training, participants, facilitators, and local leaders celebrated together with traditional songs and dances.

Our work was met with strong local support. Leaders from the Rural Municipality and ward offices joined the sessions, acknowledging the importance of menstrual health education and publicly encouraging the

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elimination of harmful practices like chhaupadi. Their advocacy reinforces how change is taking root not just among women and girls, but across entire communities.

Behind these achievements stands our remarkable Days for Girls Nepal sewing team, whose dedication ensures that every participant receives a washable, sustainable DfG Kit made with care and quality. Their work continues to power this movement from the ground up.



We also want to recognize our partners at The Giving Machines, whose collaboration through the Light the World campaign has been invaluable. Their support enables us to reach more schools, train more educators, and expand menstrual health literacy across Nepal.

Each visit reinforces the importance of multi-year engagements, flexibility, ongoing and strengthened coordination with local communities, cultural sensitivity, and

listening deeply to the women and girls we serve.

Thank you for being part of this journey. Your belief in this work is transforming lives in Nepal, one conversation and one Kit at a time.

With deep gratitude,

The Days for Girls Team