

Empowering Her: Shattering Taboos, Far West, Nepal

Proposal on

## Empowering Her: Shattering Taboos, Far West, Nepal



**Submitted by:**

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**Submitted to:**

Pathway to Global Giving

Washington DC, United State

## Organizational details

### Introduction

Action Works Nepal (AWON) is an NGO duly registered at the District Administration Office, Kathmandu in 2010 under the NGO Registration Act, 2034 B.S. It is affiliated with the Social Welfare Council in Kathmandu. AWON's coordination office is located in Kathmandu with district offices situated in two other districts, Jumla and Kalikot, and registered with their respective District Administration Offices. AWON is dedicated to supporting the poor, socially excluded, and vulnerable people through result-driven programs and interventions.

From its inception, AWON has been involved in humanitarian and development activities in the remote mountainous regions of Nepal. Up till now, it has successfully worked in various thematic areas including education, livelihoods, health, women and girls' empowerment, and emergency responses.

### Vision

A multi-disciplinary group of people is gathered, and they seek a prosperous and healthy society in Nepal and beyond, following the philosophy of „living together irrespective of the differences.

### Mission

To work for vulnerable, marginalized, and socially excluded communities ensuring social justice through partnerships, human rights movements, and result-driven programs.

### Goal

To empower communities so that they can overcome poverty, illiteracy, and health service scarcity and can live in a just and peaceful manner.

### Programs and activities

- a. Access to Safe Abortion and Contraceptive Services for Vulnerable, Marginalized, and Uncovered Areas in the Karnali Province
- b. Establishment and Operation of Miteri Birthing Centre, Sinja Rural Municipality-6, Jumla
- c. Construction of Miteri Peace Learning Centre, Bohra Gaun, Chandannath Municipality-10, Jumla
- d. Elimination of Chaupadi and menstrual hygiene management Project, Farwest Nepal

## **Technical capacity**

### **Previous experiences of work in the geographic area targeted by this project**

Action Works Nepal (AWON) has been actively working in the Jumla district since 2010, focusing on gender equity and empowering women. We operate two birthing centers, providing essential maternity services to address the lack of access in remote areas. Over 3000 women have received care, and 10 young girls have completed technical education in health and nursing, serving in local health facilities. Additionally, we have successfully mobilized 21 community facilitators to eliminate harmful Chhaupadi practices, engaging civil society, political and religious leaders, teachers, and women's groups. Through various awareness activities, 47 ward-level elimination communities were formed, and 95 villages were declared Chhaupadi-free. Our efforts have positively impacted approximately 70,015 beneficiaries.

### **Level of technical expertise and knowledge of the issues to be addressed**

AWON is supporting women and girls from marginalized communities in remote areas of Kalikot, Jumla, and Mugu of Karnali province and Baitadi of far west Province through empowerment and advocacy for gender equity and equality. AWON has capacitated women and girls through the formation of groups and capacity development training on gender equality and the elimination of harmful practices prevailing in the community that perpetuates violence against women. AWON has carried out awareness programs on comprehensive sexual education targeting women and girls and supports health facilities to provide gender-friendly quality health services. AWON, having worked in the field of education, has a team of experts with knowledge of the sector and operational capacities in the proposed area.

### **Level of operational capacity to implement the proposed action**

As per the expertise and experience of AWON in the sector of women's rights, the applicant (AWON) had led project implementation at the central level, Surkhet, Jumla, and Baitadi districts. AWON was responsible to coordinate and carry out the activities at the provincial level. With previous experience having worked in the development and dissemination of radio and TV programs, AWON had taken the lead in the development and dissemination of media-related key activities.

## **Proposed project details**

### **Background and Rationale**

Nepal, with a national literacy rate of 67.9% (NDS 2021), continues to face challenges in achieving optimal literacy levels. The female literacy rate remains considerably lower, currently standing at 59.2%. Sudharpachim Province, in particular, exhibits even lower female literacy rates, currently at 59.1% (NDS 2021). Recognizing the significance of education, Nepal has made commitments to improving literacy

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rates and is an active member of the United Nations in achieving the Sustainable Development Goals by 2030.

Sudharpachim Province faces multiple development challenges, evident in its low Human Development Index (HDI) indicators. The region grapples with high levels of poverty, extreme gender inequality, and numerous human rights violations, including the exploitation and abuse of children and women, especially girls. Additionally, the province experiences higher rates of child and maternal mortality, severe malnutrition, stagnant or declining economic performance, and food insecurity. Limited access to basic healthcare services and inadequate infrastructure further compound the difficulties faced by the population. While various stakeholders have implemented programs to improve livelihoods in the province, the outcomes have been minimal, as evidenced by the persistent challenges present throughout the region.

One significant issue that requires urgent attention is the prevalence of Chhaupadi, particularly in this region. Chhaupadi is a harmful practice where girls and women are banished to cow sheds or huts during their menstruation period, exposing them to vulnerability, sexual abuse, animal attacks, snake and insect bites, unsanitary conditions, and inadequate nutrition (NDS 2021). Shockingly, approximately one-fourth of girls and women in this region continue to endure such practices. Furthermore, one-third of them lack access to proper menstrual hygiene materials and a private space to manage their menstruation, even within their own homes.

In light of these challenges, Action Works Nepal (AWON) proposes a project that aims to address these issues and bring about positive changes in the lives of girls and women. This project will be implemented in 50 % partnership with Dilasaini Rural Municipality of Baitadi district, an area characterized by poor health, education, and economic indicators, with a total population of 22,924 (NDS 2021). By targeting these shortcomings, AWON seeks to improve the overall well-being and empowerment of girls and women in the region, in alignment with the latest findings from the National Development Strategy report.

### **Goal**

This Project empowers adolescent girls by enhancing menstrual health education, access to hygiene resources, and combating stigma. It includes training in reusable sanitary pads, installing dispensers in schools and community centers, raising awareness of menstrual health, and addressing harmful traditions. Our goal is to support girls' health, dignity, and education, reduce dropout rates and improve their sexual and reproductive health rights.

To achieve this goal, we have several objectives and respective activities and strategies which we will conduct in this project, which are given below.

### **Objectives and activities:**

1. Enhance menstrual health education and promote access to hygiene resources.
  - Provide 7 training on making reusable sanitary kits for adolescent girls and mothers' groups, 1 in each ward of Dialsaini Rural Municipality.

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- Install 15 vending machines for menstrual hygiene products in local schools and community centers for easy access to young girls.
  - Implement a 7 school health program to educate youth about sexual and reproductive rights 1 in each ward.
  - Distribution of 500 Menstrual hygiene Kits for adolescent girls and mothers.
2. Raise awareness about harmful practices and promote their elimination.
- 12 Girls' talk shows through radio programs and other online platforms, and 36 shows, radio broadcast to empower girls
  - Create 3 short documentaries to bring effective and positive changes
  - Conduct 7 street dramas, 1 in each ward of Dilasaini RM addressing harmful practices like menstrual taboos, early marriage, racism, and caste-based discrimination in the community.
  - Conduct 7 workshops for traditional healers to educate them about harmful practices and promote their elimination 1 workshop in each ward
3. Mobilize and empower youth champions for social change.
- Map and mobilize youth champions, establish mentorship programs, and create safe spaces for open discussions.
4. Support girls' academic success and address barriers to education.
- Establish mentorship programs and collaborate with parents and guardians to address barriers hindering girls' education.

### Target beneficiaries:

2217 adolescent girls from 7 wards of Dilasaini Rural Municipality, Baitadi District, Far West Nepal

### Expected project outputs:

- Local stakeholders, the public, and community people will have a positive perception and understanding of menstruation, health, and hygiene.
- Enhanced understanding of sexual and reproductive rights
- Improved behavior changes of reproductive age group women related to harmful taboos, malpractice, and practices.
- Reduction in the prevalence of harmful practices like early marriage, racism, and caste-based discrimination.
- Adolescent girls, students, and local women will have received skills to make sanitary pads using local resources.
- Improved access to affordable and sustainable menstrual hygiene products.
- Identification and mobilization of youth champions for social change.
- Empowered youth leaders actively working towards gender equality and social justice.
- Creation of safe spaces for open discussions and mentorship programs
- Reduced barriers to girls' education, such as gender discrimination and limited resources.

### **Project Monitoring and Reporting**

Regular monitoring is crucial for effectively tracking the progress and direction of the project and taking appropriate action when necessary. The project team, along with a board representative, will conduct site visits during program activities and the project's completion. To ensure transparency and accountability, progress reports will be shared on a quarterly basis, detailing the achievements, challenges, and lessons learned. These reports will facilitate informed decision-making and provide stakeholders with a clear understanding of the project's status and impact. Any deviations from the planned activities or outcomes will be addressed promptly, and adjustments will be made to ensure the project's successful implementation and desired results.

### **Project Sustainability:**

The sustainability of the project will be ensured through strong partnerships with the local government of Dilasaini Rural Municipality. We will actively engage by mapping youth champions from public schools, local communities, female community health volunteers, and mothers' groups to foster local-level ownership and support throughout the implementation process. By involving key stakeholders and building their capacity, we aim to create a sense of shared responsibility and long-term commitment to sustaining the project's outcomes. Additionally, we will seek opportunities for collaboration with other relevant organizations and networks to leverage resources and expertise, further enhancing the project's sustainability and impact on the community.

### **Human Resource Management:**

To effectively manage human resources, we will adopt a task-based approach by hiring consultants based on the specific needs of each activity. The program manager and the Admin Finance officer from our central office in Kathmandu will dedicate 30% of their time to overseeing and providing support to the project. Additionally, we will recruit a dedicated full-time community mobilizer who will be responsible for coordinating and implementing the project activities on a day-to-day basis and coordinating with the Local government of Dilasaini. This team will work collaboratively to ensure the successful implementation of the project and the achievement of its objectives.

### **Documentation and Dissemination:**

As part of this activity, we will diligently document and collect success stories, quotes, and examples of role models within the community who have been positively impacted by our project. This documentation will serve to increase acceptance and support for the project among community members, as well as foster motivation toward achieving the project's objectives. Furthermore, upon project completion, we will present a comprehensive report to the relevant authorities, providing them with an overview of the project's results, outputs, and potential outcomes. This report will also include the success stories and valuable lessons learned throughout the project's implementation, ensuring that the knowledge gained can be shared and utilized by others in the future.

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### **Project Area**

7 wards of Dilasaini rural municipality, Baitadi district, Far West, Nepal

**Project period:** 6 months

**Project budget:** US \$ 23,400

**Detailed Project Budget**

## Empowering Her: Shattering Taboos, Far West, Nepal

<b>Financial Proposal</b>								
Country : Nepal								
Organization : Action Works Nepal								
Project Title : Empowering Her: Shattering Taboos, Far West, Nepal								
Project Area : Dilasaini Rural Municipality Baitadi								
S.N	Description	Unit	Quantity	Rate NRs.	Rate USD	Total NRs.	Total USD	Remarks
<b>Enhance menstrual health education and promote access to hygiene resources.</b>								
<b>1 Provide training on making reusable sanitary kits for adolescent girls and mothers' group</b>								
1.1	Pad Making Materials and Stationary Cost	Event	7	21000	162	147,000	1,131	
1.2	Trainer/Facilator cost	Days	14	6000	46	84,000	646	
1.3	Food and Snacks cost (24 women Participated in the training)	Person	420	300	2	126,000	969	
1.4	Transportation cost	Person	210	500	4	105,000	808	
1.5	Hall charge	Days	14	1000	8	14,000	108	
<b>Total</b>						<b>476,000</b>	<b>3,662</b>	
<b>2 Install vending machines for menstrual hygiene products in local schools and community</b>								
2.1	Vending machines (distribution in 15 school)	Nos	15	15000	115	225,000	1,731	
2.2	Transportation cost	LS	1	50000	385	50,000	385	
<b>Total</b>						<b>275,000</b>	<b>2,115</b>	
<b>3 Implement a school health program to educate youth about sexual and reproductive rights.</b>								
3.1	Trainer/Facilator cost	Event	7	5000	38	35,000	269	
3.2	Snacks cost (24 women Participated in the training)	Person	210	50	0	10,500	81	
3.3	Transportation cost for Participant	Person	210	100	1	21,000	162	
3.4	Stationary and Printing cost	Person	210	150	1	31,500	242	
<b>Total</b>						<b>98,000</b>	<b>754</b>	
<b>B Raise awareness about harmful practices and promote their elimination.</b>								
<b>4 Girls' talk shows through radio programs, and other online platforms to empower girls</b>								
4.1	Talk show Production	Episode	12	13000	100	156,000	1,200	
4.2	Talk show Broadcasting cost	Episode	36	1500	12	54,000	415	
<b>Total</b>						<b>210,000</b>	<b>1,615</b>	
<b>5 Create short documentaries to bring effective and positive changes</b>								
5.1	Short Documentary Production cost	Nos	3	70000	538	210,000	1,615	
<b>Total</b>						<b>210,000</b>	<b>1,615</b>	
<b>6 Conduct street dramas, addressing harmful practices like menstrual taboos, early</b>								
6.1	Street Dramas	Event	7	70000	538	490,000	3,769	
<b>Total</b>						<b>490,000</b>	<b>3,769</b>	
<b>7 Conduct workshops for traditional healers to educate them about harmful practices and promote their elimination.</b>								
7.1	Food and Snacks cost (10 Person each ward@7 ward)	Person	70	300	2	21,000	162	
7.2	Transportation cost	Person	70	150	1	10,500	81	
7.3	Hall charge	Event	7	1000	8	7,000	54	
7.4	Stationary and Printing cost	Person	70	150	1	10,500	81	
<b>Total</b>						<b>49,000</b>	<b>377</b>	
<b>8 Distribution menstrual Hygiene kit</b>								
8.1	Distribution menstrual Higine kit to young girls and Mothers	Person	500	1000	8	500,000	3,846	
<b>Total</b>						<b>500,000</b>	<b>3,846</b>	
<b>9 Monitoring and Evaluation</b>								
9.1	Social Welfare Council Monitoring Fee	LS	1	50000	385	50,000	385	
9.2	Food, Snacks and Transportation cost for SWC team	LS	1	10000	77	10,000	77	
9.3	Air fair cost for board member and staff for field visit	Wav	4	10000	77	40,000	308	