



THE NEPAL TRUST

Working with Health, Community Development & Hope in the 'Hidden Himalayas'

Girls Dignity Project

Working with the **Nepal Development Foundation** and **Daulagri Integrated Rural Development Center** (DIRDC) as local partners and **Stichting Nepal** as its International partner, the Nepal Trust is seeking support for a major health awareness programme targeting **120 schools** in the Baglung district of Nepal, benefiting over **10,000 students**.

Reaching out to 120 schools the Baglung district the **Girl's Dignity Program** is targeting to raise awareness and educate people in Nepal of the **stigma** surrounding **menstruation**.



Women need to be **empowered** and the **old myths** of observing menstrual restrictions **forgotten**.

The lack of most basic sanitary and hygiene facilities in schools is a fundamental bottleneck to many girls getting a quality of secondary education comparable to their male peers. Many girls **drop out from school** due to outdated attitudes and stigmas.



They face the problems of:

Period poverty, restrictions on work and mobility, increased fears and tensions, childhood marriage, early and premature childbirth, higher infant mortality and infections resulting in infertility.

My story by 19 year old Manita from Dhairing, a grade 12 student in the Dhaulagiri Deaf School

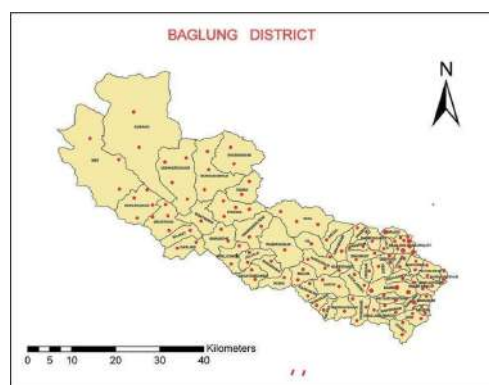
"I joined the training and learned to prepare the washable pads and cleaning methods. Now I have no problems and attend the class regularly and feel a lot more confident and happier that I don't have to be absent in school due to the lacking of sanitary pads."

"Now, I am starting to tell my community and society that there is nothing sinful associated with menstruation, but the sin is into our minds and in the ways of thinking."



Project Elements

- Education and Awareness
- Construction of School Incinerators
- Locally sourced sewn and disposable sanitary napkins



Budget

Education Health Workers & Handbooks	€130
Oven Production & Transport	€910
Purchase of Sanitary napkins/ Local production Facilities	€240
Additional purchase Iron tablets – materials for pads	€100
Management and evaluation	€120
TOTAL per school	€1,500
120 schools	€180,000

**DONATE
NOW**



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