

## **Report on Distribution of Save a Girl Kit (Reusable Sanitary Pads) in School of Sudurpashchim Province**

### **1. Introduction:**

The Nepal Women Community Service Center (NWCSC), established in 1995, operates as a non-governmental organization in Ghorahi, Dang, with a dedicated commitment to advancing the economic and social empowerment of women, children, and youth. In collaboration with Jalpa Samudayik Laghubitta Sanstha Ltd., NWCSC initiated a program aimed at addressing the challenges faced by communities in Sudurpashchim Province, focusing particularly on providing support to schools in Kanchanpur. A key component of this initiative involved distributing reusable cloth sanitary pads (Save a Girl Kit) to address the menstrual hygiene needs of young girls, thereby promoting their health, dignity, and educational opportunities. This endeavor received generous technical and financial support from The Global Uplift Project (TGUP), reflecting a shared commitment to empowering adolescent girls and promoting sustainable development in the region.

### **2. Background:**

Sudurpashchim Province, located in the Far-West region of Nepal, was established following the country's adoption of a new constitution on September 20, 2015. It shares borders with the Tibet Autonomous Region of China to the north, Karnali Province, and Lumbini Province to the east, and India's states of Uttarakhand and Uttar Pradesh to the west and south, respectively. Covering an expanse of 19,539 square kilometers, Sudurpashchim Province comprises approximately 13.22% of Nepal's total land area. The journey from Kathmandu, the capital city of Nepal, to Sudurpashchim Province requires covering approximately 660 kilometers, presenting tough challenges due to various factors, including poor road conditions, rough terrain, and high altitudes. Additionally, rural areas within the province may have underdeveloped infrastructure, leading to limited access to vital services such as healthcare and accommodation.

In 2003, NWCSC got approval from the Nepal Rashtra Bank (NRB) to establish a microfinance program aimed at promoting savings, providing minor loans, and promoting entrepreneurial activities among its members. This program was designed to support the development of women and youth, enabling them to start their own businesses and save for their future needs. This initiative, operating across Dang, Salyan, Pyuthan, and Rolpa districts, abide by the guidelines set by the NRB and focuses on empowering women through community-based financial services. Remarkably, on November 1st, 2020, this microfinance institution merged with Jalpa consolidating its nationwide operations under the name "Jalpa Samudhayik Logubitti Bittiya Ltd.," now categorized as a 'D'-level institution. Therefore both NWCSC and Jalpa organizations contributed equally to funding the production of these pads.

NWCSC established a swing center in 2018 in Ghorahi Sub-Metropolitan Ward 15, Dang to empower women by providing valuable skills for self-reliance and livelihood

enhancement. Originally focused on aiding economically disadvantaged individuals, victims of domestic violence, and women affected by conflict, the training center has evolved into a thriving industry, employing over half a dozen skilled women and producing essential items such as sanitary pads, masks, and ready-to-wear fabrics. Collaborating with the NWCSC, the center has distributed these products locally and internationally, even sending shipments to America during the COVID-19 pandemic, with additional contributions to local hospitals, governmental entities, and businesses, as well as Dharamshalas in India. Notably, free sanitary pads were provided to schoolgirls in districts like Dang, Rolpa, Pyuthan, and Salyan, targeting areas affected by practices like 'chaupadi'. Through coordinated efforts, the center has made a significant impact, training over 100 women, with more than 35 establishing their own businesses, and continues to empower individuals with transformative programs. The organization pays seamstresses Rs. 125 per piece of pads while providing them with all the necessary materials.

Recognizing shared objectives, TGUP wholeheartedly supports this initiative, dedicated to empowering individuals through transformative programs. The collaboration between NWCSC and TGUP continues to uplift communities, nurture entrepreneurship, and advocate for gender equality, showcasing the power of collaborative efforts in driving meaningful change.

### **3. Objectives of The Global Uplift Project (TGUP):**

**a)** TGUP advocates for Impact Altruism through the construction of small-scale, high-impact projects in developing regions worldwide.

**b)** TGUP's projects encompass various initiatives such as classrooms, medical clinics, water systems, science labs, playgrounds, and other initiatives aimed at enhancing life opportunities for individuals residing in some of the most economically disadvantaged regions globally.

### **4. Objectives of Save a Girl (SaG):**

**a)** TGUP's Save a Girl (SaG) initiative aims to provide adolescent girls with washable, reusable cloth sanitary kits, enabling them to effectively manage their menstrual cycle and thereby ensuring their uninterrupted attendance in school.

**b)** With a cost of \$6 to produce a kit, provided free of charge to the girls, and lasting for three years, the SaG program targets to achieve one of the highest returns on investment in human development, with a minimal cost of \$2 per girl per year.

### **5. Objectives of NWCSC:**

**a)** Women's Social Empowerment:

- Leadership development.
- To work in social, economic, environmental, cultural sectors development of society.

- To work in the field of reconstruction and rehabilitation at conflict affected areas.
- To support the victims of conflict, women, children, dalit and ethnic groups.

**b) Women's Economic Empowerment:**

- Marketing and management training.
- Skill development and income generating program for women.
- Enterprise develop program.
- Poverty alleviation.
- Work as financial mediator to upgrade the economic and social status of underprivileged women.

**6. Distribution Details:**

Kanchanpur Province was selected as a distribution point due to its disadvantaged status within Nepal.

- a) Name of School:** Shree Siddha Baidanath Uchha Mahavik Vidyalaya, Bansaha, Kanchanpur and Sukhlafata Municipality Ward no 1, 2 and 4 of Kanchanpur Province.
- b) Name of School Principal:** Mr Dhanu Singh Mahara
- c) Date of Distribution:** 22<sup>nd</sup> March 2024
- d) Number of Students who receive pads:** 200 Students and adolescent girls in different community.
- e) Budget:** NRs. 1,00,000 (NRs 50,000 contribution by NWCSC and NRs 50,000 by Jalpa Samudayik Laghubitta Bittiya Sanstha Ltd.)

**7. Achievements:**

- a)** SaG Kits distributed to 200 students and adolescent girls across various communities in Sudurpashchim Province, particularly targeting schools, have yielded significant achievements.
- b)** Provision of reusable cloth sanitary pads through this initiative has not only improved access to menstrual hygiene products but has also played a crucial role in enhancing the health and well-being of adolescent girls, especially in disadvantaged areas.
- c)** The program has contributed to reducing absence and dropout rates among girls, thereby facilitating better educational opportunities and empowerment, ultimately fostering a sense of dignity and confidence.
- d)** Collaboration between NWCSC and Jalpa underscores the importance of partnerships in effectively addressing social issues, showcasing the synergy between organizations dedicated to positive change.
- e)** This initiative represents the profound impact of targeted interventions in promoting menstrual health, education, and empowerment among marginalized populations,

signifying substantial progress in enhancing the lives and futures of young girls in Sudurpashchim Province.

## **8. Conclusion:**

In conclusion, the distribution of SaG Kits represents an admirable effort by the NWCSC and Jalpa to address the challenges faced by adolescent girls in Sudurpashchim Province. By providing reusable cloth sanitary pads, the initiative has not only improved access to menstrual hygiene products but has also promoted education, empowerment, and collaboration for social impact. These achievements emphasize the significance of targeted interventions in enhancing the well-being and prospects of marginalized populations, particularly young girls, marking a positive step towards a more equitable and empowered society.

### **Success story of SaG Kits User:**

Sarita, a resident of Ghorahi Sub-Metropolitan Ward 7, faced difficulties in her pursuit of education due to her family's financial struggles worsened by the unavailability of proper menstrual products. Her attendance at school suffered as she faced with menstruation without regular access to pads. However, a crucial moment arrived when Sarita received a reusable menstrual kit from the Nepal Women's Community Service Center (NWCSC), marking an intense shift in her life. With the aid of reusable pads and hygiene essentials provided by NWCSC, Sarita found relief from discomfort and regained her confidence, leading to a significant improvement in her school attendance. Grateful for the life-changing support, Sarita acknowledges NWCSC's larger impact in empowering marginalized individuals and promotion of a brighter future for countless others like herself. Her story highlights the transformative influence of organizations like TGUP, NWCSC and Jalpa in addressing critical needs and nurturing resilience within communities.

### **Some Pictures of the Distribution:**



**SaG Kits Distribution**



**SaG Kits Distribution**



SaG Kits Distribution



SaG Kits Distribution



**SaG Kits Distribution**



**SaG Kits Distribution School**



**NWCSC Sewing Center, Dang Nepal**



**NWCSC Sewing Center, Dang Nepal**