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Dolpo Tulku Charitable Foundation

Trust Regd. Number Trust 741

Date: May 4, 2021

Promoting Menstrual Hygiene in Dolpo (Awareness & Eco-friendly pads distribution)

Introduction

Dolpo, situated in the northwestern part of Nepal bordering Tibet, is home to some of the highest human settlements on earth. Most of the villages lie between 3500-4300 meters above sea level, so the climate is harsh, with temperatures dipping down to -15 to -20 degrees Celsius in winter. Within Nepal, Dolpo forms only a microscopic minority, not only geographically but also in linguistic and ethnic terms. The arid inhospitable land and the harsh climate often lead to adverse conditions, including food crisis and poverty. Literacy is still low, and basic healthcare facilities are few and fail to reach a large proportion of the population, particularly in rural areas like Dolpo. In addition, inadequate sanitation facilities and the unavailability of the water supply in the house have exacerbated poor menstrual hygiene among adolescent girls.

In Nepal, only 28% of public schools have separate facilities with toilets for girls. In 2011, 38% of households did not have a bathroom. In 2015, only 46% of the population in Nepal had access to improved sanitation facilities. As a result, many girls experience fear, confusion, and concern of socio-cultural belief at the time of menarche. In Nepal, 83% of the menstruating girls use cloth, while only 15% use pads. Mothers are the immediate source for information, and they provide support during menstruation, followed by sisters and female friends.

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Project Rationale

Therefore, mainly the women residing in the Himalayan Region of South Asia are among the most vulnerable and marginalized ones and have no access to the materials and facilities needed to manage menstruation hygienically.

In the context of Dolpo, managing menstruation effectively and with dignity has been challenging for girls and women as it will not need only accessibility to facilities like water and sanitation but also accessibility of clean clothes and sanitary pads.

The majority of girls in this highest human settlement region like Dolpo manage their menstruation by wearing several trousers and using old fabrics and rags as pads during menstruation. However, poor menstrual hygiene affects the girls' and women's reproductive health and well-being, including their education, work productivity, self-esteem, and family environment.

In the last few years, there is a beginning of few people selling limited stock of disposable sanitary pads in the villages of Dolpo. However, the prices of such disposable pads cost five times more there, which is beyond the capacity of low-income villagers, and also, it is not going to be environment-friendly.

Therefore, in collaboration with a volunteer group called "Gompa Dhangpo"(First Step), who are some of the first generations of educated and enthusiastic youths from Chharka Tangshong Rural Municipality, the Dolpo Tulku Charitable Foundation(DTCF) is arranging to distribute 600 pieces of reusable sanitary pads simultaneously raising awareness on menstruation hygiene practices and also inspiring these underprivileged women and girls to use Eco-sanitary pads which is advantageous from both environmental and financial perspectives.

Objectives of the Project:

1. Evaluate the level of awareness, attitude, and practices regarding menstrual hygiene management among the reproductive-age women in the above-selected villages.
2. Initiate knowledge and awareness regarding menstruation hygiene and its management after assessing awareness level, attitude, and practices regarding menstrual hygiene.
3. Further, identifying local alternatives that can be implemented amongst the local women could reduce the risk on reproductive health. Besides the above, strongly encouraging reproductive-age women to use reusable cloth pads highlighting health, economic and environmental benefits.

Project Implementation Methodology

This project will be implemented and managed by members of the "Gompa Dhangpo" traveling each village of Chharka Tangshong Rural Municipality and raising awareness and distributing the reusable sanitary pads close participation of its associates, local representatives of the rural municipality, and so on. The Dolpo Tulku Charitable Foundation (DTCF) will raise the necessary fund to purchase the 600 pieces of eco-friendly pads that include a simple pad, day pad with insert, underwear, and eco pads carry bag.

Project Time:

The "Gompa Dhangpo" volunteer members will start their travel to each village of Chharka Tangshong Rural Municipality from the beginning of June month and expect to complete by the end of July 2021.

Estimated Budget to buy the Eco-Friendly Pads:

S. No.	Particulars	Quantity	Price (NPR)	Total
1	Simple Pads	600 Pcs	Rs. 220	Rs. 132,000
2	Day Pads with Inserts	600 Pcs	Rs. 380	Rs. 228,000
3	Panty	600 Pcs	Rs. 75	Rs. 45,000
5	Eco-Pad Carrying bag	600 Pcs	Rs. 50	Rs. 30,000
	Total Budget Required	---	---	Rs. 435,000 USD 4.000



The sample image of reusable cloths pads

The images of reusable cloths pad this project decided to distribute in women and girls of Chharka Tangshong Rural Municipality.



Simple Pads 簡易版 23 cm

Medium flow. The napkin design is easy to dry and good for traveling.

適合旅行，一般流量使用，快乾型設計



Day Pads with Inserts 日用抽取式 24 cm

Heavy flow. The pad has two pieces of changeable inserts.

流量較多時使用，含兩片吸收墊可以抽換



Eco Pads Carry Bags 收納袋 19*15 cm

Designed with two pockets you could separately keep clean pads in one side pocket and used pads in the other. (100 % cotton)

純棉收納袋，雙層設計，輕鬆收納布衛生棉，
一邊可以放乾淨的、另一邊可以放使用過的。

Join hands with us in inspiring Dolpo women to manage their menstruation effectively and with dignity.

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Bank Detail

Dolpo Tulku Charitable Foundation

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Bank Information, Nepal

Nepal Investment Bank Ltd.

Durbarmarg, Kathmandu, Nepal

Account No: 02401030251099

Swift Code: NIBLNPKT

Purpose: Menstrual Hygiene Project

DTCF is also active in Germany

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