

Report of the Girls' and Women's Project, end of May, 2022

by Sten Linnander

A lot has been happening with HEAR Nepal's Girls' and Women's project since my last update.

Our team leader and District Project Coordinator in Bajhang, Narayan Joshi, has proven to be an extremely effective and reliable head of the project. When I visited Bajhang in November 2021, we hired two nurses, two male health professionals and two organizers. They were trained by Prof. Narbada Thapa to teach them what modern teaching methods to best use when teaching the contents of the *Kishoree* and *Kishor* brochures. Early 2021 Prof. Thapa had conducted an encompassing baseline survey about the situation in Bajhang regarding the topics of menstruation and menstrual hygiene, which will be used as a comparison against the results later surveys

A few days later, as I mentioned in my last report, a problem arose: A nurse suddenly disappeared without notice. It seems she left for a better paid job, a behavior which seems to be prevalent in Nepal. But we quickly found and trained a good nurse to replace her

Since then, the project has been running smoothly and we have made more progress than we anticipated.



Our team in Bajhang.

From left to right: Bikram Bahadur Singh (teacher), Narayan Joshi (Project Manager), Nabin Joshi (organizer), Makar Regmi (teacher), Parvati Aidi (nurse), and Pooja Badu (nurse). Missing in the photo is the second organizer, Siddha Raj.

In Bajhang there are 12 municipalities, of which two are urban and ten rural, and there are a total of 120 secondary schools. We started with the schools/villages in the capital city of Chainpur and in the neighboring rural municipality Khaptad-Channa. We did this since we initially wanted to have relatively short distances to the schools and only later implement the project in those further away.

There were small schools with fewer girls who were menstruating ...



Group photo in the Luyata Aadharvut School.

... and schools with more female students:



Group photo in the Jalapa Secondary School

The mothers also received information about the menstrual cycle and about menstrual hygiene.



Mothers being informed ...

before they received their Baala pads:



Mothers after being instructed and having received pads

The boys were also taught:



Boys in the Sisu Aadharvut School proudly presenting their Kishor brochures

Every two weeks Narayan Joshi reports to me about the progress of the project. As can be seen from the table on the next page, during the past 6 months:

- *Kishoree* was distributed to 1,767 schoolgirls, whereafter they received 4 hours of teachings about the topics in the brochure.
- 2,354 packages with 5 reusable, environmentally friendly menstrual pads each from the Indian NGO Baala were distributed to the menstruating girls in all classes.
- 1,191 packages with 5 such pads were distributed to the mothers of the menstruating girls and they received information about the menstrual cycle and menstrual hygiene.
- 90 packages with 5 Baala pads each were distributed to a total of 90 female teachers in the 32 schools.
- *Kishor* was distributed to 1,485 schoolboys and they also received 4 hours of teachings about the topics in the brochures.

It turns out that up until May 2022, the team had implemented the project already in 32 schools/villages. This means that after 6 months of intense work the team had reached the goal for the entire year – 30 schools by October 14, 2022. What a success!

It also means that we can probably achieve our long-term goal of implementing our project in all approximately 120 secondary schools in Bajhang in two instead of three years, i.e. by the end of 2023. However, to do this we will require further material – the brochures *Kishoree* and *Kishor*, and the menstrual pads. There would also be added transportation, food and lodging costs for our staff. For this, we are currently applying for more money from our previous sponsors.

Health Education Awareness and Rights Nepal

HEAR Nepal, Kathmandu

(Girls' and Women's project)

Total up to April 15, 2022

Report on distribution of Kishoree, Kishor and Baala pads per school/village and mothers allowance

S.N	Name of school	Date of teaching	Total	Rcv'd pads		Boys		Menarche		Total	Distributed		Pads for	Mothers		Total	Dispositive			
			Girls	6 to 8	9&up	6to8	9&up	6 to 8	9&up	menstruating	Kishor	Kishoree	female teachers	Pads distr.	Meno-pause		Pads distrib.	Pads	Kishor	Kishoree
1	Balmandir Aadharvut	78/7/11-12	76	48	0	60	0	28	0	48	60	76	6	11	0	11	65	5935	2940	2924
2	Devasthali Aadharvut	078/7/15	22	16	0	22	0	6	0	16	22	22	2	0	0	0	18	5917	2918	2902
3	Bal bikash sec.school	78/7/27-29	75	12	39	47		20	4	51	47	32	5	19	1	20	75	5842	2871	2870
4	Dhauldeu Aadharvut	087/8/1	12	3	0	17	0	9	0	3	17	12	2	3	0	3	8	5834	2854	2858
5	Surma Aadharvut School	02.08.2078	25	20	0	22	0	5	0	20	22	25	5	17	3	20	42	5792	2832	2833
6	Namuna Aadharvut	2078/8/3-4	25	13	0	10	0	12	0	13	10	25	5	9	4	13	27	5765	2822	2808
7	Pandu ma. vi.	2078/8/7-9	116	25	62	42	0	29	0	87	42	54	3	33	2	35	123	5642	2780	2754
8	Bal bikash Aadharvut	078/8/12-13	39	7	0	24	0	32	0	7	24	39	3	3	4	7	13	5629	2756	2715
9	Narayan Secondary	078/8/14-16	124	39	36	58	0	33	16	75	58	72	0	52	3	55	127	5502	2698	2643
10	Bhairav Aadharvut	078/8/19-20	23	10	0	22	0	13	0	10	22	23	5	9	0	9	24	5478	2676	2620
11	Luyata Aadharvut	078/8/23-25	23	22	0	11	0	1	0	22	11	23	3	20	0	20	45	5433	2665	2597
12	Sishu Aadharvut	087/8/28-29	27	21	0	14	0	6	0	21	14	27	4	17	1	18	42	5391	2651	2570
13	Nilkatti Secondary	2078/9/6-8	40	20	7	50	0	10	3	27	50	30	1	20	0	20	48	5343	2601	2540
14	Jalapa Secondary	078/9/21-27	220	42	157	51	0	17	4	199	51	59	7	103	4	107	309	5034	2550	2481
15	Bhawani Secondary	078/10/18-19	55	26	21	31	0	6	2	47	31	32	1	38	0	38	86	4948	2519	2449
16	Suni pipal chour S.S.	078/11/02-6	338	156	134	193	0	48	0	290	193	204	6	185	7	192	481	4467	2326	2245
17	Satyabadi Sec. School	078/11/09-16	544	217	287	285	0	38	2	504	285	255	8	218	5	223	730	3737	2041	1990
18	Jagadmba Aadhrvut Sch.	078/10/17-18	27	17	0	13	0	10	0	17	13	27	1	15	2	17	33	3704	2028	1963
19	Janaklyan Aadhrvut	078/10/17-18	30	17	0	18	0	13	0	17	18	30	0	14	3	17	31	3673	2010	1933
20	Saileshory Sec.School	078/11/18-19	59	22	17	26	0	14	6	39	26	36	3	16	1	17	58	3615	1984	1897
21	Bagishory Aadhrvut	078/11/19-20	20	8	0	9	0	12		8	9	20	2	4	2	6	14	3601	1975	1877
22	Durga mahalinga Sec.	078/11/21-22	95	32	43	41	0	20	0	75	41	52	1	32	2	34	108	3493	1934	1825
23	Lamatola Sec.School	078/11/22-24	163	55	81	69	0	27	0	136	69	82	2	62	4	66	200	3293	1865	1743
24	Bhagyodaya Aadhrvut	078/11/23-24	37	31	0	11	0	6	0	31	11	37	3	16	0	16	50	3243	1854	1706
25	Meltadi Sec. School	078/11/27-28	74	25	28	38	0	17	4	53	38	42	2	23	2	25	78	3165	1816	1664
26	Kalika Aadhrvut	078/11/28-29	47	26	0	31	0	21	0	26	31	47	0	13	2	15	39	3126	1785	1617
27	Gorkhali Aadharvut	078/12/6-7	48	35	0	22	0	13	0	35	22	48	1	18	1	19	54	3072	1763	1569
28	Maheshwory secondary	078/12/7-9	281	94	119	120	0	60	8	213	120	154	2	106	6	112	321	2751	1643	1415
29	Patadeval sec. school	2078/12/9-10	86	24	44	14	0	14	4	68	14	38	0	36	2	38	104	2647	1629	1377
30	Khaptad Sec. school	078/12/11-13	168	54	84	48	0	24	6	138	48	78	1	51	0	51	190	2457	1581	1299
31	Kotikhet sec. school	078/12/21-22	52	26	16	38	0	10	0	42	38	36	3	20	2	22	65	2392	1543	1263
32	Bal Bikasha Adharvut	078/12/23-24	30	16	0	28	0	14	0	16	28	30	3	8	0	8	27	2365	1515	1233
	Gesamt		3001	1179	1175	1485	0	588	59	2354	1485	1767	90	1191	63	1254	3635	2365	1515	1233

Financially speaking, we are still suffering from the consequences of the pandemic; during 2020/21 we had to continue paying salaries, office rents, etc. and this could not be covered by the project-oriented, time limited grants from foundations. We are therefore especially thankful for the support from private donors.

Should you wish to donate, perhaps even monthly ...

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The easiest way to transfer funds from abroad, though, is via PayPal to Info@hearnepal.de.

Thank You!



Lake at Pokhara