



**THE NEPAL TRUST**

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

# The 100% Project

## Never missing school

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 **100% Project** 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 receiving 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 Many girls **drop out from school** due to outdated attitudes and stigmas.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
<b>TOTAL per school</b>	<b>£1,500</b>
120 schools	£180,000

**DONATE  
NOW**



THE NEPAL TRUST  
23 Norman MacLeod Crescent  
Bearsden  
GLASGOW G61 3BF  
Scotland, UK  
Tel: +44 (0) 787 901 6443



[admin@nepaltrust.org](mailto:admin@nepaltrust.org)  
[nepaltrust.org](http://nepaltrust.org)  
  



THE NEPAL TRUST  
GPO Box 8975, EPC 1441  
Sallaghari Mar, House E 288,  
Bansbari, KATHMANDU,  
Nepal  
Tel/Fax: +977 (1) 4378417