

* ANMF * GRANT * APPLICATION

Organization Information

Full Legal Organization Name	Ujeli care centre
Street Address	Pokhara
City/Town/Village	Prashyang-5
District	Kaski
Organization Website	www.ujelicarecentre.np
Social Welfare Council (SWC)	Registered
SWC Registration Date/Number	2011/12/08.. 40
Organization Director	Subhadra Koirala

Contact Person	Dinesh prasad koirala
Title	Manager

Organization Mission Statement	Breaking the Menstrual
Brief Description of Organization	The Ujeli Care Centre is non profitable organization based on Pokhara, Nepal that aims to provide medical support and health education for children in need. We have been giving sexual education to children of class 8, 9, and 10 from government schools since 3 years. Distribution of menstrual cups has been already carried out last year with grant success.
Population Served	Government schools from remote place of Pokhara, i.e. Machhapuchre, Lwang, Naudhada, Parshyang in Kaski District

Project Information

Project Title	Topic;Menstrual Cups: Breaking the Bloody Taboo
Project Location	Lwang, Machhapuchre VDC
Total Project Budget	21,955
Grant Amount Requested	15,955
Conversion Rate	114.696
Project Start Date	Nov 21, 2019
Project End Date	Jun 21, 2020
Social Welfare Council (SWC) Project	Applied For

Approval

Proposal Summary	After successful completion of menstrual cup programme in Lwang, We have decided to
Statement of Need and Background	

continue same programme in MachhapuchreVDC. After analysis of situation, we felt that the girls are in need of clean toilet to change menstrual cup. So, we are planning to construct toilet in each school.

In hilly areas taboos about menstruation persist. The girls are ostracized from their homes even today. In such circumstances girls miss their schools for 5 days. The reason behind is lack of schools providing high quality education. Further, girls worry about leaking at school and humiliation they will face. So, menstruates are entrenched of negative reactions to periods and understanding menstruation as something unpleasant and unnatural. These negative notions then leave menstruation feeling weaker and more irrational than their counterparts.

So menstrual cups are revolutionary because they are healthier (medical grade silicon), safer (doesn't absorb the vaginal natural fluids) and cost effective (they are reusable device lasting for ten years).The cup is the gateway to being open and honest about your period. Being frank about menstruation may just steer girls away from those feelings of embarrassment and shame.

In Nepal, approximately 290,000 women and girls menstruate every day. However, 82% of those living in rural Nepal use unhygienic and potentially dangerous menstrual hygiene management methods. A study from UNICEF revealed that 1 out of 3 girls in South Asia knew nothing about menstruation prior to getting their first period.

What are the goals of the program?

- to improve menstrual hygiene.
- to make habit of using menstrual cup.
- to break the taboo of menstruation.

How will you evaluate success or failure for each goal?

we will evaluate our success by regular follow up. our facilitator will visit every month and discuss with the difficulties and achievements of girls. we will report the problem and try to solve them.