

**From:** Dinesh Koirala  
**Sent:** Wednesday, October 20, 2021 5:37 AM  
**To:** Julia Shepardson  
**Subject:** Re: Hello from ANMF

Namaste Julia

Happy Dasain Julia and **May Durga** give you all the blessings. I am doing good along with my family. With all blessings Covid hasn't hit much to my family. I am glad to hear that you along with family is also doing great.

I think you are aware of situation in Nepal. We got vaccinated but we are still afraid of third wave. Looking at the festival time people have forgotten all about Covid. People are busy travelling and doing shopping. So I am just waiting how the cases will increase after this festival. Cases are increasing now in Kathmandu. We are still with mask and sanitizer.

About menstrual cups, construction of toilets are done already except the coloring. We will put the colors after the Dasain is over. I was planning to do school programme before Dasain but it couldn't happen due to rain and Covid. I was planning to do next week but again there has been rain. So I will probably do after Tihar. However, follow ups are done regularly.

Menstrual programme may end for ANMF budget but it's not going to stop for us. People have really appreciated what we have been doing. Many organizations have come with Pad programme but they have not been much effective like ours. Many complications have been encountered for them. The big hassle for us is Covid. We are not able to visit them physically. Concept of toilet and Cups will outburst again.

To be honest, the budget has been finished already. The cost of everything has increased by 2 times. This is because of both natural disaster and Covid. I will just share you a example; 30 sacs of cement got damaged because of rain and unavailability of manpower at the time of need. We will discuss once we will talk on Viber or other social media.

Julia, I will send you pics of toilet soon since my staff along with his family got Covid and is on leave.

Hoping to hear from you soon. Stay safe and sound.

Regards

Dinesh