

**From:** Dinesh Koirala

**Sent:** Thursday, December 2, 2021 7:04 AM

**To:** Julia Shepardson

**Subject:** Remembrance from Nepal (Updates of Menstrual Cup project)

Namaste Julia

I hope this mail finds you and your family in good health. We are doing good in Nepal and hope you are also doing great in spite of new variant of Corona. My son who is 3 years old has started going school but i think school will be closed soon. Corona has created a big tragedy in Nepal as well as in whole world.

I happen to visit the school yesterday and planning to complete the toilets soon. However all people seem to be busy cutting their rice and other stuff. So it might take few weeks more. I am planning to finish the project before another wave comes. As updates i am sending you some pictures. I had good talks with principles too regarding the way to distribute more cups.

Besides I am sharing you my greatest achievement this year. I am able to open a ICU in Taplejung, the topest hill region in Nepal. I got most of fundings from government of Nepal and some support from Germany. This had made a good connection with Government of Nepal, I was able to show my vision of serving my nation. The best part was; I was able to save a mother and a kid who presented in hospital during my visit with vaginal bleed making haemoglobin level of 4 gm/dl. I performed a cesarean section at midnight in spite of not having anesthesia, instruments. I became hero that night and the government offered me a helicopter ride to the hill and visit Goddess Pathivera.

Hope to hear from you soon...

Stay safe

Regards

Dinesh Koirala