

Creative Institute Nepal(CIN)

Project: Freedom Kit Bags

Annual Report

1) Background

The partnership with FKB-UK and approval from the Social Welfare Council Nepal has allowed CIN to assist marginalized women and girls in Nepal, including those who are economically disadvantaged, deprived, Dalit, Madhesi, single women, and women with disabilities. The program provides them with sustainable, eco-friendly, and reusable menstrual hygiene solutions and empowers them for a brighter future through a comprehensive four-hour training package on Menstruation management.

2) Distribution of FKB and Sharing knowledge

From June 2022 to June 2023 total number of 1450 women and girls from poor and marginalized backgrounds in the Rupandehi, Dang, and Rolpa districts benefited. They received Freedom Kit Bags and gained valuable knowledge for improved sexual and reproductive health. The program aimed to empower them through comprehensive information on menstrual hygiene management, menopause, and psychological education.

The program's impact goes beyond simply distributing kits. By providing women and girls with knowledge, a cycle of intergenerational knowledge transfer is set in motion. This empowers them to make informed choices regarding their health and enables them to educate future generations. As a result, the program breaks the cycle of inadequate menstrual hygiene management. This has a positive effect on their overall well-being, self-esteem, and quality of life.

Additionally, the program actively tackles the inequalities experienced by marginalized groups, such as economically disadvantaged individuals, women with disabilities, Dalit women, and Madhesi women. It promotes inclusivity by ensuring that all women have access to adequate menstrual hygiene resources and education. By addressing these disparities, the program strives to create a more equitable environment where every woman can benefit from the initiatives and support provided.

Overall, the program has a wide-ranging impact. It equips women with the necessary tools, knowledge, and confidence to effectively manage their menstrual health, leading to empowerment, dignity, and improved well-being. Additionally, the program includes well-equipped educators and facilitators who deliver training with a feminist perspective. This approach aims to transform traditional norms and values that have made menstruation challenging for women and girls. By promoting gender equality and challenging harmful practices, the program seeks to create lasting change. The intergenerational transfer of knowledge further ensures that the positive effects extend to future generations, benefitting communities in the long run.

3) Consequences of Disposable Pads

CIN is committed to advocating for sustainable menstrual hygiene practices and addressing the consequences of disposable pads. We actively engage with government entities, communities, and the public to raise awareness about the harmful effects of disposable pads on women's reproductive health, the environment, and the economy. By promoting the use of eco-friendly alternatives, such as reusable

pads, CIN strives to create a positive impact and foster a sustainable approach to menstrual hygiene management. Through collaborative efforts, we believe that we can make a significant difference in the lives of women and contribute to a healthier and more sustainable future.

4) Collaboration with Local Government

CIN have been trying for the collaborative partnership with local government authorities to address menstrual hygiene management and advocate for sustainable menstrual hygiene products. The program aimed to highlight the importance of using eco-friendly and reusable sanitary pads provided by Freedom Kit Bags, while addressing concerns related to government policies and quality indicators.

The program concluded with a shared understanding between CIN and the local government representatives regarding the importance of collaboration and cooperation to drive change in women's health and well-being. Both parties recognized the need to work together to ensure the accessibility of sustainable menstrual hygiene products and comprehensive SRHR education for all women and girls in the region.

5) Engagement with Local Representatives

Representatives from Tilottama Municipality, Butwal Sub-Metropolitan City, Siyari Rural Municipality, Kanchan Rural Municipality, Suddhodhan Rural Municipality (from Rupandehi District), Rolpa Municipality, Tribeni Rural Municipality, Thawang Rural Municipality (from Rolpa District), and Ghorai Municipality (from Dang District), Tribeni Rural Municipality (Palpa district) actively participated in discussion program conducted by CIN. These engagements provided an opportunity to present comprehensive information about the benefits of reusable sanitary pads and their positive impact on women's health, the environment, economy, and the community.

The local government representatives responded positively to the advocacy efforts and acknowledged the importance of menstrual hygiene management. They expressed their commitment to supporting women's health within their respective areas. However, concerns were raised regarding government policies related to purchasing sanitary pads, which needed to be addressed to ensure successful implementation.

To address the concerns raised, CIN assured the local government authorities of its willingness to comply with government quality indicators and policies. The organization emphasized the importance of prioritizing women's reproductive health and advocated for the use of high-quality, sustainable menstrual hygiene products. The aim was to protect the well-being of adolescent girls and women in the community.

During the discussions, CIN underscored the critical nature of addressing women's reproductive health issues, particularly menstruation and menopause. The program highlighted the potential adverse effects of neglecting these aspects on the overall health and well-being of women and girls within the community.

The representatives were knowledgeable about three consequences that could arise from the use of disposable pads. Firstly, wearing disposable pads for more than 4 to 5 hours (if of high quality) can put women and girls at risk of infections. Secondly, there is an environmental concern associated with disposable pads, as they contribute to pollution. Lastly, there is an economic aspect to consider, as all disposable pads are imported, both in raw materials and ready-made forms, impacting the local economy.

6) Engagement with Ministry of Health and Population

CIN has held a series of meetings with the Ministry of Health and Population, as well as the central governments of Kathmandu and Lumbini Province. Additionally, we organized a one-day workshop focused on menstrual management and the significance of Freedom Kit Bags (FKBs) with the staff of ministry of Health and Population, provincial government. During the workshop, we discussed various aspects such as the quality of FKBs, training components, and key messages related to menstrual management, washable and reusable pads, STIs, menopause, and psycho-education. Following our presentation, the representative from the Ministry of Health and Population approved the training curriculum and recommended the use of white cotton cloth in the pads.

7) SRHR Training

CIN has conducted a 6-day Training of Trainers on SRHR, involving 23 girls from Suddhodhan, Sainamaina, Butwal, and Tilottama. The training aimed to equip young leaders with a feminist perspective, empowering them to become peer educators in their schools and colleges. The curriculum included comprehensive education on hygienic menstrual management, freedom Kit bag, menopause, psychoeducation, adolescent's girl's sexuality, certain training facilitation and presentation skills, effective communication and practice. Participants were encouraged to develop a deep understanding of their own bodies, sexuality, and their rights. The training program fostered self-love and agency development, preparing the girls to fight against social corruption and advocate for change in SRHR-related issues.

By equipping young girls with knowledge and empowering them to be peer educators and leaders, CIN have been fostering a future generation of advocates with a feminist perspective. The focus of the training was hygienic menstrual management, menopause, psychoeducation, is comprehensive and essential for promoting holistic well-being among girls and women. Additionally, promoting agency development and self-efficacy in girls will be combating patriarchal structures.

During the training, it has been recognizing the systemic issues that affect SRHR, such as the distribution of low-quality sanitary pads, lack of gender-friendly toilets, and inadequate knowledge sharing, shows our commitment to addressing these problems.

Overall, our efforts were commendable, and the work done has the potential to bring about lasting change in the lives of women and girls. Keep up the excellent work and continue empowering women and promoting gender equality.

23 total participants were attendant in the program, among them 18 were selected as a peer educator. The peer educator was conducted the awareness classes in 16 government school for 1857 Students (girls and boys). Peer educator were sharing knowledge about Menstruation management, Freedom Kit Bag, Menopause, and psychoeducation, along with the information about STI, Sexual and reproductive health. They were focus on the harmful use of disposable pad.

7. Training to Elected Representative to Tilottama

CIN organized a day Training on Freedom Kit Bag and Menopause Awareness Program, which brought together representatives from Tilottama Municipality to discuss the importance of Freedom Kit Bags and environment protection. Along with this, we covered a topic of menopause, psycho social problem and the risks associated with inadequate management. The program aimed to break the silence surrounding

menstrual hygiene, menopause and shed light on the physical, emotional, and psychological changes that women experience in their lives. Furthermore, intimate partner and domestic violence during period, buying pads, and drying homemade pads, menopause were addressed, creating a platform for open discussions and support for women facing such challenges.

The Menopause Awareness Program facilitated by CIN has successfully brought attention to the significance of period, menopause, intimate partners violence and the challenges women face during this transitional phase. By addressing intimate partner and domestic violence during period, the program has empowered women and created a platform for open discussions about their experiences.

8. Future Plans

Building upon the achievements and impact of the current initiatives, CIN has outlined the following future plans:

- Expand the distribution of Freedom Kit Bags to reach more marginalized women and girls in need.
- Conduct further awareness programs on SRHR, Freedom Kit bag, menopause and advocate for policies that address the challenges faced by women during this phase of life.
- Scale up SRHR

9. Pictures of the programs.





Distribution of Freedomkit Bags to the Dalit, Madhesi and Single women resides on slum area of Butwal Sub-Metropolitan City



Presenting FKB to the Representative of Sainamaina Municipality.

Induction training about Freedom Kit Bag to the local representative of 11 Municipality.



Men do like talking about Menstruation.





Happy Girls after getting Magical Bag: Freedom Kit Bags.



Freedom Kit Bag Distribution and Training Program in Presence of FKB-UK team.



Chairperson of the CIN demonstrating freedom kit bag to the farmer women from Dangisaran,



Farmer women from Rolpa, Shared sadness and later happily shocked with FREEGOM KIT BAG.



Lovely and laborious women from Rolpa,
Happy holding FKB.

The love and care shared and felt.



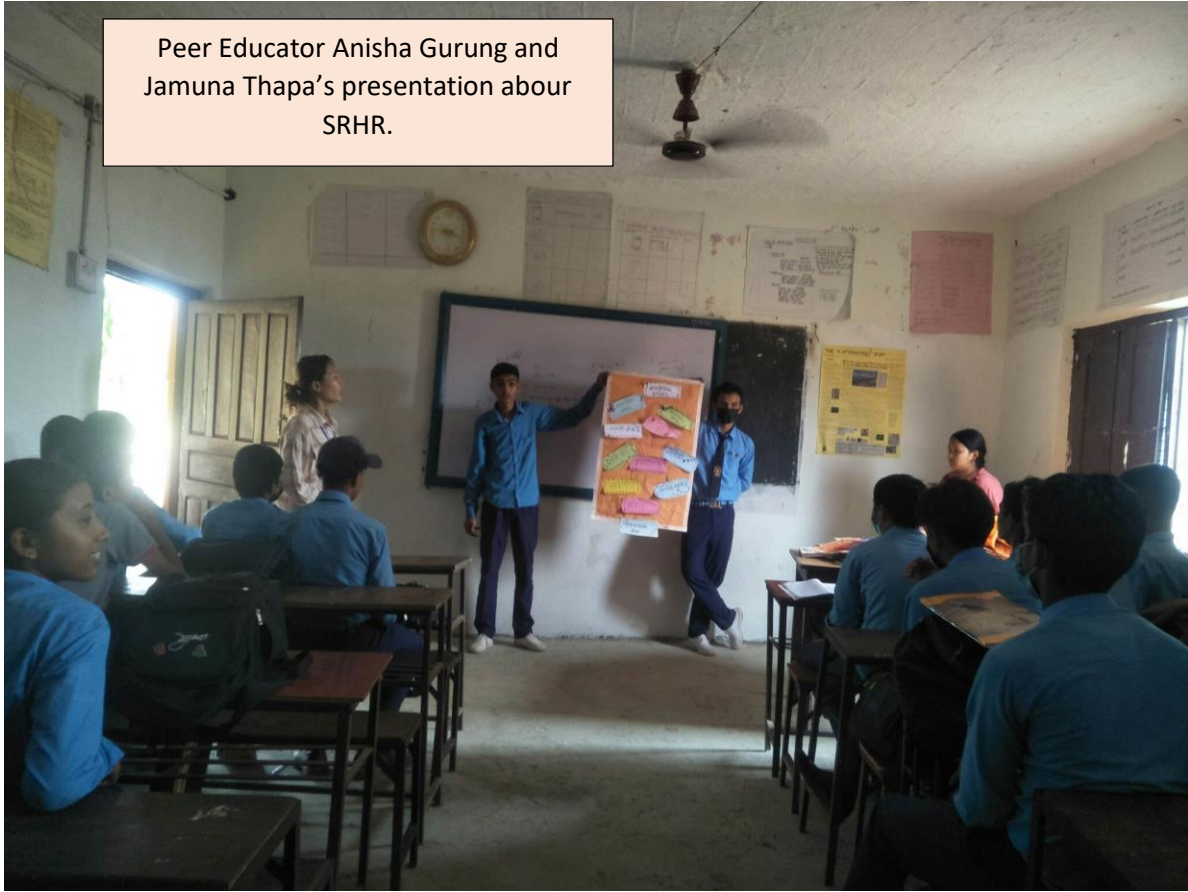
Municipal Level Interaction Program with FKB UK team.



Anisha Kumari Tharu and Ansu Pariyar, our peer educator from Suddhodhan Rural Municipality demonstrating Freedom Kit Bag in front of adolescents girl and boys.



Peer Educator Anisha Gurung and Jamuna Thapa's presentation about SRHR.



Peer Educator Sumana Chaudhari and Dikchya Thapa sharing their knowledge.



Peer educator Laxmi Lodh and Janaki Kewot , sharing their learning with the adolescents at their community school.



Young girls from 4 Municipality attending 6 days SRHR training.



