

Empowered people educate themselves!

COURSE OF ACTION

Educational session explaining the female anatomy regarding menstruation. Partly interactive, for women.

EDUCATIONAL MATERIAL

Menstrupedia Comics

In Nepali language. Distributed to the participants. Free for students.

The Menstrupedia Comic is a very useful tool for Nepal Direct's MEP. Developed in India by Aditi Gupta and published in Nepal by Putali Nepal it explains the many aspects of menstruation in a fun and engaging way.

Enhanced understanding and knowledge

The women are very happy to educate themselves and to find answers about processes in the female body to their questions that can often not even be asked due to age-old myths and taboos. Some people reportedly even bring the Menstrupedia comic to the houses of other family members and care this way for an increased spreading of menstrual knowledge.

IMPACT - PEOPLE'S VOICES AFTER 1 YEAR

Local activist Janaki Thapa during a classroom session on female anatomy. Bajura, Far West Nepal. Photo by Make K Rai.

