

Healthy  
people  
↓  
Healthy  
society

**COURSE OF ACTION**

Awareness lesson and introduction in the usage and hygienic handling of reusable sanitary pads for women.

EDUCATIONAL  
MATERIAL

**Sanitary Pad Kits**

Reusable. Provided for free to under-aged participants of MEP.

Nepal Direct's reusable SKPs are produced fairly in Nepal and consist of 2 pad holders including an anti-bacterial layer, 5 inlets, waterproof bag, soap and nailclipper.

**Increased health**

Strong reduction of bladder and other infections of female sex organs, as reported by the health post in Tapra, serving thousands of people in the area. The menstrual cycle is not perceived as a threat any more.

After one year the reusable sanitary pads are fully functional and in use every month.

IMPACT —  
PEOPLE'S VOICES  
AFTER 1 YEAR

Hygiene lesson on reusable sanitary pads performed by local activists Janaki and Kabita Thapa in a school yard. Bajura, Far West Nepal. Photo by Make K Rai.