



2021

ANNUAL REPORT

www.ConsciousConnectionsFoundation.org

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Message from the CCF Board Chair

Dear Friends of CCF,

Why engage in acts of kindness? I believe that first and foremost for CCF, it is because we understand the core beauty that sits within all of us and how that beauty deserves to be a part of the world. We understand that sometimes it just takes a nudge, a supportive community and some resources to bring those gifts out.

What do we receive from pouring our life energy into people and projects? We get the gifts of seeing girls like Riza Prajapati illuminated and we get to see her fulfilling her dreams of bringing economy to her community. We experience the relief of elders who, in times of crisis, depend on the energies of others to feed and provide for them. And we get to engage in the awesome power of the Lhomi women as they learn about and begin to understand how their bodies work and how they can best care for them without shame or stigma.

Lives are forever changed when we exchange our living energy with others. The world becomes a more intimate and a better place. We hope you find the stories in this report inspiring and engaging. You helped make them happen. We hope they bring you as much happiness and joy as they brought to all of us. We live in an amazing world, full of possibility. Your belief in us, in the people of Nepal and your continued support buoys us. We could not do any of this without you.

We hope that all of the energy we invest will continue to circulate and grow so that all are able to express their gifts and shine in the world. Including you. Thank you for being a part of the CCF family.

Namaste,
Denise Attwood
CCF Board Chair

CCF's Mission –

Through Nepali-North American partnership, CCF invests in the power of women and girls to be key participants in their society.



What CCF Does and How

In order to clearly articulate the values, beliefs, and motivating principles that guide CCF's work in Nepal & for the sake of accountability to both our donors and partners on the ground in Nepal, CCF's Board or Directors uses the following guidelines "What CCF Does and How" to serve as a crucial supplement to our mission statement.

CCF believes that when women and girls thrive, the world is better off. We support women and girls in Nepal becoming key participants in healthy societies by:

- **Partnering** with trusted Nepalis to identify the most pressing issues in their community and generating collaborative ways of addressing them.
- **Distributing funds** to accomplish these objectives through proposals that adhere to CCF's guiding values and the criteria created to reflect them.
- **Linking communities** and individuals across North America with the rich life of Nepal through fundraising and education.

What CCF does...

- Makes small and targeted grants
- Focuses primarily on women/girls
- Is locally led and cooperative
- Is relationship-based
- Holds a long-term perspective

CCF's motivating principles...

- A healthy society is one in which girls and women thrive.
- Working in ongoing relationships under Nepali leadership stimulates mutual respect, ownership, learning, trust, and long-term commitment to further benefit.
- Taking a long-term perspective creates lasting effect and enduring competence.



CCF Proposal Criteria

When a proposal is brought before the CCF Board of Directors, the following criteria are used to determine whether or not it should be funded. These criteria were developed in 2019 as a part of our “What CCF Does and How” initiative in order to help ensure the work we do aligns with our values and furthers our vision.

CCF Proposal Evaluation Criteria

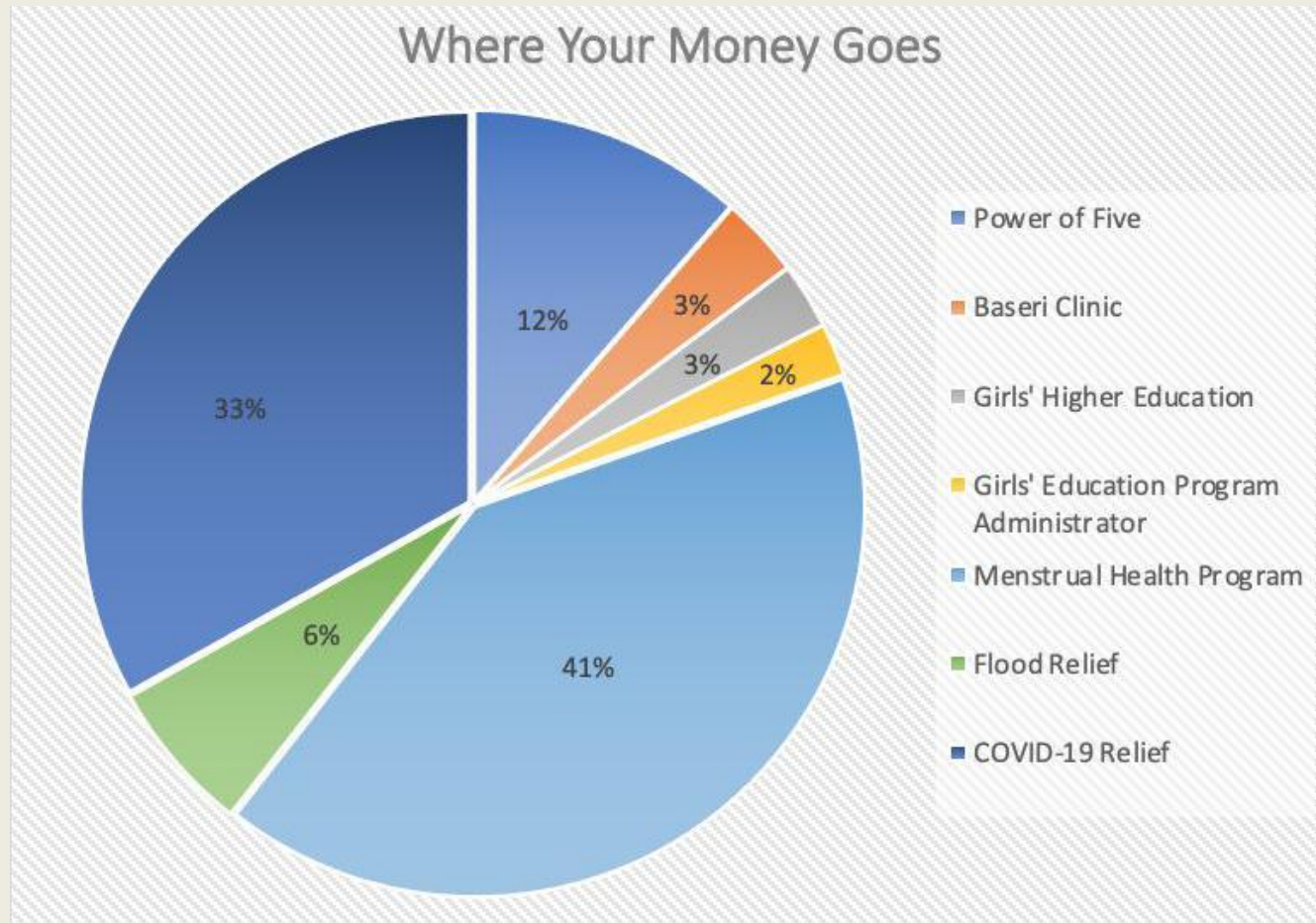
- 1) Does it increase the ability of women and girls to thrive as key participants in a healthy society?
- 2) Is it Nepali-led by a person/group we trust?
- 3) Is it a collaborative effort between CCF and the community being served? What is each of our contributions?
- 4) Does it invest in and empower the local community?
- 5) In 20 years, will this have proven to be a good idea?

Bonus Criteria

- 1) Does it create interconnections (both within Nepal and between North Americans and Nepalis) and lay the foundation for more opportunities down the line?
- 2) Is it adaptive and emergent (both before, during, and after)? Is it listening for and responsive to what is truly needed?
- 3) Does it reflect a commitment to the communities where we work, enhancing their potential?



2021 STATEMENT OF ACTIVITY



In 2021, CCF granted **\$91,854** to its partners in Nepal. The grants were distributed as follows:

- **\$30,400**– COVID-19 Relief
- **\$5,847** – Flood relief
- **\$10,500** – Power of 5 Child Education Stipends
- **\$3,072** – Deurali Community Service Center (aka Baseri Clinic) for salaries and building maintenance
- **\$2,500** – Girls' Higher Education: Joy Attwood & Individual Scholarships
- **\$2,000** – Girls' Education Program Administrator
- **\$37,535** – Menstrual Education Programs

In 2021, CCF spent **99 cents of every dollar** donated directly on programs in Nepal. Only 1.1 cents/\$ went to administrative expenses.

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2021 PROGRAMS

DISASTER RELIEF

- COVID-19 Pandemic Relief
 - Individual relief
 - Institutional relief
- Flood Relief

EDUCATION

- Power of 5 Child Education Fund
- Girls' Higher Education
- Girls' Education Program Administrator
- Women LEAD Collaboration

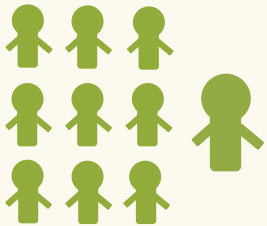
HEALTHCARE

- Baseri Clinic
- Menstrual Health Programs
 - Job Creation
 - Resource Distribution
 - Menstrual Education
 - Training Manual

Conscious Connections Foundation

2021 DISASTER RELIEF

In 2021, many of CCF's close partners in Nepal continued to be heavily impacted by the economic and social devastation of the COVID-19 pandemic. Building on our experience in earthquake relief, 2020 covid disaster relief, and emergency preparedness trainings, CCF focused on helping the well-established and vital organizations that lost their funding sources survive the downturn. CCF also connected with trusted groups to do broad-based outreach to provide food, cash, masks and cooking gas to some of the most vulnerable populations in Kathmandu and beyond.



761
FAMILIES *provided*
with food for 1 month
1,300 individual hot meals provided

\$9,235

granted to our institutional partners in Nepal to help them survive the effects of the pandemic



895
masks distributed

250
individuals provided with
Cooking gas for 1 month

DISASTER RELIEF:

Direct COVID-19 Pandemic Relief

As COVID-19 hit Nepal even harder in 2021, it was clear that CCF would have to continue our relief efforts. The Nepali government provided almost no support for families or small business. Our goal again was to work with trusted grassroots organizations focused on marginalized communities and vulnerable groups including single mothers and children, daily wage earners, disabled and vulnerable individuals, people experiencing homelessness, victims of gender based violence and communities marginalized by systemic societal oppression. CCF once again reached out to our network to provide on-the-ground partners with funding to give immediate relief. These partners included:

The Menz Foundation (photo top left) – a Nepali NGO set up to feed 1200 people daily. They served primarily the elderly, disabled, day laborers and single mothers and with CCF funding were able to provide cooked meals for 1260 individuals and 238 food packets for families at a cost of \$2.07/meal.

Ayushma Rana (photo bottom left) – previously worked for the UN-International Labor organization but when Covid started she began distributing food and medicine to young mothers in the slum communities of Kathmandu. CCF funded food for a month for 65 families and 19 new moms and babies at a cost of approx \$25/family. We also distributed 250 masks.





Barpak & Lolang relief:

Cash transfers were provided for 22 families through a trusted friend of CCF. This cash provided families with funds to buy food & supplies. Cash transfers have been shown to be an effective way to disburse funds immediately to people who need it the most and they can use it for what they need most.

These communities were at the epicenter of the April 2015 earthquake and experienced devastating loss. CCF helped families in these communities with supplies after the earthquake and they were just beginning to rebuild when Covid-19 hit. Since we have trusted relationships with individuals in Barpak and since CCF saw how well they used funds distributed during the earthquake we were happy to lend a hand again during Covid.



LGBTQ+ Relief

Working with activists and organizer Nilam Poudel in the LGBTQ+ community in Kathmandu, CCF was able to identify & distribute food rations to LGBTQ communities in different parts of Nepal. These are some of the most discriminated and marginalized groups in Nepal and their isolation during Covid-19 led to high rates of depression and suicide. Our partners identified communities who were heavily impacted by Covid and helped CCF by taking overnight trips to Saptari, Itahari, Jhapa, Birgunj to personally distribute relief there. Through this work, CCF was able to distribute food and cooking gas to 95 individuals along with distributing 600 masks at a cost of approximately \$28 per person for one month's supply.

DISASTER RELIEF: Stories

Hiteri Foundation (photo right) – A Nepali-led NGO set up for the purpose of providing hot meals and food packs to families in the Kathmandu valley who had run out of money and food due to covid-19. More than 98 families of construction workers, house workers, street vendors and

the elderly who fell through the cracks received 1 months emergency food aid. 250 individuals received masks. The cost was approx \$34.50/family for 1 month





DISASTER RELIEF:

COVID-19

Institutional Relief

COVID-19 became worse in Nepal in 2021. Therefore, The Association for Craft Producers (ACP) continued to face incredible difficulties. ACP's incoming funds from sales of their products were 40% lower than previous years. They continued to require an infusion of capital to keep their organization afloat since there was no national assistance for businesses struggling due to the pandemic.

Apart from administering and overseeing CCF's Power of 5 and Joy Attwood Scholarship programs, ACP also employs over 1,000 female artisans in Nepal. Their focus is to not only employ women but to also provide fair wages and social benefit programs. Since their inception in 1984, ACP has truly changed tens of thousands of women's lives across Nepal.

With Nepal shut off from the outside world and women unable to come to work because of the the worsening Covid situation, ACP faced economic collapse. If they had collapsed, it would have taken priceless experience, relationships, important jobs and organizational infrastructure with it.

Fair Trade stores and individuals across the US and Canada who are familiar with the amazing work of ACP donated \$9,235 specifically for CCF to provide ACP with assistance covering their operating expenses. Though ACP is still vulnerable to the economic pressure due to their loss of revenue during the pandemic, these funds have provided relief needed to weather part of the storm and keep them functioning. As with CCFs other emergency relief efforts, this support is temporary until normal conditions resume.

DISASTER RELIEF:

TEAM Nepal Flood Relief

On June 17, 2021, the area of Melamchi experienced torrential monsoon rains which caused extensive flooding. Melamchi is where CCF's partner TEAM Nepal is located. Two of their school rooms were destroyed and other buildings were threatened. CCF was able to grant \$5,000 for emergency relief to help with rebuilding the classrooms and building gabion walls to contain the floods.



TEAM Nepal (Together Everyone Achieves More) is a non-governmental, non-profit, social organization based in Sindhupalchowk, Nepal. The organization helps to support local schools, offers scholarship funds to underrepresented youth, and runs a children's home for orphans, youth from very poor family backgrounds, and otherwise vulnerable kids. CCF has worked with TEAM Nepal in various capacities since 2015 when we provided substantial support to rebuild their children's home following the earthquake and in 2019 when they suffered devastating windstorm damage.

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2021 EDUCATION PROGRAMS

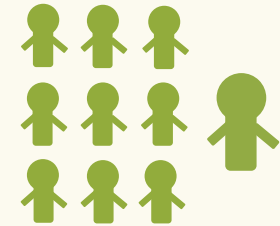
117

CHILDREN
ABLE TO
ATTEND SCHOOL
This year!



*Raised for the Power of 5
educational program*

29 GIRLS
ABLE TO ATTEND
HIGHER
EDUCATION
SINCE 2015



1,102

YEARS OF SCHOOLING
PROVIDED
SINCE THE INCEPTION
OF THESE PROGRAMS

EDUCATION

WHY KEEPING GIRLS IN SCHOOL IS IMPORTANT

When a Nepali girl isn't in school she is 3X more likely to be married before the age of 18, have children at an early age, and continue the traditional cycle of exclusion and poverty. Girls, families, and society suffers.

Research also shows that *two of the top ten most effective responses to climate change are investments in girls' education and voluntary family planning*. Combined, they reduce carbon emissions more than any other solution identified. See www.drawdown.org

CCF partners with Nepali organizations that help struggling families keep their girl children in school without any cost to the family. Every eligible family receives \$10/month as an educational stipend and in return they provide monthly evidence of the girl's attendance and progress in school. The program's focus is girls but boys in need are not excluded.

In 2021, the pandemic continued to make the importance of girls' education even more apparent. According to UNESCO the pandemic put girls at an increased risk of dropping out of school & becoming vulnerable to domestic violence, child marriage, early pregnancy, being exploited as child labor and other threats. CCF was proud to be able to keep all 117 children in our program engaged in school during the Pandemic.



“Girls education is one of the most powerful investments we can make for our collective future. The ripple effect of positive change that occurs when a girl gets an education is amazing. It strengthens economies, reduces inequality and creates more opportunities for everyone to succeed.” - UNESCO.

EDUCATION

THE POWER OF 5

The Power of 5 Child Education Fund provides low-income children access to education through a monthly stipend program. CCF partners directly with the ACP to keep 100+ children (with an emphasis on girls) in school and to create a sustainable endowment for the future of the program. Due to COVID-19, ACP experienced significant financial strains again in 2021 as the country locked down and international trade slowed. In response, through discussion with ACP administrators, CCF chose to focus on fundraising to support survival of the broader ACP organization in addition to the Power of 5 (see page 11).

Regardless, In 2021, CCF was able to provide \$10,500 to fund the scholarship stipends. With the generous cooperation of Spokane Aurora Northwest Rotary Club, CCF was able to transfer the \$3,300.76 they raised for our Ghat Besi program (which has been put on hold) to our Power of 5 program. This generous support enabled CCF to fund the full amount to keep 120 children in school (virtually) despite the pandemic.

Since Power of 5 began in 2012, over **1,102 years of schooling** have been provided in K-10 education for an average of 110 children educated per year.



A HUGE SHOUTOUT to Spokane Aurora NW Rotary Club for their \$3,300.76 donation that allowed CCF to fully fund the Po5 program for 2021 despite the pandemic! We are so grateful!



EDUCATION THE JOY ATTWOOD SCHOLARSHIP

In 2014, CCF created a Girls' College Scholarship. This competitive scholarship, administered by the Association for Craft Producers, gives three Nepali girls (with the need, ability, and desire) a way to continue their education into the 11th and 12th class. This program was fully funded in 2021 in spite of the COVID-19 pandemic.



Riza Gongga Prajapati - First Place Age 17

Due to [Covid] restrictions, I have been taking online classes. Our classes are not affected so I feel happy about it. I like mathematics and I plan to do Bachelors in Business Administration with specialization in marketing." Riza wants to tackle poverty in her community and to help make them prosperous. She wants to build a platform to provide trainings in making ceramic products and preserve the traditional skills of her family and looks forward to expanding this business and delivering in local areas. As a hobby she loves to sing and wants to travel to Switzerland.

Riza has been a Power of 5 recipient since 2012 and she is the first to be accepted into the prestigious 12 month WomenLead leadership training program (see page 18).



Shrutina Prajapati Second Place - Age 17

Shrutina says her father is her superhero and a role model for her life. "He taught me how to treat others in proper manner. Despite economic scarcity, he has fulfilled more than our basic needs. He works day and night and to feed our family and always keeps our family first". He says "Even though we are poor, the way we treat others determine how rich we are" this is one of the key lessons my father has given to me. Since childhood she dreamed to be a doctor and now she aims to help needy people who are unable to afford medical treatment. "My greatest strength is my hard work, determination and confidence. I believe we should dream bigger to achieve bigger." She likes travelling, sketching, watching movies & meeting with friends. She has received awards for drawing, handwriting and speech.



Aishworiya Lama- Third Place Age 16

Aishworiya is studying nursing. "Helping people makes me feel good so as a nurse I will be able to take care of patients and provide free treatment whenever possible." "The role model in my life is my father who is very hard working and always inspires me. People of my ethnicity often believe that female cannot lead and handle any given situation. Being born in a Tamang family where discrimination exists on the basis of gender - especially to provide for a good education: my father has always treated me equally, if not more than a son. So it has been a dream for me to prove that women can also lead and make the nation proud. I aim to do so by being a nurse and helping to improve the medical field of our country."

Meet our 2021 scholarship recipients!

EDUCATION

CCF COLLABORATION WITH OTHER NGOS IN NEPAL



To create a greater cumulative impact in girl's education & women's empowerment, CCF collaborates with like-minded Nepali NGOs that provide young women with the skills, education, support, and opportunities to become changemakers. Women LEAD is one such partner. Their 12 month leadership course provides young women with a safe space to learn and connects them with a growing community of other young women who share their vision. They work with high school girls in Kathmandu ages 16 to 18 years old, focusing on intensive leadership training, skills-building opportunities, mentoring, a peer-support network, and university preparation.

The girls chosen for Women LEAD come from diverse backgrounds but share a passion for creating change in Nepal. Many of the participants had never written a resume or spoken up in public before attending a Women LEAD program. Now they are leading workshops, mentoring others, and creating social ventures to address problems such as waste and poverty in their schools and communities. In 2020, the Joy Attwood Scholarship started requiring all applicants to also apply to this LEAD program. In 2021 Riza Prajapati, a Joy Attwood scholar was successful and has become our first ever Women LEAD participant. (See page 19). We are so excited to see where this experience takes her.



Riza Prajapati, CCF's first Women LEAD participant

EDUCATION

POWER OF 5 & JOY ATTWOOD SCHOLARSHIP IMPACT

Riza Prajapati has been an enthusiastic recipient of the Power of 5 Education Fund stipend since its inception in 2012. She is also a merit and need based first place winner of the Joy Attwood College Scholarship.

Starting in 2019 each girl who applied for the Joy Attwood Scholarship also is required to apply for the WomenLead 12 month leadership training program. In 2021, Riza became the first of our scholarship recipients to be accepted into this prestigious program. We couldn't be more proud of her.



Riza (2012)



Riza (2015)
Power of 5
recipient



Riza (2021)
Joy
Attwood
Scholarship
recipient

Firstly I am so happy to be a 2021 Leader in Women Lead. I want to thank ACP family for providing me this great platform!

I took 2 weeks leadership institute that was really helpful for me to learn many new things. I took session on time management, leadership style, public speaking, gender stereotype, learning style, my emotion matters, and civic engagement. The 2 week session brought changes on me which I really can feel it. These sessions were taken virtually and after leadership institute we took 6 physical classes. I made many new friends and they are really cooperative, helpful & fun as well.

After the leadership institute, we have to conduct SLP (School Leadership Program). Currently I and my co-leader are taking SLP classes in Everest English School. Every Saturday we are taking classes of grade 9 students. SLP sessions are very entertaining and we get to experience many new things. I used to feel so awkward to walk or to go somewhere. Now I can go everywhere without constant help from others. I am learning and want to further explore better version of myself. My public speaking is getting good these days so I am much delighted and I want to thanks you all from bottom of my heart.

EDUCATION

GIRLS' EDUCATION PROGRAM ADMINISTRATOR

As CCF's Power of 5 and Joy Attwood higher education scholarship funds have grown at the Association for Craft Producers (ACP), administrative and reporting requirements have grown along with them.

In 2018, Prastuti Dhakal was hired as the Girls' Education Program Administrator. Her salary is split between CCF and our program partner, ACP. Prastuti helps CCF and ACP oversee and administer the education programs and reports to CCF and ACP on their progress. She also is responsible for mentoring and counseling the girls and their parents as they move through the educational system and puberty.

2021 is Prastuti's fourth year in her position and one that again been highly challenging due to COVID-19. According to Prastuti, ACP could not conduct any special programming for children but was able to at least provide the stipend during these hard times. She spent time encouraging parents to monitor and engage with their children as much as possible during the long spells of staying indoors and not going to school. Prastuti is a shining light for all in the program and said: "It is difficult for all, but we hope for a better tomorrow." Amidst the challenges posed by this last year, Prastuti was excited to announce that Riza had become this programs first to be awarded entrance to the prestigious WomenLead 12 month training program!



"Being someone who is proactive and loves working with kids, our overarching goal to empower women and help their children is very inspiring. 'Educate women and you will educate a family; Educate a girl and you will educate the future.' With this belief, the Child Education program at ACP would not just help the girls to have a better income for quality life; they will further have better perspective in life... I would like to keep on giving my best to enhance [this program's] progress and achieve its objectives and goals."

Conscious Connections Foundation

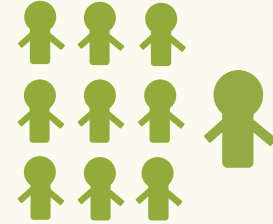
2021 HEALTHCARE PROGRAMS: THE BASERI CLINIC

2,407

**PATIENTS
SERVED
THIS YEAR**

**18 women given
maternity care**

**15 BABIES
DELIVERED**



3

**WOMEN
EMPLOYED**

MOST COMMON TREATMENTS:

- **IV Rehydration**
- **Fevers**
- **Burns**
- **Maternal Care**
- **Gastric Issues**



HEALTHCARE

THE DEURALI COMMUNITY SERVICE CENTER'S BASERI CLINIC

The Baseri Clinic opened its doors in February 2010, serving thousands of people in nearby villages and even more remote areas. Patients are seen at the clinic for everything from maternal healthcare issues to burns, breaks, and intestinal disorders.

Tragically, on April 25, 2015, the first Baseri Clinic was reduced to rubble in the massive magnitude 7.8 earthquake that struck Nepal. With help from volunteers in the US and Nepal, CCF constructed a beautiful, five-room, insulated, and quiet earthquake resilient building. This new clinic is easily accessible to all of the surrounding communities and was fully built and functioning within 14 months of the earthquake.

As of December 2021, no COVID-19 cases have been documented in Baseri, but the clinic staff is taking precautions. CCF provided the staff with medicine to provide for free to all those who presented with symptoms of the virus.

The Baseri Clinic Staff



Anita Ghale

Anita was a nurse midwife assistant (NMA) for 3 years before joining the Baseri Clinic staff in Dadagaun in early 2018. She is on call 24/7 for birthing and maternity issues only.



Parbati Bhandari

Parbati was a Certified Medical Assistant (CMA) for 3 years before coming to Baseri in early 2019. She works in the clinic 5 days a week and is on call for emergencies.



Sita Gale

Sita has been working at the clinic since its opening in 2010. As the clinic assistant, Sita Ghale does all of the cleaning, opening and closing, and takes care of staff and patient needs.

Conscious Connections Foundation

2021 MENSTRUAL HEALTH PROGRAM IMPACT

3,207

Reusable menstrual hygiene kits distributed



310 comprehensive menstrual hygiene manuals distributed

What's in a CCF Reusable Menstrual Pad Kit?

3 Shields (2 day, 1 night)

5 Liners

1 Soap

2 Underwear

1 Carry bag

1 Use and care instructions manual

17 remote villages impacted

47 women

leaders trained



Total cost to produce 3,207 kits

HEALTHCARE

GIRLS' & WOMEN'S MENSTRUAL HEALTH PROGRAM

Although the COVID-19 pandemic forced CCF to postpone many of our in-person trainings for 2021, we were still able to fund and pull off our biggest program to date. This training affected over 3000 women (see page 28)

CCF's Menstrual Pad Project (MPP) weaves together three approaches:

1. **JOBS**-CCF trains and pays a fair wage to low-income women to sew reusable menstrual pad kits for CCF distribution.
2. **DISTRIBUTION**-CCF funds and facilitates the distribution of reusable kits & our menstrual hygiene manual to women in need.
3. **EDUCATION**-CCF funds informational menstrual education programs led by trained Nepali women to discuss menstruation, sanitation, environmental issues, and breaking cultural taboos. Participants in these programs each receive a reusable menstrual pad kit provided by CCF.

CCF Menstrual pad kits contain

- 3 Shields (2 day, 1 night)
- 5 Liners
- 1 Soap
- 2 Underwear
- Carrying bag
- Use and care instructions



HEALTHCARE: MENSTRUAL HEALTH PROGRAM

CCF MENSTRUAL HEALTH PROGRAM

MANAGER: *Kesang Yudron*

In 2017, Kesang started volunteering with CCF's work in Menstrual Hygiene Education and in 2019 became CCF's Volunteer Menstrual Hygiene Program Manager in Nepal.

COVID-19 changed CCF's and Kesang's focus in 2020 & 2021 but not our impact. Kesang continued to identify and work with women who wanted menstrual hygiene training and in response, she took the lead in facilitating the distribution of over 3000 CCF reusable menstrual kits to women in need, along with providing comprehensive menstrual hygiene training.

As Program Manager, Kesang oversees the menstrual pad workshop, facilitates trainings, and evaluates applicants who want Menstrual Hygiene training. In 2019 & 2020 she was instrumental in leading a team to develop CCF's comprehensive MHM training manual for rural, non-literate girls and women. This resource was completed and ready for distribution in 2021. This 29 page manual is illustrated with Nepali centric pictures and written in simple Nepali. In 2021 we distributed over 310 manuals to teachers, health clinics and women trainees.



HEALTHCARE: Menstrual Education

JOBS: Menstrual Kit Creation & Women's Economic Empowerment

In 2021, CCF granted \$27,306 to pay for the sewing and construction of 3,206 reusable menstrual hygiene kits. Sewing these pads provided vital full-time work for several women during COVID-19.

Each kit includes: 3 shields (2 day, 1 night), 5 liners, 2 pairs of underwear, 1 soap, a carrying bag, and use and care instructions. CCF funded the menstrual kit workshop and training in 2018.

Due to COVID-19 CCF had to suspend some of our Menstrual Hygiene Trainings but we continued to fund the production of reusable menstrual kits and during a lull in the pandemic were prepared to conduct our largest training ever in March of 2021. This program distributed 3,000 kits to remote villages in Eastern Nepal.



Since March of 2018 when our Menstrual Kit Creation project started, through the end of 2021 CCF has funded the creation and distribution of over **4,700 reusable menstrual kits!** This has provided training and sustained work for several young Nepali women such as Nilam pictured above.

HEALTHCARE: Menstrual Education

Distribution: Menstrual Education Programs in Lhomi Villages across the Arun Valley



This Menstrual Hygiene program, organized by CCF's Nepal program manager Kesang Yudron, impacted 17 villages in the Arun Valley in remote Eastern Nepal. Approached by the Lhomi women's association to conduct these trainings, Kesang organized a 15 day trek to carry in 3,000 reusable menstrual kits and train 47 pre-chosen village women leaders in menstrual hygiene health. Each of these leaders was required to return to their 17 villages and to distribute the 3,000 reusable menstrual hygiene kits and to train the local women in menstrual health. CCF also distributed 310 menstrual hygiene manuals for their schools, government health clinics and future trainings. The workshops also provided training and fabrics for how to sew their own menstrual pads. All of this ensured access to high quality, reusable menstrual products, continued employment for women Nepali tailors and comprehensive education in menstrual hygiene.



Menstrual Kit Distribution in the 17 Lhomi communities of Sankoswoba Nepal

- 3,000 girls & women benefitted
- 3,000 kits distributed
- 47 village women leaders trained

HEALTHCARE: MENSTRUAL HEALTH PROGRAM

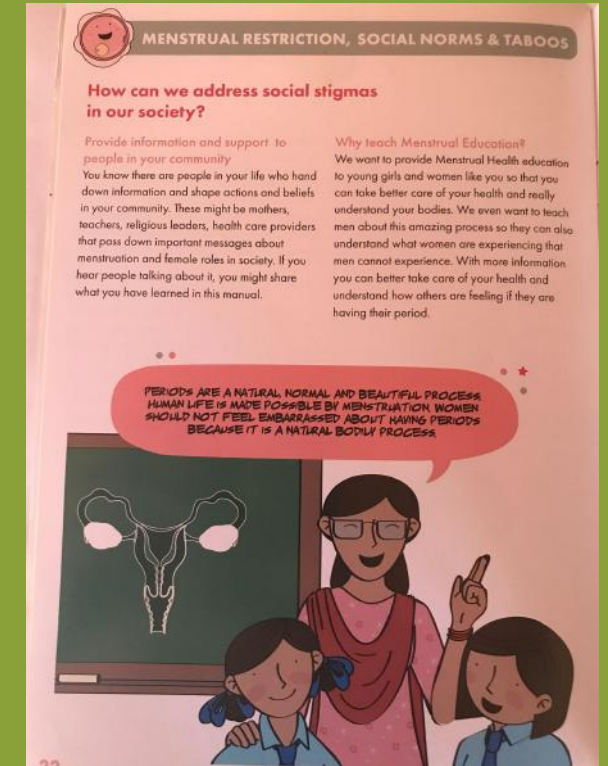
EDUCATION: MENSTRUAL HYGIENE MANUAL (MHM)

CCF's menstrual hygiene training workshops led us to understand that a resource guide on menstruation that women could keep, reference, and share with others was badly needed. After looking for a resource appropriate for all ages, CCF realized that any available materials were far too academic, boring, and not appropriate for the rural, smart – but mostly illiterate – women being taught.

In the spring of 2019, Kesang, CCF's Menstrual Hygiene Program Manager in Nepal, proposed that CCF fund the creation of a mini manual with engaging materials and lots of good, Nepal-centric pictures. A manual written in simple village Nepali that provided accurate information that would compliment our MH trainings. Since this type of material didn't seem to exist, or at least wasn't available to us, we decided to create it and make it available to anyone who wanted to use it under a creative commons license. As MH Program Manager Kesang Yudron put it:

“the manual is a labor of love for all Nepali women who want to talk and learn more about their periods.”

Kesang gathered a Nepali team, including writers, a graphic designer, illustrator, menstrual hygiene expert, and translator and by December of 2020 it was reviewed by rural women and CCF's Menstrual Hygiene Committee members. This wonderful resource was finished and put to use in January of 2021!



WHAT'S IN THE MINI MANUAL?

- Basic biology & anatomy
- What is menstruation (illustrated)
- Health and hygiene during menstruation
- What problems can occur and when to go to a doctor
- Nepali cultural menstrual restrictions and taboos
- Menstrual products available to make or in the market
- Lots of illustrations

2022 GOALS – THE YEAR AHEAD

GOAL	ACTIVITIES
<p>Monitor and provide assistance for emergencies that arise</p>	<p>CCF will support its partners as our Nepali contacts advise and in accordance with our mission:</p> <ul style="list-style-type: none"> ● should any unexpected emergencies develop. ● if COVID-19 spreads and mutates. ● when floods, landslides and earthquakes occur.
<p>Sustainably cultivate and grow the menstrual pad project</p>	<p>CCF will:</p> <ul style="list-style-type: none"> ● Continue to fully employ at least one female tailor to create menstrual pad kits. ● Fund new menstrual hygiene trainings in both urban and rural Nepal. ● Distribute the newly completed menstrual hygiene manual to workshop participants & others. ● Distribute additional kits as needed along with MHM training.
<p>Support girls' education in urban and rural Nepal</p>	<p>CCF will fund:</p> <ul style="list-style-type: none"> ● \$6,000 for stipends for 120+ students in the Power of 5 Child Education Program at ACP. ● \$2,000 for the three merit and need based girl college scholarships at ACP. ● \$2,000 for half of the salary of the Administrative Assistant for the educational programs at ACP. ● Seek to support like-minded women's leadership programs offering complementary work.
<p>Support the Baseri Clinic</p>	<p>CCF will continue to</p> <ul style="list-style-type: none"> ● fund the salaries for the three women staff members. ● ensure the clinic itself is adequately maintained, & prepared for future pandemic/disaster-related challenges.



“CCF lives in the world of possibilities and our lasting impact happens \$10 at a time. We believe if each of us gives a little it’s no longer pocket change but global change. Join us. We are nimble and effective. From start to finish our projects are Nepali-led and inspired and we get things done!”

— CCF Board

*This is an incredible journey and we need your help.
Whether your contribution is large or small, it all makes a difference.*

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WANT TO VOLUNTEER?

Not everyone can make a financial contribution and we appreciate any help you can offer. If you would like to be involved with CCF and any of our programs, please contact CCF Vice President Cameron Conner at 509-710-6759.

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www.thefigtree.org/nov20/110120fairtradecovid.html

www.thefigtree.org/nov18/110118consciousconnection.html

www.spokesman.com/stories/2016/aug/14/spokane-nonprofit-ganesh-himal-trading-nepal/

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Thank You!

On behalf of all of us at CCF, we would like to thank each of you for the incredible support you have shown us and our friends in Nepal over the years.

The road has been shaky and uncertain, yet you have endured the ride alongside us with unbelievable generosity and compassion. It is due to this strength of community and remarkable network of conscious connections that we see with great excitement what the future holds.

www.consciousconnectionsfoundation.org