

REPORT ON
SANITARY PAD MAKING TRAINING, EQUIPMENT SUPPLY AND
HYGIENE EDUCATION PROJECT
BHADAURE, WARD NO 1, KASKI, NEPAL
Ang Sherpa, WIN Representative in Nepal.



AKNOWLEDGEMENT

We would like to express our special thanks of gratitude to this project donor Wilderness in Nepal (WIN) who provide huge financial support to carry out this project. We indebted towards Kushudebu Public Health Mission (KPHM) who executes the project, we indeed were able to get this success not merely by our own efforts but also the result of due cooperation, support and encouragement of all the concerned people. So, we would like to express our sincere gratitude and thanks with deep appreciation to all people for their valuable contribution, support, and cooperation, without whom we would not had been able to accomplish this endeavor.

Thank you

OVERVIEW ON PROJECT

The project on sanitary pad making training, equipment supply and hygiene education project was planned for 7 days at Bhadaure ward no 1, Kaski. The project is initiated and fully supported by Wildness in Nepal (WIN).

The project is design to improve women numerous challenges in managing their menstruation, which is a straightforward issue of health.

Through Menstruation Hygiene and Reusable Sanitary Pad Making Training, empowering women to aware of the pro and cons about mensuration, enlighten the need of menstruation hygiene and empower them to make their own Sanitary Pad which is affordable, safe and eco-friendly.

The objectives of this project are:

1. To raise awareness in community girls and women on menstruation hygiene.
2. To train them to make their own sanitary pad
3. To provide equipment require for pad making

Projector was used as a tool for providing menstruation hygiene education. Lecture and live demonstration and also used chart paper to design sanitary pad making. Every participant in the training was given chart paper to draw pad's design along with scale, marker, scissor, fabric, one sewing mechanic among three participants and other logistics to make sanitary pad.

Tea and snack was provided to participants.

Break time for morning shift was 11:45hrs to 12:00hrs and in the evening shift from 16:45hrs to 17:00hrs

Day 1: 01\03\2021

- On Monday our team arrived at Bhadaure around 11 am from pokhara with all equipment require for training.
- Load and arranged the equipment at community hall of Bhadaure. After that we met with Bhadaure school head teacher Mr. Ram Prasad Paudel, women cooperative chairman Ms. Khem Kumari Gurung, Woman cooperative secretary Mr.Prem Bahadur Gurung and other community people.
- We had meeting with them about time schedule for training and hall set up for presentation.



Day 2: 02\03\2021

- On Thursday, training session started with formal opening ceremony in the present of Rural Municipality ward no 1's Chairman Bharat K.C, Bhadaure school head teacher Mr. Ram Prasad Paudel, women cooperative chairman Ms.Khem Kumari Gurung, secretary Mr. Prem Bahadur Gurung and other community people.
- Registration was done for every participation
- Presentation was done about the menstruation hygiene
- Given responsibility to secretary to divide the participant in to two groups as per the given time schedule
 - Group A -10:00 hrs to 13:00 hrs
 - Group B- 15:00 hrs to 18:00 hrs
- Set up of hall was done for next day training like arranging sewing machine on table, stud and snap press tool station, iron station and fabric cutting station.
- We visited at school for distribute scholarship which was formally organized. Warm welcome with melodious song sang by Ms. Maita B.K after that provided email address of sponsor on their request.



Day 3: 03/03/2021

- The training was held at community hall with total 22 participants in the morning shift. Similarly 22 participation in the evening shift.
- Participants age group: 19 to 55 age

Training Process:

- Training was started with explaining about the pad's design, measurement and demonstration was done on chart paper. Participants drew design by themselves in supervision of instructor.
- Explained about sewing machine features and operating system, such as how to place thread in bobbin and needle.
- Participants practice stitching in fabric in sewing machine by themselves.
- At the end of the session revised the lesson and asked if any questions and queries.
- Next session started at 15:00 hrs with 22 participants. Same lesson was conducted.

Observance in the training:

- Participants were active and enthusiastic about training. There were very comfortable with the learning materials. During the practice they had some difficulties with the measurement guidelines, we assisted them to understand.



Day 4: 04\03\2021

Training process:

- On Thursday, training was held at same place with explanation about pad making fabric. Then gave demonstration about measuring, cutting and laying the fabric for pad making. In the supervision of instructor participant measured, cut as well as layer for pad.
- Then after they started sewing in the machine. Each participant was able to complete one shield and liner. They were very happy with their own product however need more practice for fine finishing product.
- In next session same lesson was conducted.

Observation in the training:

- Participants were very keen to practice more. They become quite familiar and comfortable with machine. A participant who has already stitching skill did well whereas other face some difficulties with the measurement, stitching in machine for that we assisted them.



Day 5: 05\03\2021

Training process:

- On Friday, training was started with self-practice which includes measurement, cutting, laying and stitching. They were able to make shield and liner along with stud and snap bottom by their own. Session was concluded with brief introduction on drawstring bag and self-practices of pad.
- Same lesson was executed in next session.

Observation in the training:

- Every participant was actively participated. All of them were giving a working station by doing turn by turn as a result the session went smoothly. They made at least two shields with liner although they face some difficulties to figure out snap and stud bottom.



Day 6: 06\03\2021

Training process:

- On Saturday, in the morning session there was no electricity therefore they couldn't sew so they done measuring, cutting and layering the fabric and same done to make drawstring bag.
- And we planned to play game (musical chair) for refreshment. It was really enjoyable and useful. Participants who were got out from game asked question related to pad making and menstruation hygiene. Later prize had been given to the winner
- we ended the session with cultural song and dance
- In the evening shift, the lightshade come on. So they was done measurement, cut and stitched and also measured and cut for drawstring bag. They were able to make one shield and liners.

- At the end same as first session, played musical chair game.

Observation in the training:

- Even through there we got some challenges because of electricity, the session was gone smoothly. The game made more interesting to everyone. Their activeness towards the training was amazing.

Day 7: 07\03\2021

Training process:

- On Sunday, training was started with explaining about drawstring bag. Then after gave them fabric for measuring, cutting and sewing. Each one successfully finished drawstring bag.
- Same exercise was done with next session.

Observation on the training:

- They were extremely excited to make drawstring bag. They did very well and final product came out beautifully. However they found bit complicated to make place for string hole for which we assisted them.



Day 8: 08\03\2021

Training process:

- On Monday, it was international woman's day so began with wishing them happy women's day.
 - Explained about the additional accessories of sewing machine and its uses as well informed about maintenance and cleaning of machine.
 - Gave them practice
 - Took feedback from participants at the end
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- Same lesson was done for evening shift.
 - After session we packed the pad in drawstring bag including soap, towel, zip lock and inner wear for distribution.

Observation and feedback:

- They were really thrilled to know about the uses of additional accessories of the sewing machine and found it very convenient. Similarly, they were very thankful for making them aware of cleanliness, maintenance like changing the needle.
- They were delighted to be participant in this WIN sanitary pad training and thanked us.

Note: Later ended the day with meeting with Panchadam committee and farewell dinner.



Day 9: 09\03\2021

- It was thanks and farewell giving day. They organized formal program where chief of Panchadam and community people (participant) were presented. All the participants came in their traditional dress (Gurung Dress). They were looking beautiful and elegant.
- They were tremendously happy with the training and found it effective in their life.
- They were even thinking of sharing their knowledge and skill regarding pad making to their family member and neighbors.
- Handed over the equipment to Panchadam agricultural committee Ltd (sewing machine, fabric, scissors, thread, tape, snap and stud pliers, table and chair, iron and sewing accessories)
- Signed the handover list with signature of receiver.
- Distribution of packed sanitary pad package with drawstring bag.
- Had heart touching farewell with thanks giving to WIN.



Room for improvement:

- Would be better to have pure cotton fabric for shield.
- Enough number of marker, measuring tape, scissor, fabric chalk.
- It would be more effective to have additional table.

Thank
you