

PROJECT NAME: RATO BALTIM PILOT PROJECT NUWAKOT 2019

EDUCATION IN THE USE OF MENSTRUAL CUPS AND DESTIGMATISATION OF THE
MENSTRUAL CYCLE WITHIN THE COMMUNITIES OF NUWAKOT DISTRICT.

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1. INTRODUCTION

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Name of Organisation or Individual	be artsy
Address	Barcelona
Legal form	Associació be artsy
Founding year	late 2016
Website	https://beartsy.org/
Purpose of the Organization	Social projects through art
Number of employees	In Nepal: 17 (part time)
Contact	Name: Clara Garcia Ortés
	Function: Founder, President and Project Manager
	Tel number: +34 696723364
	E-Mail: clara@beartsy.org
Project	
Country	Nepal
Beneficiaries (incl. number)	69
Start of Project	1-1-2019
End of Project	31-12-2019
Project Partner (if any)	Local NGO CODEC, Nuwakot
Expenses	
Date of report	31-12-2019
Name and function of signatory	Rupa Pandey - Rato Baltin Project manager

1.1 BRIEF INTRODUCTION OF THE ORGANIZATION

be artsy (be artistic) is a small, Catalan, non-profit organization, which, through the use of creative projects, aims to provide different experiences and training opportunities to communities that would otherwise not be able to access them. Our aim is not only to teach art for the sake of art itself, but also to provide communities with the tools (through artistic and creative activities) to improve communication and affect the changes within that they deem necessary.

In a nutshell, we wish to empower local communities through art, with a special emphasis on women. Hence, our current emphasis is on the topic of menstruation, health, human rights and dignity through the Rato Baltin project in Nepal. We have been working in the field since the beginning 2017.

1.2 CONTEXT AND JUSTIFICATION

Nuwakot is a district near Kathmandu, within Province No. 3. It is one of the 77 districts of Nepal, a landlocked country of South Asia. The district, with Bidur as its district headquarters, covers an area of 1,121 km² (433 sq mi) and has a population of 277,471 (measured in 2011), previously 288,478 (measured in 2001). It is historically an important district in Nepal, and it is the home district of many different ethnic groups.

The district consists of 12 Municipalities, out of which two are urban municipalities and ten are rural municipalities:

Bidur Municipality, Belkotgadhi Municipality, Kakani Rural Municipality, Panchakanya Rural Municipality, Likhu Rural Municipality, Dupcheshwar Rural Municipality, Shivapuri Rural Municipality, Tadi Rural Municipality, Suryagadhi Rural Municipality, Tarakeshwar Rural Municipality, Kispang Rural Municipality, Myagang Rural Municipality

Our Pilot Project is centered in the **Tarakeshwar Rural Municipality**.

1.3. PROJECT BACKGROUND

Since its foundation, *be artsy* has partnered with several local NGOs as counterparties and has been implementing its Rato Baltin (Red Bucket) project in stages in remote communities of Western Nepal, where the practice of Chhaupadi is still active.

The project itself is named after its approach to address menstrual hygiene and education in remote communities of Western Nepal. While the color red has cultural and religious significance in Nepal, it is also related to menstruation. 'Bucket' refers to the menstrual kit that girls will receive as part of the program, contained in a metal bucket.

We have learned that in order to be effective, it is vital that projects in operation in this area address the socio-cultural reasons as to why the Chhaupadi practice continues to persist in some communities, whilst also providing menstrual and sex education and hygiene tools.

2. RATIONALE OF THE PROJECT

The project is designed to mitigate the negative effects of Chhaupadi; educate communities on the biological functions of their bodies and how to care for them; and stimulate community reflection and conversation about Chhaupadi. It is not designed to be a top-down, outside-led 'quick fix' solution. This would be ineffective, as the practice of Chhaupadi continues to be based on deeply held beliefs.

Menstrual cups are a cost effective, sustainable, and environmentally friendly solution to menstrual health management. They are made of medical grade silicon, which has no negative health impacts on the body, and the cups are easy to clean between each use. The use of menstrual cups reduces the amount of waste that must be disposed of, as one cup can be reused for 10 years.

Participative photography enables girls to present their own thoughts and impressions of their experiences while menstruating. Participants are not constrained by their ability to communicate by conventional means, such as written or spoken word. Girls may feel shy or socially inhibited from speaking about their experiences, and depending on their level of literacy, may not be able to fully communicate their experiences. Participative photography can stimulate critical dialogue about concerns, enabling participants to visualize and reflect on their experiences within their communities.

3. PROJECT OBJECTIVE

For the Nuwakot 2019 Pilot project, the Rato Baltin Project provided education on the topics of menstrual health management and reproductive and sexual education. It also **provided training to over 69 individuals**, including local political representatives, health post employees, teachers and a number of local representatives from the selected municipality - Tarakeshwar wards no. 2,3 and 4, in remote areas of the Nuwakot district.

33 women - professional teachers and nurses - were provided with menstrual cups donated by Ruby Cup, a UK based company.

The objective of the project was to see whether, with the tools provided (menstrual cups and education), menstrual restrictions could be changed here as successfully as in the Achham district – the location of the previous Rato Baltin project.

3.1 ACTIVITIES TO ACHIEVE THE PROJECT OBJECTIVE

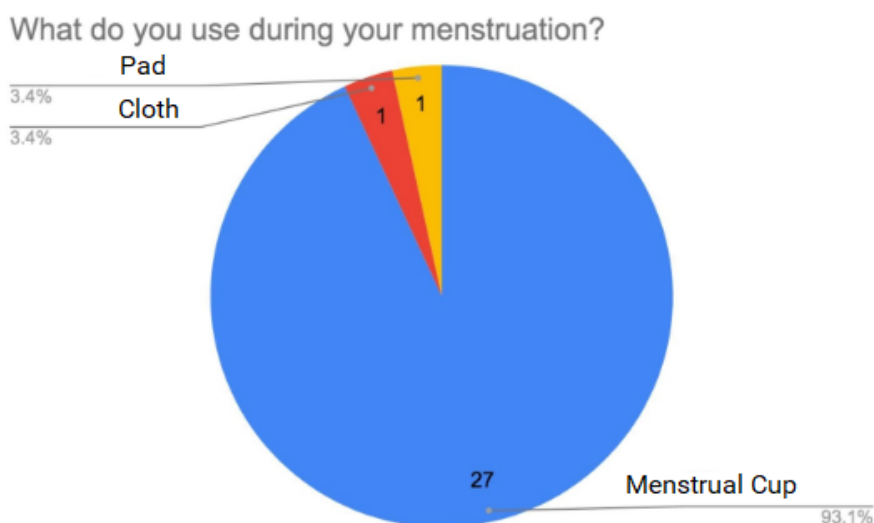
1. Recruitment of a local NGO to carry out the project as leader
2. Conduct the menstrual cup training and distribute the menstrual cups to female health post workers, teachers, local political representatives and community representatives
3. Carry out a menstrual health management and sex education awareness program with the local representatives, health post workers, teachers and community representatives
4. Conduct monthly follow ups to determine the number of cup users
5. Conduct quarterly follow ups to determine the acceptance of the menstrual cup by the cup users

3.2 CHANGES AND ACHIEVEMENTS

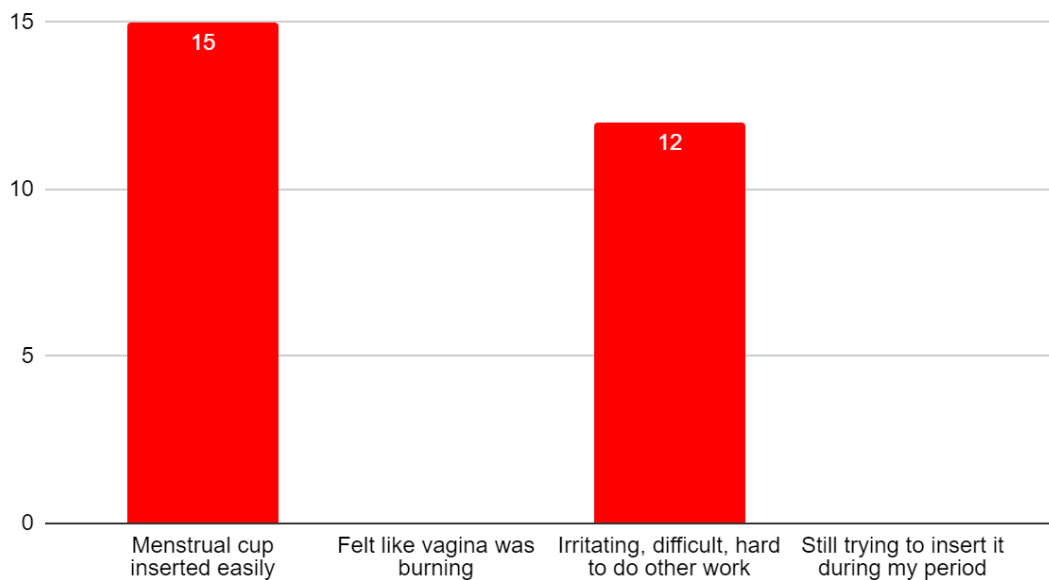
Out of the 33 women to whom we provided the menstrual cups, we were only able to contact 29 of them during the 3 month follow up.

Among the 29 women, 27 are still using the menstrual cup and are really happy with the benefits of using them, while 2 women are not willing to continue using the menstrual cup.

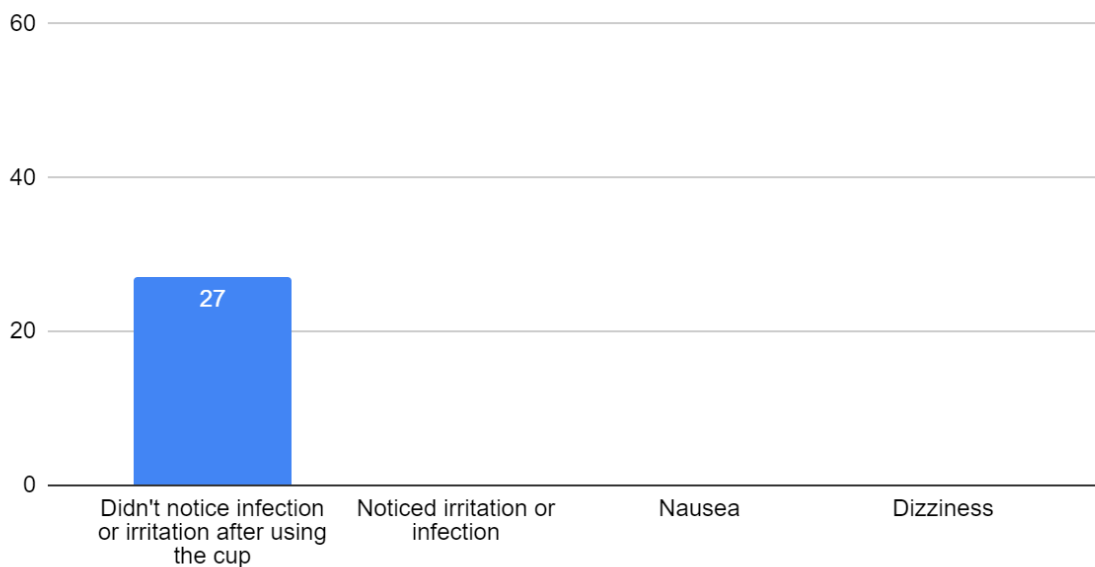
The following graphs show the results of a survey taken during the follow ups. They show that, as a result of the training, the women correctly understand how to take care of themselves when using their menstrual cups and are able to keep their cups clean.



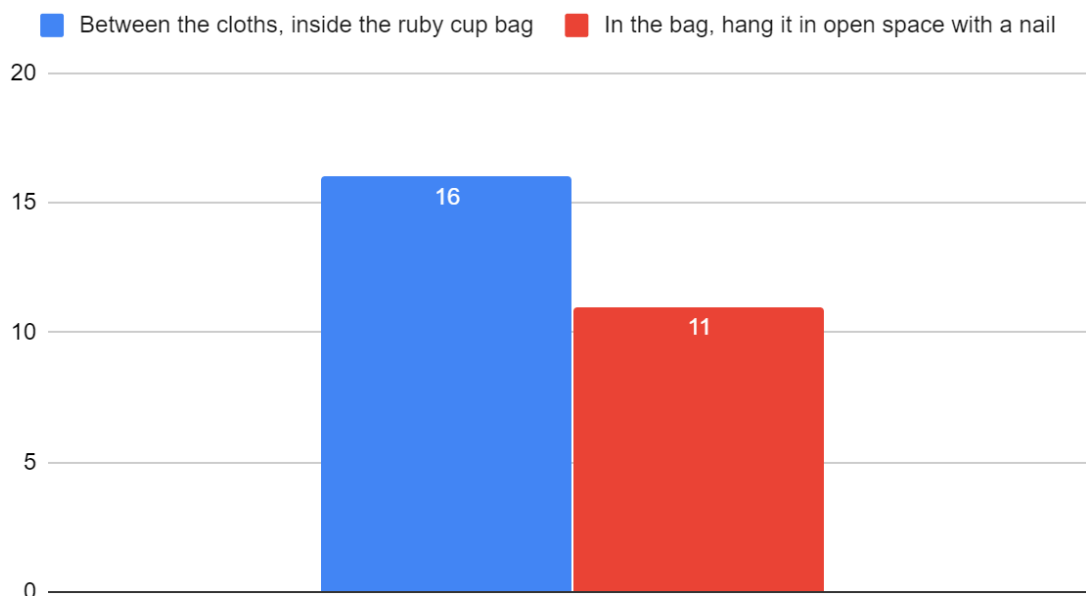
How do you feel while using the menstrual cup?



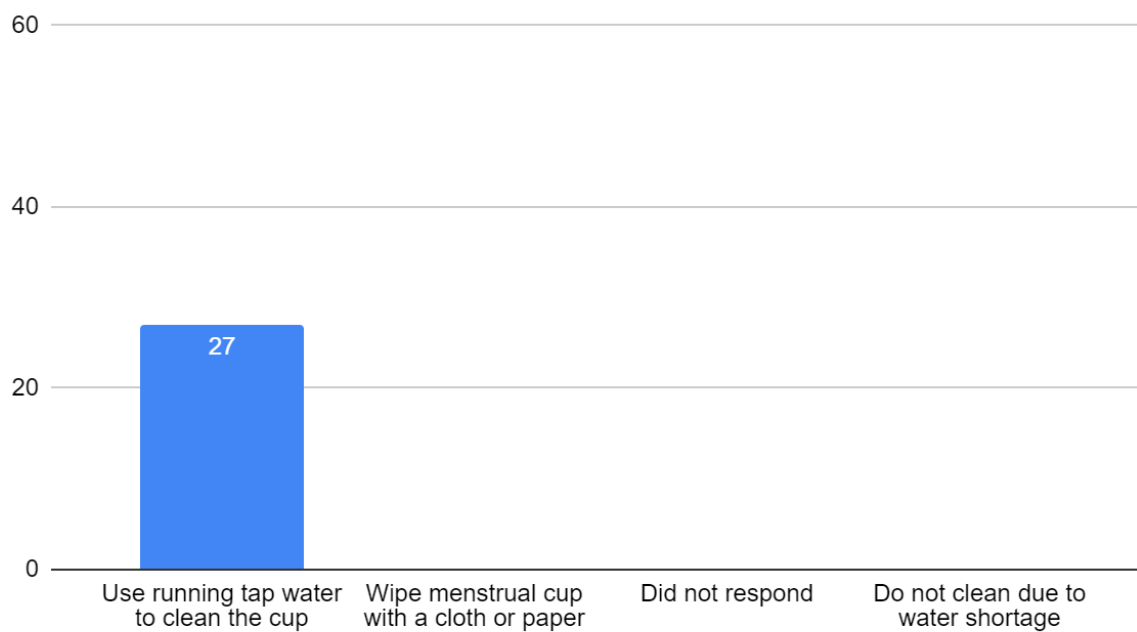
Did you notice any infection/irritation after using the menstrual cup?



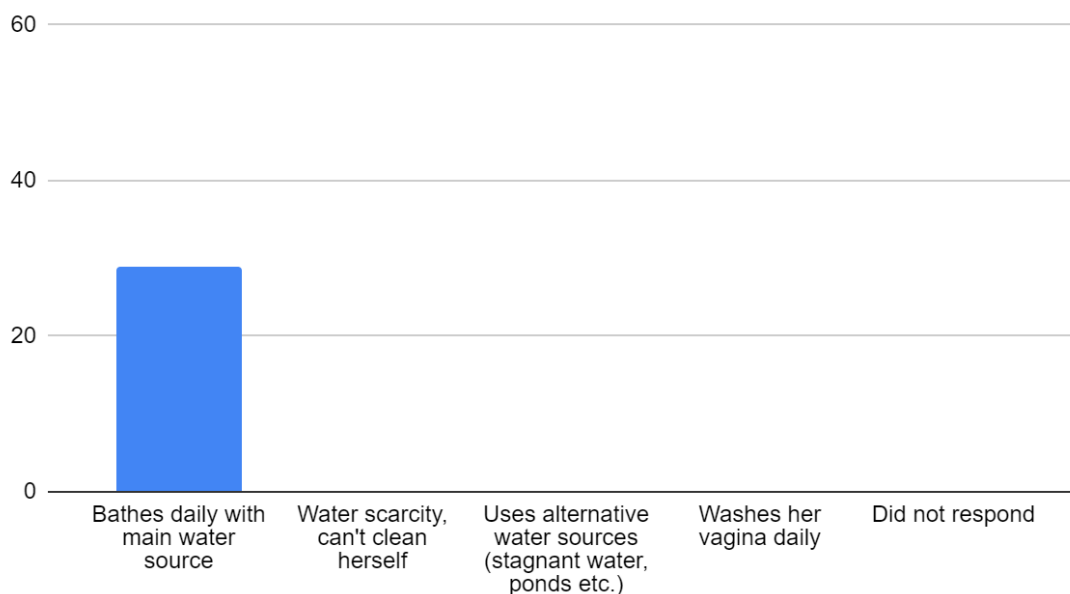
Where do you keep the menstrual cup after using it?



How do you keep your menstrual cup clean during your period?



How do you clean yourself during menstruation?



4. BENEFICIARIES

4.1 DIRECT BENEFICIARIES

-Training and educating health post workers, teachers, local political representatives and community representatives about reproductive health and menstrual health management: 69.

- Menstrual cup training for women: 33.

4.2 INDIRECT BENEFICIARIES

- Family members of the direct beneficiaries (minimum 6 per beneficiary in Nepal)

5. CASE STUDY

Sarita is a Class 9 student from the Tarakeshwor municipality, where we were conducting the pilot project. She was one of the representatives of the students from her school who attended the training program on reproductive health, menstrual health management and menstrual cup training. She was very keen to learn about the topic we were explaining and very curious about the menstrual cup. She was very excited about the idea of being able to use the menstrual cup,

and throughout the whole time we were in the village, she kept asking about when we would conduct the training in her school. Unfortunately, since this project was only a pilot, our reach was limited to only female health post workers, teachers, local political representatives and community representatives. However, the curiosity of this girl gave us hope on what we could expect when we return to conduct the final project.

6. FINANCES

Before conducting the pilot project, in January 2017 *be artsy* paid a visit to the Tarakeshwar municipality of Nuwakot to find out if it was possible to conduct the Rato Baltin project. We spoke with the local representatives, the school principal and the teachers and they were really interested in having our project in their municipality. **Total expenses during the January visit to Nuwakot were NPR 28,535.** This included travel expenses, lodging and food..

be artsy also donated to the pilot project the instruction manual, translated into Nepali, to the menstrual cup users, and used their own staff as trainers in the project to ensure that the project was carried out to a high standard. All expenses of the local partner, **CODEC**, were paid.