

EVALUATION OF THE IMPACT OF THE PROJECT

RATO BALTIN 2024



Submitted by: be artsy

Per:

DESCRIPTION.....	2
RATO BALTIN.....	2
HAPPY WOMEN TRAINING CENTER.....	4
I will build.....	4
BENEFICIARIES.....	5
List of activities carried out in 2024.....	5
PURPOSE OF THE EVALUATION.....	7
EVALUATION APPROACH.....	7
SOURCE OF DATA I METHODOLOGY.....	8
RESULTS.....	8
CHHAUPADI.....	8
MENSTRUAL EDUCATION.....	10
DIRECT IMPACTS ON THE COMMUNITY.....	13
Examples of success.....	13
BUDGET EVALUATION.....	14
TRANSPARENCY IN DONATIONS.....	15
WHERE WE GET THE FUNDS:.....	15
PLANS FOR THE FUTURE.....	16
CONCLUSION.....	17

DESCRIPTION

RATO BALTIM

In western Nepal, the lack of safe healthcare options continues to cause health problems, school absenteeism, **and** discrimination. Menstruation is still a taboo subject that **creates** shame and insecurity, and fuels degrading practices such as Chhaupadi. This tradition forces women and girls to isolate themselves in precarious spaces during **their** menstrual period, exposing them to risks of aggression, hypothermia, **and** health problems.

The Rato Baltin Project, driven by Unnati **and** be artsy, has been working since 2017 to break this cycle through education and the distribution of safe and sustainable menstrual products. By 2024, the project **had** reached more than 2,200 participants in Achham district, including 852 girls, 550 boys, and 815 women, with training on menstrual health, sexual and reproductive education, gender equality, and sexual rights.

This year, due to a lack of financial resources and **a desire to ensure that users were making good use of the menstrual cups**, we prioritized follow-up trips to the schools and communities where we had already worked in previous years. This **was key to consolidating** the progress achieved, strengthening support, and giving confidence to women and girls before starting work again in new towns.

The results show that more than 930 women and girls continue to use the menstrual cup after the workshops, highlighting its comfort, safety, and the possibility **of attending** school or participating in activities without interruption. In addition, boys have been included in the sessions, talking about anatomy, physiological changes, contraception, and consent. This participation has been key to normalizing the debate and reducing the stigma around menstruation.

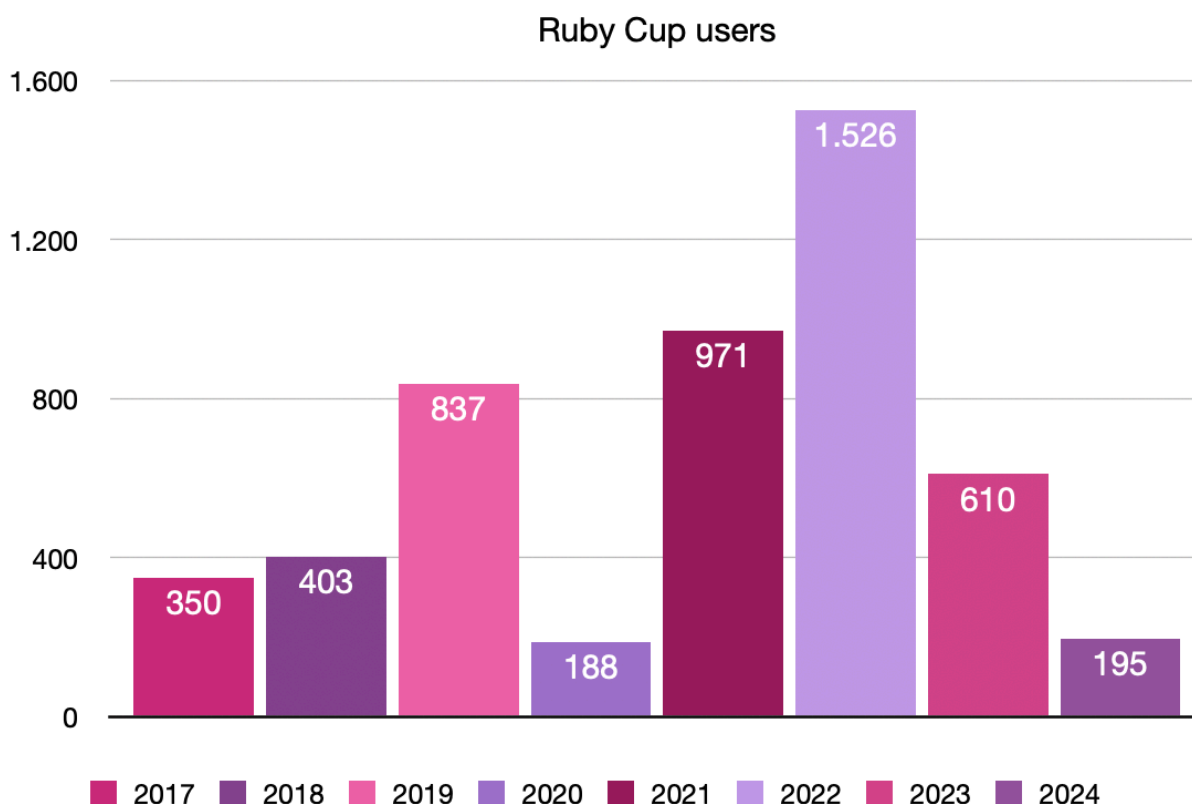
The project methodology combines:

- Workshops in schools and communities on menstrual and reproductive health.
- Periodic follow-ups to assess the actual use of the products and resolve doubts.
- Participatory photography workshops to reflect on **Chhaupadi** and give voice to women and girls.
- Training local young people and volunteers as trainers (ToT), ensuring the sustainability of the project.

In 2024, we also worked with widows and women in vulnerable situations, offering training and support to generate income and improve their autonomy. This made it possible to expand the impact of the project beyond menstrual health and **contribute to** economic and social development.

With the collaboration of Ruby Cup and other local alliances, menstrual cups, sanitary napkins, towels, and soap have been distributed, along with educational materials in Nepali and comics for schools. This comprehensive strategy has reinforced the message that menstruation is a natural function of the body and not an impurity.

The **Rato Baltin Project 2024** is an example of how the combination of training, art, and sustainable products can transform communities, reduce harmful practices such as Chhaupadi, and ensure that women and girls experience menstruation with dignity, safety, and freedom.



HAPPY WOMEN TRAINING CENTER

The Happy Women Training Center has continued to be a key **element** in the fight for gender equality and women's empowerment in Achham. During 2024, the center **offered** training workshops in agriculture and sewing, especially aimed at widows and women in vulnerable situations, in order to give them tools **that enable** them to generate income and move towards a more independent and secure life.

This approach has strengthened the link between health and sustainability: while the Rato Baltin Project works on menstrual and reproductive education, the Happy Women Training Center complements this learning with economic and professional training. This combination helps women gain confidence, reduce economic dependence, and break **the chains of structural discrimination**.

The year 2024 has also been one of consolidation. Instead of expanding into new towns, we prioritized consolidating the work in communities where there were already previous interventions, ensuring that

women not only adopted the safe use of menstrual cups, but also found in the center a space to build new opportunities for the future.

The Happy Women Training Center therefore remains an example of a transformative initiative that connects menstrual health with economic autonomy, and contributes to achieving the UN Sustainable Development Goals, in particular SDG 5 (Gender Equality) and SDG 8 (Decent Work and Economic Growth).

Edufem

The project **Edufem** remains a fundamental part of be artsy's work to empower girls in Nepal through education. Thanks to the support of **sponsors**, the program covers the costs of studies, uniforms, school materials and, when necessary, also accommodation, food, and health and well-being support.

In 2024, Edufem **supported** three young people from Achham: two students **in their second year of university and one girl in Class 12**. This progress reflects the project's commitment to ensuring educational continuity beyond secondary education, preventing girls from being married off prematurely, and ensuring that they have the opportunity to decide **on** their future.

The Edufem program not only finances studies, but also contributes to **breaking down gender barriers that prevent** access to quality education in rural areas of Nepal. Each girl who continues to study becomes a positive reference for her community, and her education is a direct investment in the social and economic development of the region.

The support of **sponsors remains essential** to make this project possible and ensure that more girls can pursue educational and professional paths, opening the door to a more dignified, healthy, and free life.

BENEFICIARIES

In 2024, the Rato Baltin Project **reached** a total of 2,654 direct beneficiaries **in** Achham:

1. 1,289 girls (different school levels, with training in menstrual health and use of the menstrual cup or cloth pads).
2. 550 boys, **who participated in** sexual, reproductive, gender, consent, and risk-prevention education sessions.
3. 815 women, **through** community workshops on menstrual health, menopause, sexual education, and reproductive rights.

These participants **were joined by** the monitoring programs in schools and communities where the project had worked in previous years. This strategy **made it possible** to consolidate knowledge and ensure the correct and safe use of the menstrual cup, instead of focusing efforts on new communities.

Indirect beneficiaries are calculated, as always, by multiplying by 5 (average Nepali family size), which

brings the impact to more than 13,000 people indirectly benefiting.

If we add the beneficiaries from outside Nepal, thanks to the great work of volunteers and the awareness activities in education for development, the total number of direct beneficiaries of the project during 2024 **reached** 12,654 people.

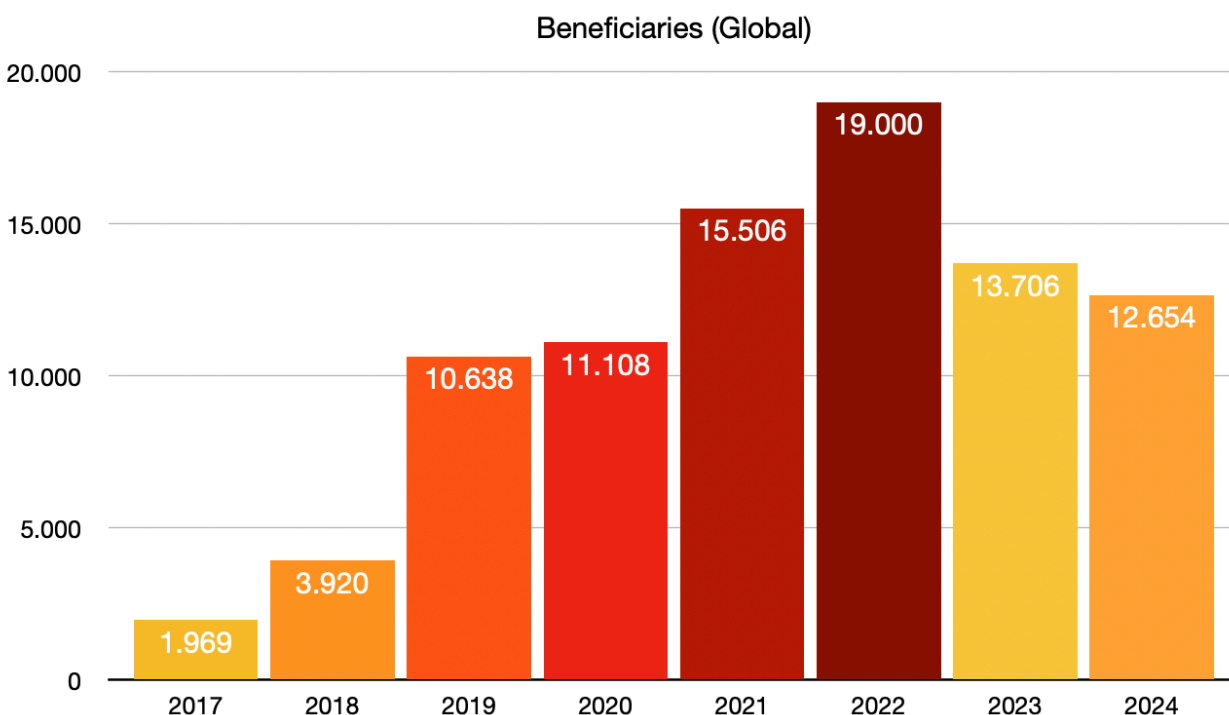
List of activities carried out in 2024

- Workshops in schools (class 5 to 10) on **menstrual health and sexual and reproductive education** Workshops in schools (Class 5 to 10) on menstrual health and sexual and reproductive education.
- Specific sessions for boys **covering** anatomy, physiological changes, contraception, and consent.
- Distribution and training in the use of menstrual cups and cloth pads to girls and women, with hygiene material (towel, soap, aluminum bucket) and instructions in Nepali.
- Community workshops for women, including menopause and sexual and reproductive rights.
- Follow-up at 3, 6, and 9 months to assess the correct use of the menstrual cup and resolve doubts.
- Participatory photography workshops to give voice to women and girls about their experiences with **Chhaupadi** and menstruation.
- Celebration of Menstrual Health Day (May 28), with awareness activities and distribution of menstrual bracelets.
- Training and economic programs at the Happy Women Centre, including sewing, **local product development**, and agriculture.
- Support for widows and vulnerable women to improve their economic autonomy.
- Continuation of the “**I Will Educate**” program, with **two girls in their second year of university and one in Class 12**.

The aim of the evaluation of the Rato Baltin 2024 project is to measure the changes achieved both at individual and community level, with special emphasis on the consolidation of learning and the correct use of menstrual cups. This evaluation also allows us to give guarantees to current and potential donors about the solidity and impact of the project, and to ensure its continuity.

The specific objectives are:

- Educate women, girls, boys and communities about menstrual and reproductive health, as well as sexual education and gender equality.
- Ensure the **good use and sustainability of menstrual cups** through periodic follow-ups and training reinforcement.



PURPOSE OF THE EVALUATION

The evaluation of the Rato Baltin Project in Achham aims to assess the relevance, effectiveness, efficiency, impact, and sustainability of the interventions carried out during 2024.

The specific objectives of the evaluation are:

1. **To analyse** the extent to which the project's objectives have been achieved.
2. **To assess** the effectiveness of the methodologies used in the workshops and follow-up activities.
3. **To identify** the impact of the interventions on menstrual health, gender equality, and sexual and reproductive rights in the communities.
4. **To evaluate** the efficiency of resource management and the participation of local agents.

5. **To provide** recommendations for improving and strengthening the project in future phases.

EVALUATION APPROACH

The 2024 project evaluation focuses on measuring the continued impact on girls and their communities in relation to the practice of Chhaupadi and the use of menstrual cups. The main objective is to identify the sustainable changes generated by the program and to understand how the interventions have contributed to the empowerment and autonomy of the participants.

In addition, this evaluation seeks to address the following key questions:

- To what extent have menstrual cups been stably integrated into the routines and cultural practices of remote communities in western Nepal?
- Which elements of the program have proven to be most effective and which need adjustments to improve acceptance and impact?
- How can we optimize communication and follow-up with female users, including students and women who work long hours in the field, to ensure ongoing support and reliable data collection?

METHODOLOGY

The evaluation was carried out through a participatory and mixed approach, combining **qualitative and quantitative techniques**:

Surveys of students, teachers, and community members.

Semi-structured interviews with beneficiaries and local leaders.

Focus groups with girls, boys, and women to evaluate the knowledge acquired and the use of

menstrual cups.

Direct observation during workshops and follow-up visits.

Review of project records, monitoring reports, and photographs.

This methodology ensured a comprehensive view of the project's achievements, challenges, and areas for improvement, while also incorporating the voices and perspectives of the direct beneficiaries.

RESULTS

The evaluation highlights the following results achieved by the Rato Baltin Project in 2024:

1. **High participation rate:** more than 2,600 direct beneficiaries in Achham, with a high level of involvement from schools and communities.
2. **Improved knowledge and practices:** girls and women report better understanding of menstrual health and reproductive rights, and increased confidence in using the menstrual cup safely.
3. **Gender awareness among boys:** training sessions helped boys understand gender equality, respect, consent, and risk prevention.
4. **Community empowerment:** women's workshops contributed to greater awareness of menopause, sexual education, and reproductive health.
5. **Reduction of stigma:** participatory photography workshops and Menstrual Health Day activities reduced the stigma surrounding menstruation and Chhaupadi practices.
6. **Educational continuity:** the Edufem program allowed three young people to continue their studies beyond secondary school, preventing early marriage and reinforcing their role as community leaders.
7. **Economic empowerment:** activities at the Happy Women Centre strengthened women's economic autonomy through sewing, agriculture, and local product development.

CHHAUPADI

CHHAUPADI

During 2024, there was **an increase** in the number of girls who continue to sleep outside the home during menstruation, despite not having a cabin of their own. The positive trend from the previous year, with many girls sleeping inside the house in separate rooms, **has declined** this year.

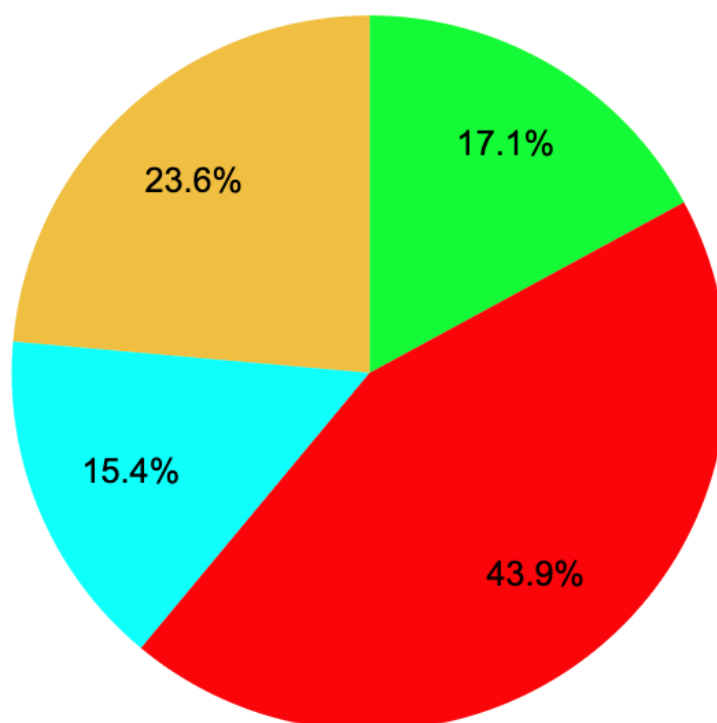
According to the data collected before the training:

Despite this setback, the situation **remains better** than seven years ago, when almost all girls slept outside the home. This information indicates that, despite efforts, there is a need to

increase awareness and monitoring of Chhaupadi practices to achieve more sustainable change.

Where do you sleep during your menstruation?

- In my Room
- In separate room of my house
- Outside Home
- Chhaugoth, cowshed



Despite this setback, the situation remains better than seven years ago, when almost all girls slept outside the home. This information indicates that, despite efforts, there is a need to increase awareness and monitoring of Chhaupadi practices to achieve more sustainable change.

SCHOOL ATTENDANCE DURING THE 2024 MENSTRUATION

The school attendance of girls during menstruation **remained high** this year. Of the girls who completed our questionnaire in 2024, 97.1% **reported** that they attend school during menstruation, while 2.9% indicated that they do not.

Despite a slight decrease compared to 2023 (98.1%), the majority of participants continue to attend school regularly, indicating that the program continues to help reduce educational barriers related to Chhaupadi.

MENSTRUAL RESTRICTIONS AT HOME 2024

This year, we observed an alarming persistence of menstrual restrictions. In Binayak, the new municipality where we started working, 100% of the girls interviewed indicated that restrictions still exist at home. This data shows that the tradition **remains deeply rooted**, and there is still a long way to go.

It should be noted that the levels observed this year are not directly comparable with those of previous years, as we worked in a community with **more entrenched practices** than in previous municipalities. Despite the disappointment of this result, this information is essential to adjust our strategies and better focus on awareness-raising and empowerment actions.

DESIRE TO CHANGE MENSTRUAL RESTRICTIONS 2024

Although the practice of menstrual restrictions remains deeply rooted in Binayak, 100% of the girls interviewed this year responded affirmatively to the question, "Would you like to change this menstrual restriction?" This figure shows an increase compared to last year's 97.5% and reflects a clear desire for change and openness to the program's interventions, offering a key opportunity to promote empowerment and cultural transformation.

MENSTRUAL EDUCATION

Regarding knowledge about menstruation before their first period, data from 2024 show that approximately 55.8% of girls already had prior knowledge, while 44.2% did not.

This result indicates that, despite a slight increase compared to previous years, a significant proportion of girls **still begin** their first period without adequate prior information. This data reinforces the need to continue menstrual education training and activities to ensure that all girls have the necessary knowledge to manage their health in a safe and empowered way.

In 2022, a large majority of girls (98.7%) used old cloths during menstruation. In 2023, this number decreased to 35.8% due to government distribution of sanitary napkins to schools (which are disposable and contain plastic, chemicals, and pollutants).

According to the pre-training questionnaires in 2024, the products girls use during menstruation are distributed as follows:

Cloth fabrics: 20.2% of girls

Normal disposable pads: 49.2% of girls

Reusable pads: 8.9% of girls

These data show that almost half of the girls still use single-use pads, which limits interest in menstrual cups, since pads are distributed free of charge in schools and traditional practices prevent the use of latrines, generating environmental and health impacts.

The program continues to encourage the use of sustainable products, such as menstrual cups and reusable pads, adapting the training to the needs of each community.

ACCEPTANCE AND IMPACT OF MENSTRUAL CUPS 2024

During 2024, we distributed a total of 190 menstrual cups **donated** by the company Ruby Cup. The acceptance rate was 97.4%, meaning that the vast majority of girls were willing to try them. Only a small percentage of girls who did not want to use the cups expressed fear, **or found them complicated or painful**.

The aim of this year's monitoring was to verify whether the menstrual cup is accepted as a hygienic and healthy method, and whether it generates a positive impact on the lives of the girls and women who use it.

The results show full acceptance:

100% of users would recommend the use of the menstrual cup to others.

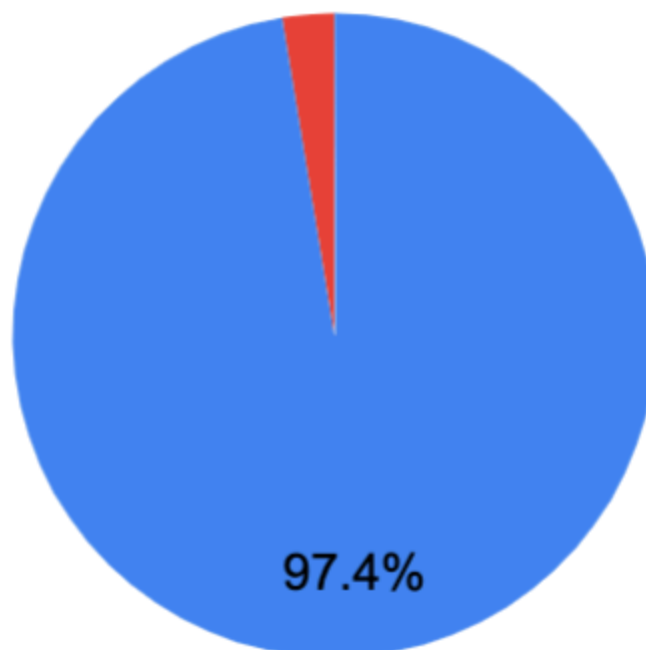
100% reported positive changes in their lives after using it.

These data confirm that the menstrual cup is not only well accepted but also contributes significantly to improving the health and menstrual hygiene of the participants.

Do you use your menstrual cup?

● Yes

● No



RESULTS OF THE GIRLS WHO DID NOT WANT THE MENSTRUAL CUP In 2023

This year, we evaluated the girls in the villages where we worked in 2023, conducting follow-up visits after a minimum of 9 months to see if education alone could bring about changes. The results are as follows:

Where do you sleep during your period?

Separate room within the house: 88%

Cabin outside the house: 4%

In the open air outside the house: 4%

Changes in the menstrual cycle after training:

Yes: 82%

No: 14%

Has the training been helpful in reducing menstrual restrictions?

Yes: 89%

No: 7%

Despite not accepting the menstrual cup, most girls experienced positive changes and **considered the**

training useful in reducing restrictions, demonstrating that education alone can create impact and promote cultural change.

DIRECT IMPACTS ON THE COMMUNITY

During 2024, the following staff participated:

- 2 local coordinators, responsible for project management and supervision.
- 4 trainers (4 fewer than the previous year), who conducted workshops in schools and communities.
- 2 assistant trainers (mentors), who continued the training process.
- 2 administration and management staff in Kathmandu, in charge of logistics and general coordination.

The constant support of the Unnati board of directors, the local counterpart, **was** essential for the success of the project.

Unlike 2023, there were no external trainers at the Happy Women Training Center, since 2024 prioritized consolidating processes and optimizing resources.

These positions **allowed women involved to earn a dignified income and gain economic independence**, while acquiring experience in community leadership, project management, and training. The commitment to local staff remains key to ensuring that the project is culturally appropriate and rooted in the community.

Examples of success

- **Acceptance of the menstrual cup:** Many girls and women expressed that they feel more free and confident. Some explained that they no longer miss school during menstruation and can participate in everyday activities without problems.
- **Reduced stigma:** Girls reported that after the workshops, they feel more comfortable talking about menstruation with their siblings and classmates. Boys have shown more respect and understanding, which has helped reduce teasing.
- **Dignity and autonomy:** Adult women shared that the menstrual cup allowed them to save money and feel less dependent on the men in their families, as they no longer need to buy products every month.
- **Community example:** Some mothers, after seeing how their daughters used the cup, decided to try it themselves, multiplying the impact within the family.
- **Male participation:** A boy participant explained that he now understands his sisters' physical and emotional changes better, which has changed the way he relates to them.
- **Follow-up feedback:** At the 3, 6, and 9-month visits, many girls reported having doubts or fears

at first, but with the support of the project and practice, they now use the cup confidently

BUDGET EVALUATION

In 2024, we received subsidies from Platja d'Aro, the pending funds from the 2023 TSCAT project, and the 2023/24 subsidy from Santa Coloma. To strengthen the association, we also received support from the ACCD Territorial Fund. The remaining funding came mainly from member fees and income generated through volunteering, which was present at numerous markets and fairs, **collecting donations and raising awareness about our work**.

We especially want to thank the volunteers for their efforts, as without them, we would not have achieved this. Their commitment has been key to guaranteeing the continuity of the project in a year marked by resource limitations and the need to ensure long-term economic sustainability.

Despite these difficulties, the be artsy team **did everything possible** to maintain the impact of the Rato Baltin Project and consolidate the results achieved in recent years.

Direct Costs

Item	Amount (€)
1.1 Lands	0.00
1.2 Constructions and renovations	0.00
1.3 Equipment	388.05
1.4 Supplies	249.45
1.5 Local staff salaries	5,747.63
1.6 Expatriate staff salaries	6,791.67
1.7 Travel and stays	1,175.00
1.8 Operations	3,438.91
1.9 Education and Training	9,568.30
1.10 Other activities	232.73
1.11 External evaluations	583.55
1.12 Awareness raising in Catalonia	8,198.96
Subtotal direct costs:	36,374.26 €
Subtotal indirect costs:	1,710 €
TOTAL:	38,084.67 €

Direct costs	
1.1 Lands	0,00
1.2 Constructions and renovations	0,00
1.3 Equips	388,05
1.4 Supplies	249,45
1.5 Personal local (salaris)	5.747,63
1.6 Personal expatriate (salary)	6.791,67
1.7 Travel and stays	1.175,00
1.8 Operation	3.438,91
1.9 Education and Training	9.568,30
1.10 (Other games)	232,73
1.11 External evaluations	583,55
1.12 Awareness raising in Catalonia	8.198,96
Subtotal direct costs	36.374,26
Subtotals indirect costs	1710
TOTAL	38.084,67

TRANSPARENCY IN DONATIONS

WHERE WE GET THE FUNDS:

For the Rato Baltin Project:

Subsidies from Platja d'Aro, TSCAT, and Santa Coloma.

Support from the ACCD Territorial Fund.

Contributions from members and volunteers through donations and fundraising activities.

For the NGO as a whole:

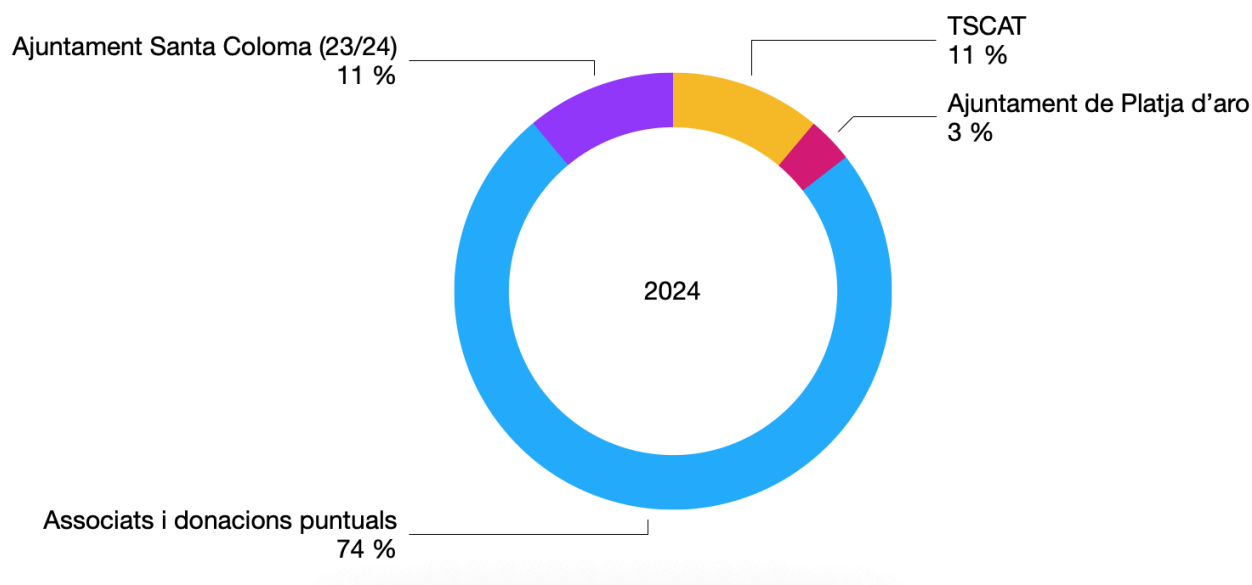
Membership fees.

Income from volunteer-led activities, fairs, and events.

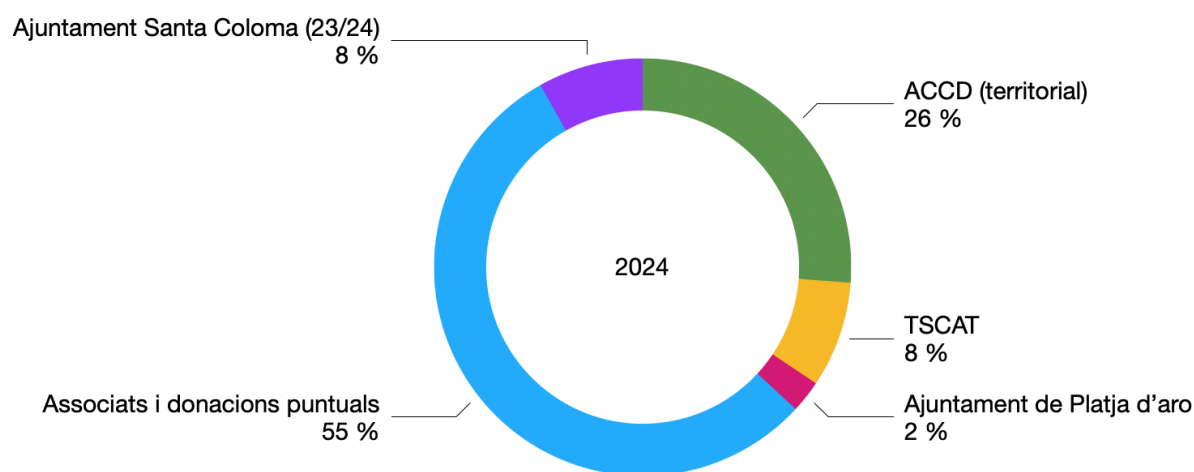
Grants and subsidies from local and international partners.

We ensure that all donations are used transparently and efficiently to achieve the objectives of the

project and maximize the impact on the communities we serve.



As for the NGO in total:



PLANS FOR THE FUTURE

2024 has been a year of consolidation: we prioritized follow-up in the schools and communities where

we had already worked to ensure that girls and women used menstrual cups correctly and safely. This work was key to consolidating progress and strengthening confidence in the project, as well as creating a small financial cushion to start the next year with the guarantee of being able to pay all salaries.

Looking ahead to 2025, we plan to:

Resume expansion of the project, reaching new schools and communities in the Achham district, especially in the Panchadewal Binayak municipality, where Chhaupadi is still actively practiced.

Continue monitoring programs in the communities already served to guarantee the sustainability of the results achieved.

Further strengthen the role of local mentors, offering training for them to become trainers and community leaders, ensuring the continuity of the project from within the community.

Consolidate the Happy Women Training Center, expanding productive workshops and exploring new initiatives, such as installing a solar mill for oil production, which would generate income and new economic opportunities for women.

Expand the “I Will Educate” program, increasing educational support so that more girls can complete secondary and university studies, preventing early marriages, and opening the door to dignified professional futures.

Strengthen international visibility of the project and seek new partners and donors to guarantee economic sustainability and expand the long-term impact.

CONCLUSION

After evaluating the Rato Baltin Project in 2024, we reaffirm our commitment to gender equality and the rights of women and girls in Nepal. Despite financial limitations, we **have succeeded in consolidating** the results achieved in previous years and ensuring that the use of menstrual cups and training in sexual and reproductive health are sustainable and rooted in the communities.

This year has been key for **strengthening the confidence of women and girls** in the project, providing continuity to the accompaniment, and reinforcing the role of local mentors as agents of change.

However, we know that the work does not end here. To resume expansion to new towns and expand educational and economic programs, we need the support of more people, institutions, and organizations that believe in this transformation. With everyone's collaboration, we can continue to move towards a more just, dignified, and free future for women and girls in rural Nepal.