Dear Friend,

I am writing to tell you about ICA Nepal’s efforts to change one of the most absurd obsolete customs – one of banishing from young girls from their school and home each month when they have their Period! What if Nepal could end this practice in a few short years?

Nepal’s project is about peaceful menstruation for girls. ***Chaupadi***, the traditional act of banishing women from houses, schools, etc. is still widely practiced despite the fact that the Supreme Nepalese Court deemed it to be illegal. ‘Chau’ means a small hut made of straw.

Chaupadi is an ill tradition that is still residing in Nepal, especially in rural villages. Amid this ill culture girls and women are compelled to stay inside that small hut during their Period with no proper diet and sanitation. These huts are non resistant to wind and rain, also it does not have a proper lock system for the safety of girls. As a result of which there happens rape cases.

Nepalese want to educate both men and women about the female body, to enable girls to go to school full time, and to make it possible for them to go home proudly aware of what is happening as they become young women! By next April ICA Nepal wants to educate 5000 young girls who are living near our mountainous project in Sindhupalchowk to receive this training.

Nepal ICA doesn’t have funds to make low cost but strong sanitary napkins, and to train women to successfully make and distribute these pads, and to successfully train these young girls. You can help! Jointly we have entered Global Giving’s September Campaign and with your help, we will raise more than US$5000 by the end of September. Got it? Right!

The result will be 2-fold powerful. Of course, the young girls will change. But equally important, many ICA’s will be able to have some needed extra funds, which will make them more *sustainable*. Neat! So please please set aside some money and then use you credit card after September 10, which is Global Giving Matching Money day. Your impact may be doubled!

You may check Nepal’s project at [www.globalgiving.org/projects/lets-talk-period](http://www.globalgiving.org/projects/lets-talk-period) and learn and help as much as you can.

Wayne, Rayane, Lipikar, Sanhajarin and Betelhem at ICA Japan, Deepa & Ishu at ICA Nepal, and 5000 girls up in the mountains in Sindhupalchowk providence.

Below are photos of two typical straw huts that are used for 1 week each month by young girls while they are menstruating, and intriguing photos of training classes, girls making sanitary napkins, and their slogans of progress.











