Suahara II

**Project Partner:** USAID/HKI

**Project Areas:**

- **Province 1:** Sankhuwasabha, Bhojpur, Solukhumbu, Taplejung, Panchthar districts
- **Province 3:** Dhading, Rasuwa, Nuwakot, Sindhupalchowk, Dolakha districts
- **Province 4:** Gorkha, Myagdi, Baglung, Lamjung, Syangja, Nawalparasi (West) districts
- **Province 5:** Nawalparasi (East), Kapilvastu, Rupandehi, Gulmi, Argakhachi, Palpa, Rukum, Dang, Rolpa, Pyuthan, Bardiya, Banke districts
- **Province 6:** Dailekh, Jajarkot, Rukum west, Salyan and Surkhet districts
- **Province 7:** Bajura, Darchula, Baitadi, Achham, Dadeldhura, Bajhang, Doti, Kanchanpur and Kailali districts

**Project Duration:** May 2016 to April 2021

**Aim:**
To improve nutritional status of women and children in Nepal

**Project Description:**
Suahara II is a five-year, comprehensive, community focused project being implemented in 42 districts of Nepal to improve health and nutritional status of the people, particularly to the 1000 days women and...
their children. The program works under consortium approach in which ENPHO has been contributing to achieve Intermediate Result 1.2 - “Household Adopts Essential WASH Actions”.

In year-3, the program has been designed to attain ODF status in the remaining 8 wards of Kapilvastu and Dhading districts, and accelerate the total sanitation campaign in WASH intensive wards intervened in year 1 and 2, and also to scale up the total sanitation campaign in about 150 additional wards of targeted 24 districts (Kailali, Kanchanpur, Bardiya, Kapilbastu, Gulmi, Palpa, Baglung, Lamjung, Dhading, Dolkha, Nuwakot, Pachthar, Achham, Doti, Dadeldhura, Baitadi, Bajhang, Darchula, Bajura, Dailekha, Jajarkot, Surkhet, Rukum West and Salyan). This year has made a transitional shift in targeting for intensive WASH activities. Among 42 Suaahara II districts, the DAG wards of above mentioned 24 districts were selected for intensive WASH interventions. In the remaining 16 districts, 2 WASH behaviors - hand washing with soap and water and treatment of water before drinking, was promoted through Banchhin Aama radio program and Community Nutrition Facilitators and Field Supervisors.

**Project Outputs:**
- Improved frontline workers’ capacity on WASH knowledge and skill;
- Strengthened capacity and improved WASH governance of stakeholders;
- Households have access to improved sanitation facilities;
- Households have access to improved water facilities;
- Households have improved knowledge of hygiene behaviors;
- WASH Supply Chain strengthened.

**Major Achievements:**
- Eight wards of two districts (Dhading and of Kapilvastu) have been declared ODF wards through Suaahara II’s technical support and sensitization;
- Seven wards of five districts (Lamjung, Bhojpur, Gulmi, Panchthar and Arghakhachi) have been declared Total Sanitation Oriented Healthy Home Wards. Altogether 7,601 households of Suaahara II districts have attained healthy home status including households in these seven healthy home declared wards;
- Trained 1,019 members of WASH-CCs and elected representatives of 41 municipalities on total sanitation and supported four municipalities to formulate WASH plans;
- Organized 6,534 community triggering and sensitization events and reached 172,847 people for the promotion of WASH behaviors;
- 526 WASH Marts established to ensure accessibility of water filters and other WASH materials at the local level;
- Partnership with BALTRA company to improve accessibility of affordable water filters and strengthen its supply chain at the rural market;
- 17 local level public private partnerships have been carried out in 11 districts to improve supply of WASH materials and services;
- 264 local mason/technicians and 465 local tailors has been trained to improve services and accessibility of improve cooking stoves and re-usable sanitary pads.
**Beneficiaries:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of local technicians/ masons trained to make ICS</td>
<td>264</td>
</tr>
<tr>
<td>No. of local tailors trained to make sangi pad (re-usable pads)</td>
<td>465</td>
</tr>
<tr>
<td>No. of WASH CC members and elected representative trained on total sanitation</td>
<td>1,019</td>
</tr>
<tr>
<td>No. of households attained healthy home status</td>
<td>7,591</td>
</tr>
<tr>
<td>No. of households with access to toilet</td>
<td>1,623</td>
</tr>
<tr>
<td>People reached through community level triggering and sensitization events</td>
<td>172,847</td>
</tr>
</tbody>
</table>

**No. of beneficiaries through activities conducted in FY 2018/19**
Story from the Field

Initiatives for Breaking Menstrual Taboos

The menstrual taboos prevalent in many communities in Nepal prohibits women and girls to participate in social and religious functions during their menses. Women and girls are considered to be ‘impure’ during their periods and are kept isolated, even forbidden to live in their own house. Laxmi Poudel, the inhabitant of Dayangchidi-8, Syangja district, also had to follow this practice. She was not allowed to sleep on her own bed and instead had to sleep on floor provided with a mat even in the chilling winter. She could neither take bath nor eat healthy and enough food which made her filthy and weak. Due to empty stomach and use of damp cloth, she had sleepless nights.

Laxmi and some of her friends were just trying to find a way out to end this ill-practice. But they had no one whom they could share their problems, and moreover understand them and support them to break the silence and get rid of this tradition. She dreamt of breaking this tradition and living a healthy and joyful life even during menses.

One day, Laxmi could participate in the orientation program organized by Suaahara II project. Her happiness had no limit when she found it was the orientation on menstrual hygiene management. It was the first time where she had met people openly discussing about menstruation and menstrual hygiene. She could hardly believe this and also couldn’t resist sharing her awful experiences during the program. Laxmi broke into tears with relief and anxiety.

The following day, female community health volunteers with the support of mother’s group conducted a visit to Laxmi’s house to make her family members aware on the consequences and health hazards from the ill-practice. With the support of Suaahara II volunteers, Laxmi had the courage to speak to and convince her family members too.

“I am living a healthy and happy life now. I have even gained weight. But I am not going to limit this change to myself. I am going to speak for each and every girls and women in my community so that they need not go through the problems as I did. I am grateful to Suaahara II project for providing me this courage to raise my voice,” Laxmi said with joy. She is now actively campaigning for managing menstrual hygiene in her community.