

Title (4-7 Words):	<b>7th International Menstrual Dignity Day and Reusable Pad - Making Training Program</b>
Club Name:	Rotary Club of Bhaktapur
Event Date:	8th December , 2025
<p><b>News (100-250words)</b></p> <ul style="list-style-type: none"> <li>- Specialty</li> <li>- Facts &amp; Figures</li> <li>- Budget</li> <li>- Beneficiary Profile</li> <li>- Impact/Outcome</li> </ul>	<p><b>Specialty</b></p> <p>The 7th International Menstrual Dignity Day and Reusable Pad-Making Training Program was successfully conducted with strong community participation and inter-club collaboration. The program focused on promoting menstrual dignity, awareness, and sustainable menstrual practices through both knowledge-sharing and practical skill-building. The event was jointly organized by RC Bhaktapur, RC Gyaneshwar, RC Kathmandu Kalanki, RC Pashupati Kathmandu, RC New Road City Kathmandu, Rotaract Club of Bhaktapur, and Rotaract Club of KMC Duwakot.</p> <p>A special moment of the event was the presentation of tokens of love and appreciation to the Chief Guest, Trainer, and UCEP Nepal for their support and contribution. The program concluded with a heartfelt vote of thanks by AG Rtn. Binita Hada Pradhananga, followed by a hands-on reusable pad-making training session led by Trainer Prabina Sujhakhu.</p> <p><b>Facts &amp; Figures:</b> A total of 80 participants actively took part in the program.</p> <p>The ceremony began with registration and a warm welcome to Chief Guest DGE Rtn. Vishnu Bahadur Karki and other dignitaries, with the program smoothly conducted by MC Rotaractor Priyanshu Joshi.</p> <p>Speakers including P P Rtn. Shree Shankar Pradhananga, President Rtn. Dr. Pragya Gautam, PP Rtn. Krishneshwori Hada, Trainer Prabina Sujhakhu, the Ward President, and the Chief Guest delivered insightful messages emphasizing menstrual dignity, awareness, and empowerment.</p> <p><b>Budget:</b> The program was implemented through joint financial and in-kind contributions from the organizing Rotary and Rotaract clubs, along with support from partners.</p> <p><b>Beneficiary Profile:</b> Women and girls from the local community, including students and community members, benefited directly from the awareness session and reusable pad-making training.</p> <p><b>Impact/Outcome:</b> The program enhanced participants' understanding of menstrual health and dignity, promoted eco-friendly menstrual solutions, and empowered women with practical skills for reusable pad production.</p>

The event fostered community engagement and strengthened collective action toward menstrual dignity and sustainability.







**Rotary**   
Club of Bhaktapur  
CLUB ID 62760, GOVT. REGD. NO. 187/075/76

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**सातौ अन्तराष्ट्रिय मर्यादित महिनावारी दिवस**  
**7th International Menstrual Dignity Day**  
“मर्यादा,समानता र मानव अधिकारका लागि मर्यादित महिनावारी”

**Reusable Sanitary Pad Making Training**

Training By: **Prabina Sujhaku**

Date: December 8, 2025  
Venue: UCEP Nepal, Sanothimi, Bhaktapur

Organizers:  
**Rotary**   
Rotary Club of Bhaktapur,  
Rotary Club of Gyaneshwor  
Rotary Club of Pashupati Kathmandu  
Rotary Club of Kalanki Kathmandu  
Rotary Club of Newroad City  
Rotaract Club Of Bhaktapur  
Rotaract Club of KMC Duwakot

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