

GROWING WITH KNOWLEDGE, GRACE & CONFIDENCE



This month, the girls at the shelter home took part in two meaningful activities that connected beautifully: a Menstrual Hygiene and Reproductive Health session, and the Gunyo Choli ceremony for our youngest girl. Gunyo Choli is a traditional Nepali celebration that marks a girl growing up. By pairing this cultural event with health education, the girls were able to understand both the scientific and cultural sides of growing up.

UNDERSTANDING THEIR BODY

A Menstrual Hygiene and Reproductive Health session

Before coming to the shelter, many of the girls had never received proper education about their bodies. In this interactive session, they learned the science behind why periods happen, what physical changes occur during puberty, and how hormones affect emotions.



The session was made fun and engaging through games, quizzes, and discussions. The girls were very attentive and curious, leaving with a clear understanding of menstruation and how to take care of themselves.

A SPECIAL GUNYO CHOLI CEREMONY



Another highlight this month was a very special first for us: hosting our shelter's very first Gunyo Choli ceremony for our youngest member, who is 8 years old.

While this traditional Nepali coming-of-age ceremony is usually celebrated at home with family, our girls have built a happy, loving family right here at the shelter.

The celebration began by dressing her in traditional clothes, followed by prayers, tika, and blessings from everyone.

The ceremony became even more special as the older girls shared memories of their own Gunyo Choli celebrations. It was heartwarming to see the girls come together to encourage our youngest member with so much love, care, and support. During the event, we also spoke about the true meaning behind the tradition and celebrated the everyday strength of women who continue to go to school and work despite experiencing pain and cramps.

LEARNING THROUGH KNOWLEDGE AND TRADITION

These two activities went hand in hand. While the Gunyo Choli ceremony celebrated the beautiful cultural side of growing up, the health session explained the science behind it. Many of the girls shared they had grown up hearing myths, such as menstruation being impure or that they should not enter temples or kitchens.



By learning the science behind their body changes and shifting how they perceive these changes culturally, the girls gained not only knowledge but also confidence. It was a meaningful experience that helped them better understand themselves and let go of harmful misconceptions.

The girls are growing, learning and getting confident day by day
Thank you for making this growth possible.



MARICI
Dawn of Freedom



Anderson
builders group 1989 inc.