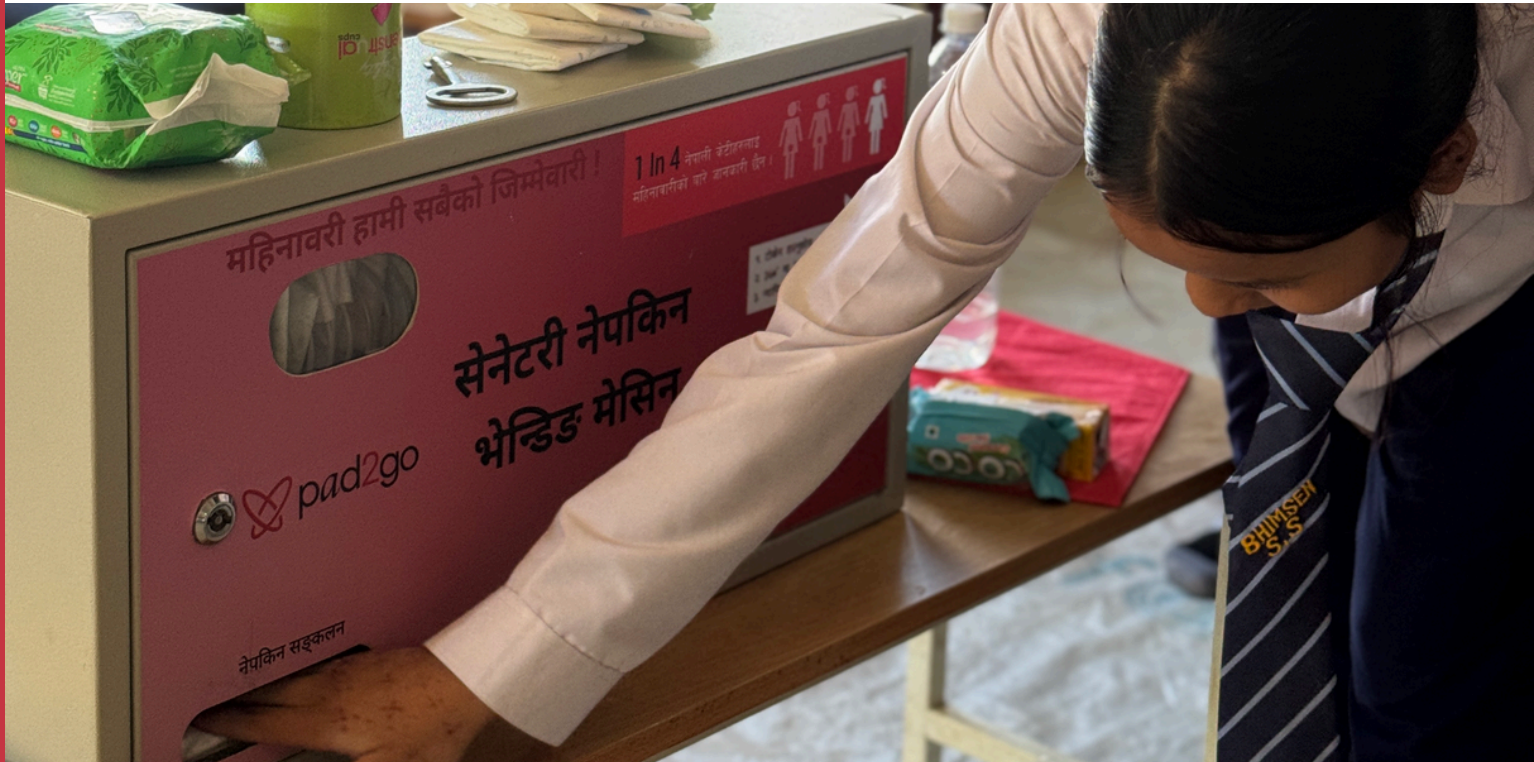


PAD2GO NEWSLETTER



A student accesses a sanitary pad from a Pad2Go vending machine introduced at her school in Nuwakot through the Summer Fellowship Program 2025.

Supreme Court Decision on Tax on Menstrual Products

#RaatoKarMaafGar

Pad2Go launched the #RaatoKarMaafGar campaign in 2020, calling for the removal of VAT on all menstrual products in Nepal. The campaign gained strong momentum, particularly through youth solidarity, and helped bring menstrual equity into the national policy conversation.

In the 2022-23 national budget, the government removed customs duty and tax on raw materials used to produce menstrual products, but VAT on the products themselves remained. This year, following a writ petition filed by two law students, the Supreme Court ruled that VAT must be removed. The ruling creates a real opportunity for change, with the next step being government implementation of the decision.



Summer Fellowship for College Students

Pad2Go's third Summer Fellowship brought together two exceptional college students, Britina Gautam from Wellesley College in the United States and Purna Thapa from Jaya Multiple Campus in Nepal.

Through a month of online training, the fellows built a strong foundation in menstrual health, sustainability, community engagement, and project implementation. They then applied these skills on the ground in Nuwakot, working with the Pad2Go team to deliver menstrual health sessions in local schools. Their work included installing sanitary napkin vending machines, introducing sustainable options such as menstrual cups, strengthening menstrual health awareness among students and teachers, and engaging with local government representatives to assess long-term community needs.

Now in its fourth year, the eight-week Summer Fellowship combines rigorous online learning with hands-on fieldwork. The program equips young leaders with practical skills in research, community outreach, and policy advocacy, while exposing them to real-world menstrual health challenges and supporting grassroots impact in Nepal and beyond.

Women's Day Milestone: Pad2Go Vending Machine at the Supreme Court of Nepal

This year, Pad2Go marked a major milestone for menstrual health accessibility. On International Women's Day, a Pad2Go sanitary vending machine was installed at the Supreme Court of Nepal and inaugurated by Justice Sapana Pradhan Malla. More than a symbolic gesture, the installation represents a breakthrough in making menstrual products accessible within one of the country's highest judicial institution.

By placing essential products in key public spaces, Pad2Go continues to challenge taboos, advance equitable access, and advocate for the inclusion of menstruators across public and professional spaces.



The Supreme Court of Nepal, International Women's Day 2025

Period × Climate Change Advocacy



Eco Sathi event “Green Menstruation: Mero Mahinawari Hariyo”

Pad2Go began 2025 by participating in Eco Saathi Nepal's Green Menstruation: Mero Mahinawari Hariyo event at Impact Hub Kathmandu, bringing together over 170 participants committed to eco-friendly menstrual practices. As part of the programme, Pad2Go facilitated an interactive Vision Board activity where participants shared their priorities for menstrual health in 2025.

Key themes included the need for accessible and sustainable products, stronger community-based education, climate-responsive policies, and better data on how climate change impacts menstruators. These insights will help shape Pad2Go's Period × Climate Change advocacy in the year ahead.

Green Periods Workshop at Lincoln School, Kathmandu

Pad2Go, in collaboration with PLUM, conducted an engaging Green Periods Workshop at Lincoln School for students in Grades 7 to 9, introducing them to the links between menstrual health and sustainability. The session encouraged critical and creative thinking about greener period futures, with students brainstorming innovative ideas for eco-friendly menstrual products and sustainable practices.

Participants also took part in open conversations on period stigma, environmental impact, and informed choice. The workshop concluded with a reflective postcard-writing activity, where students shared their hopes and advocacy messages for a more sustainable and stigma-free menstrual world. The initiative strengthened awareness while empowering young learners to become thoughtful advocates for green menstruation.



Prarthana Thapa Chhetri – Lawyer, Youth Leader, and Pad2Go Alumni

Pad2Go speaks with Prarthana Thapa Chhetri, who began her journey as a Pad2Go Campus Ambassador in search of meaningful engagement during the COVID years and grew into a deep commitment to menstrual justice, dignity, and youth leadership. Selected in 2020, Prarthana learned the foundations of advocacy, public communication, and community engagement, skills that later shaped her academic choices, strengthened her activism, and guided her toward national-level policy work. Today, as Electoral Project Lead at the Youth in Federal Discourse (YFD) and earlier as President of YFD and Chief of Staff to a Member of Parliament, she continues to carry forward the values she first cultivated through Pad2Go.

How did your journey into activism begin?

It started as a way to stay engaged outside the classroom, but it quickly became personal. As a Pad2Go Campus Ambassador in 2020, my role was to learn how to advocate for the removal of the 13 percent tax on menstrual products through petitions, awareness campaigns, and community engagement. Through this, I gained my first real experience in organized activism, learning advocacy, research, and public engagement. Pad2Go gave me the skills and confidence to step into other leadership spaces later.

What led you to Youth in Federal Discourse (YFD), and what does the organization do today?

I wanted to understand federalism and democracy in practice, beyond what textbooks could offer. YFD was started by my law school seniors, and I joined in 2021 primarily to learn. It became so much more than that. It shaped me, gave me space to lead, and allowed me to experiment with ideas. After two terms as Vice President, I served as President and now as Electoral Project Lead, guiding YFD's efforts to connect youth with governance through election observations, provincial assembly simulations, and policy contributions such as the Scout Act, National Youth Policy, and Sports Policy.

Alumni Spotlight: Shaping The Youth, Building The Nation

YFD is now advocating to remove taxes on period products. Why is this campaign important to you?

This issue has been personal for me for a very long time, and Pad2Go's training and guidance made it actionable. Through YFD's Law Making 101 initiative, we saw how disconnected people are from the legislative process and how little the public knows about how bills become law. When a board member suggested taking up the tax on menstrual products through YFD, it aligned perfectly with my own plan to raise the issue in Parliament as the then Chief of Staff. Collaborating with Pad2Go, other women-focused organizations, and parliamentary partners strengthened the campaign, gave it structure, and helped institutionalize our advocacy, ensuring it reaches both the public and decision-makers.

How did your experience with Pad2Go influence the work you're doing now?

Pad2Go was my first platform for advocacy and human-rights-based activism. The training strengthened my communication, research, and public engagement skills, and it taught me how to turn a cause I care about into actionable campaigns. It influenced my bachelor's thesis, which explored human rights and restrictions, guided my approach to policy work, and shaped the way I lead teams today. Pad2Go instilled in me a sense of responsibility toward transparent and dignified organizational leadership and gave me a foundation that I carry into every role I take on. I'm really glad Pad2Go is still going strong, and I feel like I'm still amplifying the same voice and values. Whether academically, professionally, or through my advocacy with YFD, my time with Pad2Go has been a meaningful and formative experience that continues to guide my work.

How do platforms like Pad2Go and YFD shape youth leadership today?

Young people are vocal but often scattered. Platforms like Pad2Go give structure, skills, and a community to amplify their voices, while YFD complements this by offering practical exposure to democracy, governance, and policymaking. Together, they help shape a generation of youth leaders who can not only advocate and act but also influence the systems around them. Unfortunately, our education system in Nepal can be quite limiting, so organizations like Pad2Go and YFD provide the hands-on experiences and mentorship that young people need. They help us reconnect with the real world, beyond just textbooks and laws, and show how civic engagement can lead to tangible change. As I've learned, collaboration is key, unless we speak as one, our voices risk being ignored or diluted. These platforms give youth both the tools and the confidence to make their voices count.