

Abolition of Chhaupadi — Ending Menstrual Exile Huts in Nepal's Far- and Mid-Western Districts

Gender Equality · Good practice · Nepal

Quality score: 100/100

Evidence strength: Observational / pre–post

Summary

In Nepal's Kailali and Doti districts, Restless Development and UN Women ran a 2015–2017 peer-education programme against chhaupadi menstrual exile huts, cutting hut-sleeping during menstruation from 19.4% to 5.5% and reaching nearly 46,000 women and girls.

Key dimensions

Dimension	Score
Transferability / replicability	3/3
Impact on gender equality	1/1
Effectiveness	1/1
Efficiency	1/1
Evaluated outcomes	1/1
Sustainability	1/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	1/1
Curator validation	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-07-11

[Restless Development Nepal, with UN Women / UN Trust Fund to End Violence against Women](#) — accessed 2026-07-11

[UN Trust Fund / UN Women – Final Evaluation](#) — accessed 2026-07-11

[UN Women – Abolishing chhaupadi feature story](#) — accessed 2026-07-11

[Restless Development – Community Action Against Chhaupadi](#) — accessed 2026-07-11

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