Nimsdai Foundation launches two new projects to empower communities and inspire change

Monday 10 November, 2025

The Nimsdai Foundation, founded by record-breaking mountaineer Nimsdai Purja MBE, has announced two new initiatives that bring its mission to *Inspire, Educate and Protect* to life — both empowering women and girls in Nepal.

Project Shakti, a collaboration with Freedom Kit Bags, tackles menstrual injustice in Western Nepal by training local women to make reusable menstrual kits and deliver education workshops. In some places in Western Nepal the practise of Chhaupadi is continued. This is where menstruating women and girls are considered impure and are banished from their homes during this time. This impacts women and girls' education and ability to work – leading to gender-inequality.

By working with, and empowering the women and girls of the community, **Project Shakti** provides employment, dignity and awareness for both women and men, helping to challenge stigma and promote gender equality. Each bag costs just £25 to change a life. Donate here.

The **Learning Shelter** aims to raise £55,000 to renovate the Mahila Feeder Girls Hostel in Humla, one of Nepal's most remote and under-resourced regions. The hostel has provided safe accommodation and education to more than 900 girls over the past four decades and urgently needs structural repairs to continue its life-changing work. Without this renovation work, the hostel will have to close, leaving the girls of this area without access to education. Donate here.

Founder Nimsdai Purja MBE said: "From the mountains to the trails, every step we take together makes a difference. These projects help communities that need it most."

Find out more or get involved: www.nimsdaifoundation.org

Media:



Related Sectors:

Charities & non-profits :: Children & Teenagers :: Education & Human Resources ::

Related Keywords:

Nepal :: Charity :: Nimsdai :: Purja :: Fundraising :: Donate :: Inspire :: Educate :: Protect :: UK :: Menstrual :: Girls :: Women :: Employment :: Education :: Chhaupadi ::

Scan Me:

Company Contact:

Nimsdai Foundation

E. pr@nimsdai.com
W. https://www.nimsdaifoundation.org/

View Online

Additional Assets:
https://www.nimsdaifoundation.org/project-shakti

Newsroom: Visit our Newsroom for all the latest stories:
https://www.nimsdaifoundation.pressat.co.uk