

BUSINESS EXAMINER

News Group

IMPACT REPORT

Q3 2025



Youth Menstrual Hygiene Management Program

Prepared by
Nexus Impacts

Prepared for
Business Examiner

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ABOUT NEXUS IMPACTS

LIAM MOISE

Founder and President of
Nexus Impacts

“One of the greatest gifts we can acquire is the opportunity to support others and provide an environment to grow. Today, through their efforts in bringing together and acknowledging impactful organizations, Business Examiner—and everyone attending the Thompson Okanagan Business Excellence Awards—are creating real-world impact. For each person attending, approximately 4.6 months of female hygiene products have been provided to a woman in need—resulting in a collective impact of over 97 years of direct support.”

LEARN MORE



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ABOUT NEXUS

Nexus Impacts designs and delivers sustainable, verified, and transparent initiatives that drive generational change.

We believe charitable work should be effective, transparent, measurable, and rooted in opportunity—not dependency. That’s why we go beyond funding—we ensure impact.

Our approach includes:

- **Verification** – Every initiative is rigorously vetted for both financial and operational authenticity.
- **Contextual Analysis** – We assess the cultural, economic, and logistical factors that shape each initiative.
- **Optimization** – We refine programs to maximize the dollar-to-impact ratio and transition initiatives away from creating dependency to independent generational change.
- **Implementation & Tracking** – With built-in reporting systems and third-party verification, every impact is clearly documented and backed by evidence.

At Nexus Impacts, every dollar contributes to real, lasting change—leaving a measurable mark, a tangible outcome, and a legacy worth your name.

INTRODUCTION

OVERVIEW

Business Examiner's commitment to excellence extends beyond business journalism—it includes a dedication to meaningful, lasting social impact. Through initiatives like the Youth Menstrual Hygiene Management Program (YMHM), they are aligning their platform with causes that reflect the values of both their readership and the broader business community.

YMHM directly addresses period poverty by equipping young women with health education and sewing skills to create their own reusable menstrual pads. This empowers participants to manage their menstrual health with independence and dignity—reducing school absenteeism, improving long-term health outcomes, and fostering self-sufficiency.

By supporting this program in recognition of the 250 business leaders and entrepreneurs attending the Thompson Okanagan Business Excellence Awards, Business Examiner is helping to extend the impact of this event far beyond the room—turning recognition into action and celebration into lasting change.



25Q3YMHMBE

Verification Code

Nexus Impacts is proud to sponsor and credit the following impacts on behalf of Business Examiner and the 250 attendees of the Thompson Okanagan Business Excellence Awards, 2025. These impacts, verified under Code 25Q3YMHMBE, have officially occurred and are fully confirmed.

IMPACTS CREATED

Reduced Health Risks

- Provides essential menstrual hygiene education, preventing infections and long-term health complications caused by inadequate care.

Restored Dignity and Independence

- Equips girls with the skills to manage their periods confidently and sustainably, reducing shame and reliance on unreliable or unhygienic resources.

Improved Educational Access

- Keeps girls in school by reducing absenteeism and dropout rates linked to menstruation, ensuring consistent learning and long-term opportunity.



INITIATIVE OVERVIEW

Problem Statement

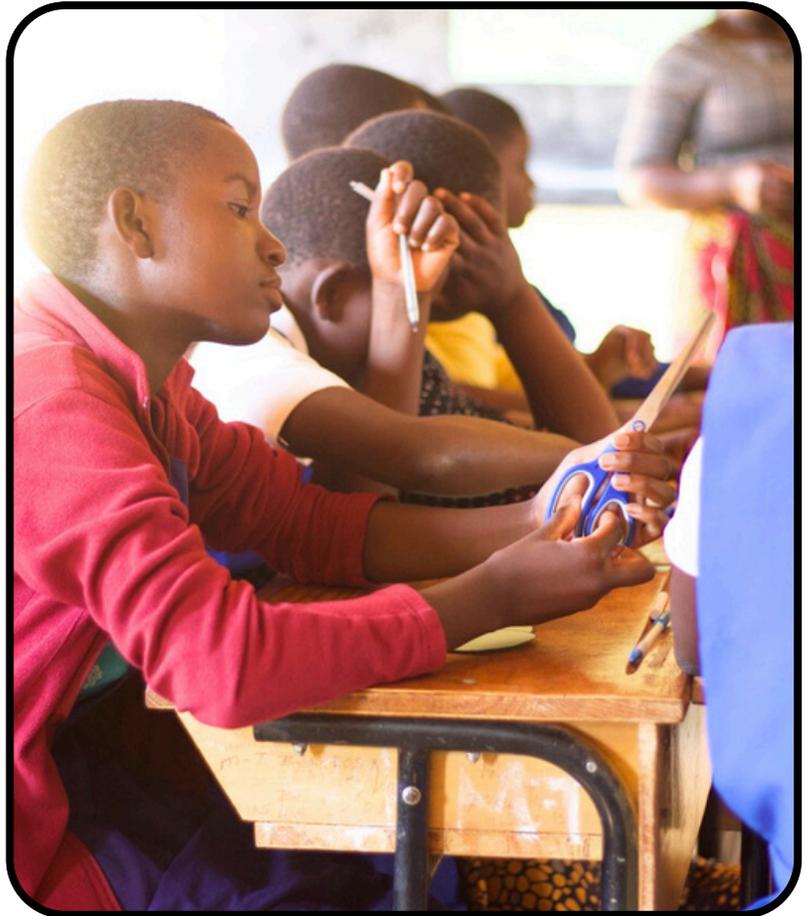
In many communities, young women and girls face obstacles in managing menstrual hygiene effectively, leading to adverse consequences such as school absenteeism, limited educational opportunities, cultural barriers, health challenges, perpetuating gender inequalities, and more. The lack of basic knowledge and access to affordable and hygienic menstrual products further exacerbates these challenges, hindering girls' academic progress and overall well-being. The difficulties of period poverty are exaggerated in rural communities due to financial limitations, cultural taboos, stigmas, and more.

Objectives

- **Menstrual Independence:** Women and girls gain the skills and confidence to manage their menstrual health independently.
- **Reduced Stigma:** Open dialogue and awareness reduce menstrual taboos within communities.
- **Sustainable Support Networks:** Community-led sewing clubs and educational networks provide lasting resources for menstrual health.

CONTEXTUAL CHALLENGES

The local environment of rural communities where the beneficiaries reside faces unique challenges compared to more privileged regions globally. The Youth Menstrual Hygiene Management Program in Malawi, Africa, seeks to address several critical issues related to period poverty, including but not limited to:



Limited Access to Menstrual Hygiene Products



Reduced Education and Opportunities



Cultural Taboos and Stigmas



SUSTAINABLE STRATEGIES

The Youth Menstrual Hygiene Management Program is designed around opportunistic independence, with zero tolerance for creating dependency among the beneficiaries and communities.

KEY STRATEGIES

School Districts

Collaborate with the local school districts to maximize engagement and systematic program adoption.

Community Leaders

Engage and train community members, especially female leaders, to effectively implement and sustain the program.

Sewing Clubs

Implement sewing clubs at the schools where the programs are operated to increase generational independence.

Local Materials

Strictly uses locally sourced materials to ensure pad production beyond the initiative's support can continue.

IDENTIFICATION DETAILS

EXPLANATION

The following outlines the program identification details verified under code 25Q3YMHMBE



Engucwini

School Name

-11.2018690, 33.8231066

Coordinates

500690

School District Number

**09/10/2023 –
13/10/2023**

Program Dates

One

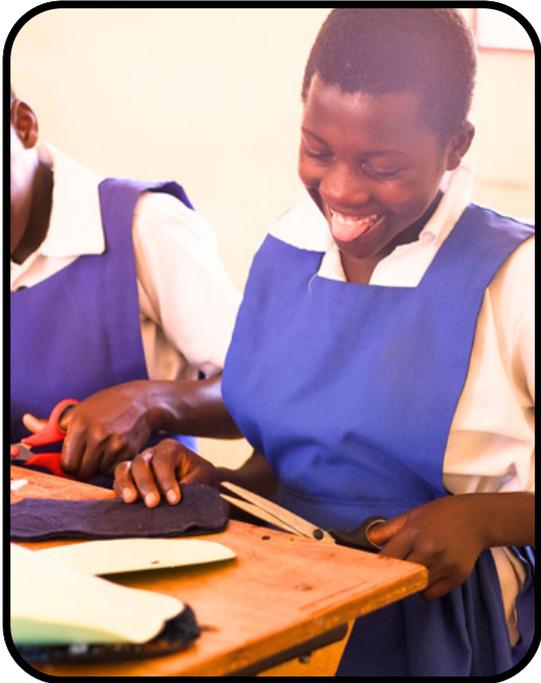
Number of Programs

BENEFICIARY DETAILS

EXPLANATION

The following outlines the beneficiary details verified under code 25Q3YMHMBE

Total Participants	25
Female Students	20
Male Students	0
Local Mothers/Teachers	5
Contracted Trainers	2



Student Age Range

Student Grade Range



EDUCATION DETAILS

EXPLANATION

The following outlines the education details verified under code 25Q3YMHMBE

Sewing Education Hours

257

Women's Health Education Hours

146



Women's Health Education Topics

Sewing and Health Education Hours

- Day 1. Introduction to Menstruation
- Day 2. Hygiene & Well-being
- Day 3. Sexual Health & Consent
- Day 4. Questions & Topic Review
- Day 5. Community Empowerment & Disease Transmission

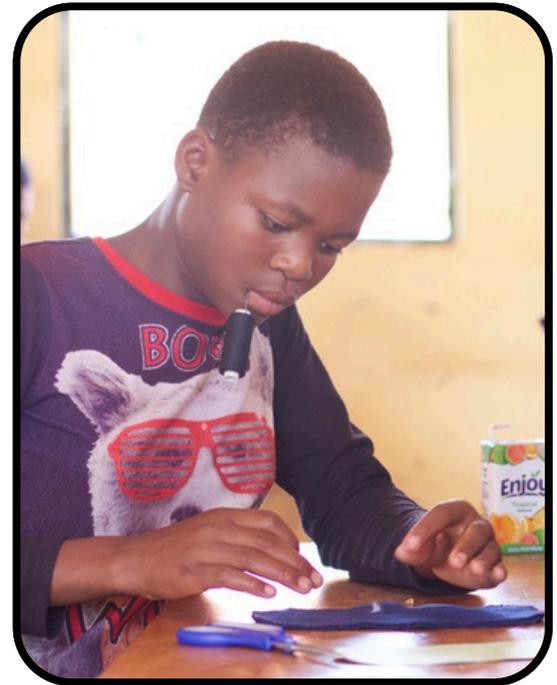


KEY RESOURCES SUPPLIED

EXPLANATION

The following outlines the key resources supplied verified under code 25Q3YMHMBE

Sewing-kits	25
Meals	129
Underwear	48



Sewing Kit Items

Meals & Underwear

- Scissors
- Chalk
- Thread
- Cut-Outs
- Needles & Pins
- Four Pads Worth of Materials



PRIMARY IMPACTS & OUTCOMES

EXPLANATION

The following outlines the primary impacts & outcomes verified under code 25Q3YMHMBE broken down by various factors of time.

Duration Worth of Menstrual Products

97 Years

1,164 Months

8,148 Days



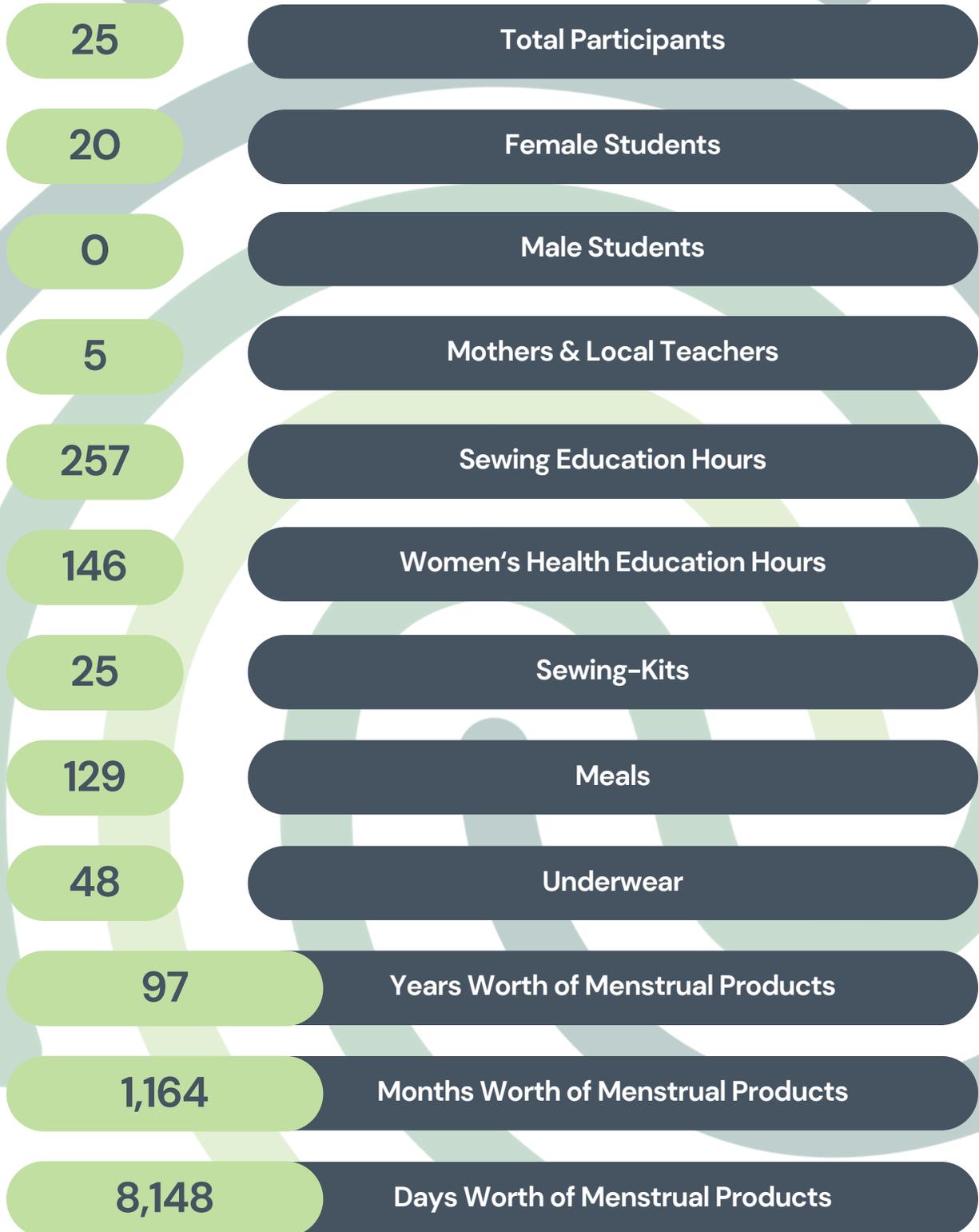
Menstrual independence

Developing Sewing Clubs

The program's impact goes beyond making pads. It fosters long-term menstrual independence, boosts school attendance, improves health, and empowers communities. Business Examiner is building a future where menstrual health is sustainable and accessible.

The program creates compounding benefits as participants share knowledge with friends, family, and the community. With the establishment of a sewing club/hub, community members can independently produce pads, amplifying the initiative's reach and sustainability.

Summarized Impacts



YOUTH MENSTRUAL HYGIENE MANAGEMENT PROGRAM SUMMATION

The Youth Menstrual Hygiene Management (YMHM) Program champions individual autonomy and menstrual health outcomes for women. It educates young girls and women on essential health and hygiene practices while equipping them with sewing skills and empowering them to take control of their well-being. By integrating mothers' groups and educational institutions, the program fosters community stewardship and accountability.

The YMHM Program addresses stigma and misinformation about menstruation, creating a more informed and confident generation. The inclusion of sewing skills training provides practical benefits and opens economic opportunities. This dual focus on health and skill development benefits individuals and the broader community.

By training educators and community leaders, the YMHM Program ensures sustainability and scalability, fostering mutual support and shared responsibility. This community-centric model enhances the program's long-term impact.

The YMHM Program's emphasis on personal empowerment and community health positions it to leave a lasting legacy. This approach helps young girls and communities combat period poverty, guiding them toward healthier, self-sustained futures. By addressing immediate and systemic challenges, the YMHM Program demonstrates the transformative power of targeted educational initiatives, fostering a more equitable and prosperous future.

INITIATIVE IMPLEMENTATION PARTNER



Malawi, Africa Location	Field Operations Involvement	Youth Menstrual Hygiene Management Program Initiative
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ABOUT RURAL DEVELOPMENT PARTNERS

Rural Development Partners is a local Non-Governmental Organization established in 2015 and registered with the Malawi Government as a Company Limited by Guarantee. Working as a non-profit organization, in partnership with other organizations implementing integrated projects in Malawi, they envision autonomous communities steadfast in achieving justifiable development through service provision and capacity building. They exist to cultivate hope and advance development work intended to empower marginalized communities. The Youth Menstrual Hygiene Management Program is one of the multiple initiatives aimed at achieving empowered communities.

IMPACT CERTIFICATION



Rural Development Partners states that all information in report 25Q3YHMHBE is authentic and accurate. We acknowledge Business Examiner' has been credited the impact through the Youth Menstrual Hygiene Management Program in Rural Malawi, Africa.

**DANIEL
NYIRENDA**

Founder and President
June 17th, 2025

A handwritten signature in black ink, appearing to read 'Daniel Nyirenda', written over a horizontal line.

Signature



Nexus Impacts certifies that all information in report 25Q3YHMHBE is authentic and verified. We acknowledge Business Examiner' impact through the Youth Menstrual Hygiene Management Program in Rural Malawi, Africa.

**LIAM
MOISE**

Founder and President
June 17th, 2025

A handwritten signature in black ink, appearing to read 'Liam Moise', written over a horizontal line.

Signature



NEXUS IMPACTS

Make Your Mark