

NEWSLETTER

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TARANGINI MAHILA ADHIKAR PRASHIKSHEN KENDRA

STRENGTH WITHIN US; TRANSFORMATION THROUGH US

Editorial

“Women Rights are Human Rights”. This requires the translation of rhetoric to reality. The Constitution of Nepal 2015 guarantees equal rights to women. However, even this could not be upheld by major political parties. A decreasing trend of women’s representation from 1st local election to presently held local election can be taken as evidence. The number of women’s leadership at the local government has been increased however, the overall representation has been decreased. In 2074 BS, 700 women were elected to the position of Deputy Mayor/ Vice Chairperson, in the recent election only 562 women were elected (1) . This shows a decrease in overall representation. According to the latest statistics of the Election Commission, only 25 women have been elected to the post of Mayor and Chairperson which is only 3.34 percent. This representation is only one percent more than the previous election. On the whole, the representation of women in this position was around 93 percent in last election, however the proportion has been reduced to 75.23 percent in recent election.

Tarangini believes that women’s public and political participation is more than a numbers game. For women to shape laws and practices they must have real influence over decisions. Women’s role as transformative leaders is crucial in a country like ours where women are forced to live in silence or without justice with different forms of violence in public and private spheres.

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1. <https://www.onlinekhabar.com/2022/05/1133710?fbclid>

A VAW study report published by Informal Sector Service Center (INSEC) mentioned that around seven hundred cases relating to rape were recorded in 2018 which doubled in 2020 as over 1,400 cases of sexual offense were confirmed. According to WOREC Nepal, in 2020 143 rapes and 18 attempts to rape were registered while 178 rape cases and 40 attempts to rape were reported in the first five months of 2021. This situation needs to be changed. As a feminist organization, Tarangini firmly believes that the situation can only be changed if structures perpetuating unequal power relation gets changed. That's why we as feminists, demand system change.

System change requires concentrated efforts from local to global levels. This requires working together as sisters, per sisters and resisters. Guided by these feminist principles Tarangini has initiated and been part of different feminist movements from local to global. To be specific, at the national level, it has been an integral part of the campaign for the recognition of women's work, women's right to equal participation, and initiated a Nationwide Anti Rape campaign recently. All these campaigns are part of feminist politics as we are equal, our work is valuable and we own our bodies. Being the secretariat of the National Alliance of Women Human Right Defenders (NAWHRD), Tarangini foundation upholds and continues the campaign for recognition, work, and body.

Since our last volume of the newsletter, we are trying to bring our voices to you all. In this particular volume, we are bringing our collective voices to you all which we have been raising through our National wide Anti Rape campaign. Yes, we truly believe that Rape can't be stopped unless discriminatory social values which try to take control over women's body in different forms gets transformed into values that starts respecting women's right to their body and recognizing women as equals. We are thankful to all our partners, collaborators, sisters, per sisters and resisters for support, solidarity, and joint actions. YES, together we have made the difference and we will be making the difference.

- Editorial team
Tarangini Foundation

TOGETHER FOR JUSTICE (ANTI RAPE CAMPAIGN)

Rape is a heinous crime. The Criminal Code defines extortion as a heinous crime. Generally, the statute of limitations does not apply in the case of a felony. In section 3(g) of the Civil Code Act, 2074, heinous offense is defined as an offense punishable by life imprisonment or imprisonment for more than ten years.

National alliance of women human right defenders started national campaign against rape nine years back with participation and solidarity of majority of women right human right organizations from all over the country. Since then, the campaign continues in different phases. This has impacted at policy level. extension of statute of limitation of rape cases from 35 days to one-year, continuous hearing of rape cases within courts, speedy justice system, changes at civil and criminal codes and the definition of rape can be taken as an example of outcome of such intermittent anti rape campaign at different three stages. However, there is still a long way to go for our legal system to be survivor friendly and society to stop stigmatizing women, women's body for being sexually violated.

Analyzing the statistics of Nepal Police for 2077- 2078 BS, it is seen that an average of 7 cases of rape are reported daily. Similarly, in the last three months (Chaitra, Baisakh, Jestha 2079 BS), there are 132 cases of sexual violence out of a total of 590 cases of violence against women collected by WOREC. Statistics show that 71 cases of rape and 16 cases of attempted rape have been reported.

We know that, these are only representative incidents that have come out. We can say this is only the tip of iceberg of the incidences happening in reality. Due to the societal attitude and stigma related with women's body, possible humiliation the survivors have to face due to insensitivity of media, family



and social members, and tedious judiciary system along with statute of limitation to report the case is making women silent. This is encouraging perpetrators to continue the crime and go unpunished.



We know that women need time, environment and trust to bring out the violence they had to face at different stages of life.

Therefore, in order to ensure legal and social justice for women affected by different forms of sexual violence including rape, present law which still has statute of limitation (1 year) needs to be immediately amended. Along with this amendment there is need to strengthen support services at different levels for women who wants to speak. Testify and sick for justice. As mentioned earlier this is not easy in patriarchal system like ours. Thus, it requires joint actions, voices and solidarity from all levels and from all actors.

Thus, National alliance of women human right defenders with her member organizations has initiated National campaign against rape as its fourth phase. WOREC Nepal holds the secretariat of the campaign whereas Tarangini foundation along with various other member organizations are part of it with the following demands:

- Amend the law without any statute limitations,
- Ensure that the state provides free health, compensation, and psychosocial treatment and counseling to the victims of violence and their dependents,
- End impunity against all forms of violence against women. Provide appropriate support and environment to rebuilt lives of survivors in need without any form of stigma and end discrimination against women.



WOMEN IN LEADERSHIP FOR TRANSFORMATION

Transformed leadership is the foundation of social justice. Women's political participation is indispensable for institutionalizing the Federal Democratic Republic of Nepal based on social justice. Challenging the existing unequal power relations, women have organized social and political movements in different periods of history to build a just social system. As a result, through the local, provincial and federal elections that have been held historically in the country, the local governments have been empowered to ensure the basic rights of the people as a powerful body. As a result, the marginalized communities were able to play a decisive role at the local level for the first time. The news published in various media confirmed that the women who were elected from the first local government election and are in different leadership levels are insignificant in number, but their initiatives and decisions for social transformation are exemplary.

In order to sustain the women's leadership in politics, Tarangini foundation with different like-minded organizations, the National Alliance of Women Human Right Defenders, stakeholders, and media started the campaign called 'महिलाको समानुपातिक समावेशी नेतृत्वको अधिकार; सामाजिक रुपान्तरणको आधार'. The objectives of this campaign were to draw the attention of all mechanisms of the state to ensure the right of women's equal participation in leadership, to create pressure on political parties to ensure the presence of women representatives at decision-making levels, and to advocate for the necessary provisions and implementation in the election manifesto of political parties to address issues such as violence and abuse against women and adolescents.

The campaign was run from the local level election period and this movement will take place until the provincial and central level of election. During the process, Tarangini collaborated with mass media with the help of Women Working in Journalism (WWJ). Through workshop provision to journalists, media personnel and NAWHRD the initiative was taken forward. Furthermore, through joint effort and visibility, a letter of attention was submitted to several political parties highlighting the need for



women leadership with a sense of pressurizing the parties in order to increase the numbers of women participation in election for transformation.



INTERNATIONAL DOMESTIC WORKERS DAY CELEBRATION

In context of Nepal, women in informal employment sector are mostly involved in domestic work, entertainment sector and sex work and majority are unpaid. (Nepal Jobs Diagnostic, 2020). Women make up 37.2% of the employed labor force in Nepal, but only 33.5% of employed women are engaged in formal sector with 66.5% working in informal sector. In the same way, a study suggests that, women in the formal sector represent less than 3.5% of employment (FWLD, 2006, 2014 and NFLS, 2008). This suggests that a major portion of women are in the informal sector of the economy. Informal economy is characterized by irregular employment, uncertain wage rates, low income, long and uncertain working hours, no written contract and non-existent or poor legal protection; this exposes women to several forms of labor exploitation. Through this, it can also be acknowledged that, to which extent, women and their work is not viewed seriously and by making the policies and regulations to formalize, these sectors will contribute to enhance the country's economic stability too.

On the occasion of 11th International domestic workers day, Tarangini Foundation had organized an interactive program titled 'My work my identity' where the domestic workers and entertainment sector workers had participated. The workers from two different groups were included because we believe that although the day is celebrated for domestic workers, the right demand of all informal sector workers is actually same and their issues are same; there is no any identity, respect and recognition of their work. On the same day, the launch of book called 'Mahuri' was also done. The book consists of the case stories and struggle of domestic workers and entertainment sector workers.



The program allowed us to realize that although the work in the informal sectors might be different, their issues and challenges are quite parallel to each other. The workers also realized that it is important to raise voice for own right for transformation from community level to policy level. Tarangini believes that change is possible and it will happen if worked together with the feeling of solidarity, respect and mutual understanding.

YOU ARE NOT ALONE! FREE COUNSELLING SERVICE JUST A CALL AWAY

Tarangini believes in the power self-care holds. Our foundation has continually been involved in the betterment of mental health and organizing various self-care programs at various time intervals for the women and girls involved in women rights and advocacy. Previously as well, during the peak of COVID-19 pandemic, Tarangini had been providing free counselling service which had become helpful for the mindfulness and mental health of right holders. Starting from the beginning of June 2022, Tarangini has started providing the free psychosocial counselling services to all the individual who are suffering from mental health issues.

Psychosocial counselling is the intervention that is aimed at helping individual to alleviate the symptoms of mental distress, manage their emotional and mental health and promote overall mental health by creating a healthy coping mechanism. During the process, the service seeker will talk about their issues with the counsellor and the counsellor will facilitate the process of problem solving by assessment of the underlying issues and their severity, level of mental distress, psychological and social aspect that has been influencing the problem and the resources (both emotional and social) that can be utilized to help manage the problem.

तपाईँ एकलै हुनुहुन्न |
म सुन्छु नि !

०१-४११४३०३
०१-५७२२००४

नि: शुल्क मनोविमर्श सेवाको लागि हामीलाई
सम्पर्क गर्नुहोस |

सोमबार देखि शुक्रबार दिउँसो १२ बजे देखि ३ बजे सम्म

Tarangini
Foundation

Interested individuals can contact the office every day from 12 to 3 pm to enquire about the service or make an appointment by making the phone call on 01-4114303.

CREATING A 'SABAL' ENVIRONMENT

Women in Nepal face many challenges due to issues of inequality and injustice in the society. Gender discrimination and gender-based violence are some of the serious and widespread problems for women.

Though the Constitution of Nepal (2015) protects women from physical, mental, sexual, psychological or other forms of violence or exploitation based on religion, social, cultural tradition, or on any other grounds and makes all acts of VAWG punishable by law; and empowers the victim with the right to obtain compensation, in Nepal, 22% of women aged 15-49 years report experiencing some form of physical, sexual, or emotional abuse, and half of all women face violence in the home.

Tarangini Foundation has been supporting women whose rights gets violated- specially survivors of different forms of violence and further advocates for required policy change to ensure rights of all women specially women from marginalized groups.



In the collaboration with CARE Nepal, Tarangini has been implementing 'SABAL' project in Kailali rural municipality. Tarangini had provided the five days REFLECT ToT training to Women Human Right Defender, Youth Champion Group, Female Police and saving and credit group members. The concept of GBV, women empowerment, financial literacy, harmful social norms and access to various public services in normal and emergency context. Likewise, through the reflect session on GBV to women groups, women were able to gain knowledge and were more aware on GBV during disaster and regarding how to identify GBV and were able to share their GBV experiences and related issues.

With the participation of chairperson, vice-chairperson of Kailari Rural Municipality, Judicial committee members and other representative stakeholders of Kailari Rural municipality, a workshop on mapping of Referral mechanism of GBV was conducted and presently, we have prepared a hoarding board showcasing the referral



pathway and entities that can be conducted in case of GBV. The newly elected local stakeholders were able to gain in depth knowledge and form a conceptual clarity which can further be seen in their future work. Several reflect sessions with father groups, survivor groups allowed to widen their dimension of awareness and knowledge. With the choice of survivor group themselves, vocational training on vegetable farming was conducted to support the GBV survivors by empowering through economic independency.

हिंसा प्रवाहित व्यक्तिलाई सहयोग गरौं, आवाज उठाऔं |



परिवार



मनोविमर्शकर्ता



प्रहरी



न्यायिक समिति





कानुनी सहायता

हिंसा प्रभावितले आफ्नो सहयोगका लागि कहाँ जाने?



महिला समूह



राष्ट्रिय महिला आयोग



स्वास्थ्य संस्था

अन्य सहयोगी संयन्त्र

- कैलारी गा. पा. समुदायको भल्मन्सा वडा नं. ७ (९८२४६७८५५०)
- कैलारी गा. पा. वडा कार्यालय वडा नं. ७ (९८४८६६१७१२)
- कैलारी गा. पा. वडा कार्यालय वडा नं. ५ (९८६५६५११९९)
- कैलारी गा.पा. न्यायिक समिति (९८४०२१२८७३/ ९८६८५६९३६४)
- स्वास्थ्य चौकी (९८६८४२१५८७)
- हसुलिया प्रहरी चौकी (९८४८६७९५४१)
- विपद व्यवस्थापन समिति (९८०४६९१५९२)
- जिल्ला प्रहरी कार्यालय (०९१-५२११५०)
- ओ.सि.एम.सि (एकद्वार संकट व्यवस्थापन केन्द्र -९८५८४५४६३३)
- ओरेक नेपाल (०९-१५२५२६१/ ९८५८४२५२०४)
- माइती नेपाल (०९१-५२५९७९)
- सि.एम.सी नेपाल (मनोसामाजिक सहयोगको लागि- ०१-४१०२०३७)
- नेपाल बार एसोसिएशन (०९१-५२२६६२/ ०९१-५२३६१३)

पैसा नलाग्ने फोन/ टोल फ्री हेल्पलाइन नं.

- राष्ट्रिय महिला आयोग (११४५)
- ओरेक नेपाल (५२)
- बाल हेल्प लाइन (१०९८)
- जिल्ला प्रहरी कार्यालय (१००/ १०४)



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FORMATION OF 'SHRAMJIVI MAHILA SANJAAL'

One of the main pillars of Nepal's economy is Labor migration. The number of Nepali migrant workers in foreign countries ranges from 2.4 million to 3 million . The majority of Nepali women migrant workers are employed as domestic workers, and the major destination countries are UAE, Kuwait, Saudi Arabia, Qatar, Jordan,



Malaysia and Hong Kong. The Government of Nepal has imposed travel bans and restrictions for women from working as domestic workers in foreign countries as a response to the reports of human rights violations of migrant domestic workers. Instead of protecting the Nepali migrant women, the travel restrictions discriminate against women and endanger them by increasing the risk of human trafficking and exploitation.

Tarangini foundation believes in the power of solidarity and team spirit. Acknowledging this, Tarangini Foundation has begun the movement building with the formation of working women forum which is called 'ShramJivi Mahila Sanjaal'. This forum was formed in May in Kavrepalanchowk in which there exist nine returnee migrant women as the board members who shall work forward in identifying their issues followed by advocacy for transformation.



FLYER ON SRH SERVICES FOR NEPALESE IN NEW YORK IN COLLABORATION WITH WOREC SATHI (FRIENDS OF WOREC)

The flyer was prepared to disseminate information about available reproductive health services for the Nepalese migrants in New York City. It was delivered during the data collection process of the comparative study titled, "Migrant Women and Sustainable Development Goals (SDGs): Access to Sexual and Reproductive Health Services (SRHR) in Japan and the US," conducted by Dr. Masako Tanaka, Sophia University. The research identified the knowledge gaps between the needs of the Nepalese migrant women and the services in New York City and the importance of both pre-departure and post-arrival training/orientation on the migrants' access to health services at their destinations.

Sexual and Reproductive Health Services in New York State

नेपालमा प्रयोग गरिने सबै साधनहरू अमेरिकामा पाइन्छ ।
नेपालबाट ल्याउने वा नेपालबाट पठाउने गर्नु पर्दैन ।

Available Contraceptive Methods in the U.S.

Condom (काचम/डाँडा)

- पुरुषले प्रयोग गर्ने
- Prescription चाहिँदैन
- यौन रोग विरुद्ध पनि सुरक्षा प्रदान गर्दछ ।

Oral Contraceptive pills (पिल्स)

- महिलाको प्रयोग गर्ने
- यो इन्जेक्सन हो ।
- सबै सेवन गर्नु पर्छ ।
- Prescription चाहिँदैन
- महिलाहरूको चक्र बदल्न पनि प्रयोग गरिन्छ ।

Implant/Norplant (नरप्लाण्ट)

- महिलाको प्रयोग गर्ने
- हार्मोनसहित
- पाखुरामा हालिन्छ
- डाक्टरको सल्लाह चाहिँदछ
- तारिम प्राप्त व्यक्ति ले
- माथै राख्न पाउछ ।

Depo Provera/Injection (इन्जेक्सन/सिङ्गल)

- महिलाको प्रयोग गर्ने
- यो इन्जेक्सन सिङ्गल हो
- दिन महिना मा एकटक सिन्जु पाछै
- डाक्टरको सल्लाह चाहिँदछ ।

Copper T/IUD (कापर टि/सुधा)

- पाखुरामा हालिन्छ
- डाक्टरको सल्लाह चाहिँदछ
- तारिम प्राप्त व्यक्ति ले माथै राख्न पाउछ

Emergency Contraceptive (इमर्जेन्सी पिल्स)

- Plan B/Emergency pill २-२
- पेटमा थिक्न सेवन गर्नु पर्दछ
- पलातई नियमित परिवार नियोजनको साधनको रूपमा उपयोग गर्नु हुँदैन
- Prescription चाहिँदैन

Not 18 years? No worries!! All are available for you as well!

ABORTION IS HEALTHCARE

MY BODY. MY CHOICE. MY RIGHTS.

Abortion is LEGAL in New York State!

Abortion कस्तो अवस्थामा गर्न पाइन्छ ?

- 24 हप्ता सम्म को गर्भ भएको
- कुनै स्वास्थ्य समस्या भएमा, २४ हप्ता पछि पनि डा.को सल्लाह अनुसार
- तपाईं को स्वास्थ्य बीमा (insurance) बाट लागन (cost) व्यवस्थापन हुन सक्छ।
- तपाईं New York Abortion Fund (NYAAF) मा पनि सम्पर्क गर्न सक्नु हुन्छ

Female condom

Vaginal Ring

Vaginal Sponge

Patch

Diaphragm

नेपालमा नयाइने अन्य थुप्रै साधनहरू यहा उपलब्ध छ

WOREC Sathi | <https://tarangini.org.np/>

के तपाईँ इन्स्योरेन्समा भर्ना हुनु भएको छ?

छ, व्यक्तिगत इन्स्योरेन्समा

डाक्टरको इमर्जेन्स क्लिनिक नभएको र सभै डाक्टरको परामर्श र परीक्षणको लागै रकम तिरेर दिनु।
कुनैपनि अरको इन्स्योरेन्स कम्पनीबाट सम्पर्क गर्नु हुन्छ।

छ, Medicaidमा

सेटिङ्ग क्यान्सिलेसिन्स क्लिनिक-सेटिङ्ग क्यान्सिलेसिन्स क्लिनिक (IMM)को विधि हुन्छ तिरी दिनु।

- सबै प्रकारका एन्टिबिओइम
- HIV/STDs परीक्षण
- Pap smear
- काचम/परीक्षण (काच/परीक्षण)
- योन्टिन

डि.सुष्क र सेन्सिबल सेवा प्रदान गर्ने सबै डाक्टरसमा सेटिङ्ग क्लिनिक शामिल गर्ने।

छैन

Family Planning Benefit Program (FPBP) बाट तपाईंको काँटा पाउन सक्नु हुन्छ। यदि तपाईं:

- सेटिङ्ग क्लिनिक भई हुनुपर्ने छैन भने
- न्युयोर्क राज्यको बासिन्दा हो भने
- न्यु जर्सी बसाइने व्यक्तिसमा पर्नु हुन्छ भने
- FPBP ले सबैभन्दा बढी सेटिङ्गको तथो सबै सेटिङ्गको सुक्त तिरी दिन्छ।

याद गर्नुहोस, तपाईं संग कुनै इन्स्योरेन्स भए पनि वा नभए पनि, न्युयोर्कमा यौन र प्रजनन स्वास्थ्य सेवाहरू पाउन सक्नु हुन्छ!

Are you a college / university student?

Student Health Centers/Women's Centers offer, for instance:

- condoms, tampons, and menstrual hygiene pads at free of cost
- oral contraceptives, emergency contraceptives, pregnancy test, etc. at discount rate
- Gender Based Violence Counselling

Important Contact Numbers

- New York City Medicaid Managed Care (MMC) Helpline: 800-505-5678
- Growing up Healthy Hotline: 800-522-5006
- New York Abortion Access Fund (NYAAF): 212-252-4757
- Planned Parenthood of Greater New York: Diane L. Max Health Center (Near Court Square Station) 212-965-7000

तपाईं को इमर्जेन्स क्लिनिक प्रयोग गर्ने चाहेको परिवार नियोजन को साधनको को प्रयोगकर्ता तपा स्वसंग जोडिन सक्ने सम्बन्ध (side effects) वा कोमा विद्युत रूप मा बुझ्नुपर्ने।
यो सुचना यस्ता न्युयोर्क राज्य आधाभूत सेटिङ्गको कोमा मात्रै जानकारीका लागि छैन।
परिवार नियोजन, प्रजनन तथा यौन स्वास्थ्य सेवा सम्बन्धी अन्य जानकारीहरू नेपाली भाषामा तल दिइएको NYC website मा पाउन सकिन्छ।
<https://www1.nyc.gov/site/doh/health/health-topics/birth-control.page>
यदि तपाईं न्यु योर्क बाहिरको state मा बस्नु हुन्छ भने यस्ता जानकारीका लागि तपाईंको state को website हेर्न हुन अर्जुन गरिन्छ।

WOREC Sathi

TARANGINI GALLERY

PARTICIPATION IN SOUTH ASIAN GAATW PARTNERS MEETING





EIGHTH BATCH PSYCHO- SOCIAL COUNCELLORS READY!



ABOUT US

Tarangini Mahila Adhikar Prashikshyen Kendra (Tarangini Foundation), established in 2017, is a non-profitable organization working on an initiative for integrated security and feminist documentation. The Sanskrit word 'tarangini' means tranquility in English. This term was chosen for the institute because it better represents the harmonious relationship among the women who have been engaging in the feminist movement of Nepal for a long. The reciprocity and exchange among the women activists and their organizations which has been continuing for more than 25 years are counted as an important asset to take the feminist movement to new heights.





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