

tarangini foundation

News and features

- Self-Care/ Psychosocial First Aid (PFA)

Training for Deputies (7 provinces)

- Self Care Sessions for Frontline

Workers

- Psychosocial Well-being: Foundation of Peace



Providing self-care: Building Resilience

The COVID-19 pandemic is showing no sign of slowing down throughout the world. People have not just been affected economically due to the pandemic, but equally affected mentally and emotionally. It has had a significant impact on women and other marginalized communities, such as domestic violence, sexual coercion, sexual and reproductive health needs, joblessness, homelessness, stigma, and discrimination. All this impact has added to the pre-existing inequalities and injustice faced by vulnerable people. The rate of mental health problems and suicides has increased rapidly in Nepal since the start of the pandemic and subsequent lockdown. The data compiled by Nepal Police shows that more than 2,000 people committed suicide during the 5-months lockdown period in the country, that started in March. This statistic alone is enough to give us an immediate insight into the toll the pandemic has taken on people's mental health. Despite the harsh conditions of the pandemic, frontline workers like psychosocial counselors, and women human rights defenders (WHRDs) have been working selflessly to fight against the increasing gender-based violence and mental health issues in the communities, caring little to none about themselves. This public service is praiseworthy. However, we should not ignore the fact that the chances of the frontline workers themselves being burned out is frighteningly high. This type of difficulty naturally causes them to become distracted from time to time, causing feelings of frustration and loss of enthusiasm to work, which in turn affects their quality of service given to the community. Since its inception, Tarangini Foundation has been working to strengthen the women's movement by providing training to women and women activists from the grassroots level to the women in center. Similarly, being a part of the feminist movement, Tarangini Foundation has always believed in making feminists strong from within.

So, even in the lockdown period, we have been conducting the much-needed self-care sessions virtually for frontline workers, deputy mayors/chairs, psychosocial counselors, and WHRDs every alternate Saturday. These sessions focused on taking care of self, strengthening self from within, integrated security, self-care and stress management, and how to manage burnout during work. Looking after ourselves is an ongoing practice in building resilience to face hardships and in preventing burnouts. So, we believe that this will re-energize the tireless frontline workers, build their resilience, and increase their motivation to serve their communities further. And we envision that a pool of highly resilient frontline workers can ensure a more protective outcome for the psychosocial well-being of people



Dr. Renu Adhikari
Chairperson
Tarangini Foundation/National Alliance of Women Human Rights
Defenders



Activities for building resilience

1. Self-Care/ Psychosocial First Aid (PFA) Training for Deputies (7 provinces)

In the local level elections of 2017, many committed women were elected as vice chairpersons, who are now coordinators of nine different committees, including the Judicial Committee. Despite the various difficulties created by the socialized individuals within the patriarchal structure, they continue to play their role. But their proximity with survivors of violence and challenges within the system can cause burnout, frustration and loss of enthusiasm to work. This negative impact can then make it difficult for thousands of women in the community to access justice, among other things. Such a situation can happen to any woman working in a patriarchal structure like ours. It also affects their physical, mental health and their work. Therefore, in order to manage the stress that comes with the work of deputies, it is necessary to be aware of the internal and external strengths and weaknesses and to know the ways to balance between them. This is an important aspect of self-care. Therefore, despite the constant mountain of various problems they face, the people's representatives who are moving forward in their work need the skill of self-care to work with enthusiasm and understand the appropriate security plan for life.

In this context, Tarangini Foundation organized a five-days self-care/PFA for deputy chairs of various rural municipalities and deputy mayors of municipalities in all 7 provinces. The first four days focused on providing self-care skills and psychosocial first aid skills to the deputies while the fifth day was focused on building the support mechanism for psychosocial well-being in the community. Senior psychologists and psychosocial experts facilitated the training. In numerous individual sessions, Tarangini Foundation managed to provide these much-needed trainings to the respective individuals from all 7 provinces. Similarly, to strengthen the support mechanism, Tarangini Foundation is training 4 women from the communities to become psychosocial counselors so that they can be a valuable resource within the community to promote mental health. The self-care/PFA training for province 1 was conducted from 25 to 27 September, province 2 from September 26 to 27, Bagmati province from 28 to 30 September, Gandaki Province from 27 to 30 September, Province 5 from 22 to 26 September, Karnali province from 18 to 22 September, and Sudurpaschim Province from 25 to 29 September.

2. Self-Care Sessions for Frontline Workers

Self-care is an essential part everyone's life. Especially in the current context where fear, stress, anxieties have been the normal responses to COVID-19 pandemic, self-care is ever more important. People are not only scared of contaminating the virus but are also facing mental and emotional problems. Frontline counselors and WHRDs are continuously working day and night to address this situation and help people overcome their problems. But on the other hand, due to overwork and lack of self-care activities, they were burned out and struggling themselves.

Since the beginning of the lockdown due to the global pandemic, Tarangini Foundation has been continuously supporting the frontline counselors via virtual self-care sessions. The sessions have been facilitated by different senior counselors and psychiatrists. The participants did not just learn the steps of self-care but also learned to manage stress and anxiety. They also learnt that self-care isn't selfish, time consuming, or indulgence but it helps in making mindful changes in patterns of thoughts and behaviors that do not contribute to one's wellbeing. In the sessions, they were taught to deal with the burnouts they must go through working in their sectors tirelessly. Additionally, the sessions focused on anxiety relief, stress relief, relaxation exercises and meditations to maintain the peace of mind.



Self-Care and Anxiety Management
For WHRDs and Frontline Counselors

Virtual Meet:
19th September, 2020
Saturday
12 pm to 2 pm

Organized by:

tarangini foundation

NAWHIRE

Facilitator
Dr. Puspita Sharma




सुपरभिजन तथा स्व:हेरचाह

मिति : २०१७ असोज २८
समय : दिउँसो २:०० बजे देखि ४:०० बजे सम्म
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पासकोड : 927078

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Self-care session highlights

- Assessment: Strengthening Support Mechanism for WHRDs, Frontline Workers and Counselors of Province 2 (August 15th)
 - Case Study and Self-care Session (August 29th)
 - 6 Months Psychosocial Counselors Training (From September 1st)
 - Self-care and Anxiety Relief Session for frontline counselors and WHRDs (19th September)
 - Mental Health and Spirituality (October 11th)
 - Supervision and Self-Care (October 14th)
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3. Psychosocial Well-being: Foundation of Peace

September 21 is celebrated worldwide as the International Day of Peace to promote peace and prevent conflict. This year too, the day of peace was celebrated with the slogan "Shaping Peace Together". However, we believe that cease fire and lack of violence do not ensure peace. Psychosocial well-being of every people in the country is necessary to make the country peaceful. As long as violence against women, hate crimes, untouchability and other social crimes persist, we cannot achieve peace. The COVID-19 pandemic has also affected people's mental health and psychosocial well-being as they are affected by situations like anxiety, panic, and uncertainty of the future. Taking this into consideration, Tarangini Foundation decided to celebrate this year's International Peace Day with a different theme of "Psychosocial Well-being: Foundation of Peace". Establishing peace from the community level requires the cooperation of all and this requires an environment of positive thinking, trust in change and mutual respect.



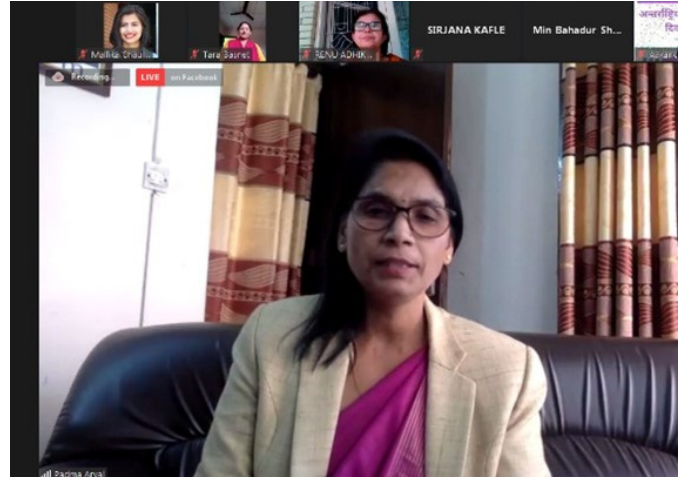
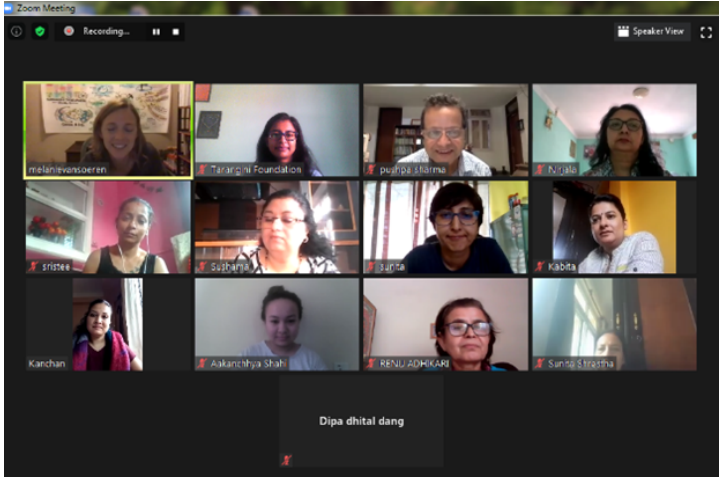
August-October 2020, Vol. 2

Therefore, we organized the virtual webinar “Psychosocial Well-being: Foundation of Peace” on September 21, 2020 from 11:00 am to 1:00 pm which aimed to plan for the establishment of peace from the community level, interact about the need to achieve collective psychosocial well-being to develop the foundation of peace, and discuss the efforts made by the government and civil society for that goal. The Chief Guest for the webinar was Hon. Minister for Women, Children and Senior Citizens Parbat Gurung who committed to take the initiative to move this issue forward effectively and stated that the ministry has been implementing psychosocial counseling programs throughout Nepal. The event was attended by representatives from the Ministry of Women, Children and Senior Citizens, Women and Social Affairs Committee of the Federal Parliament, National Planning Commission, Social Welfare Council, District Coordination Committee, local government representatives, women human rights defenders, human rights activists and mental health professionals.



Other Activities

- Webinar on Development, possibilities and challenges of inclusive youth leadership from the community (August 11)
- Webinar on the co-operation of the community, civil society and the government is essential to address the growing risk of corona infection in Kathmandu (August 19)
- Tarangini Series of Discussion Part I: Teej from a feminist perspective (August 22)
- Webinar on the causes of violence against women and the role of people's representatives in reducing and ending it (August 23)
- Training on documenting Case Studies through the Narrative Approach (August 24 to 27)
- Webinar on Reintegration for Women Migrant Workers (August 29)
- Webinar on the role of youths in addressing the challenges of Corona control in Province 2 (September 4)
- Tarangini Foundation Feminist Discussion Series Part I: Identity (September 6)
- Tarangini Foundation Feminist Discussion Series Part II: Identity (October 11)
- Webinar on problems of women journalists and recommended solutions in Province 2 (September 10)
- Training for Trainers on Trauma Informed Care (2nd October – 5th October)



आप्रबाशी महिला कामदार को पुनःएकीकरण : सामाजिक रूपान्तरण को अवसर ?

मिति: २०७७ भदौ १२ गते (तदनुसार २८ अगष्ट २०२०) शुक्रवार
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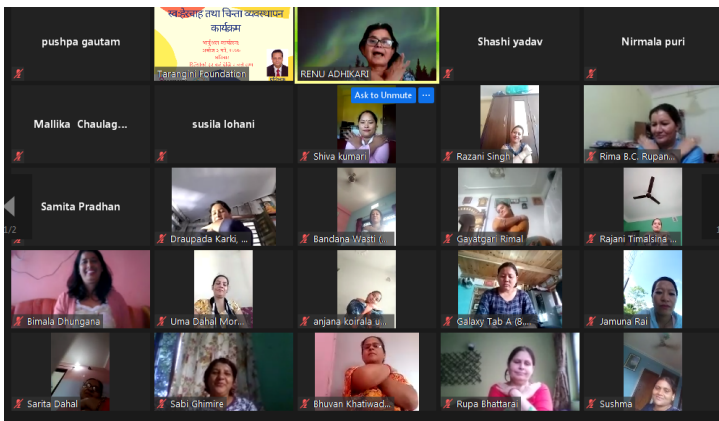


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foundation



विश्व शान्ति दिवसको अवसरमा
अन्तरक्रियात्मक कार्यक्रम
"मनोसामाजिक स्वास्थ्य : शान्तिको आधार"
मिति : असोज ५ गते , २०७७
समय : बिहानको ११ बजे देखि दिउँसोको १ बजे सम्म
मितिङ्ग आइ.डि: 98715099964

आयोजक:
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TARANGINI FOUNDATION PRESENTS

FEMINIST DISCUSSION SERIES

"If society will not admit of women's free development, then society must be remodeled." Elizabeth Blackwell

PART II WOMEN'S RIGHTS MOVEMENT IN NEPAL

Join us on October 11, 2020 at 2 PM

Our Team:



Dr. Renu Adhikari
Chairperson



Shristi Bajracharya
Program Coordinator



Mallika Chaulagain
Sr. Program Officer



Usha Malla
Admin/Finance



Aakanchhya Shahi
Field Research Officer



Monika Poudel
Program Officer



Kanchan Rawat
Program Officer (Psychosocial Counseling)



Gita Chaudhary
Support Staff

Our Collaborators



Global Alliance Against Traffic in Women

**GLOBAL
FUND
FOR
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Alliance for
Social Dialogue

**URGENT
ACTION
FUND ♀**

FOR WOMEN'S HUMAN RIGHTS



**Women's
International
Peace Centre**

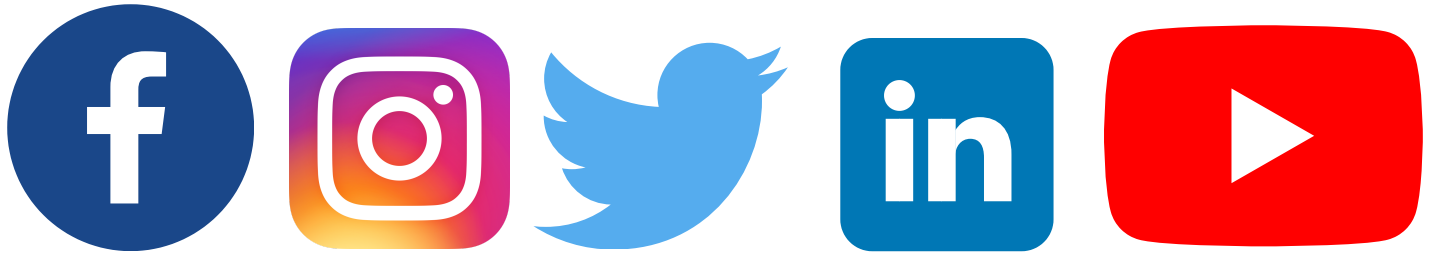
Amplifying Women's Voice and Power



INDIVIDUELL MÄNNISKOHJÄLP
SWEDISH DEVELOPMENT PARTNER

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 since long. The reciprocity and exchange among the women activists and their organizations which has been continuing for more than 25 years is counted as an important asset to take the feminist movement into new heights.



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