



News and Features

- Returnee Migrant Women Workers and Re-integration
- Transforming Toxic Masculinity through Child Development Program
- Staff Retreat Program
- We have moved to a new location!



Domestic Violence: Rooted Structurally, Manifested Domestically?

Nepal was in nationwide complete lockdown earlier this year, with some partial restrictions still in place. Much more disturbing is the fact that the restrictions (brought onto by the COVID-19 pandemic) have restricted women and young girls within their homes, increasing the risk of them being subjected to domestic violence. The unavailability of proper transportation and communication during this period has also restricted their accessibility of support systems and services to combat such incidents; which consequently aided in an exponential increase in domestic violence. The forced home confinement seems to have exponentially increased the incidents of violence against women and young girls, mostly due to their increased proximity to the offender(s). Data also shows that more and more incidents of violence against women, sexual abuse (especially on children) were being reported during the lockdown, and it has continued even after. There has been a slew of articles during the lockdown that claim that over 700 women and young girls committed suicide during the lockdown, most allegedly because of domestic violence ranging from physical abuse to forced child marriage.

The lockdown caused extensive job loss that resulted in financial strain for people, especially for those working in the informal sector (which is where most of the women are engaged). The unchanged patriarchal mindset of the society does not help the women either as most people still think that household work is the 'job' created for us, women. However, in practicality, along with being the primary caretaker at home, most frontline workers during the pandemic were also women: They were engaged as Female Community Health Volunteers (FCHV), nurses, and other health facilitators. But despite all of their efforts, the workforce 'glass ceiling' still persists and because of the unequal power relations women are still underappreciated, underpaid, and usually not in the position to take a decision (at home or at their employment). This is sheer negligence: even more, it is a shared value of society that it is women who have to take care of the household even if they are a self-independent person working a full-time job.

These so-called ' structural values' of the society coupled with increasing incidents of domestic violence can result in physical as well as psychological effects on the survivors, ranging from mild anxiety symptoms, worry apprehension, feeling ashamed to more severe anxiety symptoms like, post-traumatic stress disorder, schizophrenia, and even thoughts of self-harm and suicide. The measure taken by the government of Nepal to fight violence against women and girls during and since the Covid-19 pandemic seems bleak at best. The government and like-minded NGOs and INGOs should now collaborate to create relief packages for them to fulfill at least their basic needs. They can be engaged in the production of essential supplies like sanitizers, masks, foods, and so on, the demands for which now seem to be even increased.

Furthermore, awareness of the effects of such structural violence, and its prevention should be one of the major services in the post-pandemic response package of the government. Female Community Health Volunteers and other frontline health care workers should be trained and prepared to address the issues of domestic violence and its impact. Shelters and rehabilitation centers should be prioritized as crucial services with support provided round the clock. Also, people need to be made aware of the different forms of domestic violence physical abuse, mental pressure on child marriage along its severe effects on the survivors. The community also needs to be aware of the ways to seek support and help if they see any such incidents taking place in their vicinity. Such major interventions for the rehabilitation of the survivors of domestic violence should be the main focus in the recent future. Moreover, prevention of such incidents in the future can be achieved by addressing the basic causes of such violence, which are fueled by the structural, political, and social mindset of the pre-dominant patriarchal society. Government and non-government agencies can further collaborate to update the economic and policy factors for reducing the gender gap subsequently reducing the longer-term impacts of violence against women and young girls



Dr. Renu Adhikari
Executive Director
Tarangini Foundation

Events based on 16 Days of Activism

- Transforming Toxic Masculinity through Child Development Program (November 22)
- Mental and Spiritual Program to end the cycle of Violence (November 26)
- International Women Human Rights Day Program (November 30)
- National Women's Martyr's Day Program (December 6)
- Mental Health: Human Rights Issue (December 10)

लैंगिक हिंसा विरुद्धको १६ दिने अभियान

हिंसाको चक्र अन्त्य गर्न मानसिक स्वास्थ्य र आध्यात्मिकता

२०२० मंसिर १५ (नोभेम्बर २५, २०२०)
दिउँसो २ बजे देखि ४ बजे सम्म
मिडिङ आइडी : ९२१ ७९४ ३३७८

सहजकर्ता
डा. रघु अधिकारी
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डा. रघु अधिकारी



अन्तर्राष्ट्रिय महिला मानव अधिकार रक्षक दिवसको सन्दर्भमा

"Building resilience : strengthening feminist movements"

२०२० मंसिर २५ (नोभेम्बर ३०, २०२०)
दिउँसो २ बजे देखि ४ बजे सम्म
मिडिङ आइडी: ९७७ १६२० १८३७



लैंगिक हिंसा विरुद्धको १६ दिने अभियान

"महिला शहीदहरूको सम्झनामा महिला कविहरू द्वारा कविता वाचन"

मंसिर २२, २०२० (डिसेम्बर ६, २०२०)
दिउँसो ३ बजे देखि ५ बजे सम्म
मिडिङ आइडी: ९६५ ३९५४ ३३२१
पासवर्ड: ७१३००७



अन्तर्राष्ट्रिय बाल अधिकार दिवसको अवसरमा आयोजित

"उचित बाल विकास मार्फत विषाक्त पुरुषत्वको रुपान्तरण"

मिति: २०२० मंसिर ७ गते (नोभेम्बर २२, २०२०)
समय: दिउँसो २ बजे देखि ४ बजे सम्म
मिडिङ आइ.डी : ९२१ ७९४ ३३७८

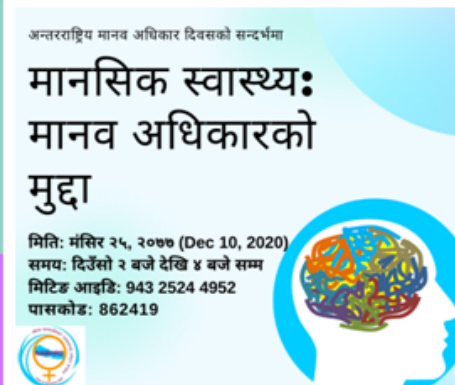
सहजकर्ता:
डा. रघु अधिकारी



अन्तर्राष्ट्रिय मानव अधिकार दिवसको सन्दर्भमा

मानसिक स्वास्थ्य: मानव अधिकारको मुद्दा

मिति: मंसिर २५, २०२० (Dec 10, 2020)
समय: दिउँसो २ बजे देखि ४ बजे सम्म
मिडिङ आइडी: ९४३ २५२४ ४९५२
पासकोड: ८६२४१९



No More Gender-Based Violence

Transforming Toxic Masculinity through Child Development Program

The session, organized virtually on November 22, 2020, discussed the detrimental patriarchal mindset of the people that have given rise to social malpractices like domestic violence, the exponential rise in rape cases, human trafficking, and so forth. The program was moderated by Dr. Renu Adhikari with the presence of honorable Education Minister Girirajmani Pokharel, Child Rights Activist Mr. Kumar Bhattarai, Prof. Dr. Pankaj Priyanshi, and Spiritualist Swami Basudev Lamichhane Acharya.

During the session, which was a part of Tarangini's 16 Days of Activism against gender-based violence, it was shared that 1719 cases of gender-based violence were reported within 6 months (Chaitra 2076 to Ashoj 2077) during the lockdown forced by the Covid-19 pandemic. Moreover, the Nepal Police reported that there were 4448 cases of violence against women, children, and senior citizens during the same period along with 1480 cases of rape, 727 cases of attempt to rape, 308 cases of human trafficking, 12225 cases of domestic violence, and 48 cases of witchcraft in 074/75. The sheer number shows that we as women are still taken by society as the second gender and men still feel their superiority over us.

Analyzing all of these cases it was discovered that most of the reported perpetrators were either family members or close acquaintances of the survivors aged between 17 to 35 years, which shows that the sense of male superiority invigorated by toxic masculinity starts at a very young age and it is from a very young age that we need to make children realize that both men and women deserve to be treated equally.

We can definitely take steps to reduce the problem. To steer society towards any possibility of development, it is important to end toxic masculinity. For this we need to educate people from a very early age about the causes and effects of toxic masculinity and how it deteriorates the value consensus of the entire society as their personal insights seep into political and policy levels.

Moreover, women, as an equal contributor to society in every aspect from education to healthcare and beyond, need to understand their role, importance and potential in society and take a stance against such malpractices.

Mental Health: Issue of Human Rights

According to the Universal Declaration of Human Rights (1948): “Health as part of the right to an adequate standard of living (article 25)”. Similarly, the WHO Constitution states that “the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being...” UN Human Rights Council (2002) created the mandate of the “Special Rapporteur on the right of everyone to the highest attainable standard of physical and mental health”. However, despite all these International Human Rights Laws across the world Mental Health as a part of the overall health of human beings has been highly overlooked. Subsequently, women and young girls as primary targets of domestic violence and other such social malpractices are even more affected. Therefore, to discuss this quintessential matter, Tarangini Foundation organized a virtual program on December 10, 2020, marking International Human Rights Day as a part of Tarangini's 16 Days of Activism against gender-based violence.

In Nepal, the plight is shoddier than most of the countries as, most of the people (especially in the rural areas) do not have access to basic mental health services, or even worse, they are not even aware that there can be many forms of mental problems. Women with phobias, severe depressions, schizophrenia, bipolar disorder are termed as 'witches' and have had their human rights violated by stigma, ostracization, lack of access to health services, and lack of rights to live respectfully in society. Any people diagnosed with mental illness are carelessly tagged as "crazy" or "mad" and are treated with utmost dishonor and the possibility of their reintegration into society is negligent.

During the session, it was conferred that to fight against such stigma, the government, with the help of other national and international non-government organizations, need to increase investment in mental health to make it more accessible for all and the primary healthcare system of Nepal also needs to incorporate mental health services. However, it is also necessary to monitor the implementation of policies; making policies without being applied is equally worthless. Dr. Renu Adhikari further stressed that programs across the nation need to aware people that mental health is not a stigma and like any other illness it can also be cured with proper treatment. The focus should be more on changing the attitudes towards people living with mental illnesses.

Returnee Migrant Women Workers and Re-integration

On the occasion of International Migrants' Day, a webinar was conducted with an objective to make the results of an online survey on the suffering and reintegration of women workers returning from foreign employment public and to make the participants aware of the existing concept of reintegration. For reintegration, it is necessary to go to the roots. Different discriminatory activities against women have forced women to go abroad. Most of the women go for foreign employment to avoid domestic violence or other forms of abuse but there is still no safe environment for them. Although the country's constitution and the Foreign Employment Act do not discriminate on the basis of gender, the practice does not show that. As the country's policies are not in the interest of women migrant workers, women are forced to go abroad without being registered, which is why women are still in trouble. Unless society recognizes the service-oriented and caring work done by women as labor, it will be difficult to bring women migrant workers back into the realm of reintegration. Where women do not have respect for their work, do not have their own identity, do not have control over their body, in such a situation, there is a big question

about how women can go for reintegration. Similarly, women enter into agreements with many parties to go for foreign employment. Thus, a safe environment has not yet been created for them to go out of the house challenging patriarchal thinking. The policies and laws of the country are restricting them, which is why women are forced to go for foreign employment.

Therefore, the state should register unregistered workers, especially women, in a systematic manner and bring them under the ambit of social security. At the same time, women's labor must be properly evaluated and respected and reintegrated. Neither the economic benefits nor the increased confidence and experience of women migrant workers are helping them to reintegrate into Nepal's labor market or change the situation within their families. It has become very challenging for women to balance their new financial independence and autonomy with the patriarchal social system that forces women to play traditional roles. On the other hand, taking this situation seriously, women returning from abroad and the skills they have brought can be used properly, as now there is an opportunity to address various socio-economic problems associated with foreign employment.

Staff Retreat

Tarangini Foundation has organized the 'Staff Retreat Program' from November 30th to December 1st, 2020. The program was organized to familiarize new staff members and get to know each other well and also to ensure better collaboration among the staff of Tarangini Foundation. It was a 3-day Retreat program at the Osho Meditation Center in Sauraha, Chitwan. Different discussions and activities were conducted to make staff familiar with the programs and projects of Tarangini Foundation. Meanwhile, the staff also enjoyed sightseeing and boating at Chitwan National Park along with yoga and meditation.



Other Activities:

- Discussion of Current Issues and Greeting Exchange Program (November 8th)
- Beginning of 6 Months Psychosocial Counseling Training for 6th Batch (November 25th)
- Staff Retreat (November 30th – December 1st)
- Virtual Program for Returnee Women Migrant Workers and Reintegration (December 18)
- Trauma-Informed Care (27th-29th December)
- Feminist Mentoring Training (3rd January – 9th January)
- Beginning of 6 Months Psychosocial Social Counseling for Budanilkantha Batch (7th Batch) (3rd January)
- Tarangini Foundation's Annual General Meeting (10th January)
- Facebook Live Sessions on Mental Health Issues and Psychosocial Support (Throughout January)

FEMINIST MENTORING TRAINING

3rd January - 8th January, 2021

BUILDING FEMINIST LEADERSHIP REQUIRES FEMINIST MENTORING

If women stops, the world stops.

8:00 AM - 12:00 PM

हामी सँगै छौँ
(Together)

१६६००१२०००४

मानसिक स्वास्थ्य तथा मनोसामाजिक सेवा विषयक
अन्तरक्रियात्मक फेसबुक लाइभ कार्यक्रम

प्रतेक शुक्रबार
दिउँसो १ बजे देखि ३ बजे सम्म
फेसबुक लाइभ मार्फत

सहयोग

नेपाल सरकार
महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय

Tarangini foundation

UN WOMEN



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.

We have moved!

From January 2021, we have moved to a new location. We are now located at Kumarigal, Kharibot, Gaurighat. We have moved to a larger place with additional team members. Following that, we also have changed our contact number.

Do feel free to contact us at:

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