



## PEACE THROUGH MENTAL HEALTH

### Editorial

Mental and psychological health is an essential and a core part of our overall wellbeing. Physical health and wellbeing is not possible without healthy mental state. Mental health still being a taboo in Nepal is not discussed in an open manner. However, recently there has been increasing acknowledgement of the important role of mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in Sustainable Development Goals. According to WHO, depression is one of the leading causes of disability and suicide is the fourth leading cause of death among 15 to 29 years old. According to the national mental health survey 2020, the prevalence of mental disorder among adolescents is 5.2% in Nepal and the prevalence of current suicidal thoughts among adolescents is found to be 3.9%. Similarly, in adults the prevalence of any mental health disorder is found to be 10% (1)

Peace is interrelated to mental health. Mental health affects physical health, but the more the amount of inner violence, disharmony and negative emotions the lower our mental health. Negative psychological states such as distress, depression, and anxiety have been found associated with higher risk of mental illness. Negative thoughts have been found to play a critical role in depression and psychological

### *In This Issue*

Editorial.....	1
Celebrating International Peace Day.....	4
South Asian Consultation.....	5
Campaign launched.....	6
Interactive Program with Shramjivi Mahila Sanjaal.....	7
Testimonials.....	9
Sudurpaschim Flood Response.....	10
Tarangini Gallery.....	11

1. <https://publichealthupdate.com/national-mental-health-survey-nepal-2020-fact-sheet/>

maladjustment. One's positive thoughts are found to be positively related to satisfaction with life and happiness. The richer we become in inner-peace, the healthier our mind becomes. This sense of wholeness and adjustment of mind and body, accompanied by a sense of inner harmony, is often reflected in the spiritual and wisdom. It is, therefore, imperative to determine the relationship between inner peace and mental health, because the complex health and well-being challenges that individual faces today are also an urgent issue for the entire society. Therefore, there does exist a strong relationship between inner peace and mental health.

In Nepal, women have a higher prevalence of mental health disease in comparison to men (4.3% vs 2.8%)[2]. The social status of women is generally considered to be inferior to men in Nepali society. Women have taken up a doubly disadvantageous position during COVID-19. All expectations of family members cannot be fulfilled, so women are often abused, threatened, and victimized leading to high incidence of mental health problems and complication.

Nepal remains as strongly patriarchal society, with women suffering from low status from all the aspects. The patriarchy in Nepal is evident from birth, with the birth of a boy child being more celebrated compared to the disappointment felt about having a girl. Therefore, underpinning Nepali society and relationships is the idea of male superiority and power. The MOHP (2007) Nepal Demographic and Health Survey found that 21% of Nepalese men believe that a husband "is justified in beating his wife". Hence in Nepal there are strong power relations present, which influence the way that men interact with women. This impacts women's mental health in a multitude of ways. Low economic and social status means that women are vulnerable to domestic abuse. They depend on husbands or male family members to provide shelter, food and financial support. The lack of access to employment and education for women can make them feel trapped into their dependency on their husbands. This can lead to women committing suicide in order to escape their situation.

Along with it, the influence of violence on attempted and committed suicide is well documented in many countries such as India, Bangladesh and Nepal. According to a study, there is a strong relationship between domestic violence and mental health problems in women. It is particularly relevant in Nepal as 80% of women reported suffering from domestic violence[3]. Women can feel trapped within their abusive situations both physically and emotionally. A culture of silence is present in Nepal, whereby women are unable to speak about the violence that they suffer at home. However, there can be severe psychological consequence for women in this context such as stress, depression, anxiety disorders and suicide. Through suppressing these negative emotions women are more likely to suffer from mental illness and experience suicidal thoughts.

3.Karki, C. "Suicide: Leading cause of death among women in Nepal." Kathmandu University Medical Journal.2011

Suicide is not only viewed as an escape from the physical abuse that they are exposed to but also an escape from the resounding emotional turmoil that women experience too. This culture of silence means that many suicides and suicide attempts go unreported, making it difficult to gauge the exact extent to which this is a problem. This extends to speaking about mental health problems stemming from abuse. People fear stigmatisation associated with this triple burden to women. The importance of self care has never been discussed, perhaps let alone practiced.

Tarangini believes that as a feminist organization there should be a platform where the issues of women can be discussed and shared. On that regard, Tarangini has been providing self care sessions, trainings to the WHRDs widening this chain of knowledge and wisdom. When thinking about everyone else, we sometime forget to take care of ourselves. Taking care of one self and loving one self should also be a priority factor of an individual. Until and unless we are healthy physically, mental and emotionally there exist no peace and undoubtedly no wellbeing as well.

-The Editorial Team  
Tarangini Foundation

## CELEBRATING INTERNATIONAL PEACE DAY

The International Day of Peace is observed all over the world each year on 21 September as this day has been declared as a day devoted to “commemorating and strengthening the ideals of peace both within and among all nations and peoples”. With the concept of “Mental health for Sustainable Peace” Tarangini Foundation conducted an interaction program with the involvement of psychologists, community counselors, government bodies, women and human rights working organization.

Sustainable peace is not possible without mental wellbeing. Until and unless there exist inner peace in an individual his or her mental health cannot be sustained. Keeping that in mind, Tarangini foundation carried out an interaction program on the occasion of peace day in order to discuss the existing situation of mental health in context of Nepal and its inter- relationship with peace. There was presence of psychologists, psychiatrist with a lively interaction on how the issue of mental health can be minimized.

The intersectional relationship between mental health and peace cannot be neglected. There are several societal origins and causes responsible for mental health of women. Until the causes are eradicated, the societal transformation is not possible.

Although, there have been some changes in women now a days that is they have started to talk about their issues however, it is not enough. The human rights movement is not meaningful if the mental health of women is not addressed where more than half of the population are women in Nepal. Individuals and community need to be sensitized on the same regard for which Tarangini Foundation has been playing its role continuously.

4.<https://ontario.cmha.ca/documents/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions>



Being healthy not just mean having no issues but being able to cope up with the issues related. Due to the havoc in mental health, the physical health also gets deteriorated. There exists several health conditions caused due to mental health issues. People with serious mental illnesses often experience high blood pressure and elevated levels of stress hormones and adrenaline which increase the heart rate. Antipsychotic medication has also been linked with the development of an abnormal heart rhythm (4). People look after their mental health but on other hand have forgotten to take care of their mental health. Forgetfulness, carelessness are some of the indicators of mental health issues which absolutely is not a weakness. Counsellors in context of developing countries are found to be practicing in a wrong way which has to be avoided. Mental peace refers to the



calmness and satisfaction leading to peace of mind of an individual. The only way to cope to mental health issues is to make a mindset of being ready to whatever comes forward. There are some strategies like developing a positive mindset, to give, to accept and to be honest with oneself. We mustn't forget that the brain can be trained and we should move towards it positively. Counselling has its own benefits; greater self-confidence, trauma resolution, less anxiety, better relationships, stress reliefs, increased assertiveness, and ability to set boundaries and so on. Peace is not the highest goal in life rather the most fundamental requirement.

Talking from a feminist angle, a source has to be defined. While talking about source, mostly external source is talked about but it is required to talk about internal source which is self-confidence. For the development of internal source, counsellors can support and societal support is also essential to develop one's internal source.

### Learn to love yourself!

#### How to love oneself? How to develop positive mindset?

It depends on how one has been brought up or how submissive one was while growing up. Self-love is possible when one looks for one selves and does what one loves on daily basis. The next one is, to collaborate and work together to transform the society which doesn't allow to perform self-love for women. Self-love also refers to thinking about one self in personal and professional level. Self-love does not include selfishness. One should not destroy other's rights in order to think about oneself.



## SOUTH ASIAN CONSULTATION: PLATFORM FOR SHARING AND LEARNING

On mid-August, 2022, eleven organizations from four countries (Bangladesh, India, Nepal and Sri Lanka) got together in order to discuss the issues of women workers forum in South Asia, furthermore to discuss how this campaign can be taken forward in order to claim their rights in the upcoming days. There was participation from organizations working on the issue of women migrant workers (inside and outside the country) and women workers themselves who



represented wide dimension of work. The praiseworthy aspect of the program was that there was the participation of workers themselves who work and implement the programs playing the lead role in social transformation.

The objective of formation of these group is to unify workers from across the country and to establish the issues that the workers are facing from local to federal level. The struggle of the women workers is very long at various levels from the local, national and international level. Furthermore, the need for solidarity, to live with each other also has been coming out which reflects multiple level of solidarity and togetherness.



Moreover, the structure of the small group has been in such a way that they now can advocate in international level as well which reflects the phenomena of intergenerational leadership development. This platform created a space for inter movement, inter sectorial dialogues exchange as the alliance involved has different kinds of movements in labor right groups, anti- trafficking groups and many more.

All women are workers and most women are engaged in both paid and unpaid works; women do number of works to sustain themselves and their family which is not acknowledged in most of the situation.

It is very much essential to create a powerful space where new knowledge will be created, plans will be made, and things would be discussed in an ongoing process. Analysis of this powerful knowledge can be documented through several creative ways which does not require formal education. For instance, through the medium of songs, poems one's stories can be extracted to the mass. Through this feminist way, treating every work with equality and absence of any power relation, the movement towards just society and wellbeing is possible.

## CAMPAIGN LAUNCHED: "MY SWEAT MY LABOUR GIVES YOU FOREIGN CURRENCY, NOW I DEMAND SOCIAL SECURITY"

Social security is the protection that a society provides to individuals and households to ensure access to health care and to guarantee income security, particularly in cases of old age, unemployment, illness, work injury, maternity or loss of a breadwinner. However, not all workers have the advantages of getting the benefits from the scheme.

A yearlong campaign on women's work dignity and respect was launched since March 8, 2022. According to the report of 'The Impact of Migration Bans on Female Nepali Citizens', the migration bans strengthen and proliferate interventions concerning mobility and labor in Nepal. For community members, safe migration awareness generation activities are seldom coupled with sustainable employment opportunities, discourage their mobility and encourage their confinement. Although there is 25% GDP contribution from remittance to Nepal, there is no any sort of social security provision to these migrant workers. On one hand, campaigns have come a long way but a huge difference has not been seen yet. The perspective of community and government towards women is still stagnant also the government is yet to recognize and value the labor of women.

On 21st September, the joint campaign was launched in Nepal with the theme of "My sweat, my labor gives you foreign currency, now I demand social security" with the solidarity of India, Srilanka and Bangladesh. The lobby and advocacy required will be fulfilled through this campaign and the campaign will play a great role in it. The program was launched by making a circle showcasing solidarity from everyone saying "Women's work is also work and we demand social security" three times.

All women's are workers. The unpaid care work that women do in South Asia is much more than any other region. The paradox is that the labor force participation of women in South Asia is declining. Women are working whole day, looking after families and going to work and earn a little bit of money however, if we look at the labor force participation of women is declining because a lot of paid work that women do is not listed as work in Nepal.

Our country takes very little responsibility in providing social security. The cross boarder migration has rose for the last 15 years for labor migration; women who are migrating



and leaving home, neither their rights are protected nor they get any social security and respect for their work. Therefore, there are 2 changes the sisters would like to see. One, the changes of the people's attitude toward the women's work and their contribution in their country or outside their country. Second, at policy level, they would like to see social security and social protection.

**My sweat, my labour gives you foreign currency!  
Now I demand social security!**





## INTERACTIVE PROGRAM WITH SHRAMJIVI MAHILA SANJAL IN SARLAHI

The Constitution of Nepal 2072 states that all Nepalese citizens have the right to employment and the right to fair labor practices. In addition to the Constitution of Nepal, the Labor Act, 2074 and regulations contain detailed provisions on fair labor practices in the Nepalese economy. However, the labor rights and rights of the workers working in the informal sector have not been implemented. Recognizing and respecting women's work is a cornerstone of any nation committed to equality and sustainable development. According to the National Labor Force Survey 2017/2018, 90.5 percent of women in Nepal work in the informal/unorganized sector. For example: entertainment sector, construction sector, sex sector, domestic workers, small businessmen, women workers who have returned from foreign employment etc.

For change making, the workers themselves need to understand their issue, organize, plan and advocate for themselves. With the solidarity of workers themselves a program was conducted in order to sensitize the government authorities and have an interactive session on women's work, social security and what can be done furthermore. Shramjivi Mahila Sanjal Sarlahi's president Tara Ghalan chaired the program held on Saturday 25th of Bhadra 2079 in Hariwan municipality of Sarlahi district. The chief guest of the program was Mr. Ramesh Budhathoki, the head of Hariwan municipality, while the ward Chairperson and women's rights activists from various organizations and working women from different sectors were present. "Shramjivi Mahila Sanjal" was formed in Sarlahi with the aim of organizing the women who came back from foreign employment and establishing their rights and changing the way society views them.



Tarangini Foundation has provided them with various trainings on capacity building and advocacy in order to increase the conceptual clarity on the importance of getting organized, the society's view of women is returning from foreign employment and women's work. An introductory program and interaction was held with the local people's representatives to introduce the network with the aim of creating pressure at the local level and creating pressure at the local level to bring them into the social security including the women who work in the informal sector as well.



## TESTIMONIALS



1

“The patriarchal attitude needs to be changed for which struggle needs to be done. All the system in world are patriarchal, guided by globalization, militarism so a change in system needs to be done.”

**-Shanta Laxmi, Chairperson, BBC**

2

“There are two changes the women workers would like to see, one, the changes of the people’s attitude toward the women’s work and their contribution in the country and abroad, second, at policy level, they would like to see social security and social protection.”

**-Bandana Patttnayak, International Coordinator, GAATW**

3

“Social security law has come forward in Nepal. As a feminist, it is very difficult to accept because it says, social security based on the contribution. If I work as a domestic worker then I have to put certain amount in social security scheme. However, it has to be unconditional. The country should respect, respond and compensate to take my family forward. For a homemaker, who shall contribute? It is the scheme given by the government. That scheme should allow me to live my life when I am not able work. Therefore, the scheme should be without any contribution.”

**-Dr. Renu Adhikari**

4

“We went abroad because government could not help us. In that case, after our return we should be given more security.”

**-A returnee migrant woman worker**

5

“First of all, as women who have migrated for work to another country we have contributed to the household and the states. We are contributors. We are agents. We need the country to recognize it.”

**-A returnee migrant woman worker**



## SUDURPASCHIM FLOOD RESPONSE THROUGH GENDER RESPONSIVE ACTION

The incessant rainfall from mid-september 2022, the sudurpaschim province has badly affected. The flood had damaged all the store food grain, livestock and loss of poverty mostly in Terai region of Nepal- Banke, Bardiya, Kailali and Kanchanpur district. The pregnant women, lactating mother, children, elderly people, adolescent girl and people living with disability people have suffered most due to shortage of food, shelter and clothes. The flood had mostly caused damaged in Bedkot Municipality and Suklaphant Municipality of Kanchanpur and Bhajani Municipality and Kailari Rural Municipality of Kailali district.

During the disaster and emergency period, there is high risk for the pregnant women, lactating mother, adolescent girl and people living with disability in regards to sexual abuse, rape, GBV and other sexual exploitation due to unsafe and proper shelter. It is very important to ensure gender responsive action in such period. Tarangini Foundation with the collaboration of NAWHRD, a loose network has been continuously engaging to promote, advocate and ensure women rights in Nepal. With support of CARE Nepal, NAWHRD had supported to the affected target population of Kanchanpur and Kailali district through psycho-social support, GBV support and relief support to boost back their confident level to return back to their normal life. Sneha Kendra- safe shelter was conducted at mostly affected area i.e. Kailari Rural



Municipality of ward no. 5 and Bhajani Municipality with close coordination with local stakeholders to provide safe shelter to mostly vulnerable groups such as pregnant women, lactating mother, adolescent girl, elderly people, children, GBV survivors and people living with disability along with psycho-social support, nutritious food, regular health checkup. . Total 14 affected women (3 pregnant women, 4 lactating women) were also supported with warm clothes and nutritious food in Kanchanpur. Likewise, 150 Pregnant women/ lactating mother, 150 children were supported with warm clothes set and 55 mosquito nets in Bhajani Municipality and Kailari Rural Municipalities respectively.



## TARANGINI GALLERY

### CERTIFICATE DISTRIBUTION OF PSYCHO- SOCIAL COUNSELLING TRAINING IX BATCH



### CAMPAIGN IS ON! WOMEN IN LEADERSHIP FOR PROVINCIAL ELECTION







## · WORLD MENTAL HEALTH DAY



## 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.

---




**Tarangini Mahila Adhikar Prashikshen Kendra  
(Tarangini Foundation)**

**Amrawati Gate House no. 446/70, Kumarigal,  
Gaurighat, Kathmandu**

**Contact No: 01-4114303 / 01-5712004**

 <http://tarangini.org.np/>

 [foundationtarangini@gmail.com](mailto:foundationtarangini@gmail.com)

 **Tarangini Foundation**