

NEWSLETTER

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TARANGINI MAHILA ADHIKAR PRASHIKSHEN KENDRA

STANDING TOGETHER DURING TIMES OF DIFFICULTIES

Editorial

Thousands of households that rely on agriculture for a living are relocated every year in the Terai and hill regions due to floods, landslides, and other natural disasters. The government's first response has always been to begin a rescue operation, save people's lives, and offer them with a relief package that includes food, tents, and medicines until the first aid arrives. This has been the government's standard operating procedure for decades until the immediate impact of the disaster dies. Once the urgent rescue and relief operations are over, it appears that the government's role comes to an end. People who have been displaced from their ancestral homes owing to natural calamities are left in the lurch whenever the four-month rainy season ends, after which they will be on their own for the rest of their lives. As a result, the number of individuals living in poverty continues to rise year after year. The most distressing aspect is that these families have no choice but to start living at public lands such as forests and riverbanks putting themselves at risk of and the vicious cycle continues. For

people living in such areas, besides being at direct risk to get affected by the monsoon, lack of basic support following such devastation such as the lack of safe drinking water, proper sanitation and hygiene, and education facilities adds to their multiple layers of vulnerabilities.

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Sindupalchowk is a district which has been at risk zone facing various landslides, floods and other types of natural disasters every year. In addition, Sindupalchowk was also epicenter of the earthquake in 2015 which took lives of thousands of people displacing hundreds of thousands. Helambu, a rural municipality in Sindupalchowk, was one of the area which was hardest hit by 2015 earthquake.

People were only just beginning to recover from the pain endured due to the earthquake and now the flood and landslide acted as triggers to their existing pain, suffering and trauma. Though the exact reason for the onset of flood is still unknown, there are enough evidences that point to the maximum exploitation of nature in the name of so called "modern development" and "urbanization".

In any disaster, women, children, people with disabilities and elderly get affected the most. This scenario is even worse at this time where people have been forced to stay indoors and avoid gatherings due to the COVID-19 pandemic. Most government schools have been shut for over a year now. Although most schools claim to have shifted to online mode of teaching-learning, for the students and children living in Helambu and nearby rural areas, that remains only at the lip service level.

After the onset of the flood at Indrawati river on 15th June, 2021 (1st Ashad, 2078), hundreds of families have been displaced in Melamchi and Helambu after their homes were swept away or buried by floodwaters under the detritus that has piled in the river plains.

Mostly, whenever we talk about disaster affected areas, our focus remains on relief materials, whether they may be food or non-food items. These are very essential elements to supporting people affected by disasters, however it is also very important to underscore that after any form of disaster mental health of people gets very heavily affected. Proper management of mental health concerns of any person affected by disaster supports proper management of other related issues that may follow. As a feminist organization, Tarangini is very much aware of this and hence immediately after the information about flood related displacement at Melamchi and Helambu and with support from Deputy Mayor of Melamchi, Tarangini acted immediately to provide support with the help of our psychosocial counseling team.

This is not the first incident where Tarangini has stepped up to provide support, especially to women during disasters. For last two years, Tarangini Foundation has been continuously working to provide psychosocial first aid and counseling for people in general and women and WHRDS affected in particular. Since the beginning of the pandemic, Tarangini has offered various support programs through psychosocial counseling to Women Human Rights Defenders (WHRDs), women affected by violence, working women and others that are in need under the campaign "Hami sangai chhau"(TOGETHER).

Now after devastating flood and landslide at Melamchi / Helambu we as a team reached at the spot to stand together in difficulties. We are grateful that another feminist organization WOREC joined us in this endeavor whereas Friends from AEIN Luxembourg supported us to get the work materialized.

It was not easy to reach at the spot due to flood and road blockages coupled with high incidences of COVID-19 infected cases in the affected area, however the feminist commitment couldn't be stopped by those odds. 10 counsellors and public health personnel's joined hands as volunteers, interns and staffs from the east, mid-west and central part of the country. Passion to work and compassion to stand together in times of difficulty made this gigantic task possible. This passion became even more deep-rooted and intense by getting support from Deputy Mayor of Melamchi Municipality, Mrs. Bhagawati Nepal. Her response to the disaster and will to act promptly to support those in need and make stronger links with other feminists shows clear evidence that feminist leadership makes a difference. (Bhagawati Nepal is a long associate and a feminist activist working for women's right for a long time and now holds the position of deputy mayor at Melamchi)

We, at Tarangini, have initiated a campaign called Together ("Hami Sangai Chhau" in Nepali) and have been further strengthening and deepening the campaign in last three months with our commitment and support. We would like to thank every single person who made it possible for us to make a difference.

"Yes, we have made a difference and will continue making the difference!"

From
The Editorial Team
Tarangini Foundation

STANDING TOGETHER DURING TIMES OF DIFFICULTIES

- Sahakarya (Standing together / working together in difficulties to provide support to COVID affected WHRDs and women in need)
- Hami Sangai Chhau (Together in difficulties - psychosocial support to WHRDS and women in need)
- Melamchi-Helambu flash flood and landslide (extension of "Hami Sangai Chhau" to provide Psycho-social support to flood affected people, focusing to women and children)
- Standing together with domestic workers during the pandemic

SAHAKARYA

COVID-19 has affected the whole world since the early 2020. Since the early 2020, every single person has been affected by the same directly and indirectly. However, there are number of evidence to support that this has affected women, differently. Women workers, wage earners with little children, working in sectors not recognized by so called mainstream got affected the most. As a feminist and a person driven by values of sharing and caring in every situation, in any difficulty another woman stands together to love, support and care. That's what a feminist does. This happened before and it's still happening during this pandemic as well. From a small community to a densely populated slum of an urban center, in any places where no one reached, there were women standing alongside of another woman, in these difficult days. These WHRDS who stood beside other women made the difference, eased the life and made their fellow feel that they are not alone. However, COVID-19 didn't spare them as well. Several of them were affected, and still has been affecting. Several left us in this world without them.

We know the loss what we have is irreversible. However, as a feminist organization, we tried to be together with WHRDs who were/are affected and were active on ground as solidarity. There are not enough words to thank our partners like OSF and GFW who supported us in this endeavor. With support from OSF under the project called "Sahakarya" and with GFW as part of feminist alliance building and support, we extended our support to our sisters and resisters. We reached several districts such as, Kailali, Kanchanpur, Baitadi, Siraha, Sunsari, Lalitpur, Kaski and Lamjung to name a few with relief materials whereas stood together with support to mental health with WHRDs from all over the country



with psychosocial counseling through hotline, Facebook live sessions along with self-care sessions to WHRDs working in different sectors and regions.



HAMI SANGAI CHHAU (MELAMCHI-HELAMBU FLASH FLOOD & LANDSLIDE)

Nepal, a country full of rivers, hills, mountains, and natural resources where people from different country visit here to enjoy its nature. But as everything has a positive as well as a negative aspect, nature can be cruel sometimes. On 15th June 2021, in Sindupalchowk, a hilly part of Nepal, flash flood and landslide occurred which killed more than 50 people and damaged homes and field of hundreds of people along with bridges creating challenge to commute and reach to own land, school or relatives . This has affected lives of more than a thousand people.

Devastating flood and landslide had swept away the shelter, livelihood as well as lives of many resulting impacts on psycho-social health of affected population. Symptoms of Psycho-social problems such as insomnia, fear, restlessness, stress, anxiety, reoccurrence of incidents, nightmare, aggressive, suicidal thinking, worry about future, etc were mostly seen in the affected population.

To respond the crisis Tarangini expanded her reach to the unreached people of this area by expanding her campaign called “Hami Sangai chhau “means we are together. We are grateful that WOREC and AEIN from Luxembourg joined hands with us in this campaign. Tarangini and WOREC reached to Melamchi and helambu with more than 10 psychosocial counselors and couple of Public health persons to stand together. Tarangini Foundation sent 4 counselors in Melamchi, 8 in Helambu, and



3 of our staff members reached there as public health personal. They had been continuously working for the betterment of people of the following area in the middle of the corona pandemic. The psychosocial counselors provided counseling to people of all age whereas, the staff members with the help of counselors conducted FGDs, KII, art therapies, health intervention, prevention on COVID-19, data collections, art therapy and self-care sessions. Within this period, Tarangini and WOREC with joint intervention able to reach total 191 people (176 Female and 15 Male) in Melamchi and total 311 people (236 Female and 75 Male) in Helambu.

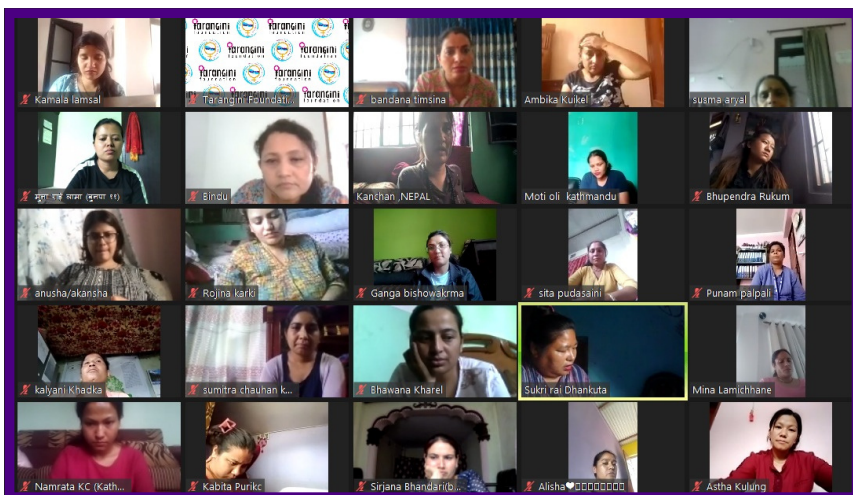


DEVELOPING HUMAN RESOURCES

- 6/7th Batch Psycho-social counselors ready to reach the unreached
- Feminist capacity building training and mentoring for intergeneration movement/ leadership building
- Intergenerational Leadership Building - A firsthand experience from an Intern

6/7TH BATCH PSYCHO-SOCIAL COUNSELORS READY

Psychosocial counseling is a service provided by a skilled professional counselor to an individual, family, or group for the purpose of improving well-being, alleviating distress, and enhancing coping skills. Reports suggests that women are affected with different psycho-social health issues such as insomnia, headache, restlessness, body pain, feeling low, guilt, suicidal ideation, anxiety. In Patriarchal society like ours where women get surveillances at daily basis on what they do, how they talk, dress and with who she is engaged or associated with increases the stress, anxiety and different other forms of challenges are at high level. Lock down imposed by COVID-19 where women had to face very high amount of violence at home which elevated different psychosocial issues among women. WOREC data shows 176 reported cases of domestic, and gender based in 18 districts early lockdown stages alone. Tarangini had conducted an online survey on the impact of second wave of COVID-19 on psychosocial health in 133 participants and the result presented that 70.7% had been experiencing anxiety, among which 25.6% had been experiencing severe anxiety.



To address this need for a counselor with feminist values and analytical capacity with highest level of compassion to people and passion to their work becomes very important. Present education system, training for the counselors is far from the skills what a woman needs from a

counselor. Highly trained counselor with the skills required understanding women, and address is very much in need at present situation of the country.

Even during the time of COVID lockdown, Tarangini didn't stop. Participants from the 6th and 7th batch had their final block of training disturbed due to the lockdown. But due to the help technology, the last block of training was planned through the

virtual medium. Participants, trainers, and the management joined hand in hand and made the classes from the virtual medium a huge success. They completed their theory as well as practical exam virtually and soon will be ready to get the certificate and be working in the field very soon. We are more than happy to announce 2 new batches of fresh counselors ready to work from Feminist perspectives.

STANDING TOGETHER WITH DOMESTIC WORKERS DURING THE PANDEMIC

Domestic work is basically understood as work done within the household chores that includes washing dishes, cooking, cleaning, and looking after the young children and elderly aged. Such work is traditionally left to women in the family and usually does not generate any income. It is seen as somewhat of a socio-cultural responsibility of 'women' as mothers and homemakers, their natural role within a patriarchal structure. This perception has unsurprisingly crossed over where all kinds of work are recognized as formal work, yet domestic work still lies in the category of informal activity and therefore, women workers engaged as maids or servants do not have a specific working hours, wage or protection of any sort. Employers overlook them in a patronizing and demeaning manner, which consider them as expendable and insignificant, especially in a society that is highly hierarchic according to caste, religion and cultures with a significantly vulnerable marginalized population.

Work is an integral part of our lives. It is an essential activity to fulfill our needs and lead a meaningful life. It is the most essential tool for uplifting one's socio-economic status. Generally, work refers to any kind of economic activity that is done by the people for the exchange of money or for some other type of benefit. However, there are two types of work: formal and informal. Although both types of work involve service and tasks in exchange for wages or likewise monetary benefits, there are some differences between the two involving things such as contracts, compensation, safety, and job security. In formal work certain remuneration is obtained by working at previously agreed fixed hours within a sector that is recognized and under the purview of the government. Informal work usually commands lower pay, prestige, and long hours. Such work is available in sectors seldom organized and managed under the purview of government. It is easily available to the poorer and marginalized section of the populations who do not have the skills needed or access to better formal work. Similarly, migrant women in Nepal from rural areas are limited to work in the informal sector, particularly domestic work, due to their illiteracy and lack of skills. Due to the continuing dominance of the patriarchal value system, which originates the culture that forbids women to attain education particularly in rural communities, has confined women to work in the informal

sector.

The global pandemic has affected every profession, whereas the domestic workers have been affected even more. During the COVID-19 lock down the house owners restricted them to come for their work and as they are considered as informal or even daily wages they were/are not paid when they didn't work. Their migratory status made them illegible to get any support from Government. Likewise, as many of the domestic workers live in the overly populated slum area, they are in high risk of getting infected by the virus. Even with the enough precautions, it's near to impossible for them to live separately or to maintain social distancing.

Absence of work, money and social support added to their suffering which they are going through a personal level. This has been noticed and documented that absence of work for their husbands/partners and forceful stay at home together coupled with closure of schools for children had added worked to them and face different forms of domestic violence.

FEMINIST CAPACITY BUILDING TRAINING WITH MENTORING FOR INTERGENERATIONAL MOVEMENT /LEADERSHIP BUILDING

Tarangini Foundation believes that young women are not just the leaders of future — they are what we need at present too. But without the necessary resources, knowledge, networks, movement strengthening skills, and mentor-ship, they're unable to jumpstart their path with fresh and energetic ideas for transformative social change off the ground. More importantly, few opportunities exist for young women leaders to engage with the generation of women's rights activists before them, often excluding their voices and collective power from established women's movements which has created the need for feminist mentoring.

Feminist mentoring is the exchange of energy and ideas between feminist mentors and their mentees which in turn rejuvenates and re-energizes the feminist movement through intergenerational dialogues and conversations. Feminist mentoring takes more than time. It takes: building and cultivating trust, sustaining connectedness, allowing the mentee to journey at their own pace, helping the mentee managing difficult spaces and facilitating learning and unlearning.

Feminist mentoring emphasizes interpersonal relationships, empowerment and personal developments of self-esteem, promotion of enhanced knowledge, skills and political awareness, personal autonomy, and politics of gender.

Through feminist mentoring and investing in young generations' capacity and potential, strengthening their support infrastructure, and building strong, long-lasting intergenerational relationships of coaching and exchange, we at Tarangini Foundation aim to create a resilient cohort of young women who can carry the women's movement forward. The key part of the initiative is a model of mentorship, coaching and peer learning that bridges current gaps between older and younger feminist activists and between younger feminists themselves, in order to break isolation, build solidarity, foster mutual learning and support, and enhance sustainability of movements. Likewise, the goal of the initiative is stronger and more sustainable movements of social change led by a new generation of young women.

In this context, the need for feminist mentoring training for young women was realized to enhance the capacity and capability of young women activist by regularly mentoring them. Mentoring is happening using different ways and methods:

1. Providing Internship
2. Training on Feminist capacity building to young women from across the country
3. Curating and nurturing young feminist network called "Tarang" (WAVE)

MAKING AN IMPACT DURING DISASTER – MY EXPERIENCE

Year of 2021, Nepal is being hit by the second wave of pandemic, people are dying and getting affected by COVID-19. In midst of this chaos, another disastrous calamity had taken place in Sindhupalchowk which took life of many people and affected the livelihood of several directly or indirectly.

With energy, hope and enthusiasm, I along with my team from Tarangini Foundation and WOREC stayed for a couple of weeks in the disaster affected regions. The areas were devastated. Something that was so beautiful, alluring, and alive had disappeared and had lost its charm now. People who were sleeping and eating in their homes till yesterday had no roofs above their head and no food in their stomach.



Our team of three people had stayed in Gyalthum with nothing but hope, hope of things getting better and faith within ourselves and our team in being able to make an impact towards the community and the affected ones.

After the disastrous event, reliefs had been coming from different parts of the nation. People were receiving foods to eat, clothes to wear and temporary tents to live. Some had already lost their houses and other's houses were in the verge of getting flooded by the river. People were losing their sleep every night with the fear of their houses being taken away. To wake up every night to watch the level of the river had become their pattern. It can be said that people were in panic and were traumatized. They were uncertain and anxious regarding what the future holds. Even in that situation, people were regulating their daily routine or let's say they had no other choice. Men and women were engaged in farming, harvesting, running their shops and hotels. The basic needs of food, clothes and shelter were somehow being fulfilled but along with that they also needed support, support for their psychological wellbeing. Affected people and children should not forget the essence of life. The thought of "We are not alone; we all are together in this" should be prevalent in their intellect. With this, although they might not have a house today, they'll have the spark, liveliness and power to build back better.

And I can proudly say that our team of psychosocial counselors did their best to uplift the spirit and enhance the psychological wellbeing of the affected people through different tools and techniques. There was group therapy, mass therapy, art therapy, yoga and wellbeing sessions, FGDs, KIIs, and health interventions that allowed us to fulfill our objective of being there.

As much as I had gone there to assist and enhance the situation with my utmost capability, I can happily say that I learned back more. I learned about teamwork, positivity, gratitude, empathy and the power 'togetherness' holds. The team, made an impact, has taken a step nearer to the change and will continue to bring about the waves of changes.

Aayushi Bam
Intern
Tarangini Foundation



TESTIMONIALS FROM THE FEMINIST MENTORING TRAININGS



-नानी मैया कटवाल सप्तरी सहभागी, महिलावादी क्षमता विकास तालिम

"मलाई यो महिलावादी क्षमता विकास तालिम एकदमै राम्रो लाग्यो। यो तालिमले मलाई आफैले आफूलाई मुल्यांकन गर्न सिकायो। समग्रमा भन्नुपर्दा यस तालिममा समेटिएको सबै विषयवस्तु राम्रो लाग्यो। किनभने हाम्रो समाजमा भएका असमान शक्ति सम्बन्धले कसरी हामीहरूलाई प्रभाव परिरहेको छ भन्ने बारेमा राम्ररी बुझ्न पाइयो।"

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रन्जना कुमारी चौधरी सप्तरी सहभागी, महिलावादी क्षमता विकास तालिम

"मलाई यस तालिममा समावेश हुन पाउदा एकदमै खुशी लागेको छ। अनेकतामा एकता छ र त्यही एकतामा बल हुन्छ भन्ने कुरा यस तालिमबाट सिक्ने मौका पाँए। यस महिलावादी क्षमता विकास तालिम हरेक समुदायिक स्तरमा आवश्यक छ। यस तालिममा समावेश भएपछि महिलावादी हुन मलाई थप सहयोग पुगेको छ र साथै म मा आत्मबल पनि बढेको छ।"

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मीना जि.सी पाल्पा सहभागी, महिलावादी क्षमता विकास तालिम

"मलाई यो तालिम उपलब्धिमुलक लाग्यो साथै यस तालिमले मेरो मनोबललाई थप उर्जा दिएको महसुस भएको छ। संसारमा विभिन्न प्रकारका महिलावादी अवधारणा भएता पनि हामीले हाम्रो परिवेश अनुकुलको महिलावादी अवधारणाको निर्माण गर्नुपर्दछ।"

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संगिता जि. आर रुपन्देही सहभागी, महिलावादी क्षमता विकास तालिम

"मलाई यो महिलावादी क्षमता विकास तालिम असाध्यै उपयुक्त लाग्यो। महिलाहरूले आफूलाई पहिचान गर्ने र महिलाको मुद्दा उठान गर्न सक्ने क्षमता विकास गराउने खालको लाग्यो। साथै तालिममा समेटिएका सबै विषयवस्तु राम्रो लाग्यो किनकी यसले हाम्रो सामाजिक संरचना परिवर्तन गर्न मद्दत पुर्याउनेछ।"

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OTHER ACTIVITIES

- Self-Care for the staff members
- Friday Face book Live Talk show on various topics related with mental health during pandemic and disaster
- Trauma Informed Care to WHRDs
- Interaction program on Federal Republic and Citizenship Ordinance
- Interaction Program on COVID Management Ordinance and Sexual and Reproductive Health Right
- Self-care sessions for Sancharika Samuha

GALLERY

"गणतन्त्र दिवस र नागरिकता अध्यादेश"

अन्तरक्रियात्मक छलफल कार्यक्रम

डा. किशोर कार्की
अध्यक्ष
राष्ट्रिय नागरिकता अधिकांश समिति

डिप्टिफ अडिटर
सुदूरपश्चिम प्रदेश, प्रयोग र

डा. रेणु अधिकारी
अध्यक्ष
राष्ट्रिय नागरिकता अधिकांश समिति

डा. रेणु अधिकारी
अध्यक्ष
राष्ट्रिय नागरिकता अधिकांश समिति

मिति: २०७८ जेठ १६ गते
समय: दिउँसो १ बजे देखि ३ बजे सम्म
जूम मिटिंग आईडी : 958 4709 4221

" आन्तरिक बसाई सराई र महिलाको श्रम "

विश्व जनसंख्या दिवस तथा १४ औं सहना जयन्तीको अवसरमा आयोजित भर्चुअल कार्यक्रम

मिति : २०७८ असार २७
समय: दिउँसोको १ बजे देखि
जूम आई. डी : 829 2212 7885

कोभिड व्यवस्थापन अध्यादेश र महिलाको यौन तथा प्रजनन स्वास्थ्य विषयक अन्तरक्रियात्मक कार्यक्रम

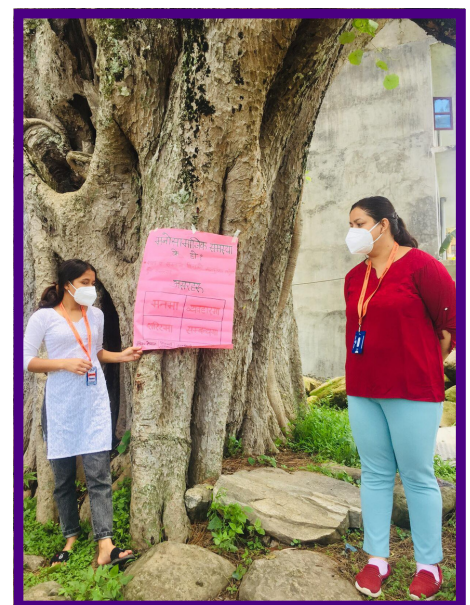
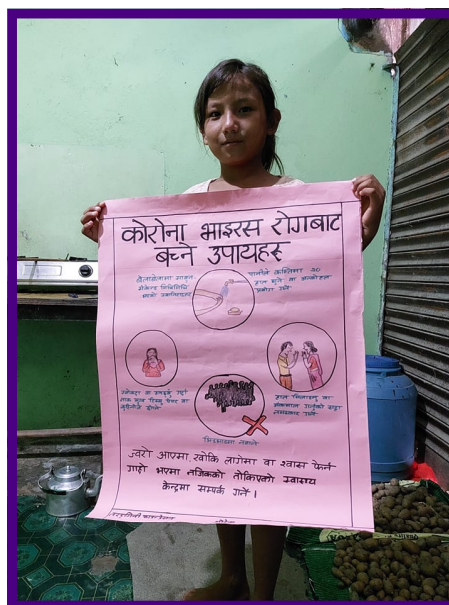
माननीय विद्या भट्टराई
समाजवादी विमर्श प्रतिनिधि सभासदस्य

प्रतिभा बज्रपाई
स्वास्थ्य विज्ञान प्रविष्टि संस्थान
सेन्टर फर रिप्राडक्चिभ हाइल्स

डा. रेणु अधिकारी
अध्यक्ष
महिला स्वास्थ्य अधिकार रक्षकहरूको राष्ट्रिय संजाल

समिता प्रधान
अध्यक्ष
तरंगिनी फाउन्डेसन

मिति: २०७८ जेठ २३ गते
समय : दिउँसोको १ बजे देखि
जूम आई. डी.
957 1739 6542



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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