



# NEWSLETTER

Volume IV

Feb-Apr 2021

## TARANGINI MAHILA ADHIKAR PRASHIKSHEN KENDRA

### STRENGTHENING FEMINIST MOVEMENT

Issues of Women, Dalits, Kamaiyas, Madhesies, Janajati and Children (in Nepal) have always been the issues of margin. Even within the human rights discourse, these sections of our society are not as much amplified, especially in terms of democratic participation and representation. Nepal has seen number of campaigns and movements, but many of such movements and campaigns are isolated within the working groups and there have not been socialized debates. This clearly reflects a fact that there still is a huge gap to acknowledge the social issue and be part of the change process.

Women’s movements around the world have driven action on gender equality globally as well as nationally. However, the complete transformation in the systems and minds of the people is still a challenge for us. We have to go long way to democratize our systems, our practices and our attitudes that are largely influenced by the century long ill socio-political practices. In this context, Tarangini Foundation since its inception, has been working to strengthen the women's movement in Nepal by providing training to women

as well as women activists from the grassroots level to the women in center, strengthen feminists by enabling them to politicize the feminist movement, facilitate policy dialogue to bring the issues of women in the forefront, bridge personal, political and institutional gaps within the movement as well as enable feminists to live a stress-free life by imparting knowledge and skills on everyday practices of self-care.

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Tarangini has been established as an organization that supports feminists to get understood and recognized as political actors by recognizing their work, documenting their struggles, challenges and achievements, in a space where every individual feels respected, supported and loved. The core mission of Tarangini is to strengthen women's movement and women advocates for social justice, together with intergenerational Women Human Rights Defenders (WHRDs) from the grassroots, by building feminist leadership, documenting their stories and providing self-care support and necessary skills. Tarangini believes in strengthening and galvanizing women's collective power for a just and sustainable society – for all. By “collective power” we mean the ability to create and catalyst change that arises from grassroots strengthening, alliance-building among diverse constituencies and organizing networks of allies around similar vision and agendas.

We, at Tarangini, call our movement-building and strengthening “feminist” because our work incorporates the struggles of women in their personal and professional lives for dignity, equality, safety, and control of our bodies. All of our work is instilled with an understanding that there is a need to challenge and transform unequal power relationships that are deeply rooted in patriarchal society and mindset of people, so that women can rise and flourish.

## INDIGO:

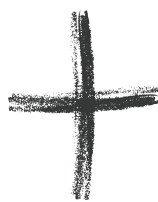
### THE COLOR REPRESENTING TARANGINI



We have chosen the color ‘Indigo’ to represent our organization. The indigo color is seen as the mixture of two colors - blue and purple. Blue is the color that represents human rights while purple is the color of the feminists. Since, Tarangini Foundation works on Women Human Rights issues while working and analyzing them through a feminist lens or a feminist perspective, we chose the color ‘indigo’ to represent us here on foreword.



Human Rights  
Blue



Feminism  
Purple



Indigo  
(Women's Human Rights  
from a feminist lens)

# OUR BACKBONE: MEET OUR NEWLY ELECTED BOARD



**Samita Pradhan**  
Chairperson



**Minakshi Neupane**  
Secretary



**Gomawati (Srijana) Pun**  
Treasurer



**Radha Magar**  
Member



**Sarita Dahal**  
Member

## FEMINIST MENTORING TRAINING

### “Building Feminist Leadership Requires Feminist Mentoring”

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 mentorship, 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. Seeing the particular need and to address the gap between the older and younger generation of women, Tarangini Foundation has started organizing the training on Feminist Mentoring across the country starting from January. With the objective of disseminating the knowledge on the meaning and major perspectives

on feminism; and enabling the participants to comprehend and analyze one's own life as a part of patriarchal society and motivating them through feminism in creating equitable and just society, Tarangini Foundation has been able to reach **60 young women so far via 3 Feminist Mentoring Trainings**, who desire to be part of the ongoing women's movement and bring the desired change in the society through the lens of feminist perspectives. These young women activists are from different age group with different political, cultural and social background, context, knowledge, ideology and experience. The Feminist Mentoring Training has been providing the participants with detailed information on feminism, being a feminist, the feminist movement in Nepal as well as the way forward, along with the theoretical aspects of feminism, how it started, the waves, forms, types and so on. Tarangini foundation has also created a messenger group with all of the young females that took part in the mentoring training in order to continue the mentoring throughout as well as stay in touch and share any ideas, articles or confusions that may arise in the future.



Thus, feminist mentoring in Tarangini Foundation has emerged as a model of feminist diversity mentoring for adolescent and young women. This form of mentoring seeks to introduce gender competencies and the feminist perspective in different spheres to provide a more holistic response to the inequalities faced by young women. And the relationship built during the

feminist mentoring lasts a lifetime developing into a mutual mentoring peer process which reflects the personal and professional dimensions of women's lives are interwoven and cannot be separated.



## IF WOMEN STOP, THE WORLD STOPS

Under the theme, “If women stop, the world stops”, the Women’s Global Strike called women from every corner of the world to stop or slow down their formal or care work and come together to demand women’s human rights. The global event commemorated International Women's Day (IWD) which is celebrated on March 8. The Women’s Global Strike was initially to be conducted on IWD 2020, however with the onset of the pandemic; the 2020 strike was concerned with several health and safety measures and followed social distancing.



With the same mindset, Tarangini, along with several other organizations, continued and followed the same theme of “if women stop, the world stops” and participated in the IWD rally that started from Maitighar Mandala passing through Bhadrakali, Shahid Gate, Ratnapark, TriChandra Campus to Kamaladi and ending at Nepal Academy Hall (Pragya Pratisthan). The rally is a solidarity action that both celebrates the significant contributions of women to our society and protests against the disturbing realities of violence and discrimination that women and girls face Nepal and globally.



A yearly campaign on women’s right to work titled “महिलाको कामको सम्मान, सामाजिक सोच रूपान्तरणको आवहान” was also launched through the corner meeting (कोण सभा) conducted after the end of the event at Nepal Academy Hall.



## TOGETHER "हामी संगै छौं"

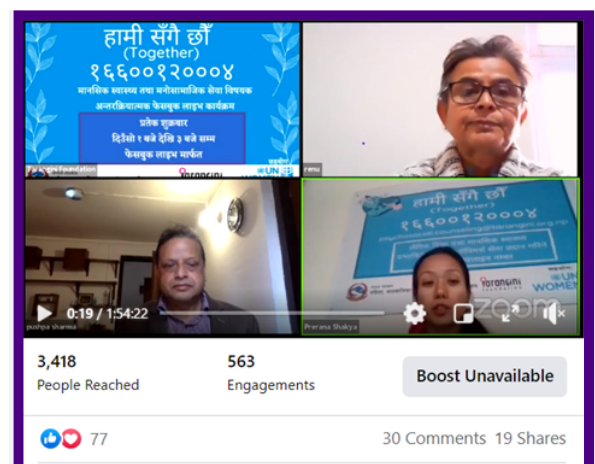
Tarangini Foundation in coordination and collaboration with Ministry of Women, Children and Senior Citizens (MoWCSC) and with support of UN women has been implementing the project 'Hami Sangai Chhau (Together)' since December 2020 to respond to the immediate needs of women and excluded groups in the COVID-19 context through psychosocial support. The Together project aims to provide psychosocial support to women and excluded groups in light of COVID-19, support women and GBV survivors with essential information and services in the Government run rehabilitation centres and to bring conceptual clarity on the notion of women's movement and feminism, and the status of mental health in Nepal.



Tarangini Foundation has been providing psychosocial and mental health support through a remote service using a helpline number **16600120004** and online platforms. 39 (34 female and 5 male) affected with psychosocial issues and problems have received psychosocial and mental health support. Psychosocial and mental health support has been provided through conduction of Facebook live talk show

programs on different topics regarding psychosocial and mental health with psychosocial counsellors. Audiences include WHRDs, women activists and general public. Total 18 Facebook live session was carried out. Facebook Live Talk-show session with gather on average more than 3,000 viewers and 42 people sharing which helped to raise the profile of mental health issue, and strengthened the voice and agency of GBV survivors and excluded groups. This helps to raise awareness about mental health issues, solutions and the availability of the hotline. 5 virtual sessions were also conducted to support and provide psychosocial support services to the needy community women in coordination with the Palikas. Those who did not have access of internet or had lack of knowledge of how to get services and support were connected via local community counsellors. A total of 103 community women received psychosocial support through this virtual zoom meeting.

Radio jingles regarding mental health, GBV and human trafficking have been broadcasting in 6 different local community radio stations (Everest FM, 93 MHz, Radio Udayapur 102.4 MHz, Radio Samagra 107 MHz, Narayani FM 103.8 MHz, Hamro FM 103.4 MHz and Radio Gurbaba 89.7 MHz) through five languages- Nepali, Maithali, Tharu, Tamang and Bhojpuri languages since February 1st, 2021. A TV talk show was also aired through Nepal Television,



where Dr. Renu Adhikari advocated on the issue of gender-based violence through this TV show.

Even though the project had a limited time frame, Tarangini plans to continue Together/Hami Sangai Chhau as a campaign of feminist solidarity with views that mental health is one of the key areas where everyone needs adequate support. There can be no health without mental health. The mental health and GBV helpline number is also active and available round the clock to those who are in need of psychosocial counselling and support.

हिंसाको शिकार हुनु मेरो बाध्यता थियो। तर मेरो जिन्दगीलाई सम्मनका साथ जिउने मेरो अधिकार हो।



लैंगिक हिंसा तथा मानसिक स्वास्थ्य प्रभावितहरूलाई मनोविमर्श सेवा प्रदान गरिने  
टोल-फ्री हेल्पलाइन नम्बर:

**१६६००१२०००४**

सहयोग :  
नेपाल सरकार महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय  
farangini foundation UN WOMEN

'म मेरो पिडालाई मेरो जिन्दगी बिगार्न दिन्न। मलाई अझै धेरै अघि बढ्नु छ।'



लैंगिक हिंसा तथा मानसिक स्वास्थ्य प्रभावितहरूलाई मनोविमर्श सेवा प्रदान गरिने  
टोल-फ्री हेल्पलाइन नम्बर:

**१६६००१२०००४**

सहयोग :  
नेपाल सरकार महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय  
farangini foundation UN WOMEN

राजापुर नगरपालिकासंगको समन्वयमा समुदायका महिलाहरूलाई भर्चुअल माद्यमबाट समुहगत मनोसामाजिक विमर्श सेवा

मिति: फाल्गुन ५ गते  
बुधवार  
दिउँसो २:३० बजे देखि  
जुम आइ.डी. ९२३ १३३३ ७२७२

लैंगिक हिंसा तथा मानसिक स्वास्थ्य प्रभावितहरूलाई मनोविमर्श सेवा प्रदान गरिने टोल-फ्री हेल्पलाइन नम्बर:

**१६६००१२०००४**

सहजकर्ता: सृष्टि भट्टराई, मनोविमर्शकर्ता  
थारु भाषा अनुवाद: शिवानी चौधरी

सहयोग:  
नेपाल सरकार महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय  
farangini foundation UN WOMEN

## THE FESTIVAL OF COLORS

Tarangini Foundation celebrated the festival of colors Holi with the staff members at Tarangini Office, situated at Kumarigal, Gaurighat in Kathmandu. The program was organized to uplift the bonding between the team members as well as to celebrate the festival as a day when all the people across all caste, creed, religions and genders come together to celebrate the feeling of love and togetherness.



## OTHER ACTIVITIES:

- Social Media Awareness Campaigns on Sexual and Reproductive Health, Mental Health as well as Right to Work
- Facebook Live on various Mental Health Issues
- Food and Non-Food Distribution to Rehabilitation Centers
- Conclusion of 5th Batch Psychosocial Counseling Training
- Consultation Seminar on the Interrelationship between women's mental health and sexual and reproductive health
- Webinar on Mental Health and the second wave of COVID-19

# GALLERY

## हिंसाका केहि प्रकारहरु

शारीरिक हिंसा    सामाजिक हिंसा    घरेलु हिंसा

मानसिक हिंसा    आर्थिक हिंसा    यौनजन्य हिंसा

बालश्रम शोषण    पुरुष हिंसा

लैंगिक हिंसा तथा मानसिक स्वास्थ्य प्रभावितहरूलाई मनोविमर्श सेवा प्रदान गरिने टोल-फ्री हेल्पलाइन नम्बर:

# १६६००१२०००४

नेपाल सरकार, महिला, सामाजिक तथा ज्योष्ठ नगरिक मन्त्रालय, farangini foundation, सहयोग: UN WOMEN

## महिलामाथि हुने हिंसाले उनीहरूको प्रजनन स्वास्थ्यमा पार्ने असरहरूका केही उदाहरणहरू :

**यौन तथा प्रजनन स्वास्थ्य समस्या :**  
यौन दुर्व्यवहारको कारण अनिच्छित गर्भ धारण, यौनरोग तथा एच आई वी/ एड्सको संक्रमण, गर्भपतन हुनु, गर्भ तुहिनु, बाझोपन हुनु, तल्लो पेट दुख्नु, पाठेघर खस्नु, रक्तअल्पता हुनु, पिसाव चुहिरहनु, फिस्टुला जस्ता स्वास्थ्य समस्या हुनु।

**शारीरिक स्वास्थ्यमा समस्या:**  
शारीरिक चोटपटक लाग्नु, घाइते हुनु, जलाउनु, निलडाम हुनु, टाउको दुख्नु, जिउ दुख्नु, पेट दुख्नु, मांसपेशी दुख्नु र लामो समयसम्म शारीरिक विभिन्न अङ्गहरू दुखिरहनु।

**मानसिक स्वास्थ्यमा समस्या:**  
चिन्तित रहनु, खान मन नलाग्नु, निद्रा नलाग्नु, कसैसँग बोल्न मन नलाग्नु, डर लाग्नु, तर्सिनु, झस्किनु आदि।

स्रोत: ओरेक नेपाल

## महिला र स्वास्थ्य

नेपालका प्रमुख तथ्यहरू

- १५ देखि ४९ उमेर समूहका महिलामा यौन तथा प्रजनन स्वास्थ्य सबै भन्दा सामान्य स्वास्थ्य समस्या हो। (NDHS, २०१६)
- ४९% किशोर-किशोरी (१५-१९ उमेर समूह)हरू मात्र नेपालमा गर्भपतन वैधानिक छ भनेर जान्छ। (NDHS, २०१६)
- अशक्त महिलाहरूको प्रजनन स्वास्थ्य अधिकार प्रायः उपेक्षित छ। (NDWA, २०१६)
- सामाजिक र सांस्कृतिक मूल्य मान्यताले महिलाहरूको शरीर र यौनिकतामा नियन्त्रण गर्न खोज्छ, जसको परिणामले सीमित गतिविधी र हिंसा निम्त्याउँछ।
- १५-४९ उमेर समूहका महिलाहरूमा रक्तअल्पता २०११ देखि २०१६ इ. स. मा ३५% बाट ४१% सम्म बढेको देखिन्छ। (NDHS, २०१६)

५ मध्ये १ महिला आङ्ग खस्ने समस्याले प्रभावित छन्। (ओरेक, २०१४-२०१७)

नेपालमा मातृ मृत्युदर (MMR) २३९ रहेको छ। (NDHS, २०१६)

२२% युवतीहरूमा महिनावारी/रजस्वलाको बारेमा पर्याप्त जानकारी छैन।

स्वास्थ्य केन्द्रहरूले लैंगिक विषयमा संवेदनशील छैनन् तथा मनोसामाजिक परामर्श र महिला स्वास्थ्य चिकित्सकहरूको अभाव पनि छ।

यौन तथा प्रजनन स्वास्थ्य सेवाको कमिले रोकधाम गर्न सकिने यौन तथा प्रजनन समस्याको व्यापकता दर बढाउँछ।

स्रोत: ओरेक नेपाल



## श्रम समान, पारिश्रमिक किन असमान?

## महिलाको कामको सम्मान : रुपान्तरणको अभियान

महिला मानवअधिकार रक्षकहरूको राष्ट्रिय संजाल (NAWHRD)



## कोभिडको दोस्रो लहर र मानसिक स्वास्थ्य विषयक वेबिनार कार्यक्रम

मिति : २०८८ साल वैशाख ७ गते  
20 April, 2021  
मंगलबार

आयोजक : तरंगिनी महिलाअधिकार प्रशिक्षण केन्द्र (तरंगिनी फाउन्डेसन)

farangini foundation

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

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Gaurighat, Kathmandu**

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 **Tarangini Foundation**