

TARANGINI QUARTERLY NEWSLETTER

2025

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“When women stop,
the world stops”



 **farangini**
foundation

EDITORIAL



Dear Readers,

Welcome to our most recent newsletter, where we discuss women's work being respected and recognized. The feminist movement is a powerful social, cultural, and political movement focused on achieving gender equality, challenging gender-based discrimination, and championing women's rights. At its core, it emphasizes "self-representation," a principle that encourages individuals to voice their own experiences, especially in relation to identity and empowerment. In feminist contexts, self-representation highlights the diversity of women's voices, creating a space where personal stories and unique perspectives can be shared.

Feminist movements play a crucial role in advancing equality, justice, and individual empowerment. They work to secure equal rights and opportunities for all genders, challenging systems of discrimination that have historically marginalized women and non-binary individuals. By fostering self-worth and confidence, feminism encourages people to see their abilities beyond traditional gender roles. These movements also break down harmful stereotypes and social expectations, creating space for people to live authentically without gender-based limitations.

Feminist activism has been instrumental in driving legal reforms and policy changes that support gender equality, pushing societies to be more inclusive and fairer. Beyond policy, feminist movements raise awareness on gender issues, encouraging dialogue and education that promote understanding and empathy.

Recognizing this, in the past years, Tarangini has organized several informal workers and formed their network and groups with the goal of building self-representatives feminist movements. We believe that recognizing women's "work" extends far beyond traditional employment, the Foundation includes unpaid care work, domestic work, entertainment sector work, agricultural work and construction sectors, sex work, volunteerism, and other essential forms of societal contribution. These forms of work especially unpaid care work, predominantly done by women are important roles in the families, communities, and society but are often unacknowledged and undervalued. So, there is always a need for united voices that advocate that the society about women's work should be valued and recognized.

In Solidarity,
Tarangini Foundation

In this newsletter
you can expect:

Drop-in Center

Celebrating
International
Women's Day

Community
Engagement

Interaction with
Media regarding
workers

Workshops for
domestic workers

Introducing New
Team Members



ANNIVERSARY MESSAGE FROM TARANGINI TEAM ✦

As we step into the 9th year filled with purpose and commitment to advancing women's rights in their full spectrum, we at Tarangini Foundation remain deeply rooted in the mission to create a just society where women's voices, efforts and contributions are acknowledged, appreciated and respected. In a world that too often overlooks the voices and labor of women, we remain unwavering in our commitment to shifting that narrative.

Our work centers on documenting feminists movements, addressing the critical needs for self care among women's rights activists and nurturing a self representative feminist movement. From psychosocial counselling and trauma informed care to integrated security and our Feminist Capacity Building and Mentoring Program, we aim to equip women and women right defenders with the tool to develop a strong



feminist perspective. Our programs empower them to break isolation, build solidarity, foster mutual learning and support and contribute to a more sustainable feminist movement. Tarangini continues its commitment to feminist documentation through its annual publication, "Sankalpa", which features life stories, success journeys, and experiences of elected women representatives. Likewise, the quarterly online magazine "Chaal" highlights stories and writings from workers, focusing on the informal sector and amplifying their voices.

We are incredibly proud of what we have achieved together, and we look forward to many more years of collaboration, innovation, and positive impact. We are excited for what's ahead - new initiatives, strengthened alliances and shared commitment to equity and empowerment. The Tarangini Foundation team is filled with gratitude for the unwavering support we have received throughout.

Thank you for continuing to stand with us. Together - we are building waves of change.

With gratitude,
Tarangini Foundation



THE DROP-IN CENTER—A SPACE OF BELONGING

Continuing Tarangini's core tradition of opening our doors to domestic workers, every alternate Wednesday, we host a house full of women who have created and found a communal space of belonging at our office. On our session days, the drop-in center is full of chattering women who come together and share stories of resilience, plight, and change.

This center serves as a safe and inclusive space where women can connect, share their experiences, and build solidarity. It fosters sisterhood and mutual respect, encouraging workers to support one another in both their personal and professional lives. Through regular visits, women engage in meaningful discussions, find solace, and collectively navigate the challenges of their work and daily lives.



Tarangini is proud to share that as a result of these sessions, our participants—the women who work as domestic workers have expressed a newfound confidence and heightened awareness of their rights. The Drop-in Center also plays a crucial role in providing mental and emotional support. A trained counselor is available to offer psycho-social counseling for those dealing with anxiety, depression, relationship issues, or grief. This professional guidance helps individuals heal, grow, and build resilience. Additionally, the center fosters peer support, where women share experiences and offer empathy, combating feelings of isolation and promoting mental well-being.

Beyond counseling, the center serves as a vibrant community hub. Over the past year, it welcomed around 100 domestic workers, some visiting weekly. Celebrations and events are organized to bring women together, providing a break from their daily routines and reinforcing their sense of community. These gatherings help build friendships and networks, creating a strong and resilient support system. Through these initiatives, the Drop-in Center not only uplifts individual women but also strengthens the broader community of domestic workers.

Guided by our value of grassroots advocacy, Tarangini Foundation believes that it is through such initiatives that we can truly empower and strengthen the people whose causes we are fighting for.





CELEBRATING INTERNATIONAL WORKING WOMEN'S DAY

International Women's Day is a global celebration of women's achievements and a call for gender equality. It is a day to honor the social, economic, cultural, and political accomplishments of women throughout history and in contemporary society. International Women's Day has become an important platform to raise awareness about gender inequality and discrimination faced by women worldwide. It serves as a reminder of the ongoing struggle for women's rights and an opportunity to act towards achieving gender parity. The day is marked by various activities, including rallies, conferences, cultural events, and campaigns focused on empowering women and promoting gender equality around the country.

In order to acknowledge and honor the accomplishments of women in various fields, Tarangini Foundation like every year celebrated womanhood through rally which led to visibility enhancement along with solidarity and campaign building process. Tarangini believes such togetherness highlights the contributions women have made to society and emphasizes their invaluable role in shaping history and the present. Furthermore, it signifies the importance of women's work to be recognized, respected and valued from family level, personal level, community level and national level.

Bringing people together from different backgrounds, cultures and communities to stand in solidarity with women workers and to respect their courage, bravery and determination and to foster a sense of unity and collective action towards creating a more inclusive and equitable society, this day was celebrated with laughter, feeling of proud for being a woman and faith upon one another to bring about change. As we believe individuals and organizations, that is, joint force can have a greater impact on advancing women's rights and gender equality, together this day was celebrated. Along with it, this day can be marked as an opportunity to inspire and empower the next generation of girls and young women, to develop intergenerational feminist core values by showcasing and talking about the achievements and stories of remarkable women which was done on this day.

This year, Tarangini commemorated the Working Women's Day through two events: an orientation on psychosocial counseling and a joint rally with over 30 other organizations working for women's rights. On 7th March 2025, in collaboration with Tokha Municipality, we oriented over 90 participants, including the Municipal Chairperson, Deputy Chairperson, Ward Chairperson, citizen representatives, as well as workers from the Municipality itself, on psychosocial counseling.

The next day, on the occasion of the 115th International Working Women's Day, Tarangini Foundation took part in a joint rally against structural discrimination of all kinds, with the slogan "Resistance against Structural Discrimination: Working Women's Identity, Recognition and Security".

Let these events be a reminder that we will continue to strive for equality until there is proper recognition for a woman's work!



MY LABOUR, MY IDENTITY

Despite periodic systemic changes in Nepal, the condition of women workers, particularly domestic workers, remains largely unchanged. Their work continues to be undervalued, lacking proper recognition and respect. To address these challenges, it is imperative for domestic workers to organize and play an active role in advocating for their rights and driving structural change. In line with this vision, Tarangini Foundation facilitated the formation of a District-Level Network of Domestic Workers with nine executive members in the presence of more than 80 domestic workers representing from the seven municipalities of Kathmandu district. This network is designed to function as a platform for solidarity and collective advocacy, without formal registration as an institution, focusing on ensuring domestic workers' rights and amplifying their voices in policy-making processes.



To address the challenges faced by women agricultural workers, we organized agricultural workers as Shram Jivi Krishak Mahila Sanjaal in Kavre district, covering Banepa, Pachkhal, and Panauti municipalities. Through Learning Facilitators, the foundation conducts bi-monthly sessions that include in-depth discussions, informal sharing, and capacity-building activities. Women receive training on labor laws, leadership, advocacy, counseling, and self-care. In this initial phase, Tarangini is focused on building women's confidence and equipping them to advocate for their rights, fostering a sense of empowerment and collective action. In recent months, Tarangini Foundation has actively collaborated with partner organizations and municipalities to advocate for the recognition, dignity, and protection of women workers, particularly those in the informal sector.

We also conducted an interaction program on 21 March in collaboration with Sunita Foundation and Gokarneshwor Municipality, a roundtable with Panchkhal Municipality on 23 February, and a media dialogue in Dhulikhel. Tarangini has consistently emphasized the urgent need for local governments to establish labor desks, facilitate worker registration, and ensure their inclusion in the Social Security Fund. We also played a central role in disseminating the Declaration and verdicts from the National Working Women's Conference 2081 and Workers' Assembly to municipalities such as Shankharapur, Gokarneshwor, Kathmandu, Budhanilkantha, and Tarkeshwor.

These documents collectively call for the formal recognition of informal and marginalized workers, including sex workers, and outline concrete policy demands to secure their labor rights.

At the heart of these efforts is Tarangini Foundation's unwavering commitment to labor justice and gender equality. By facilitating strategic planning workshops with grassroots networks, leading advocacy campaigns, and working closely with both civil society and government bodies, Tarangini is building momentum toward a future where every woman's labor is respected and protected.



EMPOWERING WOMEN WORKERS: CAPACITY AND STRATEGY DEVELOPMENT

Tarangini Foundation organized various sessions to empower women workers, particularly agricultural workers, by enhancing their knowledge of labor rights, gender-based violence, mental health, and the importance of networks. These sessions included discussions on workers' rights and labor laws, emphasizing fair wages, safe working conditions, and the legal recognition of agricultural work. They also addressed gender-based violence and domestic violence, providing practical solutions and legal recourse. Mental health and psychosocial counseling sessions focused on stress management and emotional well-being, equipping participants with coping strategies. Additionally, the significance of networks was highlighted to promote collective action and support among women workers, fostering resilience and economic empowerment. These programs collectively aimed to strengthen women's advocacy, leadership, and participation in social and economic spheres, contributing to the feminist movement in the region.

A total of 25 women agricultural workers participated in the leadership and capacity development training, which was conducted as per the scheduled timeline. The event brought together participants from the Women Workers Forum (WWF) representing Banepa, Panchkhal, Dhulikhel, and Panauti. The first day of the training was facilitated by Gomawati Pun and focused on foundational topics, including an introduction to Tarangini Foundation, its mission, vision, and goals, along with the objectives of the training. Participants gained an understanding of the purpose and role of the Women Workers Forum (WWF) and the objectives behind its formation. The session also highlighted the importance of women's leadership, essential leadership skills, and how they can contribute to strengthening women's roles in the agricultural sector. Additionally, the participants engaged in Dance Movement Therapy (DMT), an interactive session aimed at promoting self-expression and empowerment.

The second meeting, held in Panauti, focused on agricultural workers' interests in forming a network. Facilitated by Ms. Parbati Basnet and welcomed by Ms. Nirmala, the discussion's objectives were shared by Babita, emphasizing the power of collective organizing. Participants expressed that being part of a network enables them to learn, build confidence, and advocate for their rights. They highlighted the benefits of networking, self-care, and collective action. Key advocacy areas included securing agricultural identity cards for women and establishing local labor desks. Additionally, workers stressed the need for annual health check-ups for agricultural laborers. This meeting provided crucial insights into the aspirations and challenges of agricultural workers. Moving forward, efforts will focus on policy advocacy to enhance recognition and support for women in agriculture.



MEDIA INTERACTION REGARDING WORKERS



Tarangini Foundation, in coordination with the District Coordination Office, Kavre, organized an interaction program with media personnel to highlight the recognition and rights of women agricultural workers. The event was chaired by the Chairperson of the Women Workers Forum, Kavre, and was attended by key stakeholders, including the Chief District Officer (CDO), representatives of the Federation of Nepali Journalists, media personnel, ward chairpersons, NGO representatives, and members of the Women Workers Forum (WWF).

With a welcome note from Nirmala Kafle, the program proceeded with a detailed presentation by Shatruhan Singh, MEAL Coordinator, who shared insights into the objectives of the initiative and the importance of media in amplifying the voices of women agricultural workers. The discussion emphasized the need for recognizing women's labor, and participants actively shared their perspectives. Representatives from various sectors acknowledged the challenges faced by women agricultural workers and deliberated on ways to support their rights and well-being.

The interaction program resulted in strong commitments from key stakeholders, ensuring future support for women agricultural workers. The Chief District Officer assured assistance in providing legal facilities, including citizenship documentation, labor desk provisions, and easy access to agricultural facilities. Senior police personnel pledged to support women workers in cases of violence and to foster harmony within families and communities. The Ward Chairperson of Panchkhal-12 committed to allocating a budget in the upcoming fiscal year to support the Women Workers Forum as a step toward motivating women workers. Media representatives expressed their dedication to continuously raising issues related to agricultural workers and collaborating in advocating for the recognition of women's labor. The interaction concluded successfully with meaningful participation and a collective pledge to strengthen the visibility and rights of women agricultural workers.

HER STORY: FROM STRUGGLE TO STRENGTH



Parvati Danuwar, 47, from Panchkhal Municipality, Ward No. 12, Aaphghari, was born into a family with limited resources. She was unable to attend school, as the nearby facilities were inaccessible. At the age of 14, Parvati was married off to a man 15 years older than her due to an arranged marriage within her family. Her marital life was filled with fear, isolation, and abuse from her husband and stepmother-in-law. She faced extreme hardship, often enduring physical and mental trauma.

However, Parvati's life began to change when she secretly joined local women's groups, where she gained knowledge and empowerment. With the support of her maternal family and later her husband's, she started attending meetings more freely and engaged in activities and other programs organized.

Her life transformed further when she met a counselor through Tarangini Foundation. This connection gave her the emotional strength to overcome her past. She shared her story, struggle and hardships. After which the counselor and facilitator of Tarangini helped her through various counselling session and encouraged her to be part of the Women Workers Group.

Parvati's journey took a transformative turn when she joined the Krishi Shramjivi Mahila Manch, a group that provided her with support, knowledge, and awareness on a variety of important topics. She credits her involvement with the group for bringing energy and positivity into her life. "Being part of this group has made me aware of women's issues, policies, and workers' rights, which has inspired and motivated me," she shares.

In the past, Parvati struggled with suicidal thoughts, but after attending sessions and programs, she has learned to love herself and embrace life. She now strives to live happily, focusing on the present and moving forward, rather than dwelling on the past or worrying about the future.

Initially, when discussions about labor rights began at Tarangini, Parvati was skeptical. She wondered, "Is household work even considered labor? Do we have the right to speak about it?" However, as she learned more about labor rights, she realized the value of her work, something she had never recognized before.

Previously, Parvati leased four ropanis of land for farming, but after gaining confidence, she expanded to eight ropanis. She now manages her financial transactions independently, a testament to her newfound empowerment. This confidence has been nurtured through her involvement in the group. Whenever challenges arise, she knows she can turn to her group members, meeting every 15 days to discuss and find solutions. The support she receives from the group has been invaluable, teaching her the importance of emotional support and mutual assistance during difficult times.

Today, Parvati is an empowered woman who manages her household with independence and has earned the respect of her community. Her journey with Tarangini has helped her realize her worth, embrace a positive outlook, and confidently move forward in life.

GROWING TOGETHER: MEET TARANGINI'S NEW STAFF MEMBERS



Shatruhan Singh
MEAL Coordinator



Aditi Bhatta
Project Coordinator



Manish Shrestha
Admin & Finance
Officer



Sumina Maharjan
Associate Program Officer
M&E



Ashlesha Joshi
Associate Program Officer
Legal

This year, Tarangini Foundation is committed to growth and expansion. In line with this, we welcomed five new team members over the course of the past months. We are hopeful that upon working together, Tarangini will grow even further and soar to new heights.

ABOUT US

Tarangini Foundation, established in 2017, is a non-profit organization focused on women's rights in Nepal. Named after the Sanskrit word for a woman creating waves, Tarangini is dedicated to documenting feminist movements, enhancing integrated security, and providing a Feminist Mentoring Program. The organization envisions creating an enabling environment for feminists and their movements to be strengthened, recognized, and visible. Its goals include empowering women activists and WHRDs, developing a self-care model, documenting Nepali feminist narratives, and strengthening the feminist movement through intergenerational capacity building and mentorship. The foundation strives to contribute to the advancement of women's human rights in Nepal.



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