

TARANGINI QUARTERLY NEWSLETTER

2025

Issue III, July-September

“When women stop,
the world stops”



 **farangini**
foundation



The past month has reminded us that history does not unfold quietly, it is pushed forward by the courage of ordinary people who refuse to remain silent. Recently, Generation Z has risen with a collective demand for justice, accountability, and transformation in Nepal. The tragic loss of young lives, the resilience of student protestors, and the determination of women at the frontlines have shaken the nation into a moment of reckoning.

As an organization grounded in feminist advocacy, Tarangini Foundation stands in deep solidarity with this movement. While the immediate spark may have been the government's social media ban, the struggle is rooted in structural injustice that has long denied Nepal's youth their rightful future. The protests are not just about digital freedoms; they are about dignity, equity, and recognition of youth as central actors in shaping the nation's democratic path.

Women and girls, especially from marginalized communities, continue to bear the brunt of inequality. Their courage in raising voices alongside their peers is a reminder that feminist struggles and youth struggles are inseparable. In these difficult days, we honor not only the lives lost but also the vision for a society where power is shared, not hoarded and where young women have equal representation at every table of decision-making.

We welcome the formation of the interim government under the leadership of Nepal's first woman Prime Minister as a historic step. Yet symbols must be matched with substance. Justice for those killed and injured, genuine political reform, and a future where young people and women can live with dignity must remain at the center of national priorities.

Together, let us commit to ensuring that this moment of upheaval becomes a turning point, toward a more just, feminist, and democratic Nepal.

In Solidarity,
Tarangini Foundation

In this newsletter you can expect:

Activities Related to Domestic Workers

Activities Related to Agricultural Workers

Activities Related to Returnee Migrant Workers

Our Advocacy Campaigns

Rupantaran

Pariwartan

Half Yearly Review and Planning Meeting

Media Interaction Program

Media Coverage

Infographics

Transformative Leadership: The Journey of Sharada Rai



Right to Work - Domestic Workers

DROP-IN CENTRE ACTIVITIES

On August 6, a program was organized at Tarangini Foundation's Drop-in Centre for domestic workers, as part of the regular Wednesday sessions. This time, the program was conducted under the title "I Want to Speak".

The main objective of the program was to encourage domestic workers to openly express their thoughts, experiences, and feelings. It aimed to build their confidence to speak up in front of others and enhance their skills through collective dialogue. The Drop-in Centre that day transformed into a joyful and positive environment filled with the women's laughter, ideas, and experiences.



On August 20, a regular discussion session was held at the Drop-in Centre, this time with the participation of domestic worker from various municipalities, including Tokha, Kageshwori, Budhanilkantha, Gokarneshwor, and Wards 7, 8, and 9 of Kathmandu Metropolitan City. A total of 66 participants attended the session.

Although the constitution guarantees certain rights, they have not been fully implemented in practice. In this context, a call was made to gather at Maiti Ghar Mandala on Bhadra 15 to show unity and solidarity for women rights.



Right to Work - Domestic Workers

DROP-IN CENTRE ACTIVITIES

Leaving behind the fatigue of daily routines, personal struggles, and responsibilities, our domestic worker sisters gathered at Tarangini's Drop-in Centre on 3rd of September, their hands full of popcorn and their faces glowing with joy, to watch the movie "Maya's Husk Husband – भुसको लोने."



More than just entertainment, the film creatively shed light on a critical issue in women's lives ; uterine prolapse. Amid laughter and enjoyment, it opened space for dialogue, self-reflection, and greater awareness.

SURVEY AMONG DOMESTIC WORKERS



In Tarkeshwor Municipality, where domestic and home-based work provides livelihoods for many women, no prior research has documented their working conditions or challenges. To bridge this gap, Tarangini Foundation, in collaboration with Tarakeshwor Municipality, conducted a survey targeting 429 women domestic and 696 home based workers.

Low and insufficient wages, lack of proper leave and rest, extreme workloads without any set limitation of working hours, no compensation for overtime work, lack of access to formal benefits and social protection; these were some of the harsh realities faced by domestic and home-based workers as depicted by the findings of the survey conducted in Tarakeshwor Municipality.

For full survey report, please visit this link: : <https://tinyurl.com/3de4bvmz>

RIGHT TO WORK - AGRICULTURAL WORKERS

We continued our work in Banepa, Panauti, and Panchkhal municipalities of Kavrepalanchok, centering the voices of women agricultural workers and strengthening their recognition as rights-holders. Through community-based organizing, networks of women farmers were formed and expanded, bringing together more than two hundred women who are now meeting regularly to discuss labor rights, gender equality, and their experiences as both workers and caregivers. These networks have created safe spaces for women to raise their concerns, build solidarity, and begin advocating collectively at the local level.

Alongside the organizing efforts, Tarangini Foundation facilitated a series of coordination meetings with ward officials and local leaders. These conversations introduced the idea of digital registration of agricultural workers and emphasized the importance of recognizing women's agricultural and care work as legitimate labor. The campaign also engaged Women Human Rights Defenders in district-level discussions on violence against women, culminating in the submission of an attention paper to the Office of the Prime Minister opposing proposed legal changes that would reinstate polygamy and grant amnesty to perpetrators of rape, and trafficking.

The months also featured participatory orientations on gender-based violence and the role of local labor desks in ensuring protection and access to justice. These sessions encouraged women farmers to recognize GBV, seek support, and connect with community-based mechanisms. Mental health emerged as another central theme, with Dance Movement Therapy sessions introduced in Banepa and Panchkhal. These safe and creative practices gave nearly seventy women the opportunity to release stress, share their struggles, and nurture resilience in an environment of trust and care.

Change is beginning to show in tangible ways. Women agricultural wage workers are taking steps toward entrepreneurship, cultivating vegetables and moving toward economic self-reliance. Local governments are increasingly inviting women workers into community activities and recognizing their contributions to the local economy. At the same time, women themselves are developing greater awareness of their legal rights, identifying shared challenges, and demanding stronger protections.



RETURNEE MIGRANT WORKERS

GENERAL ASSEMBLY

To chart the organization's future direction and clarify its objectives, Tarangini Foundation convened a special general assembly on August 19 to finalize and approve five-year strategic plan (2082-2087) of Shramjibi Mahila Manch, organization led by returnee migrant workers.

Participants then engaged in group discussions, contributing ideas and suggestions to further refine the plan for the organization's upcoming initiatives.



INTERACTION PROGRAM WITH MUNICIPAL STAKEHOLDERS

Women often leave familiar surroundings to work abroad, enduring harsh conditions without adequate rest, food, or safety, driven by love and responsibility for their families. Yet, upon returning home, their struggles and contributions are often overlooked; they face judgment, mistreatment from their own family members, remain unemployed, or, if employed, receive low wages, leaving them with no choice but to seek foreign employment again.

To highlight these challenges, Tarangini Foundation in collaboration with Shramjibi Mahila Manch organized interactive programs with municipal stakeholders in Banepa, Panauti and Dhulikhel Municipality on June 22, June 24 and July 11 respectively.



OUR ADVOCACY CAMPAIGNS

SOLIDARITY RALLY



Tarangini Foundation extended its solidarity in a rally for women rights, demanding the full implementation of the rights guaranteed by the Constitution, which was held on July 20, 2025.

The rally began at Maitighar Mandala and proceeded to Everest Hotel in Baneshwor, where it concluded with an assembly. The assembly was addressed and formally concluded by Women Human Rights Defender, Dr. Renu Adhikari.

DHARNA PROGRAM

As a part of the “महिला अधिकारको लागि दबाव अभियान”, a *Dharna* program was held at Maitighar Mandala, where we united to raise our voices for the full realization of women’s rights. The gathering highlighted the continued struggle women face in securing rights which have been already guaranteed by the Constitution.

We, participants emphasized that while these rights are enshrined in words, their implementation in daily life remains lacking, compelling women to once again take to the streets. The event underscored a collective call that constitutional rights must move beyond paper promises and be upheld in practice.



OUR ADVOCACY CAMPAIGNS

FREE PSYCHOSOCIAL SUPPORT

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तरंगिनी महिला अधिकार प्रशिक्षण केन्द्र (तरंगिनी फाउन्डेसन) र कागेश्वरी मनोहरा नगरपालिकाको संयुक्त आयोजनामा हरेक विहिबार नगरपालिका कार्यालय स्थित मनोबिमर्ष कक्षमा निःशुल्क मनोबिमर्ष सेवा तथा परामर्श सेवा प्रदान गरिने जानकारी गर्दछौ।

हरेक विहिबार | १० देखि ५ बजे सम्म
कागेश्वरी मनोहरा नगरपालिका कार्यालय

थप जानकारीका लागि:
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Tarangini Foundation, in collaboration with Kageshwori Manohara Municipality, has begun providing free counseling and psychosocial support services every Thursday from 10 a.m. to 5 p.m. at the municipality office. The initiative aims to create an accessible space where women and workers can seek support and guidance in a safe environment.

BUTWAL EMPLOYMENT FAIR

On 2 July 2025, Tarangini Foundation, together with Radio Mukti, participated in the Butwal Employment Fair organized by Butwal Sub-Metropolitan City. For the first time, a stall was dedicated exclusively to domestic workers, highlighting their labor, rights, and the current social, legal, and economic challenges they face. More than 4,500 people visited the fair, including Mayor Khilraj Pandey, Deputy Mayor Sabitra Devi Aryal, and other distinguished guests.

We extend our sincere gratitude to Butwal Sub-Metropolitan City for creating space to bring domestic workers' concerns into the public discourse. This event marked an important step in recognizing their contributions and advancing the collective call for dignified labor.



RUPANTARAN: OUR EFFORTS FOR TRANSFORMATION

CAPACITY BUILDING TRAINING



To counter harmful traditional practices through a feminist lens, Tarangini Foundation organized a five-day capacity-building training from August 18-22 at WOREC Aadhar , Rajabas, Udayapur.

The training brought together 28 women and adolescent girls from Udayapur, Dhanusha, Morang, and Sunsari districts, fostering dialogue, learning, and collective empowerment.

ORIENTATION SESSION

Tarangini Foundation, in collaboration with Rauta Samudayik Hit Kendra, organized an interactive discussion program on August 16 in Ward No. 7, Murkuchi of Rautamai Rural Municipality, Udayapur.

The program brought together the members of adolescent girls' networks from Rajabas, Murkuchi, and Puware to engage in dialogue on key issues such as menstrual hygiene, harmful social norms surrounding menstruation, good touch and bad touch and online harassment.



PARIWARTAN

MUNICIPAL INTERACTION PROGRAM



On 14, 19 and 20 August, Tarangini Foundation conducted interaction meetings with municipal stakeholders at Letang Municipality, Triyuga Municipality and Chaudandigadhi Municipality respectively. The discussions primarily focused on the establishment of a labour desk and its potential role in addressing labour-related issues at the local level. The further discussions were also held with the relevant sections in these municipalities to explore areas for future collaboration and interventions.

COMMUNITY INTERACTION PROGRAM

On August 14, Tarangini Foundation conducted an interaction meeting at Letang Municipality with a total of 28 participants. The participants included ward-level elected women representatives, returnee migrant workers, Women Human Rights Defenders (WHRDs), local community women, youth group members, representatives from women-led organizations, domestic workers, women activists, and social workers.





HALF-YEARLY REVIEW AND PLANNING MEETING

From 29 July to 1 August 2025, Tarangini Foundation held its Mid-Year Review and Planning Meeting at Dhulikhel Boutique Hotel. Bringing together staff and board members, the four-day workshop was designed as a collective space for reflection, feminist co-learning, and planning the way forward. Guided by the principle that “feminist intention and vision transform the very spirit of our work,” the sessions centered openness, self-care, and inclusive dialogue.

The review began with a critical look at progress made in the first half of the year. Instead of limiting assessment to numbers, the team explored how far our campaigns and projects have carried us toward our vision of structural feminist transformation. Group activities encouraged creative presentations: poems, dialogues, and skits, that helped us examine both achievements and challenges in new ways.

Discussions highlighted the importance of connecting every activity or campaign with Tarangini’s vision of strengthening the feminist movement through visibility, documentation, intergenerational mentorship, and integrated self-care. A key learning was that while problems may be solvable with immediate actions, structural challenges demand long-term strategies rooted in feminist politics.

The workshop also initiated Tarangini’s five-year strategic planning process (2083–2088 BS). Through visioning exercises and a feminist SWOT analysis, the team identified core strengths such as being a women-led organization, strong community networks, and a supportive feminist environment. Areas for improvement, including data management and internal communication, were openly acknowledged, while opportunities for collaboration with local governments and grassroots groups were mapped out.

The final day focused on six-month planning, ensuring that individual responsibilities align with collective goals. Clear accountability and open feedback created a shared sense of direction. Importantly, the review reaffirmed that structural transformation requires both persistence and adaptability, with feminist politics made explicit in every aspect of our work.



MEDIA INTERACTION PROGRAM



In an effort to broaden the reach of organization's initiatives, strengthen its impact, and highlight key social issues through effective communication, the Media Interaction Program was organized on 22nd July at the hall of National Human Rights Commission including nearly 20 media professionals from various media houses. This interaction program was not merely an event but marked the beginning of a collaborative journey towards a shared goal of social transformation.

Through engaging and interactive discussion and collaboration with media professionals, the organization aims to strengthen its relationship with the media, explore possibilities for long-term collaboration, and amplify collective voices on social issues. This program intended in collecting suggestions and recommendations from media professionals in enhancing the effectiveness of information dissemination, increasing the organization's media presence and online visibility, and ultimately expanding its sphere of impact.

MEDIA COVERAGE



काठमाडौं — विभिन्न महिला अधिकार संस्थाका कार्यरत महिला अधिकारकर्मी माइतीघरमा जम्मा भएर महिला अधिकार सम्बन्धी नारा लगाएका थिए। 'महिला अधिकारका लागि दबाव अभियान'ले प्रत्येक आइतबार यसरी नै नारा लगाउँदै आएको छ। आजको धर्नामा उनीहरूले 'मेरो शरीर मेरो अधिकार', 'महिला रोकिए संसार रोकिन्छ', 'हिंसा हामी सहँदैनौं, चुप लागेर बस्दैनौं' लगायतका नारा लगाएका थिए।



काठमाडौं, साउन ७

तरंगिनी फाउन्डेसनले ललितपुरमा सञ्चारकर्मी सङ अन्तरक्रिया गरेको छ। महिला अधिकार, लैंगिक समानता र सामाजिक न्यायका सवालमा सञ्चारकर्मीहरूको भूमिकाबारे महिला अधिकार परिक्षण केन्द्र तरंगिनी फाउन्डेसनको आयोजनामा अन्तरक्रिया कार्यक्रम सम्पन्न भएको हो। ललितपुरस्थित राष्ट्रिय मानव अधिकार



प्रशासन एक्सक्लुसिभ आक बनाइएको ललिता निवास प्रव

तरंगिनी फाउन्डेसनको आग्रह- 'महिलाको पहिचान, श्रमको सम्मान र हिंसा अन्त्यका लागि सञ्चार सशक्त होओस्'

प्रशासन डेस्क ७ आश्विन २०८२, बुधवार

250 Shares



संविधानले सुनिश्चित गरेका महिला अधिकारहरूको व्यवहारिक कार्यान्वयन र विभेदकारी कानूनी संरचनाको अन्त्यको मागसहित आज माइतीघर मण्डलामा सडक धर्ना सम्पन्न भएको छ।

तरंगिनी फाउन्डेसनको संयोजनमा आयोजित यो धर्ना कार्यक्रम केही साता अघि सम्पन्न आन्दोलनको निरन्तरता हो, जसअन्तर्गत महिला अधिकारका लागि दबाव अभियानले विभिन्न क्षेत्रका श्रमिक महिलाहरूको सहभागितामा आवाज बुलन्द गरेको हो।



INFOGRAPHICS

बाल विवाह अन्त्य गरौं !



बाल अधिकारको उल्लङ्घन

शारीरिक अखण्डताको हनन

जबरजस्ती यौन सम्बन्ध/ यौन हिंसा

घरेलु हिंसा

शिक्षा तथा अन्य अवसरहरूबाट बन्चित

छिटो र अनिच्छित गर्भधारण


शारीरिक तथा मानसिक स्वास्थ्यमा असर

किशोरीहरूको शरीर, अधिकार र गतिशीलतामा नियन्त्रण

बाल विवाहका परिणामहरू

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सहमति (Consent)



- सहमति भन्नाले कुनै व्यक्तिले स्वतन्त्र रूपमा, दबाव वा डर बिना, बुझेर र खुशीपूर्वक स्वेच्छाले यौन गतिविधिमा सहभागी हुन दिएको अनुमति हो।
- १८ वर्ष भन्दा मुनिको व्यक्तिले यौन गतिविधिमा सहभागी हुन दिएको सहमति मान्य हुँदैन।
- आफ्नो शरीरमा आफैंको अधिकार हुन्छ। आफ्नो शरीरप्रति अरू कसैले निर्णय लिन पाउने अधिकार हुँदैन।

‘होइन’, मौनता, वा कटकाप, अनुचित प्रभाव, डर, त्रास, झुठयानना पाटी, अपहरण गरी वा शरीर बन्धक लिई लिएको सहमतिलाई सहमति मानिदैन।

“मेरो शरीर, मेरो अधिकार”

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स्व-हेरचाह





जीवनको ससाना कुरामा रमाउने



दैनिक ध्यान गर्ने



दैनिकी लेख्ने



पर्याप्त रूपमा आराम गर्ने/ सुत्ने



आफुलाई प्रशंसा गर्ने



पर्याप्त मात्रामा पानी पिउने



सकारात्मक विचार भाव राख्ने



पौष्टिक आहार खाने



दैनिक व्यायाम गर्ने

आफ्नो ख्याल राख्न नबर्सनुहोस्

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मानसिक स्वास्थ्य: सहयोग कहिले लिने ?

के लगाईसंग दुई हप्ता भन्दा कम हल्का लक्षणहरू रहेका छन् ?

- भोरे निद्रा नपाउनु हुने
- निद्रा बढ्दा पनि कम गर्ने
- निद्रा आरम्भ गर्नमा समस्या हुने
- निद्रा बढ्दा पनि आँसु र अरुको आँसु गर्न सक्ने

यदि त्यसो भएमा, निम्न स्व-हेरचाहका गतिविधिहरूले मद्दत पुर्याउन सक्छन्:

- व्यायाम/योग
- स्वस्थ आहार
- साथीसंग/ परिवार/सहकर्मीसँग कुराकानी
- कलम लिनु वा आवाज
- विश्वनीय मित्र वा परिवारसँग कुराकानी

के लगाईसंग दुई हप्ता वा सो भन्दा बढी गम्भीर लक्षणहरू रहेका छन् ?

- कुनै काम गर्न नसक्ने हुने
- भोक वा खाने रूचीमा परिवर्तन
- सामान्यता पहाउने सक्ने विरहमा परेको कमी
- ज्यादा केहिपल गर्न सकिनु
- अपेक्षाभन्दा ढुंग मन नपार्ने
- दैनिक गतिविधिहरू गर्न सकिनु
- मृत्यु वा आत्म हानिको विचार

विशेषज्ञको सहयोग/ सहायता लिनुहोस्:

- मनोचिकित्सक/डॉक्टर
- मनोविमर्श सेवा
- औषधि
- थेरेपी

कुनै पनि मानसिक स्वास्थ्य समस्या भएमा मनोविमर्श सेवा प्राप्त गर्न तरंगिनी फाउन्डेसनका मनोविमर्शकर्तालाई सम्पर्क गर्न सक्नु हुनेछ। **९८४७३७२९४६**

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घरेलु हिंसा भएमा के गर्ने ?

घरेलु हिंसा भएको, भइरहेको वा हुने सम्भावना रहेको विश्वास भएको जुनसुकै व्यक्तिले घटना घटेको मितिदेखि ९० दिन भित्र उजुरी गर्न सक्दछ।

उजुरी दिन कहाँ जाने ?



- पौडिज बलियोस गरेको पीडा रहेको वा घटनास्थलको नजिकको प्रहरी कार्यालय र जिल्ला प्रहरी कार्यालय अन्तर्गतको कारवाहातिका वा प्रहिस सेल वा प्रहरी चौकी वा उपपौडीको सेलामा जान सकिन्छ।
- घटना सम्बन्धी तथ्याङ्क विवरण पेश गर्ने। सो विवरण लिखित वा मौखिक रूपमा दिन सकिन्छ।
- आफ्नो शारीरिक सुरक्षा जोडिनुमा भए/ थान्नि सुरक्षा विवेदन पनि दाता गर्न सकिन्छ।

जिल्ला अदालत



- प्रायस रूपमा आफ्नो सम्बन्धित जिल्लाको जिल्ला अदालतमा पनि उजुरी दाता गर्न सकिन्छ।

महानिरीक्षण कार्यालय



- माउपारिक अथवा नगरपालिकाको कार्यालय वा सम्बन्धित वडाको उजुरी दिन सकिन्छ।
- घटना सम्बन्धी तथ्याङ्क विवरण (घटना कहिले र कहाँ भएको थियो, हिंसा कुन प्रकारको थियो र घटनाको सञ्चित व्यहोरा) पेश गर्ने। सो विवरण लिखित वा मौखिक रूपमा दिन सकिन्छ।

खबर गरौं ११४५



- ११४५, हटलाइन 'खबर गरौं' मा सम्पर्क गरी उजुरी गर्न सकिन्छ।
- महिला आयोगको वेबसाइटमा रहेको अनलाइन फारम मार्फत उजुरी दाता गर्न पनि सकिन्छ। <https://nwc.gov.np/online-complaint/>

घरेलु हिंसा गरेमा के कति सजाय हुन्छ?

- तेजाव वा घरेलु प्रकरका अन्य पदार्थ छेउछेउ वा सो पदार्थले पोती, डानी, दाती, पसी जोडमा पीडा गराउने वा अनुहार वा शरीरको कुनै अङ्ग कुच्य परिदिने गरी भएको शारीरिक घातना वा घातनायना घातना सम्बन्धी घरेलु हिंसाको सबैभन्दा गम्भीर तथ्याङ्कले व्यक्तिलाई एक लाख रुपैयाँदेखि तीन लाख रुपैयाँसम्म जरिवाना र एक वर्षदेखि आठ वर्षसम्म कैद हुनेछ।
- घरेलु हिंसाका अन्य कार्यहरूको हकमा ३००० देखि २५००० सम्म जरिवाना, वा ६ महिना कैद, वा दुई सजाय हुन सक्छ।
- घरेलु हिंसा गर्ने प्रयास गर्ने वा सहायता गर्ने व्यक्तिलाई अपराधीको सजायको आधा सजाय दिनेछ।
- घरेलु हिंसाको कसैको सजाय पाइसकेको व्यक्तिले पुनः सोही कसुर गरेमा घरेलु हिंसाको दोब्बर सजाय हुनेछ।
- कुनै पनि सार्वजनिक पदमा कार्यरत कर्मचारीले घरेलु हिंसा गरेमा १००% सजाय हुनेछ।

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सहमति सम्बन्धी भ्रम तथा तथ्यहरू

भ्रम !

- मौनता वा प्रतिरोध नगर्नु भनेको सहमति हो।
- सहमति एकपटक दिइएपछि फिर्ता लिन मिल्दैन।
- अभिल्लो पटक सहमति दिएको वा पहिले सम्बन्धमा भएको कारणले भविष्यमा पनि सहमति दिइएको भन्ने मान्यता हुन्छ।
- विवाह भएको वा प्रेमसम्बन्धमा भएको कारणले स्वचालित रूपमा सहमति दिइएको मान्न मिल्छ।
- डेटिङ, फ्लर्टिङ, चुम्बन वा मित्रतापूर्ण व्यवहार गर्नु यौन सम्बन्धको लागि स्वतः सहमति हो।
- निदाएको, बेहोस भएको वा नशामा भएको व्यक्तिको सहमति मान्य हुन्छ।

तथ्य ✓

- मौन रहनु वा 'होइन' नभन्नु पनि सहमति हो भन्ने ग्यारेन्टी हुँदैन। मौनता सहमति होइन।
- सोचविचार गरेर खुशीपूर्वक स्पष्ट र स्वतन्त्र रूपमा दिएको "हो" भन्ने उत्तरलाई मात्र सहमति भन्न मिल्छ।
- व्यक्तिले जुनसुकै समयमा आफ्नो सहमति फिर्ता लिन अधिकार हुन्छ।
- एक पटक दिएको सहमति सँधैको लागि हुँदैन। प्रत्येक पटकको लागि छुट्टै सहमति आवश्यक हुन्छ।
- वैवाहिक सम्बन्ध वा प्रेमसम्बन्धमा पनि सहमति अनिवार्य हुन्छ।
- डेटिङ, फ्लर्टिङ, चुम्बन वा मित्रतापूर्ण व्यवहारहरू स्वतः यौन सम्बन्धको सहमति होइन।
- निदाएको वा बेहोस अवस्था, लागुऔषध सेवन गरेको वा अत्यधिक मादक पदार्थ सेवन गरेको व्यक्तिले दिएको सहमति मान्य हुँदैन।

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अनलाइनमार्फत हुने दुर्व्यवहार ?

अनलाइनमार्फत हुने दुर्व्यवहारमा के कस्ता कार्यहरू पर्छन् ?

कम्प्युटर, इन्टरनेट लगायतका विद्युतीय सञ्चार माध्यमहरूमा प्रचलित कानूनले प्रकाशन तथा प्रदर्शन गर्न नहुने भनी रोक लगाएको सामग्रीहरू प्रकाशन वा प्रदर्शन गर्ने,

सार्वजनिक नैतिकता, शिष्टाचार विरुद्धका सामग्री वा क्लेभेजि प्रकाश वा ट्विटर फेसबुकमा वा विभिन्न जात जाति र समुदायबीचको सुमृदुर सम्बन्धलाई खलल पार्ने किसिमका सामग्रीहरू प्रकाशन वा प्रदर्शन गर्ने,

महिलालाई जिस्क्याउने, हेरानी गर्ने, अपमान गर्ने वा यस्तै अन्य कुनै किसिमको अमर्यादित कार्य गर्ने वा गर्न लगाउने जस्ता कार्य।

यस्ता कार्य गरेमा कति सजाय हुन सक्छ ?

रु. १ लाखसम्म जरिवाना, वा ५ वर्षसम्म कैद, वा दुई सजाय एकैपटक हुन सक्छ।

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Transformative Leadership: The Journey of Sharada Rai



Sharada Rai was born on Kartik 10, 2036 B.S. in Letang Municipality of Morang District. She grew up at her maternal home. Born as the eldest child of the family, Sharada lost her 7-year-old younger brother at an early age. Born into a middle-class family, Sharada's life was marked by struggles right from her childhood. After completing her S.L.C. from a government school in Letang, her desire to learn computer took her to Biratnagar. There she began computer training. Society did not fully accept the idea of a young daughter living alone away from home for studies, and her mother Pabitra Devi Limbu was criticized for the same. But being fearless and courageous since childhood, Sharada was reassured by her mother, who told her, "You have to achieve a lot in life and silence them." With this encouragement, she went to Biratnagar to study.

During her time in Biratnagar, she fell in love and got married. But before the relationship could flourish, it ended. While she was pregnant, her husband abandoned her. Sharada's life took another painful turn. She gave birth to a child and returned to her own home, raising the baby singlehandedly. To make matters worse, her father abandoned the family too. The responsibility of raising her young son and supporting other family members fell entirely upon Sharada. When it became difficult to even manage daily meals, she started working as a domestic worker to support her family.

During this time, she got the opportunity to teach at a boarding school with a salary of only 1,500 rupees. The small amount of salary was not enough to sustain her family. With growing expenses; her son's needs, her sister's education, and her mother's medical treatment-Sharada began looking for other ways to earn. Eventually, she decided to pursue foreign employment. For the sake of her son's future, she went to Kuwait through an agent.

The journey itself was harsh. In Siliguri, India, the agent crammed many girls together in one small room. After three days, they were taken to Mumbai's Kerala station. Out of a group of 17, Sharada received her visa for Kuwait. Upon arrival, she was taken directly by the agency to a room where she saw many women severely injured-some burned with irons, some with broken legs from failed escape attempts. "I felt my life was over. I cried a lot, remembering my little son," Sharada recalls.

The work was much harder than the work she had done in Nepal. Along with hardship, she endured fear. When her Sri Lankan co-worker was beaten by the employer, Sharada thought, “How unfortunate to come to another country only to be beaten like this.” After two years, she returned to Nepal, vowing never to return to Kuwait-but she later went to Saudi Arabia. Life was a little easier there, and she managed to save some money. After returning home, she again felt compelled to earn more and went to Dubai. There too, she faced overwhelming hardship; endless work, exhaustion, and struggles. After her third stint abroad, she finally returned to Nepal for good.

Her repeated journeys for foreign employment were never out of desire but of necessity-driven by the hope of providing a better life for her family. However, when she returned from Kuwait, society was not kind. Seeing her thin body, people suspected she might have returned with AIDS. Some even accused her directly. These experiences deeply affected her mental health. But Sharada was not one to give up easily. She pulled herself together and continued working.

Back in Nepal, she faced another long battle to obtain her son’s birth certificate and citizenship, which she finally succeeded in securing through a citizenship camp. After returning from foreign employment, she began attending various programs organized by WOREC. There, she started sharing her experiences and challenges, training other women, and raising awareness among those planning to go abroad for work. Through this, she also received psychosocial counseling training from Tarangini Foundation. At a time when she was mentally very weak, this training became the turning point of her life, she says.

Building on this training and her previous work experiences, in 2078 B.S, she was appointed as a Psychosocial Counsellor at Letang Municipal Office. Today, Sharada Rai is the Treasurer of Morang District Women Human Rights Defenders Network, Deputy Secretary of the Municipal Network, and an actively working Psychosocial Counsellor. After years of hardship at home and abroad, she has established a distinct identity for herself. She now conducts women’s leadership training, provides psychosocial counseling services to needy ones, and shares opportunities with others. With support from Tarangini, she has also traveled to Bangladesh and Sri Lanka to share experiences on how migrant women workers are viewed in Nepal. She even had the chance to present her story internationally.

Currently, working in the Judicial Committee of Letang Municipality, Sharada is busy daily with tasks such as writing petitions, drafting responses, preparing orders and discussion papers, setting dates, and issuing notices of the cases that are registered in municipality. Her dedication has been widely appreciated. She got the opportunity to work at the Judicial Committee Secretariat, where she continues striving to ensure access to justice, believing that no one should have to endure injustice. At the Judicial Committee of Letang Municipality, she not only facilitates mediation but also encourages clients to seek psychosocial counseling services.

Reflecting on her struggles, Sharada says, “Whatever suffering I endured, I wish no other woman has to go through the same again. To rise from being a domestic worker abroad and a single mother carrying the burden of family responsibilities, to now working in government service - this is a matter of immense pride for me.”

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 feminist mentoring. We work around three issues: women's identity, body and work and envision creating an enabling environment for feminists and our movements to be strengthened, recognized, and visible. Our 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.



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