

# TARANGINI QUARTERLY NEWSLETTER

2026

*"The Future is Female"*

ISSUE I: JANUARY-MARCH

 **tarangini**  
foundation

*As we navigate this new post Gen-Z Revolution terrain, it has become evident that history doesn't unfold quietly, it disrupts the system and engulfs it in the flames of revolution. It is heralded by those who refuse to remain on the sidelines while the system perpetuates injustice. Today, we stand at the Eve of Change, where conversations must shift from the mere presence of women in political spaces to the actual realisation of their agency.*

*While the Constitution has opened doors for women to enter local and provincial governance, the realization of their political agency remains a battlefield of structural and patriarchal resistance. Realizing women's political agency means dismantling the structural injustices that treat women as 'tokens of inclusion' rather than central actors in the democratic process. It is not enough to have women in office if they are denied the agency to decide, to implement, and to lead with dignity.*

*The current political climate in Nepal poses a historic opportunity. Let us ensure this turning point leads us toward a future where women's political agency is not just a token, but the cornerstone of our democracy. We demand not just for a seat at the table, but for the power to reshape the table itself. This edition is for the women who are constantly and courageously navigating a system designed to resist transformation.*

*Together, let us commit to a future where the leadership of women is not an exception to be celebrated, but a standard to be upheld.*

*In Solidarity,*



## IN THIS EDITION

- GENERAL ELECTION
- RIGHT TO WORK
- RIGHT TO HEALTH
- YOUTHS IN ACTION
- INTERACTION WITH STAKEHOLDERS
- ADVOCACY TRAINING
- PLANNING & REVIEW
- INFOGRAPHICS

## THEME

*For the past few years, Tarangini has had the privilege of walking alongside Elected Women Representatives across Nepal. Through our collaborative efforts, we have seen that women's leadership is not a static destination, but an evolving practice of resilience.*

*In light of our work and the pivotal March Fourth General Election, the theme for this issue is-*

***'The Eve of Change: Realizing Women's Political Agency'***

# IN MEMORIAM



With deep sorrow, Tarangini Foundation mourns the passing of Dr. Meena Acharya, pioneering feminist economist, scholar, and women's rights advocate whose life's work transformed how we understand gender, labour, and social justice in Nepal.

Dr. Acharya's research, from *The Status of Women in Nepal* to her critiques of economic policy, illuminated the often invisible contributions of women and expanded the horizons of feminist scholarship.

Tarangini Foundation honours her extraordinary legacy and extends its heartfelt condolences to her family, colleagues, and all whose lives she enriched. May her vision endure our movement and her spirit rest in peace.



# GENERAL ELECTION

## Research and Documentation

Based on the findings of Sambhak (2079), Tarangini and WOREC have undertaken a joint research project titled- ‘*Strengthening Women’s Leadership at the Local Level: An Action Research Among Elected Women Representatives of Sudurpaschim, Karnali and Madhesh Province*’. Under this project, the team interacted with various EWR’s at Local Government Level, Local CSOs, WHRDs, Women Activists and Youth Activists and gathered information through Key Informant Interview (KII) and Focus Group Discussion (FGD).



A team from Tarangini undertook a research visit to the Madhesh Province from 28th March to 31st March, 2026. The team organized FGD and KII with various EWRs, women groups, WHRDs and CSO Members in the Dhanushadham Mucipality and Janakpurdham Sub-Metropolitan City in Dhanusha.

# GENERAL ELECTION

## Research and Documentation



Another team from Tarangini undertook a research visit to the Sudurpaschim Province. In a visit from 20th March to 27th March, 2026, the team organized FGDs and KIIs with many EWRs, CSO Leaders, Women's Groups and WHRDs. They visited Belauri Municipality, Dipayal Sigadhi Municipality, Kailari Municipality and Dhangadhi Sub-Metropolitan City.



# GENERAL ELECTION

## *Interaction Program*



Tarangini with its sister organizations- National Network of Women Human Rights Defenders (NAWHRD), SWASA, Mayako Sansar, Pariwartan Ko Laagi Sahakarya Nepal, WOREC Nepal, Jagriti Mahila Mahasangh met with figures from various political parties before the March 4 General Elections. The organizations presented a demand letter to various political parties urging for issues like- women's participation in politics, recognition of dignified labour, land and housing rights, protection of WHRDs, women's sovereignty and independent identity, and social justice and development, to be included in their manifesto.



# GENERAL ELECTION

## Drop-in Centre

On February 22, at the drop-in centre run by Tarangini Foundation, a special discussion session entitled 'My Vote, My Rights' was held to inform working women about their voting rights, the electoral process and the role of a conscientious citizen. The session aimed to ensure women's active and meaningful participation in the democratic process. The women participating in the programme openly shared their experiences, challenges, and lessons learnt from voting.



On February 26, Tarangini hosted Ms. Afsana Anayat Amey from Asian Network for Free Elections (ANFREL) at our office. We discussed the challenges in meaningful participation and representation of women and marginalized groups in elections and shared our observations on electoral processes from a gender and rights-based perspective. We also shared findings of our research with elected women representatives in 2022 (*Sambahak*) on intersectional barriers to women in politics with the team.



# RIGHTS. JUSTICE. ACTION. FOR ALL WOMEN AND GIRLS



On the occasion of International Women's Day, Tarangini, with its sister organizations: NAWHRD, WOFOWON, SWASA Nepal, Nepal Mahila Ekta Samaj, WOREC Nepal, Sunita Foundation, Jagriti Mahila Mahasangh, Sudhar Mahila Sangh, Jiwanjyoti Mahila Sangh, Sangharsha Mahila Samuha, Parajit Mahila Sangh, Nari Chetana Samaj Nepal, FSGMN, NAP+N, CWAD, and Project Abhaya, organized a rally at the Maitighar Mandala, with the slogan '*Access to Justice for Ensuring Women's Fundamental Rights*'.

On March 13, Tarangini team took to the streets demanding the authorities to take immediate and meaningful action on the instances of violence against women and girls.

Tarangini, along with its sister organizations protested the proposed removal/merger of the Ministry of Women, Children and Senior Citizens on March 26.

We envision a society where every woman can live not in fear, but with dignity, safety and respect.



# RIGHT TO WORK: LABOUR DESK



On January 5, Tarangini team held a meeting with Ms. Manika Devi Dulal, Deputy Mayor of Chaudandhigadhi Municipality regarding the establishment of a labour desk. Additional meetings with the Chief Administrative Officer, the Employment Section and the Women and Children's Section were held to discuss on possible collaborations and issues concerning the community's women.

On February 5, Tarangini Foundation organized a municipal-level orientation programme on 'Labour Rights and the necessity of Labour Desk' in Banepa. It included discussions on workers' fundamental rights, the role of the labour desk in resolving labour-related issues, and how it provides workers with easy access to support and assistance. The participants included- members of agricultural workers' networks from Panchkhal and Panauti, and Women Human Rights Defenders from Kavre.



# RIGHT TO WORK: DOMESTIC WORKERS

## *Drop-in Centre Activities*



On February 12 and March 11, discussions were held with various domestic workers at Tarangini's drop-in centre. We listened to and shared our innermost thoughts, exchanged experiences and held an open discussion on digital violence. They acknowledged Tarangini as a safe space where they can unburden their feelings and struggles.



# RIGHT TO WORK: DOMESTIC WORKERS



On February 9, Tarangini organized a discussion with the Domestic Worker Women's Network in Budhanilkantha Municipality, Ward No. 11.



On February 7, Tarangini organized an orientation programme on labour rights for the Aama Samuha of Ward No. 6, Kathmandu Metropolitan City. The orientation highlighted the importance of collective strength, women's rights and the respect for women's labour.

# RIGHT TO WORK: DOMESTIC WORKERS

## *Interaction Program*

On February 20, Tarangini conducted an interactive program on digital violence titled 'Am I Safe?', in collaboration with the Domestic Workers' Network of Tokha Municipality.

During the programme, participants were informed about what digital violence is and the various forms it can take on social media and other digital platforms, and practical measures to protect themselves from digital violence at the workplace or from strangers were discussed. The programme was also designed to encourage people to speak up and seek the necessary support, without fear or hesitation, should they experience digital violence.



# RIGHT TO WORK: AGRICULTURAL WORKERS

## *Interaction Program*



On January 6, Tarangini organized an interaction program on human rights with the Agricultural Women Workers' Network at Panchkhal Municipality, Aapghari, Ward No. 12.



On January 4, Tarangini Foundation organized an interaction on human rights for the agricultural women workers from Panauti Municipality, Ward No. 9. Most women participated with their young children in tow; showing that while the burden of care follows us everywhere, we organize, attend and unite for justice and respect.

# RIGHT TO WORK: AGRICULTURAL WORKERS

## *Dance Movement Therapy (DMT)*



On January 27, 28, 29 and 30, Tarangini conducted Dance Movement Therapy Sessions with women from Banepa-1, Banepa-3, Panauti-8 and Panchkhal-12, along with orientations on women's rights and labour rights. By placing the voices, experiences and strengths of the women from community at the centre, we are advancing our collective journey.



# RIGHT TO HEALTH

## *Menstrual Health*

Tarangini, in partnership with Holistic Development Centre, organized a menstrual hygiene orientation and women's group formation programme was successfully held on 6th February in Tallo Sakim, Bhume Rural Municipality-4, Rukum East, amidst active community participation and an enthusiastic atmosphere. The programme, organised with the aim of fostering learning and raising awareness within the community about menstruation, a topic still shrouded in shame and silence, featured open dialogue and interaction challenging misconceptions and myths surrounding menstruation.



## *Mental Health*

Tarangini and Holistic Development Centre, conducted an orientation programme on the importance of mental health among young people and adolescents, in Sisne Rural Municipality, Rukum East on February 9. The participants discussed about mental well-being, self-care, and stress management.



# PSYCHOSOCIAL COUNSELLING TRAINING

## Phase- I



Phase I of the Six Months Psychosocial Counselling Training by Tarangini Foundation was successfully concluded. The training was organized from March 18-27, 2026 at WOREC Aadhar in Udaypur. The training was facilitated by Dr. Renu Adhikari, Ms. Roshani Gurung and Ms. Anuradha Acharya and hosted 14 participants.

This training has equipped participants with the necessary knowledge, skills, and confidence in terms of psychosocial counselling.

We remain committed to enhancing access to mental health services by expanding quality psychosocial support within the community. Phases II and III of the training will commence shortly and the participants will be informed in advance accordingly.



# YOUTHS IN ACTION

## Webinars

JAN 23, 7:00 PM - 8:30 PM

Understanding  
Feminism through  
a Postcolonial  
Lens

DR. RENU  
ADHIKARI



Tarangini, in collaboration with Gen Z Civic Forum organized a webinar session on 'Understanding feminism through a decolonial lens' on January 23. The session was facilitated by Dr. Renu Adhikari, Founder Chairperson of Tarangini Foundation. This intergenerational dialogue saw the participation of over 50 youths as a part of a crash course on the Fundamentals of Constitutional Democracy.

On March 18, Tarangini in collaboration with Youth in Federal Discourse and Gen Z Civic Forum hosted a webinar for a post-election reflection exploring gender, power, and structural inequality in elections and electoral outcomes.

## Post-Election Reflections through an Intersectional Feminist Lens



Webinar

March 18 7:30 PM

Panelists:

Moderator:



Tanuja Pandey  
Lawyer and Activist



Anjali Sah  
Law Student and Activist



Dikshya Adhikari  
Board Member, Youth in  
Federal Discourse



Ashlesha Joshi  
Legal & Advocacy Officer  
Tarangini Foundation

# YOUTHS IN ACTION

## Orientation Program

An orientation programme on digital violence for students of Panauti-10 was successfully organised by the Tarangini Foundation on February 24. The students were informed about the growing risk of digital violence, which has increased with the expanding use of social media and technology. Messages about how to stay safe and the importance of speaking out with courage were conveyed.



The students who participated in the programme openly expressed their curiosity, experiences and feelings, and pledged to use the digital world safely and responsibly.



# INTERACTION WITH STAKEHOLDERS



During Janakpur field visit, Tarangini Foundation team engaged in interactive dialogues with One Stop Crisis Management Centre at Provincial Hospital Janakpur, Women, Children and Senior Citizen Service Center of District Police Office- Dhanusha, Women Human Right Defenders of Dhanusha, and Safe House at WOREC Janakpur.



This visit helped us in strengthening coordination, learning from frontline experiences, and reaffirming our collective commitment to eliminate gender based violence.

# INTERACTION WITH STAKEHOLDERS



On January 12, during a field visit to Letang Municipality, the Tarangini Foundation team had an interaction with the Deputy Mayor of Letang Municipality, Ms Krishna Kumari Pokhrel Niroula, the Head of the Women Development Section, the Head of the Employment Section, and the focal person and counsellor of the municipal judicial committee, and women human rights defenders active in Letang Municipality.

On January 12, during a field visit to Dhanushadham Municipality, Dhanusha, the Tarangini Foundation team interacted with the Deputy Mayor, Ms Vidya Devi Bhujel, and the heads of the municipality's women and employment sections, as well as holding an interactive session with the adolescent and women's groups of Kumhara Tole.



During the field visit to Rautamai Rural Municipality, Udayapur district, Tarangini Foundation team engaged closely with its partner organization, Rauta Samudayik Hit Kendra, on January 11. The team conducted in-depth interactions with adolescent girl groups as well as women groups from Rautamai Rural Municipality.



# जीवनको गीत



Tarangini Foundation and WOREC Nepal jointly organized a discussion program on the novel 'जीवनको गीत' authored by Ms. Madhu Gurung. The program was held in the National Human Rights Commission Hall on January 17.

Dr Renu Adhikari shed light on the book and Madhu Gurung's journey and contributions from a feminist perspective. Mr. Pemba Lama also presented his analysis of the novel.



# ADVOCACY TRAINING

From March 26-28, Tarangini Foundation organized an Advocacy Training, hosting 16 participants from Tarangini and its sister organizations- WOFOWON, SWASA Nepal, Sunita Foundation, Nepal Mahila Ekata Samaj, WOREC, and . The Training was facilitated by Mr. Bal Krishna Kattel and moderated by Ms. Ashlesha Joshi.



The training also included session on Media Advocacy by Ms. Aarati Chataut, Director of Public Service Broadcasting Nepal. Ms. Sunita Mainali, Executive Director of WOREC Nepal also facilitated a session on Feminist Advocacy.



# ANNUAL REVIEW AND PLANNING



Tarangini Foundation held its Annual Planning and Review Meeting, 2026 from 13th to 15th January 2026 at Chhaimale Resort, Kathmandu and WOREC Office, Lalitpur. The Tarangini Team gathered, physically and virtually, for the three-day Review and Planning Meeting. It was designed as an institutional evaluation, where the team analyzed the overall activities of 2025.

The meeting facilitated an open, inclusive and collaborative discussions, with interspersed self-care sessions to break the monotony of such critical review and planning sessions. For the duration of the Meeting, we focused on honest and nuanced discussions regarding the projects- status, observations, and challenges, which helped us plan better for 2026. Every session was grounded in collective discussion and participation, valuing the insights of each member contributing to the realization of Tarangini's goals set for 2026.

The Meeting highlighted that meaningful feminist impact required focused planning, clear operational frameworks, sustained movement, and the recognition of unseen and emotional labor.



## निर्वाचित महिला जनप्रतिनिधिहरूले पदमा रहँदा सामना गर्नु परेका चुनौतीहरू



## हरेक मत महत्वपूर्ण छ ! हरेक मतदाता गणनीय हुन्छ !



हरेक नागरिकका लागि समावेशी र सहज पहुँचयुक्त निर्वाचन सुनिश्चित गर्नु

आफ्नो मतदान केन्द्र पहिचान गरौं !

भोट हाल्न जाँदा मतदाता परिचय पत्र र नागरिकता लिएर जाऔं !

सक्षम उम्मेदवार छनौट गरौं !

आफ्नो मताधिकारको सदुपयोग गरौं !



**मेरो भोट, मेरो अधिकार**  
परिवर्तनका लागि भोट !

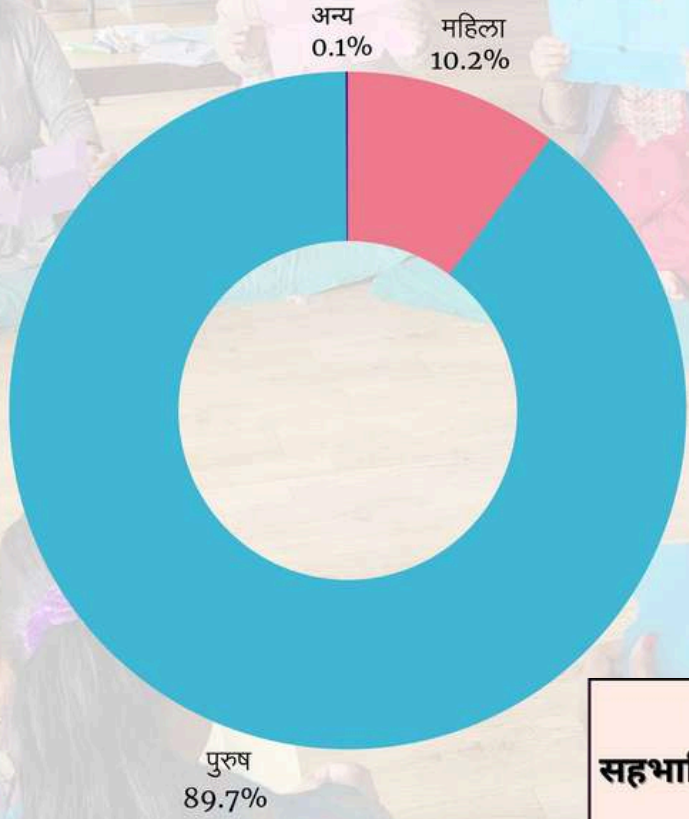
## काम गर्ने हौसलामा कमी ल्याउने बाधक तत्व



## प्रतिनिधि सभा सदस्य निर्वाचन

२०८२

पार्टीगत टिकट वितरण अनुसार लैङ्गिक प्रतिनिधित्व



farangini foundation

## INTERNATIONAL WOMEN'S DAY

MARCH 8, 2026

Women have 64% of the legal rights of men.

Women face greater barriers to justice than men in 70% of the countries.

At the pace of progress we are working at, it will take another 286 years to close this gap.

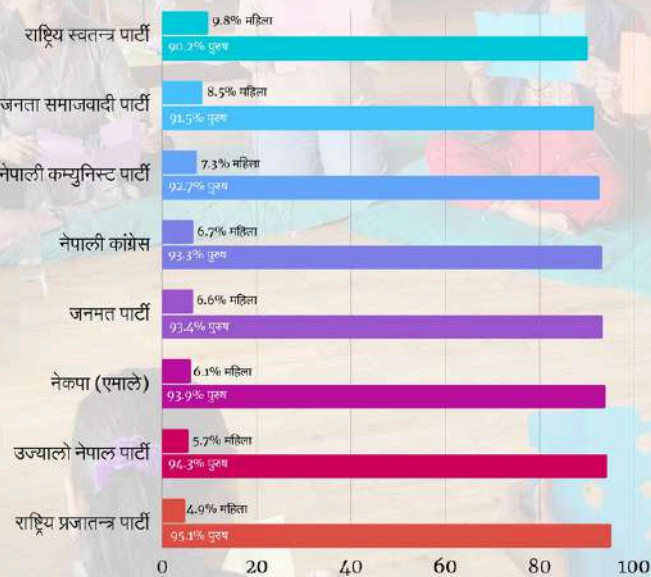


पालिकाका उपाध्यक्ष / उपप्रमुखहरुसंगको महिलावादी सहभागितामूलक पद्धतिमा आधारित कार्यात्मक अनुसन्धान (२०७९) - तरंगिनी फाउन्डेसन

## प्रतिनिधि सभा सदस्य निर्वाचन

२०८२

पार्टीगत टिकट वितरण अनुसार



farangini foundation

स्रोत: निर्वाचन आयोग  
<https://results.election.gov.np>



- १३७ जना उपप्रमुखमध्ये ३४ प्रतिशतलाई आफुले गरेका निर्णयलाई पालिकाले खासै महत्व नदिएको अनुभव रहेको
- २६ प्रतिशतले लिएका निर्णयको कार्यन्वयन नभएको
- २० प्रतिशतलाई पालिकामा प्रमुखले गर्ने निर्णय प्रक्रियामा संलग्न नै नगराएको
- योजना तर्जुमा र बजेट विनियोजन संलग्नतामा ४१ प्रतिशतले आंशिक रूपमा मात्र निर्णय गर्ने अवसर पाएको भने १४ प्रतिशतको त्यस प्रक्रियामा कुनै अर्थपूर्ण सहभागिता नरहेको
- ४२ प्रतिशतलाई आफू महिला भएकै कारण पालिका र राजीनतिक पार्टीभित्र आफुलाई बेवास्ता र उपेक्षा गरिएको अनुभव रहेको

# CELEBRATING DR. RENU ADHIKARI

## *Princess Helen Shah Inspirational Woman of the Year*



Honouring the achievements of women across Nepal, Zonta Club Kathmandu hosted its annual Rose Day on the occasion of International Women's Day, 2026. During this event, the prestigious Princess Helen Shah Inspirational Woman of the Year Award was Presented to Dr. Renu Adhikari, the Founder Chairperson of Tarangini Foundation.

Her work reminds us that true change begins with courage, compassion, and an unyielding commitment to justice. Her tireless advocacy for justice and dignity has transformed countless lives and continues to inspire generations. Her vision and dedication have paved paths for many and we are honored to continue walking alongside her.

# 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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