

HAMRO PALO ANNUAL REPORT 2021



हाम्रो पालो
our turn



TABLE OF CONTENTS

1. ACKNOWLEDGMENT

2. LETTER FROM THE EXECUTIVE DIRECTOR

3. CORE PROGRAMS

1. Her Turn Education and Empowerment Program
2. His Chance Education and Empowerment Program
3. Sneh Program- For Married and Out of School Girls and Young Mothers
4. Annual Girl Led Leadership Conference

4. ANNUAL PLANNING MEETING

5. RADIO PROGRAM

1. “Hamro Samaya” Radio Drama
2. “Sapana” Radio Drama
3. Radio Program - Her Turn and His Chance Education and Empowerment Program

6. MENSTRUAL HYGIENE DAY

7. COVID-19 RESPONSE

1. Partnership with Health Institutions
2. Workshop with Female Community Health Volunteers
3. Health Equipment and Medicine Support

8. IMMEDIATE SUPPORT TO DISASTER AFFECTED

1. Support to Helambou Rural Municipality
2. Financial support to two schools destroyed by the flood

9. GIRLS IN SPORTS: Capacity Building Workshop

1. Climb with Pancha
2. Support to Mira Rai Initiative

TABLE OF CONTENTS

10. INTERNATIONAL DAY OF THE GIRL

11. GIRLS ADVISORY BOARD

12. EDUCATIONAL MATERIAL SUPPORT TO SCHOOLS AND GIRLS

- 1.Support to the Girls
- 2.Support to the Schools

13. CELEBRATING 5 YEARS OF HAMRO PALO

14. MENTORSHIP PROGRAMS

- 1.Digital Connection and workshops
- 2.Women Circle
- 3.Know Your Power workshops
- 4.New mentorship curriculums
5. Meeting our graduates from past year/Impact analysis

15. #16 DAYS ACTIVISM

16. VISIBILITY AND DOCUMENTATION

- 1.New Website
- 2.IEC materials and publications
- 3.Videos and social media

17. WE ARE PROUD OF!

18. CHALLENGES AND LESSONS LEARNED88

19. OUR REACH IN 2021

20. FINANCE

ACKNOWLEDGEMENT

We began 2021 with high hopes as the situation looked like normal and we were back to offices and the children were back to the schools. For the first quarter, we did several of our activities in schools particularly Her Turn and His Chance programming and Sneh workshops. However, things changed from April and we were back to lockdown, dubiety and uncertainty. However, unlike last year, this year we could connect with many of our program graduates, Girls Advisory Board members and teachers. Thanks to the internet and better connectivity.

In June and July some of the communities in Sindhupalchowk district were affected by the natural disaster and we focused our work in providing immediate support to the schools and communities. Although some schools resumed in August, we couldn't do physical activities as the covid positive cases were rising in the communities and students were affected. Meanwhile we tried alternative methods and it wasn't highly effective. Hence, we slowed down our work for a few months. There are also transitions in some of the activities as most of the schools remained closed till mid November, and we shifted some of our activities on to a digital platform. Despite difficulties and challenges we were able to do many of our activities and deliver our services. We would like to thank Equality Fund, ONGD-FNEL, Global Fund for Women and Novo Foundation funds for Tides Foundation for their continued support even during such hard times. We hope to continue these partnerships into the future.

Our special thanks to the Girls Advisory Committee, Girls Support Committees and School Support Committees, Rural Municipalities, Schools, Trainers, Mentors, Health post and Female Community Health Volunteers, Women Circle Network and local community who were directly involved with Hamro Palo and supported the execution of our activities. We are also thankful to our trainers, speakers and participants who joined us on the digital platform. Coping up with the pandemic would not be possible without any one of you and we are highly grateful.

LETTER FROM THE EXECUTIVE DIRECTOR

I want to take the opportunity to look back on a year that turned out much differently than anyone could have imagined. While it was certainly challenging in many ways, it also showed how strong we are as an individual and organization. I take pride in the fact that when the pandemic forced us to keep our distance from the community we partner, the work we do helped people to stay connected and made the difficult times hopefully a little easier. It was no easy task managing various activities keeping everybody safe.

Like last year, this year too, we had to shelve most of the activities, especially school based activities such as - Her Turn and His Chance Education and Empowerment programs. But this year we tried alternative methods. Even though it was a difficult year, 413 girls graduated from our Her Turn programming and 173 boys graduated from His Chance programming. Comparatively, our Sneh program is slowed this year but we hope to make it up in the coming year. We are devastated with the effect of flash floods in Helambu, Melamchi and Panch Pokhari and happy to have contributed in small support from outside and we are committed to provide further support to affected schools and communities.

2021 was a special year as, after a year gap, we got to host our Annual Girl led leadership conference in partnership with boys and we have a new Girls Advisory Board. We look forward to doing many collaborative and fun projects. We are also extremely pleased to award five girls with Her Turn Leadership Award for their commitment to community and leadership.

We had a fair share of success and also failure as we were helpless due to uncertainty and at times no planning and preparation worked but we have learnt our lesson and better prepared for the coming year. Everything that we achieved in 2021 was through the power of resilience and compassion and we will continue to do so in the coming year.

Stay safe and take care of yourself.

Anita Thapa
Executive Director

3. CORE PROGRAMS

1. Her Turn Education and Empowerment Program

Her Turn Education and Empowerment Program is one of Hamro Palos flagship programs and is a workshop provided to young girls between the ages of 12-16 years in rural communities. The program has been implemented in various community schools of Sindhupalchowk, Gorkha, Rautahat, and Jumla Districts. In 2021, we worked with nine schools in Kavre and Sindhupalchowk. In three out of these nine schools, we delivered the workshop via radio due to COVID-19.

As a part of the leadership exercises that were conducted during the program, the girls made a project proposal in their school and community. Hamro Palo provided the seed fund to execute the best plan in action. In 2021, one of the community projects we funded focused on providing sanitary pads and dustbins to the school.



I was scared to speak in front of my teachers and friends. After I joined the Her Turn Education and Empowerment workshop, I can confidently ask questions in class if I don't understand something. The topic of self-confidence and leadership skills taught me to speak fearlessly in a mass. In the future, I want to become a trainer of the Her Turn workshop and empower the girls of my community.

*Shrijala Danuwar, 14 years,
Grade 8 from Pipaltar, Kavre.*

I was harassed and mistreated by a relative. In the Her Turn workshop, I learnt that mistreatment and harassment happens to many girls. I will advocate against it if I witness those kind of incident and report such cases to the police. I also learned about the negative consequences of child/early marriage and therefore decided that I want to study before marrying.

Aaria (name changed).

2. His Chance Education and Empowerment Program

His Chance workshop is targeted to adolescent boys. This workshop is important for the boys' education and empowerment, which plays a vital role in supporting girls and women in their community for equal opportunities. This workshop uses a gender transformative approach that encourages in-depth discussion on power dynamics in their communities, how they affect girls, boys, women and men and how they can become allies in the social change process. The discussions focus on issues about health (puberty, hygiene and menstruation) and safety (bullying, harassment, human trafficking and early marriage).

In 2020, we reached one school with 66 participants. In 2021, despite the pandemic, we were able to reach five schools with 173 participants via physical as well as radio classes.



There are many physical changes that I am going through as a teenager. I used to get scared not knowing what was happening to my body and I was ashamed to talk about it to my friends. But after the His Chance Education and Empowerment workshop, I understand the changes I am going through and why it is happening. I am also comfortable enough to talk about these changes with my teachers, brothers, or friends.

*Dipesh Thapa, 15 years, Grade 8
from Batase, Sindhupalchowk*

In the His Chance Education and Empowerment Workshop I learned about the negative impacts of child marriage. I have learned that when we marry young, we face hardships when we get older. This is something I have seen in my community among people who have married young. They have financial hardships and also don't go back to school to continue their education. For these reasons I want to eradicate child marriage from my community by spreading awareness about this issue.

*Biraj BK, 12 years, Grade 6 from
Kamalabari, Sindupalchowk*

3. Sneh Program- For Married and Out of School Girls and Young Mothers

Sneh program trains married and out of school girls and pregnant and young mothers aged 14-24 about hygiene, maternal and infant health, family planning, mental wellbeing, communication and negotiation skills and financial literacy. This program also serves as an opportunity for the participants to connect with other girls in similar situations and enables them to share experiences and knowledge. In 2020, we conducted eight workshops in four communities of Panchkhal Rural Municipality reaching 100 participants while following all the COVID-19 guidelines. This year, due to the lockdown, we could only implement two Sneh workshops which we conducted in Tin Piple Papaltar, Kavre with 27 participants.



The best part of Sneh Workshop was that girls like us, who were unaware about the different topics related to family planning, menstruation and early child marriage were given an opportunity to learn and participate. I believe this workshop brings a lot of inner change which has given me the confidence to speak in front of a lot of people.

- Susmita Danuwar, 22 years. Kavrepalanchok

All the lessons I learned from this workshop were very important and useful in my everyday life. The adolescent mothers in my society face a lot of problems such as mistreatment from their father- and mother in law , domestic violence, as well as physical and mental abuse from their husbands. Attending this workshop has helped me to bring lots of changes within myself.

- Rashmila (name changed)

4. Annual Girl-led Leadership Conference

From 3-5 December, 2021, we conducted our 5th Annual Girl-led Leadership Conference in Partnership with Boys in Kavrepalanchowk district with 48 participants. The three-day girl-led conference serves as a platform for the participants to connect with other young girls and boys from diverse backgrounds. The main objective of these meetings are to provide an opportunity for adolescent girls and boys to discuss, learn and share ideas and experiences with each other. By doing this, they cooperate to find solutions to problems they experience in their communities.

This year's main topics included COVID-19 and its effect on the participants' future, the importance of girl-leadership and support, as well as a partnership with the boys and how this could lead to positive social impacts. Girls and women in leadership positions are evident for positive change, despite this they face many challenges, one of them being patriarchal norms. Discussing these issues the participants emphasized that education is the main key for girl-led leadership as it is the most important tool for self-empowerment.

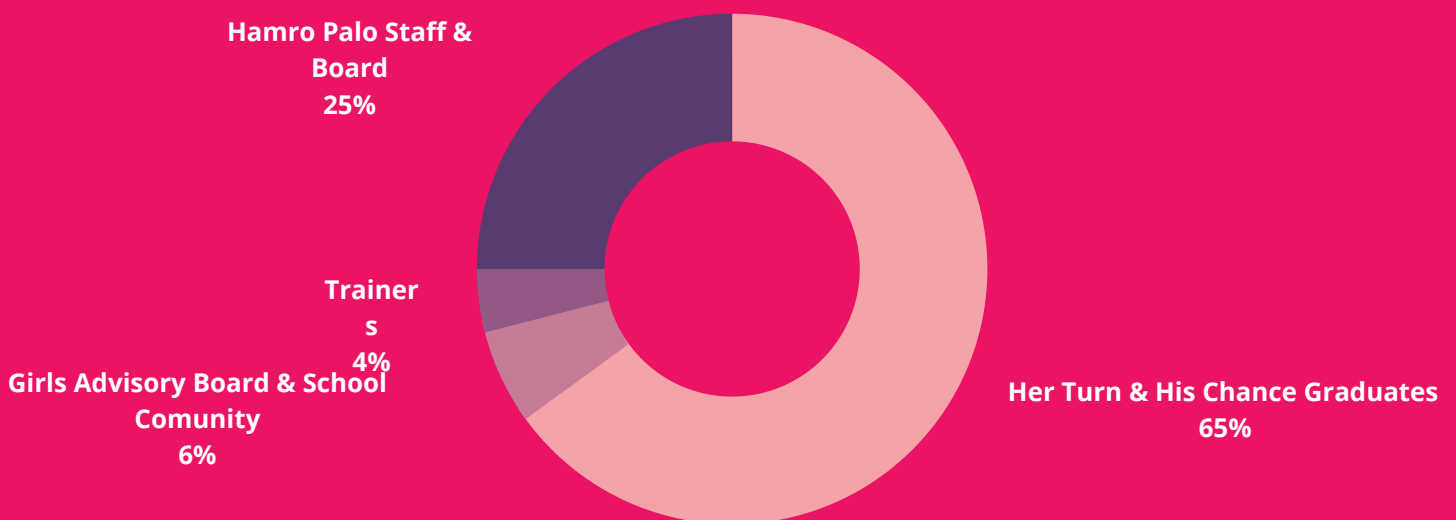




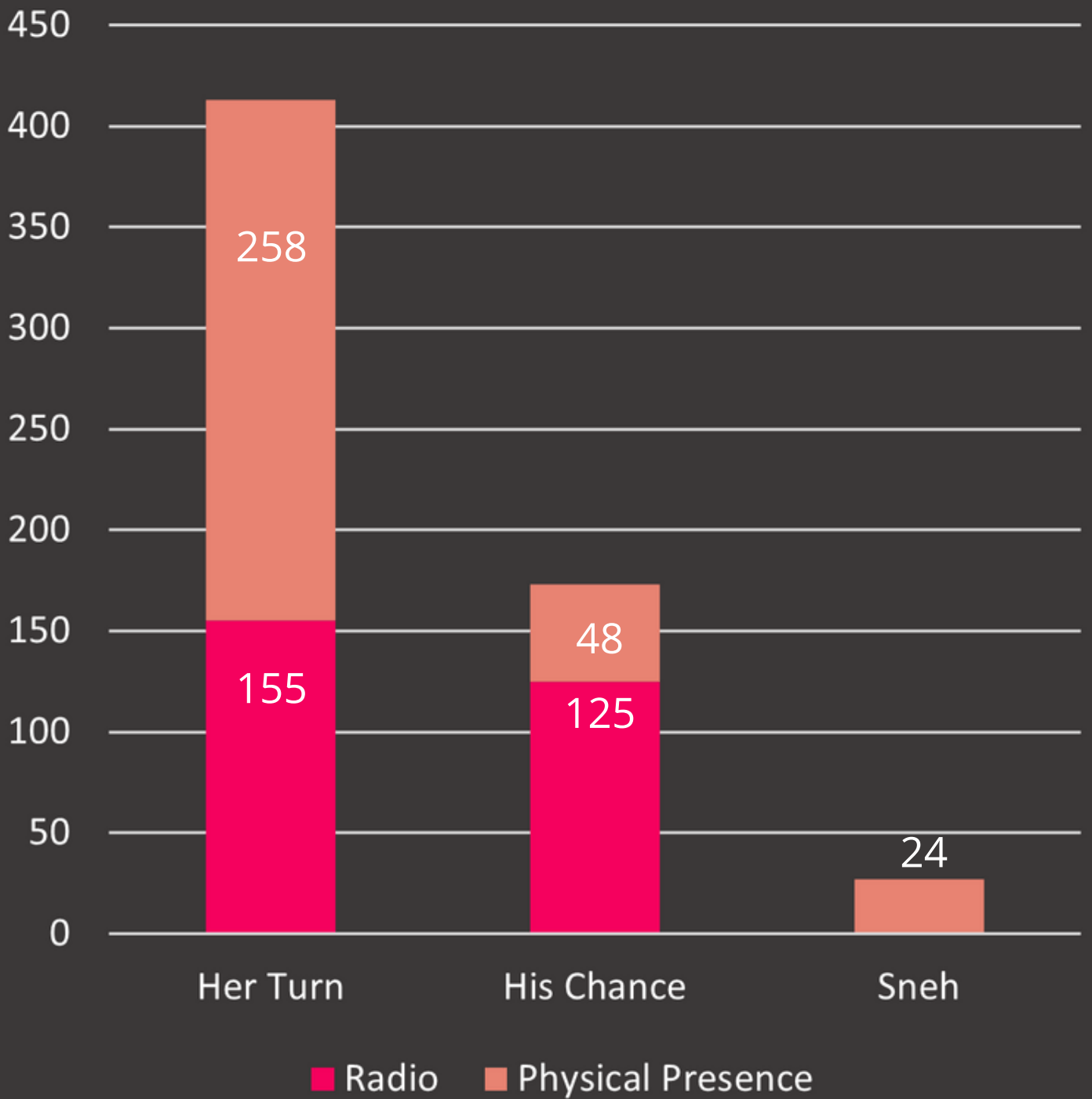
I got a chance to get a closer look upon my community when I was a co-trainer in the two weeks long Sneh program for the married and out of school girls. We live in a patriarchal society where even educated women are hesitant to take leadership roles be it political or social platforms. We need to support girl-led leadership so that we have more women in decision-making positions.

- Ms. Hishila Danuwar, Former Sneh co-facilitator/Hamro Palo board member

Participants of the conferance



Number of Participants in Core Programs



4. ANNUAL PLANNING MEETING

From 22-24 January we organized the Annual Planning Meet 2021. The two-day event was attended by the Hamro Palo board staff, Girls Advisory Board, and Her Turn and His Chance Education and Empowerment Workshop graduates with a total of 21 participants. During these two days, we brainstormed to plan for the upcoming years and practiced teamwork exercises to better understand the concept of communication and teamwork. The objective of the meet was to develop a roadmap for Hamro Palo and facilitate an environment for the Central Board members, Girls Advisory Board (GAB) Members, representatives of Her Turn and His Chance Education and Empowerment workshop, and Hamro Palo staff to know, understand, and learn from each other. On the third day we focused on programmatic aspects and the way forward.



5. RADIO PROGRAMS

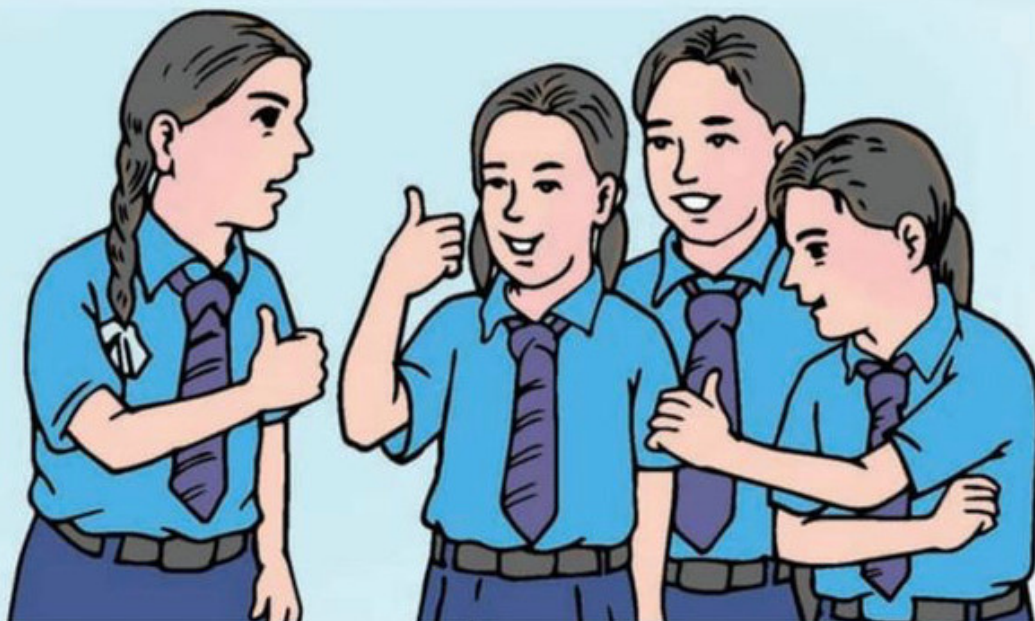
1. "Hamro Samaya" Radio Drama

Menstruation is a taboo in many communities of Nepal. Many adolescent girls only hear about it during their first menstruation cycle. "Hamro Samaya" (Our Time) is a radio drama about the first menstrual experience of a young girl, the challenges adolescent girls like her have to go through, and different social campaigns young girls can initiate. The radio drama was aired for four weeks starting from the 29th of January. In the fourth week, there was an interactive program with the girls on the topic of menstruation.



HAMRO PALO PRESENTS

HAMRO SAMAYA





HAMRO PALO PRESENTS

Sapana

2. "SAPANA" Radio Drama

Sapana is a four week long radio drama derived from our comic book with the same name. Early/child marriage is a major issue in Nepal especially now when the number of early marriages is increasing due to the pandemic. Therefore, Sapana was designed to inform and educate adolescents about early marriage and its personal, social, economic and legal consequences. The radio drama aired from 19th March from a local radio station. During the follow-up many adolescents said they listened to the drama and learned new information.

3. Radio program - Her Turn and His Chance Education and Empowerment Program

The Her Turn and His Chance programs have been deeply affected by the increasing cases of COVID-19 in the country. Due to this, Hamro Palo implemented a radio program called “Her Turn and His Chance Education and Empowerment Program”, which aired between the 9th and 20th of August 2021. By listening to the program, adolescents between the ages of 12 to 16 years could participate in Her Turn and His Chance from home. This became possible through cooperation with three schools in the districts of Sindhupalchowk and Kavre, where the teachers spread information about the program among the students. The radio program was successful in increasing their knowledge and awareness on menstruation, bullying and abuse, substance abuse, child marriage and human trafficking, etc. Several participants had positive experiences and wanted to listen to such programs more frequently.

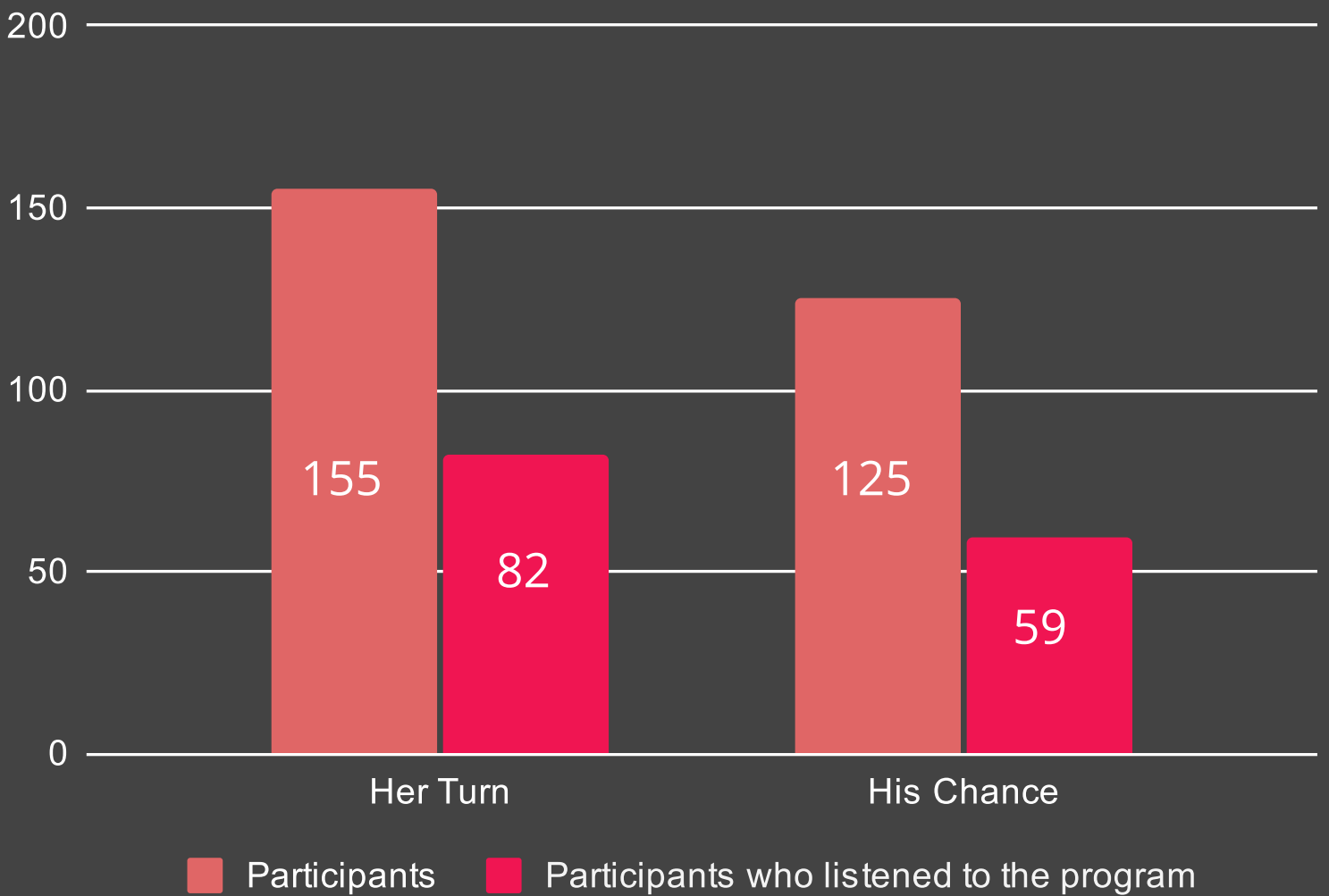


The radio program taught me about leadership skills. Both boys and girls have the power to lead society. We have to respect the leadership capacity of girls and allow them to lead society. A good leader can speak up and lead the group in an appropriate way.

- Shree Krishna Bhandari, 14 years old from Shree Ramdevi Secondary School

However, upon program evaluation, we learnt from the adolescents that not all participants completely participated in the program. The reason for this was a lack of access to radio devices, bad weather affecting the reception, increasing cases of COVID-19, and lack of time to focus on studies and the radio program on account of money earning for their families. Hence, Hamro Palo decided not to conduct similar programs via radio in the near future.

Participants listening to the Radio Program



6. MENSTRUAL HYGIENE DAY

On the 25th of May we organized an online session about “Managing Menstrual Hygiene during the Pandemic: Voices of Adolescent Girls” with ten Her Turn participants and Girls Advisory Board (GAB) members. We discussed the management of menstruation, community problems and how to solve them. The participants shared their experience of their first menstruation, considered the need for sanitary pads for girls, as well as the awareness of health and hygiene in their community. Due to the COVID-19 situation, the girls had even more difficulties accessing sanitary pads. Upon request from one of the participants, Hamro Palo provided sanitary pads for the girls of Golche village in Sindhupalchok districts which helped them to manage their menstruation for nearly three months.



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JOIN THE SESSION VIA GOOGLE MEET

MENSTRUAL HYGIENE DAY 2021

Managing Menstrual Hygiene During the Pandemic:
Voices of Adolescent Girls
25 MAY 2021 (3-5 PM)

SPEAKERS FOR THE SESSION



ROJINA TAMANG, 19
PRESIDENT, HAMRO PALO



BINITA SHRESTHA, 19
VICE-PRESIDENT, HAMRO PALO



BISHNUMAYA TAMANG, 17
GIRLS ADVISORY BOARD



LAXMI KHANAL, 17
GIRLS ADVISORY BOARD



PASMAYA SYANGBO, 19
GIRLS ADVISORY BOARD



SUNMAYA TAMANG, 17
GIRLS ADVISORY BOARD



SALINA SHRESTHA, 14
GIRLS ADVISORY BOARD



ANJU TAMANG, 16
GIRLS ADVISORY BOARD



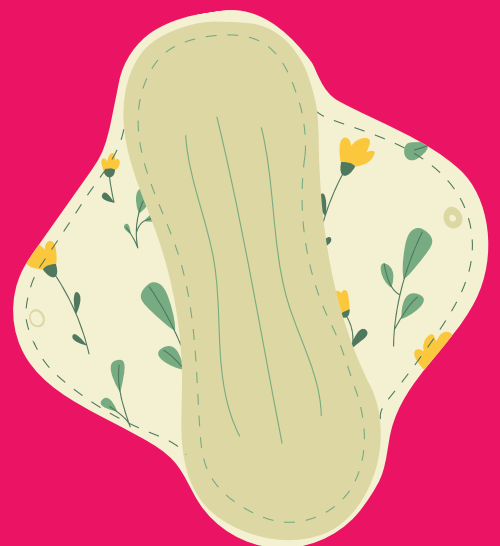
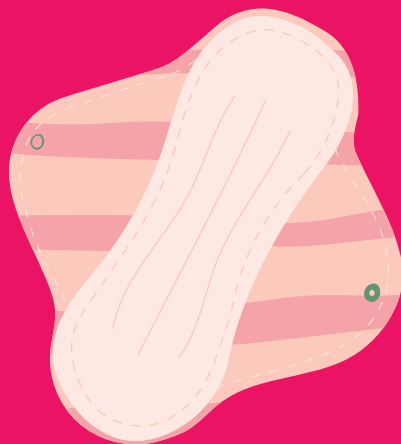
SHRIYA NEPAL, 12
HER TURN GRADUATE



BANDANA THAPA, 15
HER TURN GRADUATE

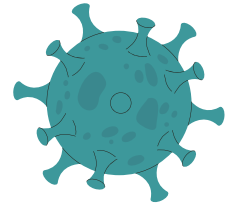
“ Before lockdown due to COVID-19, we were provided sanitary pads in our school. Now, as the schools are closed, we have trouble accessing it since there isn't any shop to get sanitary pads near my village and our parents do not let girls travel far to buy them. I would like to request Hamro Palo to support us with sanitary products.

66
- Pasmaya Syangbo, 19 years, Girls Advisory Board member, Jugal Rural Municipality, Sindhupalchowk



7. COVID-19 RESPONSE

1. Partnership with Health Institutions



One of our COVID-19 response initiatives is to equip health institutions in rural villages and capacitate FCHVs (Female Community Health Volunteers) so that they can support pregnant women and women who recently gave birth to have easy access to health services. In the first week of February, we provided equipment and medicines to five health posts in Chautara Sangachokgadi Municipality of Sindhupalchowk district and held meetings with the health post-in-charge and ward offices. All of these materials were provided on a need basis. During our follow-up we learnt that this equipment have not only provided support to health services access but also saved lives in some villages.





2. Workshop With Female Community Health Volunteers

On the 2nd-3rd of February, we conducted a maternal health and safety awareness workshop with Female Community Health Volunteers (FCHV) from four health posts in Chautara, Sangachowkgadi in Sindhupalchowk. The FCHV plays a vital role when it comes to informing, educating and collecting data from local women which is important for the health post. We also provided materials and equipment as requested by the health post to enhance the services in general but more importantly for pregnant women and women who recently gave birth.

3. Health Equipment and Medicine Support



During lockdown in May, we received support requests from health posts which we responded to. Although it was difficult we were able to support health materials to two health posts in Batase village of Chutara Sangachowkgadi municipality. In July, we were also able to provide ward beds to the Health post of Syaule right after the lockdown during the second wave of COVID-19. We also supported medical supplies including different types of medicines as per their needs to the health post. Approximately 120 households will benefit from this support.



8. IMMEDIATE SUPPORT TO DISASTER AFFECTED

1. Support to Helambu Rural Municipality

In June, a natural disaster rocked the Sindhupalchok district, particularly Helambu rural municipality, Panch Pokhari Municipality and Melamchi municipality. Seven people died, 20 were reported missing and hundreds of families were affected by the flood. These news was devastating as the same communities were already affected by the 2015 earthquake. As a quick response, we were able to provide 100 solar lights to uphill villages of Helambu who were disconnected due to power cuts.

On the 25th of June, we handed over the materials requested by the locals and the rural municipality. Some of the material included solar lights, mosquito nets, soap, blankets, sanitary napkins and masks for 310 households. We also made a contribution of NPR 300,000 to the Helambu Rural Municipality so that they could give immediate support to the affected communities.



2. Financial Support to Two Schools Destroyed by The Flood

The infrastructures of East Point Academy in Helambu, and Terse Secondary School in Melamchi were destroyed by the flood in June, 2021. The second major flood in July completely swept away the East Point Academy, which added difficulty to the Terse Secondary School in their attempt to save the school's infrastructure. Hamro Palo supported these schools financially with the amount of NPR 350,000 each for the purpose of reconstruction. In Shree Terse Secondary School 651 students and 29 staff members could benefit from this support and 600 students and 30 teachers in East Point Academy.



9. GIRLS IN SPORTS: CAPACITY BUILDING WORKSHOP

1. Climb with Pancha

“Climb with Pancha” is an opportunity for young girls to explore their interest in outdoor activities. Pancha Maya Tamang, a national sports climber, already led this activity once in 2020. She is an inspiring young climber and wishes to see more young girls exposed to outdoor sports. This year she led the workshop twice, where 17 girls in total had the opportunity to be oriented about the gears, tricks and techniques of climbing. For many participants it was the first experience of wall climbing. This event helped to build trust and develop teamwork skills amongst the girls. Everyone who participated had a very insightful experience learning from an expert and many of them would like to continue sports climbing even after the event.

I truly believe that this program has helped me to improve my flexibility, sharpen my thinking skills, boost my confidence and train my focus. I want to pursue rock climbing as my hobby and maybe in the near future I will practice and participate in such tournaments.

- Akriti Bista, 16 years, Machaapokhari,
Kathmandu

Climb With Pancha



2. Support to Mira Rai Initiative

We had planned to conduct sports activities in schools from June 2021 but due to the lockdown it was not possible. Some of the schools resumed in August but the risk of COVID-19 was still there. Meanwhile, we supported six athletes in the Exchange and Empower of Mira Rai Initiative. These six athletes were looking for support in the form of proper gears and resources for them to train and compete. Therefore, we have supported them in training to participate in races, as well as equipment such as hydration jackets, trail running shoes and sets of clothes.

The training included cross training like yoga, strength training, swimming and road running along with English language classes, computer lessons and personal and professional development. They were also given the opportunity to receive a trekking guide license. All these training sessions were designed to empower and prepare them for the real world. The participating girls were between the ages of 16- 23 and of economically weak backgrounds but are determined to represent their country on international platforms.



10. INTERNATIONAL DAY OF THE GIRL

Hamro Palo celebrates adolescent girls and their power, courage, and leadership. While we celebrate girls' leadership every day, we want to make the international girls day a special event. Every year on 11 October, the International Day of the Girl Child is celebrated throughout the world. As an organisation striving for equality and girls' rights Hamro Palo has championed girls' education and empowerment since 2012 through our flagship program – HER TURN.

In 2021, under the theme 'Digital Generation, our Generation', we wanted to amplify girls' voices and leadership on digital generation through Her Turn Leadership Award. There were about 14 young girls who applied for the competition, out of those the program team selected the eight most qualified young girls for interviews based on their answers. After the interview session, this year's Her-Turn Leadership Award was given to five young women whose work inspired us and made us hopeful for a better future for the girls. This award ceremony helped the winners to build a rapport with Hamro Palo and hence connect for further projects. The winners showed enthusiasm and interest to do even better and to contribute more in their community in the future. This award helped them to realize their capability and hence be more self-confident.



THE WINNERS



Sarojana Thapa, 16 years, from Nepane, Sindupalchowk, Terse Secondary School

Sarojana Thapa is a person with strong morals who believes that all people deserve equal opportunities irrespective of their background. She's participating in the STEM club and won the school innovation challenge organized by the WWF Nepal along with her team members.

Salina Shrestha, 14 years, from Syaule, Sindupalchowk, Shree Setidevi Secondary School



Salina Shrestha is enthusiastic about various issues in the community and wants to give back to her community in the future. She is a skilled leader and an active member of her wards child club.



Dipisha Khadka, 15 years, from Chautara Sangachowkgade, Sindupalchowk, Shree Ramdevi Secondary School

Dipisha Khadka has an interest in learning more about the problems of adolescent girls of her community as well as others communities. She has therefore tried to initiate a campaign called "Start from home to end violence against women". Her ambition is to take a lead in her community and to inspire others.

Bishnu Maya Tamang, 15 years, Koshi Pari, Kavre,



Bishnu Maya Tamang wants to contribute to a positive change for others as well as for herself. Her ambition is to become an agricultural specialist and thereby create jobs for the people in her community to prevent migration. In partnership with Hamro Palo, she wants to conduct various programs about adolescent leadership.

Sujina Tamang, 15, from Gokrnashwor, Kathmandu, Shree Okhreni Secondary School



Sujina Tamang has already shown great leadership skills as she is the president of her schools child club. Her goal is to finish her studies and return to her community with new knowledge so that she can contribute to developing her society in a more modern direction. She also wants to work towards eradicating the social injustices that still prevail.

11. GIRLS ADVISORY BOARD



We have a new Girls Advisory Board (GAB) for FY 2022-2023. GAB has been instrumental since 2018 to shape our work. Their input and suggestions have been vital in designing programs and activities for girls. Most of our current programs have been designed with direct involvement of GAB members. Some of the past members are now leading our Central Board. With our new 17 member board we hope to continue our grassroots advocacy in the rural villages and celebrate girl-led leadership.

12. EDUCATIONAL MATERIAL SUPPORT TO SCHOOLS AND GIRLS

1. Support to the Girls

Over the course of six months, we provided small financial support to 29 girls in different villages of Sindhupalchowk district. The contribution has supported girls to make purchases of stationery and other school materials. More importantly we are glad that the girls are in school despite financial hardships due to the pandemic.

2. Support to the Schools

In January 2021, we provided school materials for students and teachers in Saraswati Basic school of Syaule. This material consisted of portable book bags or library, stationeries, sports materials, and bags for the students along with health and safety materials for the schools. Also in September, we provided materials to Bageshwori Basic School in Pipaldada. Along with stationeries we also provided furniture, printers, and school materials to help the school run their administration smoothly. Both of these schools are in Sindhupalchowk district.



13. CELEBRATING FIVE YEARS MILESTONE



On the 25th of April 2021, we reached a 5 years milestone since our official establishment in 2016. We wanted to mark the day and celebrate in a mass but due to rising COVID cases we had to cancel the bigger celebration and kept it a small event. All board members and the staff gathered to reflect on our personal and professional journey. The following days we went into a second wave lockdown.

14. MENTORSHIP PROGRAMS

1. Digital Connection and Workshops

We are extremely proud of the resilience of the girls and the boys in the rural villages. Despite everyday difficulties and added uncertainty due to the pandemic, the girls were active and engaged in their communities. During the lockdowns in May-June 2021, we did several consultations via digital platforms with the adolescents, teachers and local trainers. During these consultations, they provided us with honest and real feedback and showed willingness to be a part of our interventions. With their continuous feedback and support, we were able to design our school based programming into a radio program.



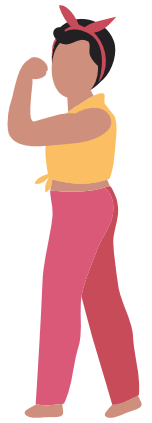
2. Women Circle

In 2020, we started a Women Circle as a part of a mentorship program inviting women entrepreneurs, non-profit leaders, corporate executives, independent artists, and others in a small group. Through the women circle we aim to connect with women from diverse fields, learn each other's work as well as prospect the idea of coaching our mentors, Girls Advisory Board and Girls Support Committee members through various sets of skills. In the past year we had several services and programs led by women circle members. Although we could only conduct one physical meeting, we met ten other members at a virtual meeting. We hope to collaborate with all our circle members in the future.

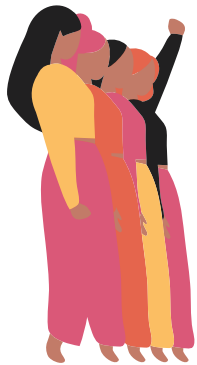


3. KNOW YOUR POWER Workshop

In July 2021, our team facilitated a two day virtual workshop on gender, knowing one's power and journaling. The workshop were well received by the girls as they shared that they learned about their own power and tools on how to connect with other community members and thereby build networks. Due to bad reception some of the girls couldn't join. However, the workshop was still successful.



4. New Mentorship Curriculums



We have also devised a new mentorship program curriculum which we plan to pilot in our upcoming programs with Her Turn and His Chance graduates as well as with our advisory board. The content of the curriculum is designed based on the input shared by the Girls Advisory Board members. We cannot wait to see how the adolescents will perceive it.

5. Meeting Our Graduates from Past Years/Impact Analysis



Over the year, we traveled across villages to meet with our program graduates and learn about our program impact but more importantly to check-in with them on how they are coping with the global pandemic. Many adolescents said they miss going to school and meeting their friends and some said they find it difficult to adjust with the situation. Many adolescents also expressed that they felt depressed and disinterested in doing things. We also learned about the rise in elopement/early marriage cases among the graduates. One of the immediate interventions that we are developing is to address the early marriage/elopement cases through additional programs focused around the issue.



15. #16 DAY ACTIVISM

Every year Hamro Palo celebrates 16 day activism. In previous years we have arranged events aimed at ending violence against women, create awareness around harmful menstrual taboos, gender discrimination, and girls right to participle in sports. This year we hosted a three day Girl-led Leadership Conference where we brought together adolescent girls from different schools and districts to discuss topics such as violence against women and discrimination.



16. VISIBILITY AND DOCUMENTATION

1. New Website

We have a new website! In January, we launched our new website (www.hamropalo.org.np) which has all the latest information on Hamro Palo and our programs and activities. There you can learn more about our work and follow the latest events and updates. If you are following www.her-turn.org, it will also direct you to our new website. In the future, we plan on adding content in Nepali too.

2. IEC Materials and Publications

Like previous years, we have been continuously producing and publishing IEC materials and publications for the adolescents especially in rural villages who do not have access to the internet. Some of the materials include comic books on menstrual health, prevention of early/child marriage, online safety toolkits, mentorship guidebooks and newsletters for adolescents. All our materials are free and available at our office.

3. Videos and Social Media

In 2021, we produced several videos highlighting our work in 2020, e.g. celebrating our 5 years anniversary, campaigning 16 days activism against Gender Based Violence. We also published a brief video of our 5th Annual Girl-led leadership conference held in December 2021. You can watch our videos on Youtube under our channel - Hamro Palo.

17. WE ARE PROUD OF!

○ Digital Connection

In 2021, being able to connect with the girls and continue our work via online platforms made it easier to better plan, prepare and execute our activities, with the exception of some planned activities. Though we have managed to adjust to the new situation with a lot of our activities being conducted via radio or online platforms there is still room for improvement and we hope to be even better prepared in the future.

○ Alternative Inventions

We are also glad to have various alternative interventions so that learning and sharing never stops. This made it possible to deliver services and programming to the communities even though we could not travel during the lockdowns. For instance, we piloted our Her Turn/His Chance programming via radio and Female Community Health Volunteers and Health Post incharge traveled across villages to deliver services.

○ Leadership by The Girls

Due to the deeply rooted patriarchy and the socially constructed gender stereotypes and roles of women, there are only few women in decision making positions in the rural communities. Women are not encouraged to pursue their dreams but are rather left with no choice but to drop out of schools and get married at a very young age. Some of our Her Turn program graduates are making a difference in the communities by discouraging early marriages among their peers, breaking gender stereotypes and taking lead in schools.

○ **Supporting Young Athletes**

Trail running is mainly popular within the marginalized communities, but pursuing any kind of sport, including trail-running, professionally is a luxury they cannot afford. Moreover, the costs associated with dedicating one's time to running, training and competing couple with daily living expenses and is a huge challenge for runners who, despite their passion for running, are unable to continue. Often they find themselves at a crossroads where they are compelled to choose between the sports they love and other commitments such as employment (to sustain themselves and their families who are dependent on them), education (to get a degree and eventually become economically self-sufficient) etc. Our support to six women this year has allowed them to continue training and buy necessary gears to participate in the international races coming year.

○ **Responding to Flash Flood Affected Schools and Communities**

When the flash flood swept away various communities claiming many lives, we were contacted by the local government to provide immediate support to the communities. Our team made immediate arrangements and traveled to the communities with our support in the face of lockdown and potential landslides.

○ Annual Girl Led Leadership Conference

After a gap of one year due to the pandemic, we were finally able to host our Annual Girl-led leadership celebration in 2021. We are extremely grateful for the adolescents, schools, teachers and family members for trusting us and sending their children all the way to Dhulikhel. Some of them walked for hours just to catch a bus and join the program. This made us realize how important our work is and how we must keep going and continue dealing with the challenges we face.



18. CHALLENGES AND LESSONS LEARNED



Nationwide Lockdown

With the nationwide lockdown from late April 2021 due to COVID-19 crisis, all our activities were affected. For the month of May- July we couldn't deliver our programs. Starting to adjust to the new situation we did online consultations and workshops with the girls, left with no choice than to wait for the situation to get better.



Digital Transformation

Going digital and work from home is still a struggle for us as we are mostly disconnected from the communities we partner with. Almost all of our work is based in community schools in the rural villages and we cannot completely digitize our activities as there is no internet access in all the schools.



Program Improvisation

We had to improvise many of our activities in order to continue working with the girls and at the same time maintain safety protocols of our own staff and the community that we work with. For instance: we had to postpone most of our activities and opt out for broadcasting media for some of the activities.



Digital Divide in Rural Communities

Like last year, this year too, we looked into the possibility of distance learning and conducting our workshops online. However, the team concluded that it would not be effective since many students told us that they do not have the financial capability to use the internet via data as there is no wifi available in the village. Further, many students have only one smartphone in their households and in most cases girls do not have access to it.



Landslides and Poor Road Conditions

Traveling to rural villages in the uplands is always risky and sometimes life threatening and it was no different in 2021. The situation was even riskier when we traveled to flash flood affected areas with our support materials, we were almost stuck in the village due to bad road condition.



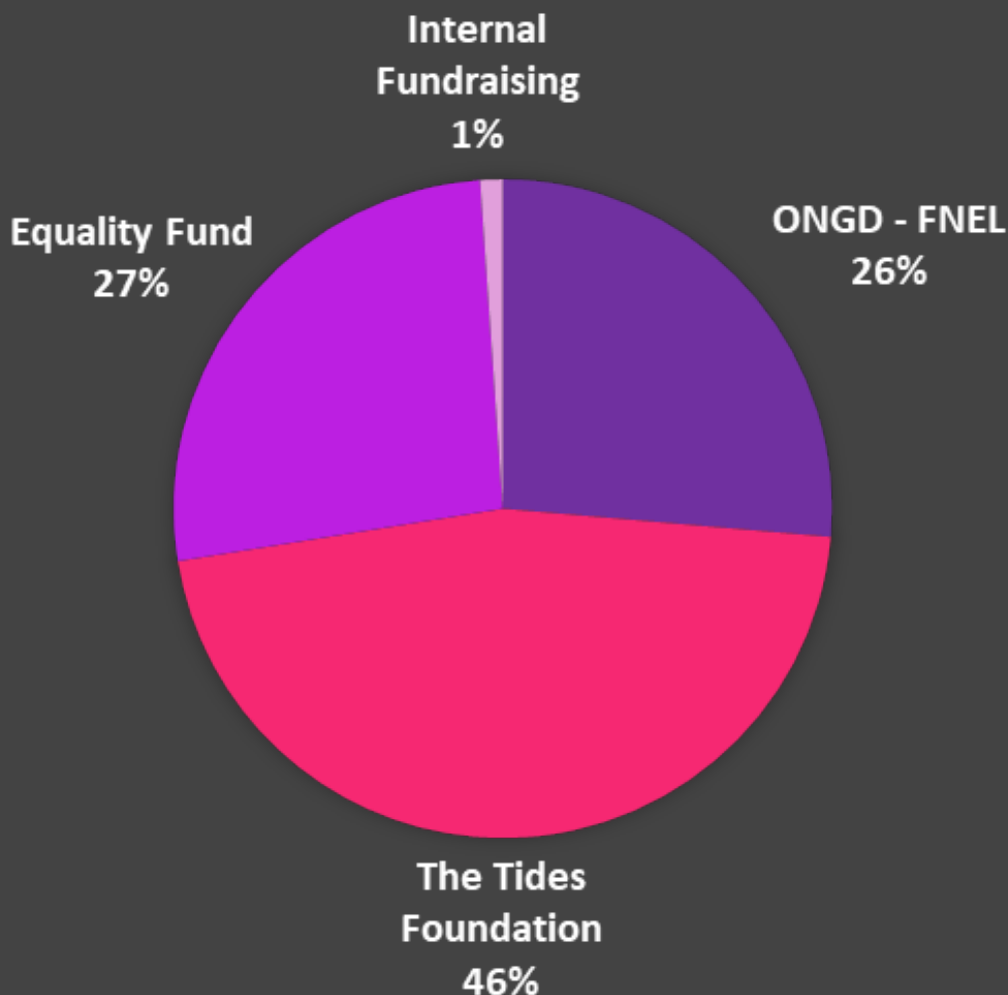
19. Our Reach in 2021

| Activity | Direct Reach | Indirect Reach |
|------------------------------------|--------------|----------------|
| Her Turn Program | 413 | 826 |
| His Chance Program | 173 | 346 |
| Sneh Program | 27 | 81 |
| Beneficiaries from all initiatives | 3549 | 8976 |

20. FINANCE

In 2021, Hamro Palo's annual turnover was 15,121,717 NPR (126,690 USD). This funding was received from the following donors: The Tides Foundation, Equality Fund, ONGD - FNEL, and Internal Fundraising. Due to the lockdown following the Covid-19 pandemic, we had to come up with new innovative ways to implement our activities, which resulted in less spendings than planned. Therefore, we would like to thank our donors for allowing us to extend the timeframe for the usage of the donations. We are truly grateful for our supporters and funders, without whom our strive to create a more gender equal future for Nepal's adolescents would not be possible.

Expenditures (USD)



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