



हाम्रो पालो

न्यूजलेटर पुस २०७६ **Newsletter** December 2019



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our turn
educated. empowered. equal.



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Hamro Palo (Our Turn in Nepali) is a non-government organization established in early 2016. Before the registration, Hamro Palo had been running Her Turn workshops in schools in remote and rural villages of Gorkha and Sindhupalchok districts under fiscal sponsorship of like-minded organizations.

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OUR APPROACH

Gender transformative. Girls and boys can be powerful agents of social change. Our approach is to engage them in discussing, examining and challenging gender inequalities and harmful social norms that fuel violence.

Inclusive. Girls are at the center of our programming, and they believe boys need to be a part of the transformation too.

Localized. All our programs are delivered by local women and men from the same communities as girls and boys who understand the context and challenges of growing up in their communities.

Accountable. Our Girls Advisory Board participates in developing programs, strategy, and advocacy work.

Hamro Palo's mission is to empower adolescent girls, boys and women and equip them with skills and knowledge that allow them to create their own safe and healthy futures. We do so by delivering culturally sensitive services that advance adolescents' health, safety, confidence, and leadership skills.

We envision Nepali girls having access to education and information and having an equal say in their schools, in their families, in their communities, and in their country. We want girls to live in the world where they realize their potential as community members and change makers.



GRATITUDE !



Another incredible year is coming to an end and at Hamro Palo we are thankful to everyone who supported our work, chose to be part of our movement - girl led leadership and partnered with us in our various endeavours.

This year is special in so many ways and we are so inspired with the intelligence, courage and commitment of the girls to make this world a better place for their generation and generations to come. We introduced new program designed to cater the needs of Married and Out of School girls. Similar to our flagship program, Her Turn, we developed four weeks long workshop for young mothers focusing on their mental health and maternal health. The workshops were first of its kind for the participants as they hadn't received programs designed just for them.

We are incredibly proud of our Girls Support Committee members who continue to showcase their leadership in dealing with social and gender norms. Around 70 members from various school met this year at the 4th Annual Girl Led Leadership Symposium to learn and share from each other and strengthen their leadership. Some of the members are now contributing their knowledge and expertise through our Girls Advisory Board.

By the end of this year, 6623 adolescent girls and 1689 adolescent boys have graduated from Her Turn and His Chance programming that began since 2012 and 2017 respectively. And we hope to reach out to many more adolescents in coming year.

We are extremely delighted that we introduced sports for girls in schools this year and for the first time they played volleyball in school in their fight against gender based discrimination. You can read more about the play in the newsletter. We so look forward to introducing sports for girls in other schools too.

We look forward to taking our girls-centered, women led leadership forward in coming year.

Thank you!

Anita Thapa
Executive Director

Her Turn

EDUCATION AND EMPOWERMENT PROGRAM

Her Turn is an education and empowerment workshop for rural girl students and girls who have dropped out of school, aged 12-16. The workshops are conducted daily for four weeks. During the first half the curriculum covers basic health issues, such as hygiene, menstruation and nutrition, and safety issues, such as domestic violence, sexual abuse, human trafficking and early marriage. Third week of the program is devoted to confidence and leadership skills development and during the last week the girls plan and implement a small community project.

The girls also form Girl Support Committees who regularly meet with mentors and support girls and boys in their schools and communities to work on various problems related to health, safety, and their schools. On the last day, they direct and perform a community ceremony, during which they present their newly acquired public speaking skills to their parents, teachers, and other community members. These events serve as advocacy platforms for the girls to talk about issues they find important – early marriage, trafficking, domestic violence, and others.

This year we organized 22 Her Turn workshops in 5 schools of Sindupalchowk and Rautahat districts. 421 girls graduated from 4 weeks long workshops that are led by local women. Out of 421, 292 girls were from Shree Bhimsen Secondary School, Jal Devi Secondary School, Bankali Devi Secondary School,



Seti Devi Secondary School in Sindhupalchowk while 129 girls were from Shree Sanskrit Secondary School in Rautahat. To lead these workshops, local women were trained through Training of Trainers by Hamro Palo's Master Trainers. In all schools, Girls Support Committees have been formed who will continue their grassroots advocacy and girl led leadership through mentorship programs.



His Chance **EDUCATION AND EMPOWERMENT PROGRAM**



Similar to Her Turn workshops, this year we conducted 17 His Chance Workshops in Sindhupalchowk and Rautahat districts. The 4 weeks workshops were led by young men from the villages who were trained by Hamro Palo's Master Trainers. 352 adolescent boys graduated from 17 workshops in 5 schools: Bhimsen Secondary School, Jaldevi Secondary School, Bankali Devi Secondary School and Seti Devi Secondary Shool in Sindhupalchowk and Shree Sanskrit Secondary School in Rautahat.



Roshan Syangobo (17) , grade 9 student from Shree Bhimsen Secondary School, Golche, Sindhupalchowk said **“My favorite class in the workshop was on the topic “adolescence” as I got the opportunity to learn about emotional, physical and biological changes that we go through during this phase. As an adolescent, I used to be scared of the changes in my body and used to have many questions and curiosity. Now, I know everyone goes through what I am going through and it is completely normal to experience these changes in me.”**



Girl Led LEADERSHIP

This year, around 70 girls gathered in Dhulikhel, Kavre for 3 days for our annual girl led leadership celebration. The main aim of the symposium was to bring the members from the Girls Support Committee from various schools in one platform and exchange their stories, ideas, knowledge and skills among one another and celebrate individual and collective leadership in schools and communities.

Throughout three days, we played different games focusing on various aspects of leadership such as goal setting, coordination, risk-taking, communication. We had a reflection of Hamro Palo's work and its impact in the communities. We also did thematic mini group discussions and individual leadership journey. The girls were excited that Hamro Palo is coming up with new comic book on menstrual hygiene. We did Focus Group Discussions to receive feedback about the comic book content as well as suggestions from the girls.

During the evening, we had fun time as the girls showcased their talents through dance, singing, poem reciting and jokes. Urmila Bhattarai, grade 10 student from Shree Bhimsen Secondary School, Golche, one of



the participants shared: **“we had challenges like child/early marriage, different forms of violence in our village. After Her Turn program, child marriage has decreased in number. The knowledge and skills I learned from this conference will be helpful to educate both girls and boys in my village about leadership, advocacy on social issues, and traditional harmful practices.”**



On the third day, we were joined by four women leaders from various sectors who lead their companies, organizations and initiatives. The speakers included Ms. Bonita Sharma, the Co-founder of Social Change Maker and Innovators (SOCHAI), Ms. Eeda Rija, CEO and Co-founder at Sochware, Ms. Rashila Tamang, Professional Runner, Ms. Sharmila Dhungana, Solo Woman Traveller and Communication Associate at ICIMOD, all of whom shared their leadership journey with the participants. Upon discussion with the girls, some of the girls asked questions to the speakers about the challenges faced by them, their motivation behind their leadership and the career they have chosen.

One of the participants, Masali Tamang, student of grade 9 from Shree Jhirpu Secondary School, Bhotekoshi Rural Municipality shared her experience of the three days conference:

"I got the opportunity to share my story and experiences of my community and school. I learned to be honest, dedicated to work, to be creative; to stay engaged in productive activities, to be determined and to keep on focusing on our goals. The conference was inspiring and motivational for me. I hope to practice everything I have learned in my daily life and to be a good leader in my community.



Let Girls Play ORANGE THE WORLD

In October 2019, our Girls Advisory Board members travelled all the way from their village to Kathmandu to join 3 days strategic planning workshop. One of the members is 15-year-old Pasmai Sangbo, who comes from Golche – a remote village, close to China border in Sindhupalchowk district. In Golche, majority of the inhabitants come from Tamang, Dalit, and Bhujel minority groups, and many don't speak fluent Nepali. There is approximately 170 households, and many people have migrated out of the village. Some own property in the capital city, while others are working abroad. The major occupation is agriculture and most of the senior citizens are illiterate.

During the workshop, we were discussing various strategies and interventions for girls' leadership. Pasmai's interest in sport games as a path to leadership was evident. She said,

"I would like to see girls participating in sports, especially volleyball. My friends and I have witnessed how the boys have been playing volleyball in school and how confident and vigorous they look. Girls have never been asked if they would like to play volleyball and hence they were the audience, always. School drop outs, elopement, early pregnancy, domestic violence, polygamy and polyandry are the most prevailing issues in our village and girls in sports could make huge difference in tackling these issues."

We committed ourselves that we will support her leadership with a condition that she will have to convince other girls and school administration.

Seven months earlier Pasmai had attended 4 weeks long Her Turn – education and empowerment workshop, our flagship program for adolescent girls. During the program, Pasmai



was elected to the Girls Support Committee that is formed in each school during the workshop to provide long-term support to the girls we work with. These committees are one of the most important elements of our programs. After serving in the committee for six months she was selected to join Girls Advisory Board.

On 25th November, the first day of #16DaysOfActivism, with the backdrop of Jugal Mountain range, the girls got ready in their jersey and white shoes. For many girls this is the first time they have worn anything like this. The girls playing volleyball for the first time in school was significant and historic – it was a big day for everyone. Since last week the girls were coached and trained by the school teachers (all men) and boys and we are so grateful that girls got the support from their families too. They were divided into four teams, according to their school house (Red, Blue, Yellow, Green). The jerseys were all orange, because we were also celebrating #16DaysOfActivism against Gender Based Violence, with this year's theme, "Orange the World: Generation Equality Stands against Rape". The girls smashed the game. They played so well that their entire school audience including mothers and grandmothers were cheering for them. The girls not only played the game, they also made the history. They girls said, they quickly converted their



nervousness into confidence and enjoyed every bit of the game on the ground. “We feel powerful and confident and want to continue playing volleyball and encourage more girls to participate.”

the right opportunity and space, girls can do anything. One of the mothers said, “I had never thought my daughter could play anything like volleyball and I am so proud of her.”



Coming back to Pasmai, her team won the title and she was happy and joyful. This event sent many messages: that girls like to play sports just like the boys and they play as good as boys. In this modern age, the opportunity to play sports in school should be equal and we need to make more investment in sports. Given

We are so proud of girls for breaking the system of discrimination and taking leadership for themselves. We look forward to support more girl- led leadership in future.

Workshops with the Girls Support Committees

This year, we have been meeting Girls Support Committees from various schools and holding skills based workshops. These workshops are refresher course for the Her Turn graduates. Further, we are doing consultations with the members of the committees to priorities our interventions and strategies for next year.



Mentorship Program

Besides regular monthly meetings, annual conferences and school based refresher workshops and educational materials support for the students, from this year, Hamro Palo awarded scholarship to two Girls Support Committee members to support their

higher education. The scholarship will support college fee for two years as well as materials and miscellaneous expenses. From next year, the scholarship will be awarded to five members from different Girls Support Committees based on their active grassroots advocacy and commitment to girls leadership.



Menstrual Hygiene Comic Book

We are developing our own Menstrual Hygiene comic book for adolescent girls and boys. In 2016, we develop comic book against early marriage. The comic is well received by the adolescents and is helpful to prevent child/early marriages especially in the post-earthquake context. With the likes of adolescents, the menstrual hygiene comic book has key messages that Menstruation is a monthly bleeding experienced by women

and girls that occurs when the uterus sheds its lining and removes the ovum. Menstruation can be confusing when it happens for the first time to someone who doesn't know what it is. It's important that girls do know about it. Boys should also know about it and be allies. Menstruation is a natural body process which means a girl's or woman's body is healthy and working in order. It is nothing to be ashamed of.

Girls Learning Center

One of the activities under Girls Learning Center is a Computer learning center for all the students, especially girls. When Hamro Palo learned that the students in Shree Bhimsen Secondary School in Golche never had practical computer classes, we understood the need

and decided to collaborate with the school. Today, the students have access to computer classes, audio-visual learning sessions. Hamro Palo is also supporting the administrative cost for the computer teacher and hope to continue this support in next year.



Girls Advisory Board

Participation at CREA's RECONFERENCE

Some members of the Girls Advisory Board and mentor had a meeting with "With and For Girls Collective Team" from London and attended a pre-conference session at RECONFERENCE by CREA in Kathmandu. Our Master Trainer joined the 3 day (10-12 April) Conference where she learned the strategies and programs to rethink cultural and popular narratives that guide the abortion discourse globally,



to reimagine decriminalisation not just as working to change laws or reduce harm by mitigating the effects of restrictive legislation, but as a powerful story of mobilisation and to reboot conversations on some of the most profound fault lines that have so far limited cross-movement alliance building on the issue of disability and abortion.

Strategic Planning Meeting with Girls Advisory Board



Every year, we hold a special strategic planning meeting with our Girls Advisory Board to prioritize our work for the next year. This year, we met from 21- 23 October right in between our festival holidays. Together, we did reflection on our work in schools and the communities and narrowed priorities working

areas. The board members highlighted that the rural issues revolve around poverty, so much so that it has become difficult to tackle social and gender norms. They agreed there is more work to be done to create gender friendly environment for adolescent girls and women. Some of the issues we will be focusing in the coming year would be continuing our Her Turn programming with the likes of adolescent girls and boys and also develop programs that can be joined by both girls and boys. We will continue our work with married and out of school girls.

As we expanded our advisory board to 15 members this year, through various activities and games, we did some team building exercises and explored our strengths and possible collaboration areas. Our advisory board members also took a tour of National Human Rights Commission and had a discussion with the NHRC representatives. During the meeting, the girls shared cases they have experienced and witnessed in their communities and learned about various mechanisms to respond and report such cases.

Girls Advisory Committee



Sanu Syangbo born in 2001 is from Jugal rural municipality. She has interest in playing basketball and table tennis. She attended Her Turn Workshop in 2019. Her goal in life is to be a software engineer. She says, “I can advocate for adolescent girls’ issues by focusing on the problem and making plans on solutions.”



Binita Shrestha born in 2000 is from Lisankhupakhar rural municipality, Sindhupalchowk. She is in grade 12. She has interest in singing. Her aim in life is to become a teacher and provide quality education to students. She attended Her Turn workshop in 2016. She says, “To advocate adolescent girls’ issues, I will make a committee and discuss about the solutions. If our planned solutions will not work then me with my committee will go to concerned bodies to seek for help.”



Lakmai Tamang born in 2004 is from Jugal rural municipality. She studies in Shree Rameshwor secondary school. She is interested in small activities in schools and communities that make positive impacts. She attended Her Turn workshop in 2017. She says, “I can advocate on adolescent girls’ issues by firstly studying about the issues and then planning to solve the problem.”



Karuna Shrestha born in 2005 is from Lisankhupakhar rural municipality. She is studying in Shree Nigale secondary school in grade 10. She has interest in dancing and reading books. Her aim in life is to be a doctor. She attended Her Turn workshop in 2017. She says,

“Being a member of Girls Support Committee, I will help girls who are facing problems. If I cannot handle the case then I will seek help with people who are older than me.”



Pasmaya Syangbo born in 2002 is from Jugal rural municipality. She studies in Shree Bhimsen secondary school in grade 9. She helps others by understanding their emotions. She attended Her Turn workshop in 2019. Her aim in life is to become a social worker. She says, “After Her Turn programs, girls have been able to build self-confidence.”



Dasangmu Sherpa born in 2003 is from Bhotekoshi rural municipality. She studies in Shree Marming secondary school in grade 10. She is interested to work in health sector. Her aim in life is to become an engineer. She attended Her Turn workshop in 2017. She says, “I can advocate for girls’ issues by doing awareness programs on issues faced by girls to make people aware about it.”



Bishnumaya Tamang born in 2004 is from Pachpokhari Thangpal rural municipality. She is studying in Shree Palchok secondary school in grade 10. Her area of interest is to help people. Her aim in life is to become a nurse. She attended Her Turn workshop in 2017. She says, “To advocate for adolescent girl’s issues I will make plan and search for solutions. I will try to fix the problem by myself; if it’s not possible then I will complain to concerned body.”

Married and Out of School Girls – TAILOR PROGRAM FOR YOUNG MOTHERS

This year, we introduced tailor made program for married and out of school girls. The program was developed based on the feedback from the school drop out and married girls and also the community members. The program was delivered in two rural municipalities of Sindhupalchowk district where 100 young mothers between the age group of 15-19, were part of the programming. The 4 weeks long workshops

were delivered by Female Community Health Volunteers who had received five days Training of Trainers and also four days training on Pschylogical First Aid. The program included subjects such as family planning, maternal health, mental health, financial literacy etc. 77 young mothers from Panchpokhari Thangpal and 23 from Jugal Rural Municipalities participated in the program.



Women Deliver CONFERENCE

Women Deliver Conference is the biggest conference on gender equality and the health, rights, and wellbeing of girls and women. The objective of the conference was to present new knowledge, promote solutions, and engage a broad spectrum of voices. Hamro Palo's Executive Director Ms. Anita Thapa, Master Trainer Ms. Yachin Sherpa and Technical Adviser Ms. Ola Percynzka represented the organization at the conference.

on feminism and gender equality. At the pre-conference event on 2nd June, Ms. shared her work along with 16 other chosen feminists. In four rounds, she had the opportunity to share her work and have a chat with around 100 interested audience.

One of the highlights of Women Deliver was the second day of the conference on 4th June, where Ms. Thapa spoke as a panelist at



At the conference our collective choice of sessions were: mental health, education, girl's empowerment, sexual and reproductive health rights, menstrual hygiene, good governance and girls and women's agency and equality. Our priority for these sessions is to learn new ideas, approaches, to explore collaborations to tackle these issues so that we can focus on solutions and long-term sustainability.

Besides participating in the interesting sessions for five days, our Executive Director spoke at the two events - Feminist Human Library where she was chosen by Canadian Council for International Cooperation as one of the human books to share her work and thoughts

the panel called "Let's Talk about it. Period." She did a "pechkucha" format presentation and the focus of her presentation was best practices by the adolescent girls to manage menstrual hygiene and deal with the harmful menstrual restrictions and social taboos. She emphasized her presentation on why we should invest in girl's education and let them be the decision makers on the program and project interventions.

We also had a fabulous time meeting with With and For Girls Collective members from various countries and run our own mini meetings and collab opportunities.

किशोरी आमाहरू भन्छन्: बिहे के-के न होला भन्ने भयो !

सबिना श्रेष्ठ

सिन्धुपाल्चोक,
तस्विर: सबिना श्रेष्ठ/सेतोपाटी

विहेवारी बीस वर्ष पारी !

बालविवाह रोक्न र विशेषगरी महिलाको शारीरिक विकासलाई ध्यानमा राखेर मातृ मृत्युदर घटाउन सरकारले यो अभियान चलाएको हो । अभियानले मात्रै पुग्दैन भनेर बीस वर्ष नपुगी बिहे गरिदिनेलाई जेल र जरिवाना सजाय पनि तोकेको छ । यो कानून सबै ठाउँमा व्यवहारमा लागू भएका छैनन् । आफूखुसी बिहे गर्नेलाई त भन्नु कानूनले पनि के नै गर्ने र ! केही दिनअघि हामी पुगेको सिन्धुपाल्चोकको पाँचपोखरी स्थित मिजार टोल, भोटे नाम्लाङ र गुन्सा यस्तै ठाउँका उदाहरण हुन् । यहाँका अधिकांश किशोरी विवाहित मात्र होइन, आमा नै बनिसकेका छन् । हर टन (हाम्रो पालो) संस्थाले यी ठाउँका १९ वर्षमुनिका किशोरी आमालाई आफ्नो साथै बच्चाको स्याहार कसरी गर्नेबारे तालिम दिँदै आएको छ ।

मिजार टोलमा मिजार, भोटे नाम्लाङमा तामाङ र गुन्सामा गोले र थिङको बस्ती धेरै छ । मिजार टोलका महिला खेतीपाती र वस्तुभाउ हेर्छन् भने पुरुष प्रायः लघु उद्यममार्फत छाला सुकाएर बाहिर बेच्ने काम गर्छन् । करिब २५ घरधुरी भएको यो गाउँमा ९ घरका किशोरी तालिममा थिए ।

पार्वती मिजार उनीहरूमध्ये एक हुन् । १७

वर्षमा बिहे गरेकी उनले १८ वर्षमा छोरी जन्माइन् । कलिलैमा बच्चा जन्माउँदा उनलाई भएको सकस सुनाउँदा अनुहारमा पनि पीडा देखिन्थ्यो ।

‘नानीलाई दूध खुवाउन नजान्दा भन्डै आफ्नो ज्यान गएको थियो,’ पार्वतीले सुनाइन् ‘स्तनपान गराउने दूधको मुन्टा नै नभएर स्तन पाकेको थियो । अहिले बल्ल त्यस्तो अवस्थामा कसरी मुन्टो बनाउन पर्ने रहेछ भन्ने थाहा भयो ।’

हाम्रो भेटमा उनले आफू फेरि गर्भवती रहेको बताइन् । यो पटक भने तालिमबाट धेरै ज्ञान पाएकाले पहिलेजस्तो समस्या नहुनेमा उनी निश्चित सुनिन्थिन् । पहिलो बच्चा घरमै जन्माएको भए पनि अब ‘बर्थिङ सेन्टर’ जानुपर्छ भन्ने ज्ञान उनलाई भइसकेछ । पार्वतीसँगै आएको १८ वर्षीय विमला मिजारको भने सानो उमेर, स्वास्थ्यको उचित स्याहार नहुने र परिवारले पनि ख्याल नराख्ने हुँदा पहिलो बच्चा खेर गएछ । विमलाले प्रेम बिहे गरेकी हुन् त्यो पनि भागेर । कलिलैमा बिहे गरेपछि भोग्नुपर्ने समस्याको अन्दाज नै उनलाई थिएन, माया मात्र देखिरहिन् । सासूले घरमा थुनेर राख्ने र बाहिर केही बेर हिँड्दा पनि शंका गर्ने लगायत व्यवहारिक समस्या भोगिन् । भन्नु गर्भ खेर गएपछि त शारीरिक र मानसिक स्वास्थ्य समस्या उस्तै ।’ सानैमा गर्भ बसे पछि शरीर राम्रो हुँदैन । साह्रै दुःख हुन्छ ।

‘प्रेम बिहे गरे पनि पछि श्रीमानले वास्तै नगर्ने । यस्तै त हो यहाँ सबैको अवस्था,’ विमला जस्ता किशोरीको समग्र अवस्था बताउँछिन् ५० वर्षीय स्वास्थ्य

स्वयंसेविका पूर्णमाया गुरुङ ।

पूर्णमायाले नै गाउँका यी किशोरी आमालाई तालिम दिएकी थिइन् । अन्य समय पनि महिला तथा बालबच्चाका खोप लगाउने, पोलियो थोपा खुवाउने, जनचेतना फैलाउने साथै महिनैपिच्छे स्वास्थ्य रिपोर्ट स्वास्थ्य चौकीसम्म पुर्याउने काम स्वयंसेविकाका रूपमा उनले गर्नुपर्छ । पूर्णमायाजस्ता स्वास्थ्य स्वयंसेविकाले महिनाको पाँच सय रुपैयाँ गाउँपालिकाबाट पाउँछन् । त्यही पनि स्वयंसेविका बन्न यहाँ तँछाडमछाड हुन्छ । स्वयंसेविका बन्न क्षमताभन्दा पनि परिवारबाट परिवारकै अर्को सदस्य वा पुस्तामा हस्तान्तरण हुने धेरै रहेछ ।

‘मेरी सासू स्वयंसेविका हुनुहुन्थ्यो । उहाँपछि म भए,’ पूर्णमाया पनि त्यसैको उदाहरण हुन् । व्यवहारिक सिकाइ भए पनि यस्ता धेरै स्वयंसेविकाले प्राविधिक ज्ञान पाइरहेका हुँदैनन् । तै पनि विमला र पार्वती जस्ता धेरैलाई उनीहरूले सहयोग गरिरहेका छन् ।

विमला र पार्वतीजस्तै तालिममा सहभागी थिइन् देवकी मिजार । उनी पनि आफूले चाँडै बिहे गरेकोमा चुक्चुकाउँछिन् । हाल दुई वर्षको बच्चाकी आमा देवकीको १७ वर्षमै बिहे भएको थियो । ‘सानोमा बिहे गर्नुहुँदैन, दुःख पाइन्छ’ भन्ने उनीहरूले स्कूल पढ्दा र अरूले भनेको नसुनेका पनि होइनन् । ‘तर के गर्नु? त्यति बेला बिहे भनेको कत्रो न कुरा! राम्रो लुगा लगाउन पाइन्छ, डोली चढ्न पाइन्छ भन्नेमा खुसी भइयो,’ नौ कक्षासम्म पढेकी देवकीले भनिन् ‘अहिले त बिहे नभएको भए यति पढ्थेँ, यो गर्थेँ, त्यो गर्थेँ भन्ने हुन्छ । अब त बालबच्चा हेर्दै दिन जान्छ ।’

गाउँमा धेरै किशोरी आमा भइसकेका छन् । अचेल यो क्रम घटेको उनीहरू बताउँछन् । ‘कसरी त’ भन्ने कारण बताउँदा हामी चकित भयौं । ‘बिहे

“

नानीलाई दूध खुवाउन नजान्दा भन्डै आफ्नो ज्यान गएको थियो,” पार्वतीले सुनाइन् “स्तनपान गराउने दूधको मुन्टा नै नभएर स्तन पाकेको थियो । अहिले बल्ल त्यस्तो अवस्थामा कसरी मुन्टो बनाउन पर्ने रहेछ भन्ने थाहा भयो ।”

”



गर्ने उमेरका कोही पनि बाँकी त छैनन् । सबै बालखा मात्रै । जाने जति सबै गइसके नि,' उनीहरूले भने । अझ भोटे नाम्लाङको मुख्य समस्या बहुविवाह पनि हो । यहाँका महिला-पुरुष उत्तिकै मात्रामा विदेशिने स्थानीयहरू बताउँछन् । श्रीमान विदेशिँदा श्रीमतीले अर्को बिहे गर्ने, श्रीमती विदेशिँदा श्रीमानले । बिहे र सम्बन्धविच्छेद त एकदमै सामान्य । आफ्नै मनखुसीले बिहे, पछि चित्त बुझ्ने भने डिभोर्स, फेरि विवाह लथालिङ्ग छ । बुवाआमाको कुरा सुन्नेभन्दा पनि आफ्नै मनखुसी हुन्छ, '१९ वर्षीय विनिता तामाङले भनिन् । उनी आफैले मनखुसी बिहे गरेकी रहिछन् । तर उनलाई यहाँको स्थिति आफ्नो माइती नगरकोटभन्दा भन्ने भयावह लाग्ने रहेछ । यहाँ अधिकांशले स्कुल पढ्दापढ्दै आफै बिहे गर्छन् ।

भोटे नाम्लाङको जनसंख्या अरू दुई गाउँभन्दा धेरै छ । तामाङ बहुल बस्तीकी अर्की सहभागी १७ वर्षीया रेजिना तामाङले पनि १५ वर्षमै बिहे गरिन् । १६ वर्षमा त बच्चा पाइहालिन् । तर उचित स्याहार नपुग्दा १२ दिनमै बच्चाको मृत्यु भएछ ।

'खे के भयो भयो, धामीले फुक्दाफुक्दै मर्यो,' बिरामी हुँदा अस्पताल नगएर अझै पनि धामीलाई देखाउने चलन व्याप्तै रहेछ । फेरि ७ महिनाकी गर्भवती उनलाई हामीले

सोध्यौ, 'अब त धामीलाई देखाउनु हुन्न होला नि?' आमा बन्ने भए पनि कलिली रेजिनाको व्यवहार अपरिपक्व छ । 'जान्ने,' लजाउँदै विस्तारै उनले जवाफ दिइन् । उता १७ वर्षमा बिहे गरेर १८ वर्षमा बच्चा पाउँदाको क्षण सम्झँदा विनिता तामाङ 'मरेर बाँचेको' महशुस गर्छिन् । फेरि अर्को बच्चा त कसै गरे पनि नपाउने भन्छिन् । तै बेलाबेला सासूससुराले भन्छन् रे, 'एउटा आँखा के आँखा, एउटा छोरा के छोरा ।'

हाम्रो पालो संस्थाकी कार्यकारी निर्देशक अनिता थापाका अनुसार यी गाउँमा परिवार नियोजन गर्न हिचकिचाउनु अर्को भयावह समस्या हो । 'इश्वरको वरदान' भन्दै परिवार नियोजन नगर्ने, फेरि छोरा मात्रै भएर पनि नहुने, छोरी मात्र भएर पनि नहुने । भन्नु छोरी मात्रै भए त छोरा नपाउन्जेल जन्माइरहन पर्ने ।

परिवार नियोजन गर्न परिवारले पनि निरुत्साहित गर्ने चलन छ । केहीले भने लुकाएरै पनि गर्ने रहेछन् । 'तामाङ जातिको त भन्नु दुइटा छोरा र दुइटी छोरी अनिवार्य हुनपर्ने रे,' त्यहाँकी स्वास्थ्य स्वयंसेविकाले भनिन्, 'एकअर्कालाई खेल साथी चाहिने रे ।'

गुन्सामा तीन जना मात्र किशोरी आमा

उपस्थित थिए- कान्छी गोले, पूर्णिमा गोले र मिनु गोले । उनीहरूले तालिमबाट धेरै सिकाइ पाएको बताए । पहिले घरमै बच्चा जन्माए पनि अब 'बर्थिङ सेन्टर' जानुपर्ने चेत उनीहरूमा देखियो । उनीहरू गुन्साका अन्य महिला भैं खेतीपाती गर्छन् भने उनीहरूका श्रीमान अरू पुरुष भैं विदेशिएका छन् ।

कान्छी, पूर्णिमा र मिनुले नजिकै दुइटा स्कुल भए पनि पढेनन् । अहिले आफ्नो काखमा छोराछोरी छन् । प्रौढशिक्षा भए पनि पढ्न पाए अक्षर चिन्न सकिन्थ्यो भन्ने लाग्छ ।

पाचँपोखरी र जुगलका सय किशोरी आमालाई तालिममा सहभागी गराइएको थियो । त्यसक्रममा धेरै छुटेकाले फेरी दोस्रो चरण तालिम दिने सोच रहेको हाम्रो पालोकी शोभना पोखरेल बताउँछिन् ।

हामीले जति किशोरी आमा भेट्यौं, उनीहरूले समग्र पाचँपोखरीको अवस्था चित्रण गर्छन् । यो तालिममा पनि धेरै किशोरी आमाले आफ्नो वास्तविक उमेर भन्न सुरुमा हिचकिचाउदा समस्या भएको रहेछ । आफ्नो वास्तविक उमेर भन्दा कारबाहीमा परिन्छ भन्ने डर उनीहरूमा देखिएको सोभनाले बताइन् ।

२०७६ कार्तिक ८ मा सेतोपाटीमा प्रकाशित
लिंक: <https://www.setopati.com/social/192196>

परिवर्तनका कथा

अब डर लाग्दैन

मलाई पहिले-पहिले केटाहरू देखेर साह्रै डर लाग्थ्यो । हामीले जे बोले पनि उनीहरूले त्यसलाई नकारात्मक सोच्छन् जस्तो लाग्थ्यो । सरहरूसँग पनि दोहोरो कुरा गर्दिनथे ।



रोजिना तामाङ (१५)
श्री धनेश्वर सेकेन्डरी स्कूल

सन् २०१७ को अक्टोबर-नोभेम्बर महीनामा स्कूलमा हाम्रो पालो को २४ दिने कार्यशाला आयोजना भयो । जसबाट म पूरै बदलिए । अहिले त म जोसँग पनि कुरा गर्न सक्छु । कार्यक्रमहरू उद्घोषण समेत गर्छु ।

मलाई केटाहरूसँग डर लाग्नुको कारण धेरै छन् । एउटा घटना सुनाउँछु । त्यो बेला म सानै थिएँ । हाम्रो छिमेकमा ८ वर्षकी बहिनीलाई गाउँकै ३१ वर्षको मान्छेले बलात्कार गरेको थियो । त्यो बहिनीकी दिदी चिच्याएपछि म दौडेर उहाँको घर पुग्दा विभत्स दृश्य देखेकी थिएँ ।

म भ्रसङ्ग भएँ । डराउँदै उसलाई लुगा लगाइदिएँ । बहिनीको अनुहार डम्म सुन्निएको थियो । हामीले त्यो मान्छेलाई थुनेर राख्यौं । गाउँलेहरू जम्मा भए । बेलुका आमा समूहको बैठक बस्यो । सरसँग पनि कुरा गर्यौं । दुई दिनपछि बहिनीलाई

हस्पिटल लगियो ।

त्यो बलात्कारी अहिले जेलमा छ । उसलाई ५० हजार रुपैयाँ जरिवाना र ४ वर्षको कैद सजाय तोकिएको छ । यस्तो अपराधमा कति थोरै सजाय दिएको होला । मलाई त्यो घटनाले धेरै तर्साएको तछ । हामी घरभित्र पनि सुरक्षित छैनौं जस्तो लाग्छ । त्यो बहिनी आफ्नै घरमा बलात्कृत भइन् ।

गाउँमा बालविवाह र अन्धविश्वास छ । पोहोर मेरो एक जना साथीले बिहे गरिन् । बिहे गर्नुको कारण चाँहि रक्सी खाएर रातदिन बुबाले गर्ने गाली थियो । छोरीहरूलाई 'बोक्सी' भन्नेहरू अझै छन् ।

मेरो काकीलाई पनि एकपटक गाउँलेले बोक्सीको आरोप लगाएका थिए । पुलिस बोलाएपछि भने गाउँले चुप भए । अहिले आन्टिलाई बोक्सी भन्ने आट कसैले गर्दैन ।

मेरा ठूली दिदी साइप्रस र माइली इराकमा काम गर्नुहुन्छ । गर्छन् । दाई पनि इराकमै हुनुहुन्छ । घरमा बाबा, ममी, फुपू र भाइ छौं । फुपू बोल्न सक्नु हुन्न । तर, ममी र फुपू मिलेर होटल चलाउनु हुन्छ । बाबा सिकर्मी हुनुहुन्छ ।

मलाई प्रहरी बन्ने रहर थियो । प्रहरीले गर्दा गाउँमा अपराध नियन्त्रण भएको मैले देखेकी छु । प्रहरी पोसाक लगाएका महिला देख्दा पनि कस्तो रमाइलो महसुस हुन्छ । तर, मेरो कम भएकोले प्रहरी बन्न सकिदैन कि जस्तो पनि लाग्छ । प्रहरी बन्न सकिन भने शिक्षक बन्छु र चेतना फैलाउने काम गर्छु ।

हिंसा रोक्ने अठोट

म १३ वर्षको छँदा पहिलो पटक महिनावारी भए । हामी यार्चा टिप्न गौरी पर्वत गएका थियौं । तिघामा जुकाले टोकेछ भन्ठाने । दिदीले रुमाल लगाऊ भन्नुभयो । थोरै रक्तस्राव भएकाले रुमालले थेग्यो । तीन दिनपछि घर फर्किएर राहतमा आएको प्याड लगाउँदा कस्तो अचम्म लागेको थियो । महिनावारी हुनु राम्रो हो तर छोइछिटो गर्दा चित्त दुख्छ । यो सामान्य शारीरिक प्रक्रिया हो भन्ने बुझाउन बाँकी छ ।



रजु मजार (१७)
कक्षा १०, श्री कागेश्वरी मावि
त्रिपुरासुन्दरी-१

महिनावारी हुँदा हामीलाई फलफुल नछोऊ, बारीमा नजाऊ, घुत्ताउनमा नजाऊ भन्नु हुन्छ । छोयो भने सबै खुप्पीपछि रे ! मलाई चाहिँ पत्यार लाग्दैन । एक दिन म बारीमा मुला टिप्न जाँदा गाउँकै एकजना हजुरआमाले 'निधार फुटेको छ भने नजा' भन्नुभयो । मैले त कुरै बुझिँनँ । अहिले बुझ्छु । त्यो मेरा लागि 'महिनावारी हिंसा' थियो । मैले त मम्मीलाई पनि 'मलाई हिंसा गर्नुभयो भने तपाईं पनि जेल जानुपर्छ' भन्देकी छु ।

म सानोमा सोझी थिएँ । कक्षा ५ सम्म पनि मलाई केहि न केहि निहुँ पारेर ठूलो कक्षाको केटाहरूले पिट्दथे । म सहेर बस्थेँ । यतिसम्म कि उनीहरू कक्षा कोठाको प्वालबाट महिला यौनाङ्गको चित्र देखाएर गिज्याउँथे । सरलाई भन्दियो भने आफैँ कटाइ खाने डर !

सन् २०१६ मा हाम्रो विद्यालयमा हर टर्न कार्यशाला सञ्चालन भयो । यो कार्यशालामा भाग लिए पछि मलाई महिनावारी स्वास्थ्य मात्र होइन, बालबालिका र किशोरकिशोरी हिंसाको विभिन्न रुपबारे थाहा भयो । यसबाट कसरी बच्ने, यस्ता घटना कसरी नियन्त्रण गर्ने भन्ने बारेमा पनि विस्तारमा बुझाइयो । कार्यशाला ठिक समयमा हाम्रो स्कूलमा आयो र कति हो कति ज्ञान दिएर गयो ।

स्कूलमा अहिले पनि एउटा केटा छ हेप्न खोज्ने । कोही केटासँग खेलै नहुने 'बुढा-बुढी' भन्दिहाल्ने । त्यो केटा स्कूल नआएको दिन बाँकी केटा ज्ञानी बन्छन् । तर, अब त्यो केटाले केही गर्न सक्दैन भन्ने कुरा मैले बुझेकी छु । केहि गरिहाले पनि मैले के गर्नुपर्छ थाहा पाएकी छु । गाउँ-घरको वास्तविकता के हो भने, केही गर्न आँट्यो खुट्टा तान्ने । आँट नदिने, विभेद गर्ने । त्यसमाथि गरिब भयो भने भर्ने गाहो । गरिब हुनु नै हिंसामा पर्नु जस्तै रहेछ । हाम्रो गाउँकी तीन वर्षकी बच्चीलाई बलात्कार गर्ने गाउँकै मान्छे जेल परेको छ । तर, अहिले ति बच्ची बलात्कृत नै भएकी होइनन् भन्ने रिपोर्ट बनाएर बलात्कारीको सजाय काट्न खोजिदैछ । यस्तो देख्दा उकुसमुकुस हुन्छ ।

मलाई एउटा मान्छे सम्झँदा साह्रै रिस उठ्छ। दुईवर्षजति अघि म दिदीसँग गाउँमा मेला हेर्न गएको थिएँ। एउटा केटाले मेरो तिघामा च्याप्प समात्‍यो। मैले लात्ता हान्दिएँ। 'तलाई लाज छैन यस्तो गर्न?' भनेर थर्काएँ।

कपडाको प्याड बनाउन सिकाउने भएकी छु



सुनमाया तामाङ (१५)

कक्षा १०,
श्री महेन्द्र सेकेन्डरी स्कूल

म शुक्रबार जन्मिएकी भएकाले सुनमाया नाम राखिदिनु भएछ। कस्तो पुरानो नाम, हाँस उठ्दो। तर, नाम फेर्न मन छैन। अब जे छ ठीकै छ अब। ठीक नभएका कुराहरू अरू छन्। तिनलाई फेर्न पाए हुने।

हाम्रो गाउँमा बालविवाह हुन्छ। म कक्षा ६ मा पढ्दा मेरा ७२ जना साथी थिए। अहिले १० मा पुगेकी छु, साथी घटेर ४० मा भरेका छन्। केटी साथीहरू 'पोइला' गइदिन्छन्। आफ्नो खुट्टामा उभिन नसक्ने नभई बिहे गर्नु हुन्न भन्ने लाग्छ। यो कुरा म पनि भर्खर बुझ्दैछु। पहिले नै बुझेको भए बिहे गर्ने साथीहरूलाई सम्झाउँथेँ।

हाम्रै गाउँकी एक जना साथीको 'ब्यायफ्रेण्ड' रहेछ। ब्यायफ्रेण्डले भेट्न बोलाएछ। त्यसपछि त फर्केर घर आउन दिएनन्। उसको अहिले बच्चा पनि भइसकेको छ। यो घटनाबारे सोच्दा पनि

यो बल मलाई हर टर्न कार्यशाला बाटै आएको थियो। तर, साँझ घर फर्किने बेला ति केटाहरूले मेरो काका र गाउँका अरूलाई पिटेछन्। हाम्रो रिसमा काकाले कुटाइ खानुभएछ। त्यस्ता मान्छे देखेर मलाई डर लाग्छ। उनीहरूलाई सम्झायो भने बाहिर-बाहिर सम्झिएजस्तो गर्छन् तर भित्र उही राक्षस नै हुन्छन्। मलाई यस्ता मान्छेलाई सुधारनु छ।

मलाई अचम्म लाग्छ। आउने नदिने भन्ने पनि हुन्छ त? प्रतिकार गर्नुपर्छ। उल्टै बिहे पो गरिन्छन्।

म खाली समयमा महिनावारीमा लगाउने कपडाको प्याड बनाउँछु। हाम्रो पालो संस्थाले यसबारे बनेपामा तालिम दिएको थियो। यसअघि सन् २०१७ मा हाम्रो पालो बाटै स्कूलमा २४ दिने कार्यशालामा पनि भाग लिएकी थिएँ। प्याड बनाउन अलि भन्फटिलो छ। तर, बजारको सेनिटरी प्याड किन्दा धेरै खर्च हुन्छ। परिवारको कमाई पनि राम्रो छैन। पहिले रक्सी बनाएर बेच्थौँ, अचेल त्यो पनि पाइदैन।

महिनावारी हुँदा कपडाको टालो लगाउन गाह्रो लाग्छ। त्यसबाट रोग पनि लाग्छ रे। एउटै टालो लगाइरहन पनि सिकसिक हुन्छ। एकचोटि त कपडाको टालो लगाएर हिँडेकी थिएँ, कतिबेला कहाँ भन्थो, थाहै पाइनँ। घर पुग्दा त छैन। धन धेरै 'ब्लिडिङ' भएनछ। त्यो बेलादेखि ममीसँग पैसा मागेर प्याड किन्न थालेकी थिएँ। हाम्रो पालोको कार्यक्रममा कपडाको प्याड बनाउन जानेपछि मैले गाउँका बहिनीहरूलाई पनि प्याड बनाउन सिकाइदिएकी छु। यो प्याड पुनः प्रयोग गर्न मिल्ने खालको छ।

हाम्रो गाउँमा अरु जातकाहरूमा महिनावारी भएकालाई छुवाछुत हुन्छ। तर, हामी तामाङहरूकोमा त्यस्तो भेदभाव हुँदैन।

सरलाई सुधान्यौँ



जरिबना थापा (१५)

कक्षा-१०, श्री रामेश्वर
माध्यमिक विद्यालय, जुगल-५

२०७२ साल वैशाख १२ गते गएको भूकम्पलाई लिएर मेरो अर्कै खालको सम्झना छ। त्यो बेला मलाई पहिलो पटक महिनावारी भएको थियो। खमारीको टहरामा म एकलै बस्नुपर्ने भयो। सात दिनसम्म थुनिएर बस्दा म कति रोएँ, कति। भाइको जीन्दगी रमाइलो लाग्यो। उसले त कहिल्यै यस्तो भेल्लुपर्दैन। मैले मात्र किन पर्छ जस्तो लाग्यो। स्कूल जानु परेन, मैले मागेको कुरा मम्मीले पकाएर ल्याइदिनुहुन्थ्यो। तर, त्यसले खुशी बनाएन।

महिनावारी हुँदा छोइछिटो गर्छन्। मलाई यो चित्त बुझ्दैन तर मम्मीहरूलाई बुझाउन पनि सकिदैन। हामी नै मम्मीको उमेरमा पुगेपछि मात्रै यस्ता अन्धविश्वास हटेर जान्छन् होला जस्तो पनि लाग्छ। तर, परिवर्तन आउन समय लाग्छ भनेर चुप बस्नु पनि भएन नि! मलाई उहाँले भान्सा कोठामा पस्न दिनु हुन्न। बाबाको कोठामा चाहिँ जान्छु। 'म तपाईंको छोरी हैन? यस्तो चलन पनि मान्छन्?' भन्दिन्छु। मम्मी गाली गर्नुहुन्छ तर कुरा बुझ्दै पनि हुनुहुन्छ।

पहिलो पटक पर सदा विहान ४ बजे नै उठेर धारामा नुहाउन जानुपर्छ। तातो पानी आउने धारा खुला ठाउँमा भएकाले दिउँसो नुहाउन मिल्दैन थियो। अँध्यारोमा जाँदा डर लाग्थ्यो। अहिले पनि नुहाउने ठाउँ सडककै छेउमा छ। गाडी आऊ/जाऊ गरिराख्दा नुहाउनै लाज हुन्छ। अब दुइटै बाथरुम बनाउने योजना छ।

अप्टेरो घरमा मात्र छैन, स्कूलमा पनि छ। स्कूलमा एकजना सर हुनुहुन्छ। हामीभन्दा ठूला दिदीहरूलाई पिट्टा र माया गरेको बहानामा उहाँ ढाड सुम्स्याउने, भित्रि कपडा तान्दिने गर्नुहुन्थ्यो रे! यो कुरा स्कूलभर फैलियो। तर, उहाँलाई सामुन्नेमा भन्ने आँट कसैको थिएन। सन् २०१७ को मे-जुन महीनामा हाम्रो पालो संस्थाले हाम्रो स्कूलमा २४ दिने कार्यशाला आयोजना गर्‍यो। जसमा बेला बेला आयोजकले सरलाई पनि सहभागी गराउनुभयो। सरसँगको मिटिङमा हामीले पनि अप्रत्यक्ष रूपमा उहाँका बानीबेहोराबारे कुरा राख्यौँ। त्यसपछि बल्ल सर ठीक ठाउँमा आउनु भयो।

अहिले सर सुधनु भएको जस्तो लाग्छ। तर, सुधनुअघि हामीलाई 'आफैले आफूलाई विश्वास नगर्ने' तिमीहरू, जथाभावी बोल्दै हिँड्छौ' भनेर गाली गर्नुभयो। मलाई त डर-डर पनि लाग्यो। तर, त्यो बेलादेखि सरबारे त्यस्तो हल्ला फैलिएको छैन। खासमा सरहरूलाई पनि के ठिक, बेठिक, सही, गलतबारे तालिम दिनुपर्दो रहेछ। सबैले सिकने, बुझ्दै जाने रहेछन्। हाम्रो पालो का यस्ता कार्यक्रम गाउँ-गाउँमा पुग्दा सबै थरि मान्छेले सभ्य हुन सकिन्छन्। हामी किशोरीमा एकता र मनोबल बढ्छ।



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