

# Hamro Palo

# ANNUAL REPORT

# 2022



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**our turn**  
educated. empowered. equal.

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# ACKNOWLEDGMENT

Year 2022 remains special to us as we completed 10 years of our grassroots movement - Her Turn. Today, we are a community of close to 10,000 graduates of our school-based Her Turn and His Chance Education and Empowerment program. To mark the milestone we celebrated our journey on International Human Rights day inviting hundreds of graduates, mentors, teachers, and well-wishers. The event helped us learn the long-term impact of our interventions.

After years of waiting, we were finally able to implement our programs in the Jumla district where we did our first programming in 2016. We look forward to going back when we complete our sanitation and drinking water project in Sita Secondary School of Tila Rural Municipality. We are glad in 2022, we could partner with several new community schools in Sindhupalchok and Kavrepalanchok reaching out to almost 600 adolescent girls.

We would like to thank Equality Fund, ONGD-FNEL, Global Fund for Women, and Advancing Girls fund of Tides Foundation for their continued support of our movement. Our special thanks to the Girls Advisory Committee, Girls Support Committees and School Support Committees, Rural Municipalities, Schools, Trainers, Mentors, Volunteers, collaborators, and the local community who were directly involved with Hamro Palo and supported the execution of our activities.





# LETTER FROM THE EXECUTIVE DIRECTOR

**“With the new day comes new strength and new thoughts.” – Eleanor Roosevelt**

We started the year 2022 in high spirits but the covid-19 spike made it difficult to continue with our plans. However, the only option we had was to keep moving with new strength. With safety measures in place and the utmost precautions, we did our programming with married and out-of-school girls.

From March onwards, we were able to go back to schools with our programming, apprehensive yet excited. After a long wait, we did the Her Turn and His Chance education and empowerment program in the Jumla district along with a continuation of similar programming in the Sindhupalchowk and Kavre districts. In total, 648 adolescents graduated from the program.

Her Turn - a grassroots movement with and by adolescent girls has completed a decade. What started as a small project in 2012 is now our flagship program that graduated 7752 adolescent girls and 2147 boys. On the 74th International Human Rights Day, we celebrated ten years of Her Turn inviting our graduates, teachers, mentors, and well-wishers to the 6th Annual Girl-led leadership conference; partnership with boys. Thanks to everyone for traveling to Kathmandu to celebrate, reflect and support what we have been doing.

# LETTER FROM THE EXECUTIVE DIRECTOR

We are always grateful to be a part of a community that celebrates and encourages women and girl-led leadership. Also, it was a great year to end the Her Turn Leadership Award to five adolescent girls for their commitment to community development and leadership. 2022 was also an opportunity to introduce a new initiative addressing the issues raised by adolescent girls. Some of the frequently shared issues remain early marriage and Sexual and Gender based violence. Throughout the year, we took various measures to address the problem from organizing workshops to one on one counseling to roundtable consultations.

We have a new leadership that was elected by the 7th Annual General Assembly in September 2022. I am so proud of each member who comes from diverse backgrounds and is committed to women's rights and gender equal world.

In closing, I want to express my deep gratitude to everyone who has contributed to our organization's success over the past year. Whether you are a funding partner, a mentor, a teacher, or a member of the community, your support has been essential in empowering adolescent girls and promoting gender equality. As we move forward into the future, I am confident that we can continue to make a positive impact on the lives of girls and women in our communities. Thank you again for your commitment to our cause, and I look forward to our continued work together.

**Anita Thapa**  
**Executive Director**



# CORE PROGRAMS



# CORE PROGRAMS

## A. HER TURN EDUCATION AND EMPOWERMENT PROGRAM

Her Turn Education and Empowerment Program is one of the core programs of Hamro Palo provided to adolescent girls of age 12-16 years. It is with great excitement we share that we were able to conduct the Her Turn Program for a total of 594 students from different schools and districts of Nepal this year. In 2022, we had the privilege to work with a total of twelve community schools in different districts like Kavrepalanchowk, Jumla, and Sindhupalchowk.



The program was especially focused on educating, empowering, and equipping the young girls with the knowledge of basic health issues such as hygiene, menstruation, and nutrition, safety issues such as domestic violence, sexual abuse, human trafficking, and early marriage, and also enhancing their leadership skills by providing them with the life skills needed to lead one's own lives. By the end of the Her Turn Program, the participants were able to acquire leadership skills, and their needs and also be informed about several health and safety issues.

## A. HER TURN EDUCATION AND EMPOWERMENT PROGRAM



"I came to know how child marriage affects the health of the adolescent mother as it increases the risk of complications during pregnancy and childbirth. I am now able to raise the voice against it if I see anybody involved in early marriage in my community."

**-Laxmi Budha, 14 years, Grade 9**



"I used to feel embarrassed whenever somebody talked about menstruation and puberty with me. In Her Turn Program, I learned many important things about my own body and my health. When I get my first period, I won't be nervous but rather share it with my family. Her Turn Program empowered me to deal with difficult situations whenever I encounter them in my life."

**-Sambridhi Bhandari, 12 years, Grade 6**



"My friends and I faced inappropriate touch from a teacher like holding students on his lap, touching the bra, asking us to touch his private parts several times. Through Her Turn Program, I learned about appropriate and inappropriate touch and harassment which is faced by many young girls like me. So, I am determined to speak up for myself and also for the girls who go through such."

**-Urmila Poudel, (name changed)**



# CORE PROGRAMS

## **B. HIS CHANCE EDUCATION AND EMMPOWERMENT PROGRAM**

Understanding the need of including adolescent boys in the conversation of girl leadership and empowerment, His Chance Education and Empowerment Program was conducted for a total of 54 adolescent boys of Shree Sita Secondary School, Jumla.



A week-long 'His Chance' Program provided an excellent opportunity for the team to make the adolescent boys understand their role as allies to address the power inequalities in the school, families, and community to achieve gender equality. The workshop was facilitated by the local trainers who are provided with Training of Trainers (ToT) prior to the workshop conducted for adolescent boys which primarily covered health issues, safety issues, and enhancing leadership skills.

## B. HIS CHANCE EDUCATION AND EMPOWERMENT PROGRAM



“This is the first time that education and empowerment workshops have been conducted in my school. After participating in this workshop, I got information about many important topics like menstruation, child marriage, and eve-teasing. I used to tease girls at school, now I learned that teasing is a form of harassment and I will speak up if I see anybody doing the same.”

**-Naworaj Budha, Grade 9, 15 years**



“Before attending Training of Trainers, I felt shy to talk about menstruation but after becoming a part of ToT and workshop, I felt confident to teach and talk about menstruation. In our society, there is a myth about menstruation. If any male talks about menstruation, people judge them negatively which is why they are not open to talking about such issues but now I don't feel hesitant to talk and teach about menstruation to anyone.”

**-Sushil Buda, His Chance Trainer**

# CORE PROGRAMS

## C. SNEH PROGRAM - FOR MARRIED AND OUT OF SCHOOL GIRLS AND YOUNG MOTHERS

As the young mothers are often deprived of such workshops and needful knowledge regarding family planning, health, safety, family planning, mental well being, financial literacy, it becomes very crucial to educate and equip them with the skills and knowledge required to help them tackle the consequences resulting from early marriage.



In 2022, the team worked with a total of 54 young mothers from two communities in the Kavrepalanchowk district. By conducting this 15-day long workshop delivered by the local trainers, it provided them the opportunity to learn about mental health issues, health issues, safety issues, and even about financial literacy in a very comfortable training environment.



## C. SNEH PROGRAM - FOR MARRIED AND OUT OF SCHOOL GIRLS AND YOUNG MOTHERS



“I got married at the age of 20, now I am 22 years old and 5 months pregnant. I was unaware of breastfeeding and the proper diet. This workshop taught me to do regular exercises to make delivery easy and do regular check-ups. She added, “all the learned knowledge was very important in our day-to-day life. I will definitely share all the learned lessons with my friends and family. Topic related to stress where I learned about the way to overcome stress was totally new and interesting for me.”

**-Jamuna Dhalkuti, 22 years**





# CORE PROGRAMS

## D. ANNUAL GIRL-LED LEADERSHIP CONFERENCE

This year marked 10 years of Her Turn Movement. On the occasion of completing the 10 years journey of working with and for adolescent girls, Hamro Palo organized the 6th Annual Girl-led Leadership Conference in partnership with the boys on 10th December 2022, in Kathmandu. The conference consisted of a brief celebration of 10 years of Her Turn Movement, along with the women-led panel discussion and honoring Her Turn Leadership Award Winners. There was the active participation of 143 participants from different community schools of Sindhupalchowk, Gorkha, and Kavrepalanchowk, and even the participation of school representatives from diverse backgrounds and schools from different areas of Nepal was encouraging for all of us. In violence.



# CORE PROGRAMS

## D. ANNUAL GIRL-LED LEADERSHIP CONFERENCE

In addition to this, the panel discussion was conducted on the 'Women Leadership- Present and Future' theme with the main objective of shedding light on the present and future of women's leadership, power, and the importance of women's leadership. The panelists were adolescent girls and women from diverse backgrounds working as a changemaker in different areas of development like education, and politics for the welfare of society,



The panelists were Ms. Maya Gurung, the first female of the Gurung Community to climb Mt. Everest and also a member of Seven Summit and also a candidate for House of Representative from Sindhupalchowk- 2, Ms. Srijana Tamang, a mentor, trainer, and a social mobilizer at Hamro Palo who is actively contributing in educational reforms in the community by closely working with the schools of her community. Similarly, the other two panelists were the young adolescent girls, Ms. Kabita Khadka and Ms. Salina Shrestha who are the graduates of Her Turn Program and are doing exceptionally well in their community by spreading awareness on issues like child marriage, gender-based violence, and domestic violence.

## D. ANNUAL GIRL-LED LEADERSHIP CONFERENCE



“I believe women are capable of achieving what they lay their hands on. The gender inequality that persists between men and women is due to the inaccessibility to equal opportunities in every sector. Be it in ruling a country or any other structure, women have excellent leadership potential. Women tend to be more transformational leaders as they are more open to new ideas and are concerned about their followers’ needs as well. In the future, I am hopeful that Nepal will get a female prime minister too if given equal access to opportunities.”

**-Ms. Srijana Tamang, Mentor/Trainer/Social Mobilizer at Hamro Palo**



“Now it is the turn of the young generation and the women to step up and take up the leadership position. The journey of youth and women in mainstream development has already begun. It is high time that we work hand in hand and uplift each other. Those who possess political leadership are not only leaders. The leader is you, me, and each one of us who contributes to the betterment of society. Hence, the future belongs to women and the youth.

Ms. Maya Gurung, Member of Seven Summit/Candidate of House of Representatives from Sindhupalchowk-2.

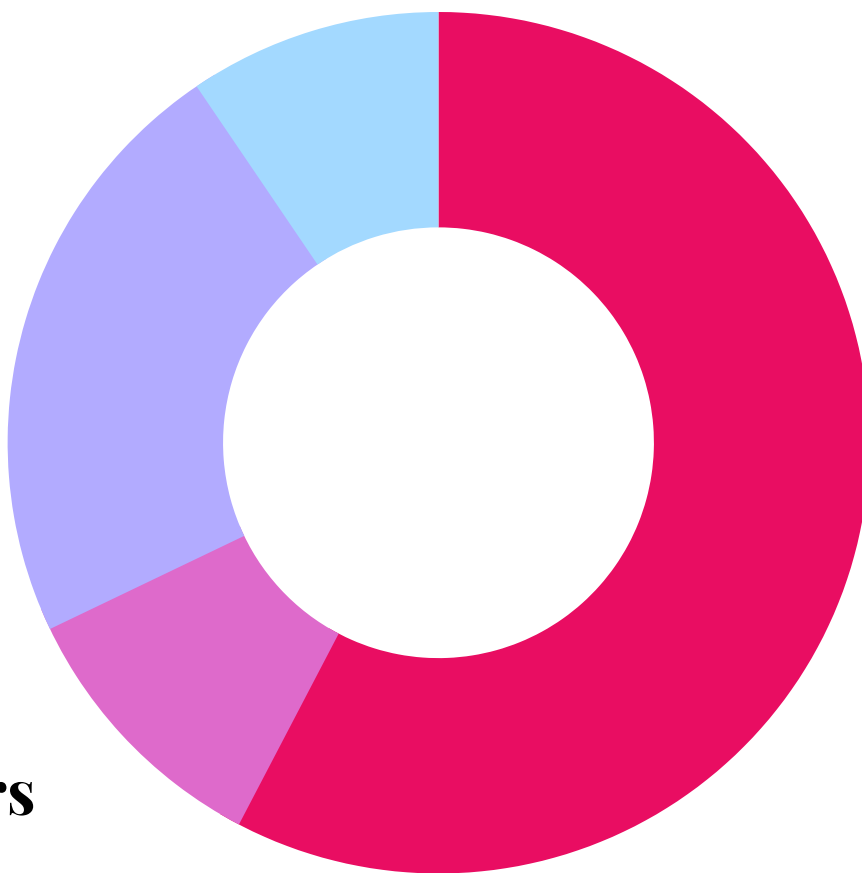
**-Ms. Maya Gurung, Member of Seven Summit/Candidate of House of Representatives from Sindhupalchowk-2.**

# COMPOSITION OF PARTICIPANTS IN ANNUAL GIRL-LED CONFERENCE

**Staffs & Board Members**

**9.5%**

**Guests**  
**22.6%**



**Trainers & Mentors**

**10.2%**

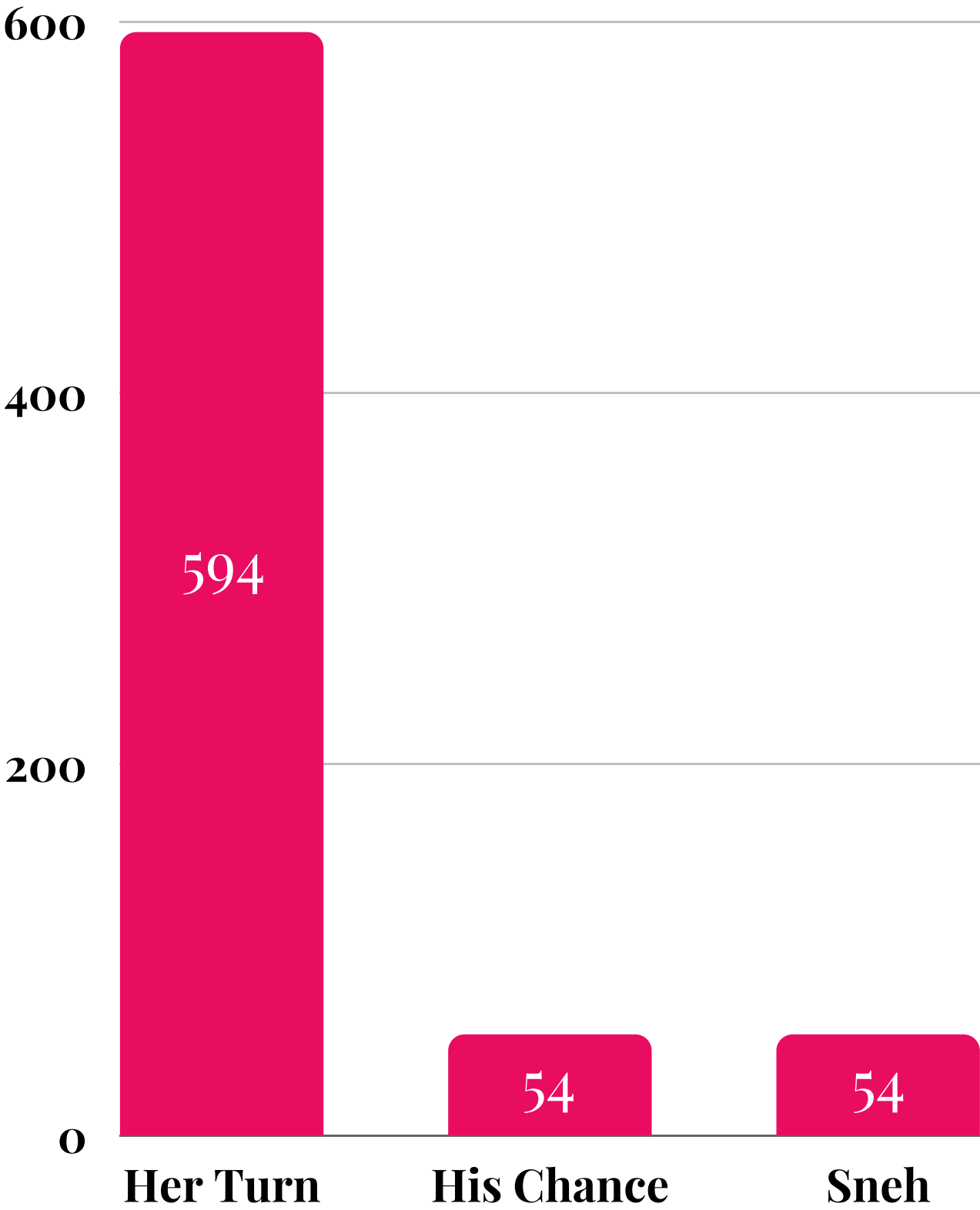
**Her Turn & His Chance Graduates**

**57.7%**





# NUMBER OF PARTICIPANTS IN CORE PROGRAMS



## 4. SAFE SCHOOL TRAINING WITH ADOLESCENTS

Adolescents have the right to be protected from all forms of violence, including in their school lives. These age groups are particularly vulnerable to sexual and gender-based violence, if not responded well, can have an effect on their physical, emotional, and cognitive development.



Understanding this, Hamro Palo Team conducted three days long Safe School Training with the adolescents on 17th- 19th June 2022. With the primary objective of enhancing the knowledge of sexual and gender-based violence among the participants and educating them about the use of learning tools and techniques to make schools safe from any form of violence, the training was conducted.

## 4. SAFE SCHOOL TRAINING WITH ADOLESCENTS

Moreover, the participants were also encouraged to better respond and report violence in school. Also, a close network was created in order to support violence survivors. The training even provided a platform for all the participants to share insights and inputs for designing further programs against sexual and gender-based violence in school.

There were altogether 26 participants from 10 different schools from Kathmandu, Kavrepalanchowk, and Sindhupalchowk consisting of the members of the Girls Advisory Board, Her Turn Leadership Award Winners 2021, graduates of Her Turn and His Chance Graduates and some members of the Child Club.



“Safe School Training helped me to understand that sexual and gender violence can happen to everyone and everywhere. I learned why we need a whole school approach to prevent and respond to the sexual and gender-based violence in and around the schools.”

**-Babita Tamang, (name changed)**

## 5. WORKSHOP AGAINST CHILD/EARLY MARRIAGE

During lockdown in 2021, the Hamro Palo team conducted a virtual meeting with the Girls Support committee, Girls Advisory Board, and Her Turn graduates to discuss the issues and problems of their communities. The discussion was beneficial as it helped us be aware of the problems that are deeply rooted in the communities and need urgent attention as suggested by the participants. Problems like child marriage and domestic violence were prevalent, and particularly due to the COVID-19 lockdown, there have been increasing cases of child marriage and domestic violence. With the realization of the need to take an intervention, the two-day long workshops against early and child marriage were conducted with the adolescents in three schools of Chautara Sangachowkgadi Municipality.



In the month of September 2022, the workshops were conducted at Shree Jana Jagriti Secondary School which had the participation of 29 students, Shree Seti Devi Secondary School, Thulosirubari having 34 participants and Shree Seti Devi Secondary School, Syaule which had the participation of 27 people.



## 5. WORKSHOP AGAINST CHILD/EARLY MARRIAGE

Through role plays, documentaries screening, group activities, and energizers, the topics like child marriage, financial literacy, and comprehensive sexuality education were covered in the workshop and provided to the adolescents.



“My parents are not comfortable talking about sex. If I ever mention sex and sexuality to my parents, they always take it negatively. I thought it was not ethical to talk about sex and sexuality. After this workshop, I understood that it is important for parents to talk about it with their children so as to put an end to all forms of misconceptions in regard to sex and sexuality.”

**-Subash Pariyar, 16 years, Grade 11**



“Before this workshop, I had thought of marrying early and starting a family. I used to think it was necessary to marry and raise a baby early. In this workshop, I got to know about the consequences of early marriage on my physical and mental health, family and society, and financial and social problems arising because of early marriage. The workshop changed my mindset about marriage and now I have decided not to marry at a young age.”

**-Shila Danuwar, (name changed)**

## 6. STRATEGIC PLANNING WORKSHOP

This year, there were two Strategic Planning Workshops that were conducted, one with the Girls Advisory Board in Chautara, Sangachowkgadi and another one with adolescents of eight different schools of Panchkhal Municipality, Kavrepalanchowk. With the primary objective of following up with the Girls Advisory Board 2022 and also exploring the ideas relating to several gender-sensitive and child-friendly programs and collaborative activities that can be done in the coming days, the Strategic Planning Workshop was conducted. Along with this, the workshop helped to brainstorm on the designing and developing of action plans while engaging different stakeholders in alignment with the organization's goals and vision and discussing the ways to make the Girls Support Committee more active.



Through the Strategic Planning Workshop with the Girls Advisory Board, we were able to reach 17 board members and through Strategic Planning Workshop with the adolescents, we were able to work with 39 adolescents from different schools.

## 6. STRATEGIC PLANNING WORKSHOP



It is commendable that there exist specialized programs such as Her Turn and His Chance Education and Empowerment Program, which are designed to cater to the developmental needs of adolescent girls and boys, respectively. However, it is my belief that a more effective approach could be achieved if a co-educational training program were to be developed and implemented, where both adolescent genders receive training in the same setting.

-Puja Tamang





## 7. CONFERENCE ON SEXUAL AND GENDER BASED VIOLENCE

It is highly significant that adolescents become aware of sexual and gender-based violence, its forms, its law, and national policies. On 30 July 2022, Hamro Palo collaborated with Nepal Mahila Ekata Samaj, Nepal police's Cyber Bureau, Hami Daju Bhai organization and conducted a one-day conference on Sexual and Gender-based violence-prevention, mitigation, and law at Shree Shivapuri Secondary School, Maharajgunj. In this conference, 54 students of Grades 9 and 10 from 18 different schools participated. All of the participants were from the Kathmandu metropolitan city's community schools.



The conference consisted of a brief panel discussion session by the experts on current laws regarding sexual and gender-based violence, men's role in preventing sexual and gender-based violence, cyber laws of Nepal, and preventing internet crime, bullying, and scams.



## 7. CONFERENCE ON SEXUAL AND GENDER BASED VIOLENCE

To create a comfortable platform among adolescents to discuss about sexual and gender-based violence openly and make them aware of the ways to better respond and report to Sexual and gender-based violence, Hamro Palo conducted a one-day conference on sexual and gender-based violence at Chautara Sangachok Gadi, Sindhupalchowk on November 2022. At the conference, a total of 53 participants from 13 different schools who are graduates of the Her Turn and His Chance Program participated.



"As a student, I have noticed that our school curriculum focuses on teaching about harmful practices like Jhuma and Deuki, but I am concerned that there are no specific topics related to sexual and gender-based violence. It is essential to have a comprehensive and inclusive curriculum that addresses important social issues that impact our communities today."

**-Chandrasekhar Thakur, Grade-9 (Shree Pashupati Mitra Secondary School)**



"If we know of any crime in our community, we should first go through the legal process and report it to the police. If there is no help from this, you can take help from various non-governmental organizations like Hamro Palo, Aama Samuha, and Bal Club."

**-Pooja Silwal, (name changed)**

## 8. ROUNDTABLE CONSULTATION ON SEXUAL AND GENDER-BASED VIOLENCE

On 28th December, Hamro Palo organized ‘Roundtable Consultation’ with like-minded organizations working with women, youth, and children and facilitating interventions to prevent and respond to sexual and gender-based violence, several Kathmandu based public educational institutions and undergraduate students from different private educational institutions. This two-hour-long consultation program was held in Lazimpat where there was the active participation of 33 participants in the consultation program consisting of representatives from different organizations, school representatives, and undergraduate students from different educational institutions.



It was an honor to have Ms. Nirijana Bhatta, Assistant Manager at CWIN- Nepal (Child Workers in Nepal) and Country Coordinator at Girls Not Brides and Ms. Sulochana Khanal, Program Coordinator at WOREC (Women’s Rehabilitation Centre) as the presenters in the roundtable consultation. As the representative of the respective organizations, they shared how CWIN-Nepal and WOREC have been taking interventions to prevent and report sexual and gender-based violence.

## 8. ROUNDTABLE CONSULTATION ON SEXUAL AND GENDER-BASED VIOLENCE

Their discussion was primarily focused on the presentation of evidence-based reports regarding sexual and gender-based violence, sharing of the knowledge from their years of experiences, and validity. Their presentations were then followed by a discussion with the participants where they provided us with their inputs, insights, and suggestions regarding the prevention of sexual and gender-based violence and also to incorporate them while developing and delivering further programs at different levels.



“Although there is the right to information, there are not enough information centers for adolescents to be informed about the reporting mechanism against SGBV. Moreover, there is still the fear of revictimization among the adolescents due to the lack of information among them.”

**-Ms. Nirijana Bhatta, Assistant Manager at CWIN-Nepal**



“GBV (Gender Based Violence) focal person should be appointed in schools. The proper orientation should also be provided to the GBV appointed person and aware of their roles and responsibilities while dealing with the SGBV cases.”

**-Ms. Sulochana Khanal, Program Coordinator at WOREC**



“The curriculum especially focused on sex education, sexual and reproductive health and hygiene, knowing one’s body, appropriate touch and inappropriate touch and consent should be developed and provided to the schools, its students and even the teachers.”

**-Ms. Susmita Khadka (name changed)**

## 9. FOLLOW-UP HER TURN AND HIS CHANCE PROGRAM GRADUATES

With the start of the new year in 2022, the Hamro Palo team decided to conduct the follow-up meeting with the graduates of Her Turn and His Chance Education and Empowerment Program of Seti Devi Secondary School, Siddhikamala. The follow-up with the graduates helped the team to monitor and evaluate the effectiveness of the program. Not only this, the team got an opportunity to interact with the graduates to learn about the areas of improvement of the program and the possible ways to support them in the days to come. Moreover, this round of follow-up offered an ideal opportunity for the team to brainstorm on the ideas/interventions that can be executed in the days to come to conduct the programs effectively and efficiently in the future.





# 10. INTERNATIONAL DAY OF THE GIRL

## 10.1. Her Turn Leadership Award

Every year, we honor the girls who are passionate about bringing substantial changes in their communities for their leadership, power, and resilience. This year, there were altogether nine adolescent girls who applied for the Her Turn Leadership Award through an open call. Based on their application, the applicants were shortlisted for the phone interview. After the interview, the five best changemakers were selected as the Her Turn Leadership Award Winners.



Marking the 10 years celebration of Her Turn Movement, five girls were honored with certificates and awards by Ms. Ram Kumari Jhakri, Nepalese politician and secretary of CPN (Unified Socialist), a member of the House of Representatives and also the former Minister of Urban Development, in the honor of their contribution as a leader in their community to fight social injustices and create a just and fair society. Their contribution to reducing child marriage cases, domestic violence, gender-based violence, and sexual harassment in their communities is remarkable. Moreover, all the award winners shared their experiences and encouraged other participants to continue to be the changemakers in their community. We are hopeful that their experience will serve as the motivation for other participants to apply and win this award in the coming days.

# 10. INTERNATIONAL DAY OF THE GIRL

## 10.2. Award Winners

Nelisha aspires to contribute to the community that she lives in. For the past few years, she has been actively engaged in works relating to human trafficking and child marriage because she believes that these are burning issues which need immediate attention from the government. She wants to be a changemaker in her community and advocate for these issues and work for the welfare of society.



**Ms. Nelisha Giri**



An 18-year-old girl, Prerana from Panch Pokhari Thangpol Municipality of Sindhupalchowk graduated from the Her Turn workshop in 2014. She believes that she can make a change in her community and always dreams to be a role model for young girls who struggle with their identities.

**Ms. Prerana Tamang**

Born in Gorkha, Ms. Sadiksha Ghimire is passionate about raising her voice in areas like gender inequality, child marriage, violence against women and children, At present, she is involved in various networks, organizations, and institutions working for the rights of women and children. She also volunteers for many health-camp, vaccination programs, and blood donation programs conducted in her community.



**Ms. Sadiksha Ghimire**



Ranjita Sarki, a 19 years old girl from Sindhupalchowk aims to become a lawyer and be a voice for orphans, women, and children from less privileged communities. Advocating for the rights of women and children is her only passion and believes that women and girls can create history.

**Ms. Ranjita Sarki**

A young girl of 18 years old from the Panchkhal municipality of Kavrepalanchowk district, Ritu is passionate about raising her voice against gender-based violence. She is a 2020 Her Turn Graduate who is vocal about different societal issues. She believes in initiating change and aspires to build an inclusive society.



**Ms. Ritu Rokka**

# TEN 10 YEARS

of

# HER TURN



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**our turn**  
educated. empowered. equal.





## 12. CELEBRATING 10 YEARS OF HER TURN

With great enthusiasm and greater learning, this year, Hamro Palo completed its 10th year of Her Turn Movement. To mark this grand milestone, Hamro Palo celebrated 10 years of Her Turn Education and Empowerment Program on the 10th of December, 2022 with the adolescents. Looking back on our journey, our graduates' journey, and all our participants' journey, the 10 years journey has been incredible. We feel privileged to be able to reach out to many adolescent girls, be a part of their stories and work with and for them to advocate for their rights. We are positive that we will be able to continue this legacy and walk in this journey of educating and empowering together with adolescent girls in the upcoming days.



“Getting involved in Her Turn Program has been an eye-opening experience for me. I consider myself a leader today. I can stand against injustices and biases happening around me. In the cases of experiencing sexual harassment in the school, family, and community, I have been confident enough to take my own stand and raise my voice against it. I owe this to Hamro Palo and Her Turn Program”, shares Salina Shrestha, a graduate of Her Turn Program.

This is one of the many stories shared by the graduates of Her Turn and His Chance Education and Empowerment Program. These inspirational stories are what motivate us to continue making substantial differences in the community that we live in. We are extremely thankful and grateful to all the stakeholders who were involved in making this possible. We look forward to creating a greater impact in the lives of individuals, families, and communities.



# EDUCATIONAL MATERIALS SUPPORT TO SCHOOLS AND GIRLS



# EDUCATIONAL MATERIALS SUPPORT TO SCHOOLS AND GIRLS

## A. Support to the Schools

- **School Infrastructure:**

A basic school in the uphill village of Jugal Rural Municipality was in much need of school basics such as desks and benches, computers and printers, and other school materials. When the school headteacher reached out to Hamro Palo, we supported all these materials and equipment to reinforce the infrastructure of the school for some 50 students.



Similarly, in the Jumla district, a school had a school building with no adequate washrooms and drinking water for almost 1000 students. Modern, well-equipped washrooms and a drinking water project is underway that will benefit the students of Sita Secondary school in Rara Lihi of Tila Rural Municipality.

- **Educational Materials:**

Shree Jaldevi Secondary School in Jugal Rural municipality is one of our partner schools for a long time. Over the years, we have conducted various activities including Her Turn and His Chance Education and Empowerment program.

# EDUCATIONAL MATERIALS SUPPORT TO SCHOOLS AND GIRLS

This year, we were able to support 10 computers in the school so that students have the experience of learning through practical classes. The issue was shared by one of our former program participants who later joined the school as a teacher. The computer lab has benefitted more than 500 students in the school.



- **Educational Tour:**

During a follow-up with our Her Turn and His Chance graduates in Shree Siddikamala Secondary School in Pipaldanda, Chautara, the graduates made a request to support to their educational tour. At Hamro Palo, we understand how important it is to be able to travel and learn. We have seen the confidence boost in adolescents because of travel opportunity. Hence we were able to support the graduates of grades 8 to 10 on their educational tour.

# EDUCATIONAL MATERIALS SUPPORT TO SCHOOLS AND GIRLS



- **Learning improvement classes and Child Club:**

A school in the suburb of Kathmandu shared how the students in the school need extra classes to improve their learning. This year, we were able to support 10 computers in the school so that students have the experience of learning through practical classes. The issue was shared by one of our former program participants who later joined the school as a teacher. The computer lab has benefitted more than 500 students in the school.





# VISIBILITY AND DOCUMENTATION

## A. IEC Materials and Publications

Like in previous years, we have been continuously producing and publishing IEC materials and publications for 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 guidebook, and newsletters for adolescents. All our materials are free and available at our office.

## B. Videos and Social Media

In 2022, we produced several videos highlighting 16 days of activism on Violence Against Women and Girls. Also, we have a brief video of our 6th Annual Girl-led leadership conference and 10-year celebration held in December 2022. You can watch our videos on Youtube under our channel - Hamro Palo.



# DIRECT AND INDIRECT REACH 2022



# DIRECT AND INDIRECT REACH IN 2022

Activities	Direct Beneficiaries	Indirect Beneficiaries
<b>Her Turn Education and Empowerment Program</b>	<b>594 Adolescent Girls</b>	<b>1188*</b>
<b>His Chance Education and Empowerment Program</b>	<b>54 Adolescent Boys</b>	<b>108*</b>
<b>Sneh Workshop</b>	<b>54 Young Mothers</b>	<b>108*</b>
<b>Safe School Training with Adolescents</b>	<b>26 Adolescent girls and boys</b>	<b>78**</b>
<b>Workshop against Early Marriage with Adolescents</b>	<b>90 Adolescent Girls and Boys</b>	<b>180*</b>
<b>Conference on Sexual and Gender-based Violence</b>	<b>107 Adolescent Girls and Boys</b>	<b>321**</b>
<b>Strategic Planning Workshop</b>	<b>56</b>	<b>112*</b>
<b>Annual Girl Led Leadership Conference</b>	<b>143</b>	<b>286*</b>
<b>Her Turn Leadership Award Winners</b>	<b>5 Girls</b>	<b>15**</b>
<b>Roundtable Consultation on Sexual and Gender-based Violence</b>	<b>33</b>	<b>99**</b>
<b>Youth Resource Person</b>	<b>69</b>	<b>138*</b>

*\*Each direct beneficiary impacted other 2*

*\*\* Each direct beneficiary impacted other 3*



# IMPACT STORIES





# IMPACT STORIES

## "Breaking the Cycle of Early/Child Marriage: Advocating for Human Rights and Gender Equality"



**Lal Kumari**, who is 22 years old, is the eldest daughter of the Shrestha family. Born in Sindhupalchowk, Lal Kumari and her younger sister grew up with their father. Their family, being entirely dependent on agriculture for their survival, do not have a strong income source. Due to several reasons including the poor family background, her younger sister who is now 20 years old got married when she was 14. She is now a mother of a child. Lal Kumari shared emotionally how she could not stop her younger sister from getting married that time. She added up saying she also wanted to get married early thinking the husband would help her fulfill the unmet needs.

But, after joining the Her Turn Program in 2017, she learnt that there are consequences of early marriage to one's own physical, emotional and mental health.

“If I hadn't joined the program that time, I would have already got married like my younger sister.”,

says **Lalkumari**.

Today, along with continuing her undergraduate studies, she is also working as a teacher in the same school she graduated from. She is actively engaged in advocating for women's rights and spreading awareness in the rural families and communities. She is not just the eldest daughter to her father and an elder sister to her elder father, but also an inspiration for other girls like her to prioritize one's own academic and career goals over anything in life.

# IMPACT STORIES



## "Periods Matter: Ending the Shame and Stigma Surrounding Menstruation"

"I still get shivers when I think about my first menstruation. I was only 11 years old when I was forced to leave the comfort of my home and made to sleep in a hut nearby for 15 days. I was forbidden to take part in daily family activities and see the male members of my family. I can't explain the feeling of hopelessness and loneliness that I felt during that period."- says Smriti, 15 years old in an emotional tone.

**“I would have been confident to deal with my first menstruation if I had taken Her Turn Program earlier.” says Smriti.**

Smriti participated in Her Turn Program in 2021. She expressed that the Her Turn Program not only educate her on important issues but also empowered her to implement her learning and take practical steps in life.

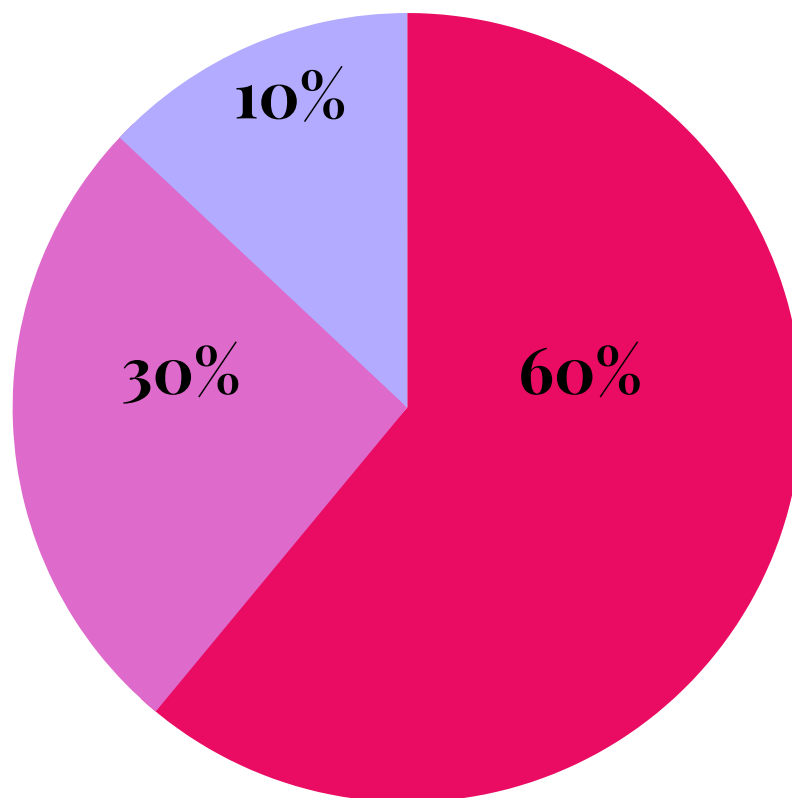
In regards to this, Smriti proudly shared how she convinced her parents to not force her younger sister to sleep in a hut during her first menstruation. She expressed with pride that at least her sister didn't have to suffer in a hut like her. Today, the Sapkota family is setting an example for the entire community to stop the menstrual restriction practice. Smriti's journey of fighting for dignified menstruation is indeed commendable and we are extremely proud of her.

*(Smriti Sapkota is a 2021 Her Turn Program Graduate)*

# FINANCE

In 2022, our annual turnover was NPR 14,269,296.97. This funding was received from the following funding partners: ONGD-FNEL, The Tides Foundation, and Global Fund for Women. We are grateful to our donors and supporters, without whom our work would have been impossible. Please see the breakdown below.

## Expenditures (USD)



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