



हाम्रो पालो
our turn
educated. empowered. equal.

Hamro Palo ANNUAL REPORT 2023



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ACKNOWLEDGMENT

After enduring the profound challenges brought about by the COVID-19 pandemic over the past three years, until 2022, we are pleased to announce that our confidence has been restored, allowing us to once again design, deliver, and plan programs for the next five years with renewed vigor. The past year has been a blend of delivering programs while also generating resources to continue our mission of educating and empowering adolescent girls and boys, as well as introducing our work to new communities and districts.

We extend our heartfelt gratitude to the ONGD-FNEL, Girls Opportunity Alliance at the Obama Foundation, Global Fund for Women, and the Advancing Girls Fund of Tides Foundation for their unwavering support of our movement. Their continued commitment has been instrumental in enabling us to continue our vital work in empowering and uplifting adolescent girls and young women.

A special shoutout goes to the girls who have been the heart and soul of our initiatives. Your resilience, determination, and unwavering spirit inspire us every day, and it is because of you that our mission continues to thrive.

We would also like to express our special thanks to the Girls Advisory Board, Girls Support Committees, Rural Municipalities, Schools, Trainers, Mentors, Volunteers, collaborators, and the local community who have played integral roles in the success of our initiatives. Your dedication, support, and collaboration have been essential in the execution of our activities and the realization of our mission.

Together, we are making a difference in the lives of adolescent girls and young women, and we look forward to continuing this journey of empowerment and change with all of you by our side.

LETTER FROM THE EXECUTIVE DIRECTOR

Reflecting on the past year, I am filled with gratitude and pride for the developments we have made together in advancing our mission to invest in adolescent girls and young women. As we navigate through challenges and opportunities, your unwavering support has been instrumental in our success.

Over the past year, we have taken the time to reflect on our past interventions and programming, ensuring that we remain effective and responsive to the evolving needs of the communities we serve. While our reach in terms of numbers may have adjusted, the impact of our programs has remained solid. Through initiatives such as the Her Turn Education and Empowerment program and our Annual Girl-led Leadership conference, we have continued to empower adolescent girls, while also extending our efforts to include around 200 young women through skills development activities.

One of our core principles is to involve adolescents in the design and implementation of our programs. Their input, insights, and participation have been invaluable in shaping our interventions. As a result, we have developed new programs addressing emerging needs such as Mental Health, Sexual and Reproductive Health and Rights (SRHR), Digital empowerment and inclusion, and the Co-Educational Empowerment Program.

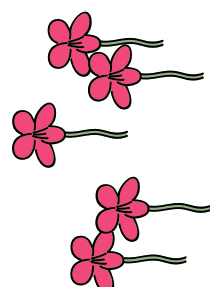
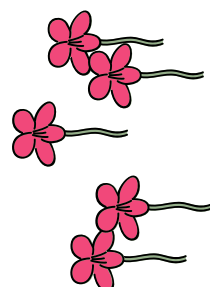
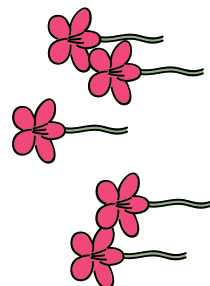
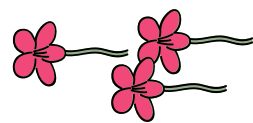
I am elated to announce that we elected a new Girls Advisory Board for the term 2024-2025. This board is our most inclusive yet, representing diverse backgrounds and communities. Their voluntary participation reflects their commitment to driving positive change in their communities. And I am excited about working alongside them and learning from them.

I extend my sincere thanks to all our partners who have continued to believe in our work and have generously supported us. Our new partnership is a testament to the growing recognition of our impact, and we are excited about the possibilities it brings. I also want to express my gratitude to the girls, boys, and young women who have been part of our initiatives, as well as our board members, staff, government agencies, funding partners, schools, and other stakeholders. Your dedication and collaboration are what make our work possible.

As we look ahead, let us continue to work together to create a world where every adolescent girl and young woman has the opportunity to thrive.

With warm regards,

Anita Thapa
Executive Director



CORE PROGRAMS



CORE PROGRAMS

A. HER TURN EDUCATION AND EMPOWERMENT PROGRAM

Her Turn Education and Empowerment Program is one of our core programs provided to rural adolescent girls aged 12–16 years. With the expansion of our working areas to a new district, Dhading, we continued to work with and for adolescent girls through in-school workshops. This year, we were able to conduct Her Turn workshops for a total of 127 adolescent girls of community schools; Shree Mahadevsthan Secondary School and Shree Bhuwaneshwori Secondary School, Dhading. The workshops were facilitated by the local trainers who come from the same communities as the girls. Those trainers were provided with Training of Trainers (ToT) before the workshop.

The workshops 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 so that they can take lead in their schools, communities, and families. As the closing ceremony was entirely led by the Her Turn participants, the personal growth and development in their leadership skills could be observed by the end of the workshop. Moreover, in each school, a Girls Support Committee has been formed where adolescent girls discuss issues and collectively create solutions to support other adolescents in their schools and communities with the guidance of a school mentor.



A. HER TURN EDUCATION AND EMPOWERMENT PROGRAM



I got to know about physical and emotional changes that occur in adolescent girls. I always thought these changes occurred to me only. But, from the workshop, I knew that every adolescent girl experiences these changes and it's natural to have these changes.”

-Ms. Yunisha Bhujel, Grade-7, Shree Bhuwaneshwori Secondary School



I had very little knowledge about the menstrual cycle. In school, teachers never taught us the subjects in detail and also there was no one at home to guide and prepare us for the process. But this workshop helped me learn every detail about the menstrual cycle, hygiene, and management. I have become more open to having conversations about menstruation and can now share my learnings confidently with my juniors regarding this.”

- Ms. Prativa Gajurel, Grade- 8, Shree Mahadevsthan Secondary School



I loved how the workshop engaged the participants through group discussion, games, and activities. As I experienced it for the first time, the way of learning, having discussions with friends, and playing games was new for me. After knowing the consequences of bullying from the workshop, I have stopped bullying the younger ones. Also, I have been confident enough to raise my voice on various issues like sexual harassment and abuse that affect me and my development.”

- Ms. Asha Ghale, Grade- 8, Shree Mahadevsthan Secondary School



CORE PROGRAMS

B. SNEH PROGRAM

As 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 January 2023, the team worked with a total of 32 young mothers in Anaikot and Tamaghat, Panchkhal, Kavrepalanchowk district. By conducting this 15-day long workshop delivered by the local trainers, provided them the opportunity to learn about mental health issues, health issues, safety issues, and even financial literacy in a very comfortable training environment.



B. SNEH PROGRAM



This workshop allowed me to be friends with so many women of the same/different communities who share the same values with me. I am grateful for the unbreakable bond of friendship and sisterhood that has been created among us. Now, I can reach out to them for suggestions and share my concerns in difficult times.”

-Ms. Pooja Ramtel, 19 years old



I had to discontinue my education to get married. I was only in grade 10. The family and society are already forcing me to conceive. I was not confident enough to take my stand and answer them how I was not ready enough to conceive right now. As the workshop taught me to become more confident while sharing my thoughts, I have now decided to continue my education and rejoin the college rather than conceiving at this moment.”

-Ms. Bhimlaxmi Tamang, 21 years old



CORE PROGRAMS

C. ANNUAL GIRL-LED LEADERSHIP CONFERENCE

Hamro Palo organized the 7th Annual Girl-led Leadership Conference in December 2023 centered around girl leadership. A three-day conference conducted from 18-20 December, provided an incredible opportunity for the adolescent girls to come together, learn, discuss the issues that affect them, and build a support system to achieve their full potential. Through the series of thematic group discussions, in-person skill development workshops, and self-reflection sessions, the adolescent girls shared the platform among each other to develop skills in girl-led leadership, reflect on their leadership journey, and co-create solutions for social issues. The conference even strengthened the girl-led movement and built a strong support system among each other, including the formation of the Girls Advisory Board. Moreover, there was an active participation of 42 adolescent girls including members of the Girls Support Committee from different districts such as Sindhupalchowk, Kavrepalanchowk, Dhading, and Kathmandu.

Also, we are extremely grateful to the speakers from Aadhar, Digital Rights Nepal, and in-house speakers for facilitating wonderful workshops and imparting their knowledge and skills to our adolescent girls.



C. ANNUAL GIRL-LED LEADERSHIP CONFERENCE



I usually feel difficult to share my thoughts in front of others but by the end of the conference, I have seen the change in myself. Now, I can raise my hands and express my views freely and confidently in front of others.”

-Ms. Samriddhi Bhandari, Grade-7,
Shree Sukute Secondary School



I will become the superheroine of my life. I learned about the power of girl leadership. I now feel more confident and powerful and will continue to develop my leadership qualities not just for personal development but also for supporting others in my schools and communities.”

-Ms. Ramila Tamang, Grade-9, Shree
Mahadevsthan Secondary School

4. SKILL-BASED WORKSHOP WITH YOUNG WOMEN

4. SKILL-BASED WORKSHOP WITH YOUNG WOMEN

On the last Friday of each month from January to June 2023, we organized a Skill-Based Workshop for young women. The workshops were facilitated by various experts from different backgrounds. The young women got the opportunity to enhance their knowledge and skills in various areas like Mental Health, Gender Equality and Social Inclusion, Leadership and Public Speaking, Gender Digital Divide, Social Entrepreneurship, and Training of Trainers. Altogether, 219 participants have been trained on the selected topics.

In January 2023, 24 young women from different colleges participated in a Mental Health workshop facilitated by Ms. Sadhana Thapa. The workshop educated young women on expressive art therapy and encouraged young women to self-help themselves through different methods of art therapy.



In February, 17 participants from different colleges in Kathmandu participated in the Gender Equality and Social Inclusion (GESI) session facilitated by Ms. Bindu Sharma. The participants learned about gender equality, access to resources, power relations, and inclusion in society.

Similarly, 22 students from different colleges attended the skill-based Leadership and Public Speaking workshop in March 2023 facilitated by Ms. Isha Shrestha. The workshop helped young women develop their leadership skills and encouraged them to be leaders and changemakers in their communities. Similarly, the young women built their public speaking skills to become better public speakers in their fields.



4. SKILL-BASED WORKSHOP WITH YOUNG WOMEN



Additionally, a workshop on the Gender Digital Divide and Digital laws was provided to 20 participants in April 2023 facilitated by Ms. Mamta Siwakoti. The workshop helped the participants to learn about the gender digital divide in accessing and using digital platforms.

In May 2023, Ms. Hema Shrestha facilitated a workshop on Social Entrepreneurship for the 35 students of Nesfield International College. This workshop enhanced the participants' basic knowledge of Social Entrepreneurship and encouraged them to start their own ventures and business plans adding value to society.



In June 2023, Ms. Sobhana Pokharel, Training lead at Hamro Palo facilitated the skill-based workshop on 'Training of Trainers' for a total of 19 young women to equip them with the necessary training and facilitation skills to become a good trainer in their respective fields. The workshop further provided an opportunity for the young women to work on their skills and competencies as trainers.



5. SCHOOL MENTORSHIP PROGRAM

After years of experience in the field of adolescents and education, Hamro Palo learned the reality that many of the issues that rural adolescents face have significant commonalities with those faced by urban adolescents. Hence, to educate, empower, and equip adolescents with the necessary skills and knowledge to prepare them to face everyday challenges in life, we conducted a week-long School Mentorship Program for the students of Grades 8 and 9 in six community schools (Shree Bal Byabasayee Kendra School, Shree Nandi Secondary School, Shree Mahankal Secondary School, Shree Shanti Vidya Griha Secondary School, (Kanya Mandir Secondary School and Jana Prabhat Secondary School) of Kathmandu in February and May, 2023.

The workshop equipped adolescents with comprehensive education and training in critical areas such as safety, protection, communication, and decision-making. The workshop covered curriculum on bullying, violence, social media, internet safety, life skills, and future goals. Altogether, the School Mentorship Program completed a total of 8 workshops in six schools with a diverse background of 267 participants (179 girls and 88 boys).



5. SCHOOL MENTORSHIP PROGRAM



The content of the School Mentorship Program was different from the usual school curriculum which consisted of pair work, group work, role plays, group discussions, interactive activities, and games, hence we could learn effectively about several critical issues in a fun and interactive way.

-Ms. Dipika Tamang, Grade- 9, Shree Shanti Vidya Griha Secondary School.



I learned about how to use online platforms properly to gain news, information, entertainment, and also the ways to deal with cyberbullying.

-Ms. Aakriti Pariyar, Grade - 9, Shree Janaprabhat Secondary School



6. INTERNATIONAL WOMEN'S DAY- ABOUT WOMEN, BY WOMEN

To mark International Women's Day on March 8 2023, Hamro Palo celebrated an event 'About Women, By Women' with five extraordinary women (our BOOKs); Ms. Asmita Badi, Badi Activist, Ms. Durga Banjade (Under Secretary at Ministry of Finance), Kailash Rai (Freelance Researcher, Mamta Siwakoti (Digital Advocate), and Sarita KC (LGBTQUI Activist).

Our speakers shared their life stories, achievements, struggles, and challenges based on stereotypes and prejudices, and hopes for future generations with a larger community; READERS. We had a very interactive participation from a total of 39 participants that encouraged them to speak their minds and also challenge the stereotypes in the communities as a leader. The conversation inspired our readers to follow their passion, dream big, and take action.



One of the readers expressed, “It was a privilege to be a part of this event and listen to the stories of incredible women. This event has led me to critically reflect on women's achievements in various fields despite the challenges and stereotypes in their communities.”

7. DESIGN THINKING RETREAT

To design effective programs for adolescents, young people must be included at every step of the process. The programs cannot be effectively designed and implemented for adolescents without adolescents at the table. In April, 20 graduates from Hamro Palo's programs participated in a design-thinking workshop, providing valuable insights and perspectives for the program design. Their ideas and advocacy for the issues and needs of their communities helped Hamro Palo gain a deeper understanding of what is required to make a sustainable development impact in these areas.



One of the participants in the design thinking workshop shared, “If the programs are driven from the bottom-up, it will help us experience a sense of ownership and belonging towards the program.”

We are thankful to all the participants for their active participation in the process of designing and developing programs. This will indeed support us to improve our program's effectiveness and make a sustaining development impact in the communities.



8. CO-EDUCATIONAL EMPOWERMENT PROGRAM

Hamro Palo's Her Turn and His Chance Education and Empowerment Programs cater to the developmental needs of adolescent girls and boys, respectively. Following consultations with program participants about program effectiveness, we piloted a co-educational training program in April, known as the Her Turn-His Chance Education and Empowerment Program in Shree Okhrenei Secondary School, Gokarneshwor, Kathmandu for a total of 28 participants. Participants shared that the program helped enhance their leadership skills and learn about different health and safety issues.

Further, the participants shared that the workshop helped in enhancing their leadership skills and learning different health and safety issues. We believe that these steps would help them continue to actively participate in social change for gender equality by supporting each other.



8. CO-EDUCATIONAL EMPOWERMENT PROGRAM



I had the understanding that menstruation is an issue that only girls and women are associated with but from this co-ed workshop, I learned that it is not just the women's issue. Importantly boys should also be educated on these issues to support girls and women.”

–Mr. Pasang Tamang, Grade-9, Shree Okhreni Secondary School



This program is very effective for young girls and boys like us, as I have learned in detail on various topics provided in the program. Before this program, I had basic knowledge of violence, human trafficking, menstruation, and the puberty phase. Now, my knowledge has enhanced. This type of program should be regularly conducted and provided to every young girl and boy.”

–Ms. Susma Praja, Grade-9, Shree Okhreni Secondary School

9. WORKSHOP ON SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS



Adolescents are deprived of making the right decisions when they have less knowledge about sexual and reproductive health and rights. Also, while assessing the needs of our adolescents, they shared the need to acquire knowledge relating to sexual and reproductive health and rights. In response to this, with the support of Marie Stopes and Y-Peer, Hamro Palo piloted the three days residential workshops on Sexual and Reproductive Health and Rights for a total of 25 adolescents from different schools of Sindhupalchowk, Kavrepalanchowk, Gokarneshwor and Kathmandu so that they are better equipped to make informed decisions concerning their sexual and reproductive health and choices, and ultimately, their lives.

The workshop allowed the participants to get in-depth knowledge about gender stereotypes, sexual and reproductive health and rights, family planning, sexually transmitted diseases, gender-based violence, and menstrual hygiene management.



I liked how the entire workshop was based on an adolescent-friendly approach, therefore, has empowered us to know and exercise our rights, including preventing unintended pregnancy, gender-based violence, and child marriage.”

–Ms. Bimala Bishwokarma, Grade-9, Shree Okhreni Secondary School



10. MENSTRUAL HYGIENE DAY

This Menstrual Hygiene Day 2023, we held a close discussion with the organizations; Marie Stopes, YoSHAN (Youth-led Sexual and Reproductive Health Rights Advocacy Nepal), Y-Peer, Visible Impact, Yuwalaya, Global Action Nepal, Aperion, Yuwa, Days for Girls, MHMPA (Menstrual Health and Hygiene Management Partner's Alliance) and SOCHAI (Social Changemakers and Innovators) mainly working in the field of SRHR and menstruation to discuss the organization's intervention, advocacy, and experiences on breaking the stigma around menstruation, findings relating to adolescents and menstrual health and present state/challenges of menstrual hygiene management in Nepal. The discussion shed light on breaking menstrual taboos through education, accessible menstrual products, improved sanitation facilities, comprehensive training, integrating menstrual hygiene education in the curriculum, and challenging social and cultural norms around menstruation. The importance of working collectively to transform Nepal's menstrual hygiene management landscape for dignified menstruation was also primarily discussed.



11. CONSULTATION WORKSHOPS WITH ADOLESCENTS

The month of August was primarily about working with the adolescents through direct consultations, one-on-one meetings, and discussions. While our programs are adolescents-centered, we cannot design and implement programs for them without having them at the table. For three consecutive Fridays, we provided an in-person workshop for a total of 35 adolescent boys and girls of Kathmandu, where they got the platform to identify and discuss the issues they face as adolescents at different levels and share their ideas and insights regarding developing and designing adolescents-centric programs. Further, they also utilized the space to share the skills they want to learn for their personal development and also shared the forms of support they seek from different levels; school, families, community, organization to become leaders and changemakers.



There seems to be a hush culture in our schools. When we attempt to share our problems, teachers do not listen to our issues with the intention of understanding and solving them; instead, our concerns are often ignored. While working with us, the first step would be to genuinely listen to our concerns, guiding us and motivating us.”

– Sajana (Participant name has been changed to maintain anonymity)



11. CONSULTATION WORKSHOPS WITH ADOLESCENTS

Adolescents are not often given the opportunity to express their thoughts in schools and community activities. I am delighted to be a part of such a workshop where we have the space to openly and freely share our views and opinions. This is the kind of support we, as adolescents, seek from different levels.

-Mr. Anjit Bagale, Grade-9, Shree Shanti Vidhya Griha Secondary School



12. ORGANIZATION VISIT

In 2023, the Hamro Palo team also had an incredible opportunity to visit government bodies and ministries including the National Women Commission and the Ministry of Women, Children, and Senior Citizens. Additionally, visits were made to like-minded organizations such as Digital Rights Nepal and Alliance Against Trafficking in Women and Children in Nepal (AATWIN). The primary objective of these visits was to gain insights into various approaches and strategies addressing crucial issues concerning adolescents, particularly in digital rights, trafficking, and the empowerment of girls and women. Along with this, the enriching conversation with the concerned authorities also led us to explore possible collaboration opportunities in the field of adolescent safety and education.

We are grateful to all the organizations for sharing their insights and expertise and we look forward to the continued discussion and collaborative efforts as we work together towards the empowerment and education of adolescents.



13. INTERNATIONAL DAY OF THE GIRL CHILD

To mark International Day of the Girl 2023, Hamro Palo organized an event- **‘Empowering Girls through Education and Expression’** on October 11, 2023. With this year’s theme- “Invest in Girl’s Rights: Our Leadership, Our Wellbeing”, the event consisted of a girl-led panel discussion, a workshop on mental and social well-being, and a talent-sharing session by the adolescent girls.

The girl-led panel discussion was led by the girls, Ms. Dipisha Khadka, Her Turn Graduate/Her Turn Leadership Award Winner 2021, Ms. Sadikshya Ghimire, Girls Rights Activist/ Her Turn Leadership Award Winner 2022 and Ms. Tashi Lhazom, Youth Leader/Project Coordinator at Limi Society. The discussion primarily focused on their individual leadership journey, the challenges they face as adolescents, and encouraging participants to lead and take action in their communities to support girls' education and empowerment. Along with this, the team of Higher Ground Nepal facilitated the workshop on Mental and Social well-being to help adolescent girls reflect on their mental and emotional well-being and the coping strategies to ensure good well-being. Moreover, the event also provided a platform for the girls to express themselves and encourage them to take action in their communities. 37 adolescent girls from different private and public schools in Kathmandu came together to celebrate girl-led leadership, their involvement, and their achievement in their communities.



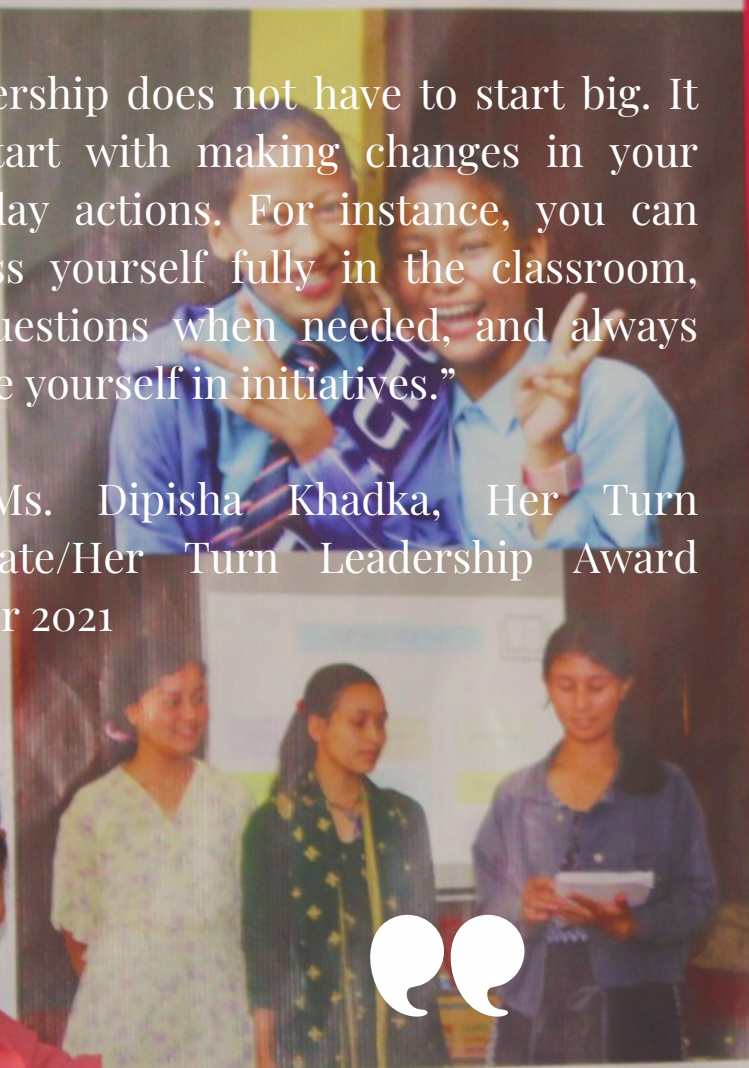
well-being

13. INTERNATIONAL DAY OF THE GIRL CHILD



Leadership does not have to start big. It can start with making changes in your everyday actions. For instance, you can express yourself fully in the classroom, ask questions when needed, and always involve yourself in initiatives.”

- Ms. Dipisha Khadka, Her Turn Graduate/Her Turn Leadership Award Winner 2021



The first step to a leadership journey always starts from you. It all begins when you are willing to make a difference in your community. Our community requires leaders like us and our leadership, thus it is on us to step forward and initiate change.”

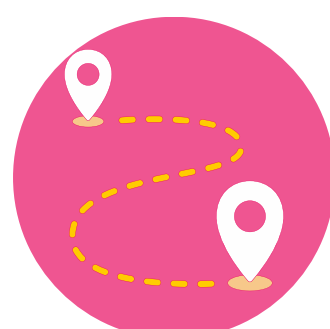
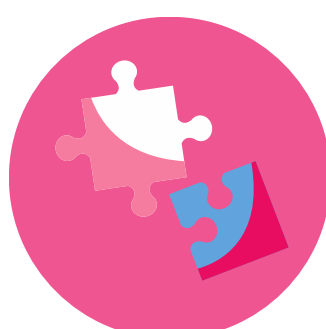
- Ms. Tashi Lhazom, Youth Leader/Project Coordinator at Limi Society



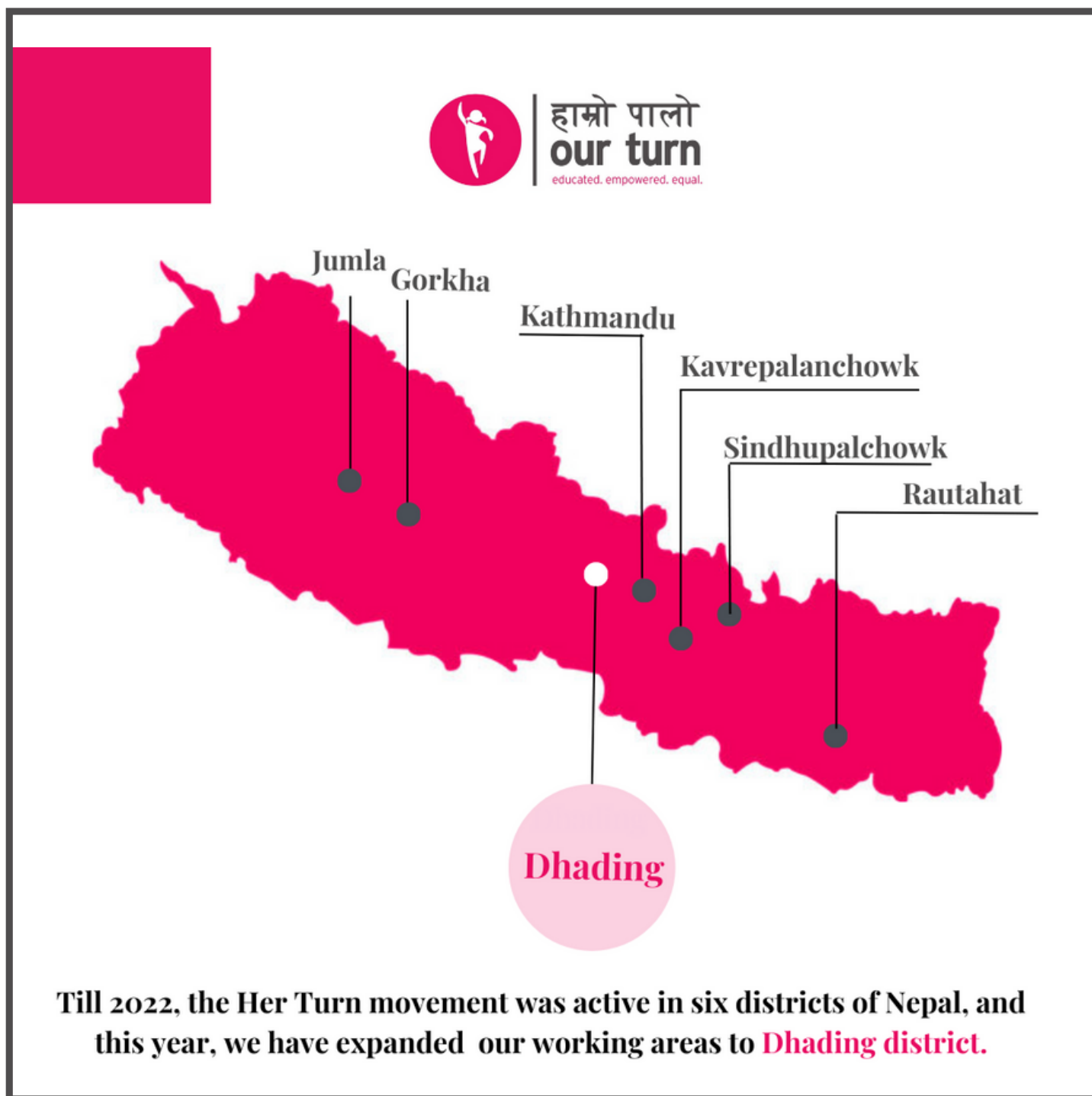


Hamro Palo

MAJOR MILESTONES



Expansion of Working Areas



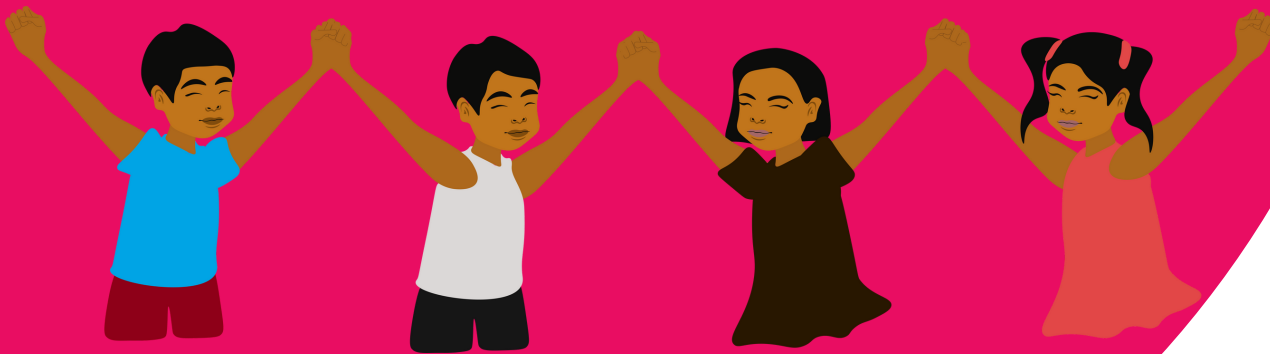
It is with great excitement to share that we have now expanded our working areas to Dhading district in 2023. Till 2022, the Her Turn movement was active in six districts; Jumla, Gorkha, Kavrepalanchowk, Sindhupalchowk, Rautahat and Kathmandu, Nepal. Now, we have already started our grassroot movement in Dhading district, with and by the adolescent girls both within and beyond school settings.

Partnerships and Sustainability



In 2023, we've been able to secure resources to cater to a wide range of needs and interests among adolescents, ensuring our programming remains engaging and sustainable. We're grateful for both new partnerships and the continued support from our funding partners, which has allowed us to expand our reach and impact. Additionally, we've developed a sustainability framework to ensure the longevity and effectiveness of our interventions which allows us to revisit our plan and address the emerging issues.

New Intervention and Program Development



Throughout the year, we organized a series of workshops and implemented interventions in which adolescents actively participated, offering invaluable insights and input on the issues they face and potential solutions. Thanks to their contributions, we have developed and tested new programs specifically designed to address adolescent issues such as mental health, sexual and reproductive health and rights (SRHR), and girl-led leadership. We will also be directly working with teachers in all the partner schools to create a safe school environment for all.

SPOTLIGHTING ISSUES SURROUNDING GIRLS

With 41% of Nepal's population under 18, the Department of Statistics' indifference has clouded the gender breakdown, signaling a potential disregard for the future generation. Shockingly, one in four Nepali girls endures violence, while child marriage rates persist despite legal bans. Poverty, education disparities, and cultural norms compound these injustices, exacerbated by natural disasters like the Gorkha earthquake and the Covid-19 pandemic. Despite constitutional assurances, societal bias against girls persists, impeding economic advancement.

Teaming up with a national monthly magazine, we aim to spotlight these issues, urging policymakers and citizens to combat discrimination and champion equality for Nepali girls through a dedicated Girl Child-themed edition.

We are PROUD of You



Ms. Joshika Shrestha

Read full story here:



Mr. Yubaraj Mahat

Read full story here:



We are so proud of our 'Her Turn' and 'His Chance' Education and Empowerment Program graduates from Sindhupalchowk, Ms. Joshika Shrestha and Mr. Yubaraj Mahat for sharing their experiences and thoughts on the impact of the program in their lives and how they are championing the issues faced by adolescents in their communities. Their stories were featured in the Magh issue of Himal magazine, the only national-level magazine in the country.

INTRODUCING OUR GIRLS ADVISORY BOARD 2024-2025



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GIRLS ADVISORY BOARD 2024-2025



KNOW OUR GIRLS ADVISORY BOARD 2024-2025

The major highlight of this year was the formation of the Girls Advisory Board with 17 adolescent girls; 4 from Sindhupalchowk, 3 from Dhading, 4 from Kathmandu, 6 from Kavrepalanchowk. These adolescent girls aged 10-18, with diverse passion and commitment for social change, come from 10 different community schools.

We are so excited to welcome these incredible girls on board and continue to work alongside them to strengthen the girl-led movement and empower them to lead in their ways in their communities and beyond. Together, we will brainstorm, design, and develop adolescents-friendly interventions and strategies for the social issues that affect them as adolescents and bring larger impact in their schools and communities.

GIRLS ADVISORY BOARD 2024-2025

Sindhupalchowk



Abita B.K.
Shree Janagriti
Secondary School



Anisha Nepali
Shree Janagriti
Secondary School



Jharana Shrestha
Shree Sukute
Secondary School



Sandhya Shrestha
Shree Bhimsen
Secondary School

GIRLS ADVISORY BOARD 2024-2025

Kathmandu



Anika Baniya
Shree Bal Byabasayee
Secondary School



Gudiya Kumari
Shree Nandi
Secondary School



Manita Tamang
Shree Okhreni
Secondary School



Prabiti Tamang
Shree Okhreni
Secondary School

GIRLS ADVISORY BOARD 2024-2025

Kavrepalanchowk



Anjina Pariyar
Shree Dugdeshwori Secondary School



Ashika B.K.



Yunika Tamang



Jeshika Tamang



Salina Pahari



Bishnumaya Bisunke
Shree Palanchowk Bhagwati Secondary School

GIRLS ADVISORY BOARD 2024-2025

Dhading



Rashmi Tamang
Shree Bhuwaneshwori Secondary School



Sushmita Tamang
Shree Mahadevsthan Secondary School



Yaster Tamang
Shree Bhuwaneshwori Secondary School

DIRECT REACH IN 2023



DIRECT REACH IN 2023



127

Adolescent Girls

**Her Turn Education
and Empowerment
Program**



32

Young Mothers

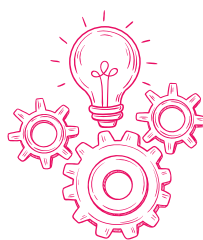
Sneh Program



42

Adolescents

**Annual Girl-led
Leadership
Conference**



35

Adolescents

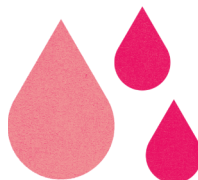
**Consultation
Workshops with
Adolescents**



267

Adolescents

**School Mentorship
Program**



13

Adolescents

**Menstrual Hygiene
Day**



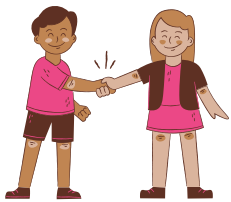
17

Adolescent Girls

**Girls Advisory Board
(2024-2025)**



DIRECT REACH IN 2023



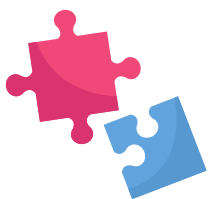
28

Adolescents
Co-Educational
Empowerment
Program



37

Adolescent Girls
International Girls Day



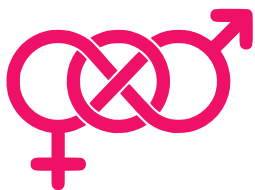
137

Young Women
Skill Based
Workshop with
Young Women



20

Adolescents
Design Thinking
Retreat



25

Adolescents
Workshop on Sexual
and Reproductive
Health and Rights



39

Adolescents and Young Women
International Women's Day



55

Youth Resource
Person



OUR REACH

2024



7851

Her Turn Program Graduates



2158

His Chance Program Graduates



7

Districts



144

Schools



322

Sneh Program



2458

Mentorship Program Participants

HAMRO PALO



STORIES— IMMEDIATE IMPACT

STORIES- IMMEDIATE IMPACT

Empowering Hope: **Gunjan Bhandari's** Journey Towards a **More Inclusive** **Community**



Gunjan Bhandari, a determined 12-year-old adolescent girl at Shree Mahadevsthan Secondary School, is a beacon of hope for her community. Despite her young age, Gunjan harbors ambitious dreams of joining the Nepal Army. Gunjan envisions a society free of gender inequality, caste-based discrimination, and class divides.

Gunjan's journey towards empowerment began with her participation in the Her Turn Program, which equipped her with essential life skills. One of the most significant impacts of Gunjan's involvement in the Her Turn Program is her newfound ability to help others. When her friends suffered from severe menstrual cramps, Gunjan didn't hesitate to lend a helping hand. She escorted them to the nursing room and provided them with comfort and assistance.

Gunjan sets a powerful example for her peers by practicing personal hygiene habits and advocating against bullying and discrimination in her community. She envisions herself as a changemaker, ready to raise her voice against injustice and champion the rights of others. With her determination, compassion, and resilience, Gunjan's actions will resonate far beyond the walls of her school.

(Gunjan Bhandari is a 2023 Her Turn Graduate)

STORIES- IMMEDIATE IMPACT

Empowering Dreams



Sajana Sapkota is a 13 years old girl from Dhading who envisions becoming a nurse in the future. Sajana's journey towards realizing her dreams took a significant turn when she became part of the Her Turn Workshop. She learned to prevent bullying and treat everyone with respect and kindness, regardless of their background or identity. The workshops also shed light on the issue of caste-based discrimination, opening Sajana's eyes to the prevalent inequalities within her community.

She wants to advocate for the needs and rights of adolescent girls, and help them become strong. She was not aware about the prevalent gender inequality in her community but she has realized that there are so many actions like preferential treatment to sons compared to daughters, and male dominated household decision making which needs to change.

The workshops provided her with essential skills, including public speaking, enabling her to articulate her thoughts and stand up for her beliefs. She learnt about public speaking through Her Turn Workshop and she has overcome fear of speaking in front of others to some extent. Now, she can take a lead and speak on behalf of her friends, in different in-school programs. She strives to embody the lessons she learned for her personal growth and to uplift her community as well.

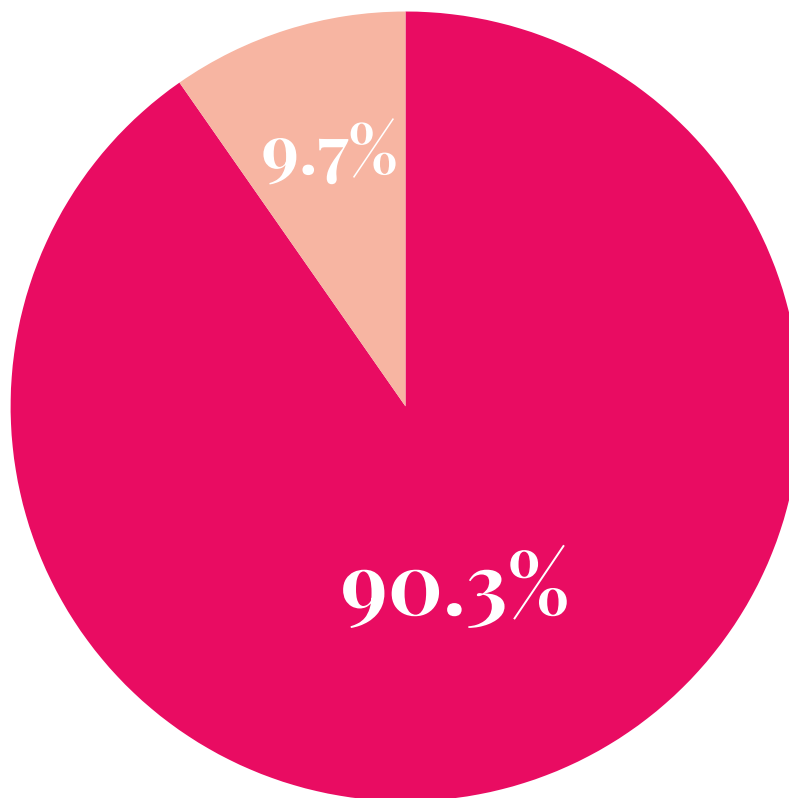
(Sajana Sapkota is a 2023 Her Turn Graduate)

HAMROPALO| ANNUAL REPORT 2023

FINANCE

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Expenditures (USD)



 **Program Expenses**

 **Admin Expenses**





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