

सक्थिन्



Amplifying Empowered Young Girls' Stories

सक्खिन् छोरी

लेखन :	साथी शिक्षकहरू, "किशोरी सशक्तिकरण कार्यक्रम"
सम्पादन मण्डल :	तिलोत्तम पौडेल दिपक प्रसाद बस्न्याल दिपक शर्मा
सम्पादन सहयोगी :	अमृत कुमार लामिछाने, मनोज केसी, रीता थापा, प्रभा श्रेष्ठ, राधा देवी बोटे, सविता पंजोनी, आशा बि.क., रेजिना घर्ति मगर
भाषा सम्पादन :	देवकी आचार्य (विद्यावारिधि)
डिजाइन :	ईकिजाई टेक्नोलोजी प्रा. लि. ९८४९३०२७०५
प्रकाशक :	जागृति बाल तथा युवा सरोकार नेपाल देवचुली-१०, पृथ्वीनगर, नवलपरासी (बर्दघाट सुस्तापूर्व)
सम्पर्क कार्यालय :	नयाँ बाटो, सानेपा, ललितपुर महानगरपालिका-०३
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प्रकाशन सहयोगी:	क्यानालान

नोट: यस सक्खिन् छोरीमा प्रकाशित सामग्री स्रोत खुलाई प्रयोग गर्न सकिनेछ तर पुनः प्रकाशन गर्ने अधिकार यस संस्थालाई मात्र हुनेछ ।



प.सं. ०८०१०८५
च.नं. ३९८५

कावासोती नगरपालिका

नगर कार्यपालिकाको कार्यालय

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शुभकामना ।

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बालबालिकाहरु वर्तमानका साझेदार र भविष्यका कर्णधारहरु हुन । आजका बालबालिकाहरुमा गरिएको लगानीले नै उनीहरुको वर्तमान र भविष्य उज्वल र समृद्ध हुने बाटो खुल्छ भन्ने विश्वास छ ।

नेपालको संविधान २०७२ को भाग ३ मौलिक हक अन्तर्गत धारा ३९ मा र स्थानीय तह सरकार सञ्चालन ऐनमा समेत प्रष्ट रूपमा बालबालिकाहरुको अधिकार संरक्षण र सम्बर्धनको लागि स्थानीय तह नै मुख्य जिम्मेवार रहेकोले यस नगरपालिकामा पनि बालमैत्री नगरको रूपमा निर्माण गर्न र समग्र बालबालिकाहरुको विकासमा लागि रहेका नै छौं ।

यस नगरको सबै वडाहरुमा र सबै सामुदायिक माध्यमिक विद्यालयहरुमा अध्ययनरत किशोरकिशोरीहरुलाई मध्यनजर गरी प्राथमिकतामा किशोरीहरुलाई राखी जागृति बाल तथा युवा सरोकार नेपाल र क्यान्सनलनसँगको सहयोग र यस नगरसँगको समन्वयमा सञ्चालित किशोरी शसक्तिकरण कार्यक्रमले नगरको किशोरीहरुको समग्र विकासमा टेवा पुगेको छ ।

किशोरीहरुलाई हरेक हिसाबले सक्षम गराउन राज्यपक्ष लागि रहेको र नागरिक समाजको तर्फबाट भएको यो कदमले पनि हामीलाई अझै किशोरीहरुप्रति लगानी गर्ने र नीति निर्माण तर्जुमा गर्नुपर्नेमा सुझाव समेत पाएका छौं । किशोरी शसक्तिकरण कार्यक्रममा यस नगरका सक्रिय ३७ जना साथी शिक्षक किशोरीहरुमा आएको "सखिन् छोरी" नामक सफलताको कथा पढ्ने अवसर समेत पाए र उनीहरु सबैले आफूमा, परिवारमा र समाजमा ल्याएका परिवर्तनहरु पक्रे नै ठुलो सम्पतीको रूपमा रहेको अनुभवहरु हाम्रो समेत साझा सम्पतीको रूपमा ग्रहण गरेका छौं ।

समग्र कार्यक्रमलाई सफलताका साथ सम्पन्न गर्नको लागि नगरमा निर्माण गरिएको सल्लाहकार समिति, सम्पूर्ण जनप्रतिनिधीहरु, जागृति बाल तथा युवा सरोकार नेपाल, सहयोगी संस्था क्यान्सनलन, सम्पूर्ण किशोरीहरु, अभिभावकहरु, विद्यालय प्रशासन, नगरका सम्पूर्ण विषयगत शाखाहरु र सम्पूर्ण सरोकारवालाहरुप्रति आभार प्रकट गर्दै किशोरीहरुमा नगरले लगानी सदैव गरिरहने र समृद्ध नगर निर्माणमा सदैव लागि रहने प्रतिबद्धता समते व्यक्त गर्दछु ।

विष्णुप्रसाद भुसाल
नगर प्रमुख



प.सं ०८०१०२९

च.नं. ३९६६

कावासोती नगरपालिका

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शुभकामना ।

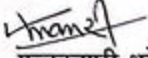
हाम्रो नगरमा सञ्चालित किशोरी शसक्तिकरण कार्यक्रमका ३७ जना साथी शिवाकहरूको अनुभवहरू पढ्ने मौका पाउँदा खुसी र जिम्मेवार बोध भएको छ । समृद्ध समाज निर्माण गर्नको लागि बालबालिकाहरू र किशोरकिशोरीहरूमा लगानी गर्नुपर्ने र उनीहरूमा गरिएको हरेक लगानीले प्रतिफल दिने यि नानीहरूको कथाबाट समेत प्रमाणित भएको छ ।

नानीहरूले सञ्चालन गरेको कार्यक्रमहरूमा समावेश भएको बेलामा र अहिले यि सबै कथाहरू पढ्दै गर्दा यो किशोरी शसक्तिकरण कार्यक्रम निकै उत्कृष्ट र फलदायी रहेको प्रमाणित भएको छ ।

म आफु न्यायिक समितिको प्रमुखको रूपमा यहाँ रहदा पनि महिलाहरू र विशेषगरी किशोरीहरूमाथिको हिंसा, शोषण र असमानतालाई अन्त्य गर्न नै प्रयत्नशिल रहेको अवस्थामा यसरी सक्षम जनशक्तिको रूपमा किशोरीहरूलाई गराउने हो भने भोलिका आमाहरू सुरक्षित रहने र आफुलाई परेको समस्या सजिलैसँग भन्न सक्ने दक्ष जनशक्ति पनि निर्माण गर्न सकिने रहेछ भन्ने लागेको छ ।

नेपालको संविधान र स्थानीय तह सरकार सञ्चालन ऐनले बालबालिकाहरूको अधिकार संरक्षण र सम्बर्धनको लागि स्थानीय तह नै सबैभन्दा नजिकको सरकार भएकोले हामी सदैव यो अभियानमा रहीरहने र किशोरी शसक्तिकरणलाई सदैव अगाडी लैजाने कुरामा प्रतिबद्ध पनि रहने छौ ।

यो कार्यक्रमलाई सफलताका साथ सम्पन्न गर्नको लागि भूमिका खेल्नुहुने सल्लाहकार समिति, सम्पूर्ण जनप्रतिनिधीहरू, जागृति बाल तथा युवा सरोकार नेपाल, सहयोगी संस्था क्यान्सन, सम्पूर्ण किशोरीहरू, अभिभावकहरू, विद्यालय प्रशासन, नगरका सम्पूर्ण विषयगत शाखाहरू र सम्पूर्ण सरोकारवालाहरूप्रति आभार प्रकट गर्दै किशोरीहरूमा नगरले लगानी सदैव गरिरहने र समृद्ध नगर निर्माणमा सदैव लागिरहने प्रतिबद्धता समते व्यक्त गर्दछु ।


फुलकुमारी थनेत
नगर उपप्रमुख

फुलकुमारी थनेत
नगर उप-प्रमुख



To each and every person involved in the Girls' Empowerment Program I want to offer my sincerest congratulations for such an incredible journey.

I would particularly like to say a big thank you to the girls graduating this year. I am full of admiration for the amazing things you have all achieved and perhaps more importantly for the way you have navigated significant personal obstacles along the way.

From the girls who graduated in phase one to our new starters now - I wish you all the very best for the future. It's you that have done the work and it's beautiful to see you all experiencing the results of this labour.

I am in awe of the commitment and courage of you all. I also hope you had fun along the way (I know you have!)

You are all remarkable and deserve all the happinesses and success that the world has to offer.

Yours

Quintin Clover
Founding Director
Kanallan



Gov. Registration Number 909-061/062, PAN: 301861711, Affiliations:SWC: 16924, NYC: 00341

जागृति बाल तथा युवा सरोकार नेपाल Jagriti Child and Youth Concern Nepal

I would like to congratulate everyone involved in the Girls' Empowerment Program for successfully and effectively concluding the program. Starting in a single municipality, I hope to see this initiative expand nationwide shortly.

A special thanks to all the young girls graduating this year. You have consistently dedicated yourselves for three years, participating in training sessions, campaigns, workshops, and advocacy efforts. Through these activities, you have gained valuable knowledge about creating child-friendly, youth-friendly, and girl-friendly environments, among other important topics, which will serve you well throughout your lives.

I believe you will apply what you have learned by sharing your knowledge with your communities, using your creativity. These three years have passed in the blink of an eye, but this program is not the end. I hope it has inspired you to participate in similar initiatives worldwide.

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वि.सं. २०७८ को जनगणना अनुसार नेपालको कुल जनसंख्याको ३३.८४% हिस्सा १८ वर्ष भन्दा कम उमेरका बालबालिकाको रहेको छ भने जसमध्ये ४८.१७% संख्या बालिकाहरूको रहेको छ। यति धेरै संख्यामा रहेका बालिका र किशोरीहरूप्रति धार्मिक, सामाजिक, सांस्कृतिक, लैङ्गिक, जातीयता लगायतका विभिन्न पितृसत्तात्मक धारणाले हेरिने नजरहरू हाम्रो समाजमा विद्यमान नै रहेको छ। तर अबसर पाए भने बालिका, किशोरीहरू हरेक कामगर्न सक्षम देशका उर्जाशील नागरिक बन्न सक्छन्। बालिका र किशोरीका लागि गरिएको लगानीले भोलिको समृद्ध नेपाल र सुखी नेपालीको कल्पना पूरा गर्न कोशेदुइ सावित हुनेछ।

“भनिन्छ एक आमा शिक्षित भईने भने पूरा परिवार शिक्षित हुनेछ” त्यसैले बालिकाहरूमा लगानी गर्नु भनेको एक सभ्य, सुन्दर र सक्षम जनशक्ति उत्पादन गर्नु हो, भोलिका दिनमा प्रतिफल पाउने क्षेत्रमा गरिने लगानी हो। कानून तथा नीतिले बालिकाहरूका लागि समानता र विभेदहीनताको प्रत्याभूति गरिए तापनि विभेदहरू कायमनै छन्। बालबालिकाको जन्मको अवस्थालाई हेर्ने हो भने केन्द्रीय तथ्याङ्क विभाग (२०७८) को प्रतिवेदन अनुसार प्रति १०० बालिका बराबर १०७ बालक रहेको देखिन्छ। नेपालमा महिलाहरूले यदि दोस्रो वा तेस्रो बच्चाका रूपमा गर्भमा छोरी रहेको भए गर्भपतन गराउन हुन्छ भन्ने मान्यता राख्ने गरेका छन्। यस्ता बालिकाप्रतिको सोच र प्रविधिको विकासले बालिकाहरू गर्भमा नै मारिने संख्यापनि अत्यधिक बढ्दै गईरहेको तथ्याङ्कले देखाइरहेको छ। तर अबसर, सुविधा, माया, ममता र सही मार्गदर्शन पाए भने बालिका तथा किशोरीहरू पनि भोलिका देशका मेरुदण्ड बन्न कम छैनन् भन्ने उदाहरण यही ‘सकिन्छ छोरी’ (सफलताका कथासङ्ग्रह)बाट देख्न सकिन्छ। त्यसैले बालिका तथा किशोरीहरूका लागि लगानी बढाउनु तीनै तहका सरकारको जिम्मेवारी रहेको छ।

यसै सन्दर्भमा बालिका अधिकारका लागि आवश्यक नीतिगत व्यवस्था, कार्यक्रम तथा सेवा प्रवाह र सामाजिक एवं सांस्कृतिक रूपान्तरणको आवश्यकता र औचित्यतालाई मध्यनजर गरी नवलपरासी (वर्दघाट सुस्तापूर्व) जिल्लाको कावासोती नगरपालिकासँगको समन्वय र सहकार्यमा जागृति बाल तथा युवा सरोकार नेपालले क्यानालानको आर्थिक सहयोगमा नगरपालिका भित्रका ३७ जना किशोरीहरूका लागि प्रशिक्षक प्रशिक्षण, आत्मरक्षा, नेतृत्व विकास, फोटोग्राफि, कोरियोग्राफि, महिनावारी प्याड निर्माण, ड्रन्ड र हिंसाको विषयमा तालिम, जीवनोपयोगी सीप, कथालेखन, बालिका फुटबल, सकिन्छ छोरी कार्यक्रम, किशोरी सशक्तिकरण रेडियो कार्यक्रम, किशोरीमैत्री शौचालय निर्माण, स्थानीय, प्रदेश र संघीय सरकारसँग अनुभव आदानप्रदान, अन्तरक्रिया, छलफल, राष्ट्रिय, अन्तर्राष्ट्रिय स्तरका कार्यक्रममा सहभागी, सल्लाहकार समिति गठन, वडा स्तरीय बैठक, संचेतनामूलक होडिङ बोर्डको व्यवस्था, जनप्रतिनिधिहरूको क्षमता अभिवृद्धि, बालिका सम्मेलन, पोषणसँग जोडेर कुराकानी खानपान अनि आनिबानी लगायतका विभिन्न गतिविधिमा बालिका र किशोरीहरूको प्रत्यक्ष-अप्रत्यक्ष सहभागिता सहित सन् २०१८ अप्रिलदेखि २०२४ फेब्रुअरीसम्म परियोजना सञ्चालन गरेको थियो। जसको फलस्वरूप उक्त कार्यक्रममा सक्रिय रूपमा सहभागी भएका बालिका तथा साथी शिक्षक किशोरीहरूले पाएको अवसर पछिको सफलताको अभिव्यक्ति स्वरूप यो पुस्तक प्रकाशन गर्न लागिएको छ।

किशोरी सशक्तिकरण कार्यक्रमको मूल उद्देश्य बालिका तथा किशोरीहरूले पनि अबसर प्राप्त गर्न सकेमा र सरोकारवाला निकाय, व्यक्तिहरूले उचित मार्गदर्शन गरेमा तथा उनीहरूका लागि लगानी गरेको खण्डमा सक्षम नागरिक बन्न सक्छन् भन्ने रहेको थियो। साथी शिक्षकहरूको अनुभव र भोगाइ तथा अबसर पाउँदा आफूमा आएको परिवर्तनका विषयमा आफ्नै भाषामा प्रस्तुत गरिएको सफलताको अभिव्यक्तिले सबै किशोरी र बालिकाहरूको लागि उत्प्रेरणा प्रदान गर्ने अपेक्षा सहित ‘सकिन्छ छोरी’ पुस्तक प्रकाशन गर्न लागिएको छ। यो पुस्तक तयार गर्नका लागि कलम चलाउने साथी शिक्षक अभियान्ता किशोरीहरू, सुझाव प्रदान गर्नुहुने महानुभावहरू लगायत प्रकाशनमा प्रत्यक्ष-अप्रत्यक्ष रूपमा सहयोग प्रदान गर्नुहुने सबैमा हार्दिक धन्यवाद ज्ञापन गर्दछौं।



विषयसूचि

शीर्षक

नेतृत्वको पाइलामा टेक्दाको खुसी.....
अवसरले देखाएको बाटो.....
मेरो कल्पनाको म.....
घरकी जेठी छोरी.....
म को हो ?.....
यो समाज र म.....
यात्राहरू.....
घरपरिवार र समुदाय बदल्ने सोच.....
मेरो जीवनको आयाम.....
सफल किशोरी.....
अवसर पाउँदाको खुसी.....
सामान्य परिवारमा जन्मिएकी छोरी.....
सोचमा आएको परिवर्तन.....
विश्वास.....
परिवर्तनको सुरुवात.....
परिवर्तनको यात्रा.....
सूर्य जस्तै उदाएकी म.....
परिवर्तन.....
अवसरले सिकाएको शिक्षा.....
तीन वर्षको अनुभवले देखाएको बाटो.....
मसँग मेरो परिवर्तन.....
घरकी जेठी छोरी.....
पहिले र अहिलेको म.....
ममा आएको परिवर्तन.....
मैले चाहेको म.....

लेखक

मान्सु न्यौपाने
रजिता न्यौपाने
आयुषा लम्साल
दिया लम्साल
भावना भण्डारी
हरिकला गुरुङ
इच्छा गुरुङ
खिमा मुसहर
पुर्णिमा एम.सी
पूर्णमा चपाई
अनिता नेपाली
अमिसा आचार्य
मानसी लामिछाने
रिमकुमारी ओन्टाकी
सविना पाण्डे
सवनम सुनार
आशिका पोखेल
गोमा पाण्डे
मिना महतो
दृष्टि गिरी
स्वस्तिका ढकाल
एलिना रसाइली
एन्जल भुसाल
युतिका तिवारी
सरस्वती पराजुली

किशोरी अभियानले बढाएको हिम्मत	रिमा कुमारी मुसहर
अवसरपछिको परिवर्तन तथा सफलता	कृष्णदेवी माभी
अचम्म लाग्छ !	सजल भट्टराई
सक्षम नेतृत्व (Brave Leader)	शशी कार्की क्षेत्री
किशोरी साथीहरूसँग अभियानमा सहभागी हुन पाउँदाको खुसी	मालती अर्जेल
डर र उत्सुकता पछि आएको जित	ओमकला बोटे
गरिब परिवारबाट हुर्किएकी छोरी	निर्जला बोटे
अन्धकार पछिको उज्यालो	एसिला पन्थि
वास्तवमा म	प्रतिक्षा वि.क.
परिवर्तनको मोड	प्रकृति अर्याल
परिवर्तनको यात्रा	कृषला थापा क्षेत्री
जीवनको सफलता	विमाया सार्की





नेतृत्वको पाइलामा टेक्दाको खुसी

मान्सु न्यौपाने



बगिरहेको खोलाले धेरै पछाडि छाडेको बलियो चट्टानरूपी पितृसत्तात्मक सोचले गाजेको समाजमा जन्मिएर लैङ्गिकतालाई लिङ्ग मान्ने समुदायमा छोरीलाई खुलेर हाँस्न, उफ्रिएर नाँच्न, गीत गाउन सबैसँग मिलेर खेलन, सामाजिक क्षेत्रहरूमा क्रियाशील हुन नदिने तथापी घरको कोठाभित्र बसेर पढ्न, रट्टिन र विद्यालय जान र आउन भने सकिने समाजमा हुकिदै गरेकी छोरी हुँ म ।

छोरीहरू घोसे (नबोल्ने), डरपोक भए, यिनले केही गर्न सक्छन् र ? भन्ने वितृष्णादायी सोचले गाँजेको समाजमा जन्मेकी हुँ म । तर किन हुन्न, किन सकिन्न, के भएर, कसरी भयो, के कारणले ? भन्ने प्रश्नको उत्तर खोज्दै भौतारिरहेकी परिवर्तन खोजिरहेकी छोरीहरू मध्येको एक छोरी हुँ म ! मध्यम घरपरिवारमा जेठी छोरीको रूपमा जन्मिएर हुकँदै जाँदा छोरी हुनुको आभाष मलाई ममा आएको परिवर्तन भन्दा पनि मैले छोरी भएर पालना गर्नुपर्ने नीति र नियमले अनुभूति दिलायो ।

समय बित्दै गयो; कोरोना महामारीको समय थियो; कक्षा १० को परीक्षा पनि नहुने समाचार सुने पश्चात् हामी होस्टेलबाट निराशाको भारी बोकेर आ-आफ्नो घरतर्फ बाटो लाग्यौं । घर आएको केही दिन पश्चात् कावासोती वडा नं. ९ बाट साथी शिक्षकको रूपमा मेरो नाम आएको छ भन्ने खुसीको खबर पाए । खबर पाउनासाथ एकातर्फ हर्षित थिए भने अर्कोतर्फ अलमल; के हो ? कस्तो होला ? कस्तो कार्यक्रम हो ? भन्ने विषयमा उत्सुक पनि थिए ।

त्यस लगत्तै मिति: २०७८/०५/१८-१९ गतेका दिन जागृति बाल तथा युवा सरोकार नेपालले कावासोती नगरपालिका अन्तर्गतको सितारा रिसोर्टमा अभिमुखीकरण कार्यक्रम आयोजना गरी हामी प्रत्येक वडाबाट छानिएका ३५ जना किशोरीहरूलाई आमन्त्रण गरेर द्वन्द्व, हिंसालगायतका विषयमा अभिमुखीकरण कार्यक्रममा मपनि सहभागी हुने मौका पाए । साथै देवचुलीमा किशोरी सशक्तिकरण अभियान सम्पन्न भइसकेको थियो । त्यसबाट धेरै परिवर्तन देखेपश्चात् कावासोतीमा प्रारम्भ गरिएको भन्दै रेजिना दिदी र आशा दिदीको अवसर तथा सफलताको भिडियो पनि हेर्नौं र प्रत्यक्ष रूपमा भेटघाट गर्नु । त्यसलगत्तै केही समयपश्चात् हामीले तालिम लिनको लागि सौराहा लैजाने खबर प्राप्त गर्नु । जाने कि नजाने, कहाँ लैजाने हो ? छोरी मान्छे, फसाउने त होइन भन्ने विषयमा घरमा छलफल भयो र अन्तिममा जानेबेलामा पनि विचार गरेस् है भनेर झोलामा थप रकम थपिदिनु भयो ।

हामी ३५ जनाले सौराहा होटलमा हामीलाई प्रशिक्षकका लागि प्रशिक्षण र नेतृत्व सीप तालिम (TOT training and Leadership Skill) लियौं । अगाडि गएर उभिन, बोल्न र निडर हुन सक्षम भयौं । साच्चै पानीबिनाको माछा जस्तोबेलामा बगिरहेको खोलासँग भेट हुन पुग्यौं । समयको मागसँगै हामीले पनि विभिन्न शीर्षकहरू जस्तै- हिंसा, दूर्व्यवहार, शोषण, अनलाइन सुरक्षा, बाल अधिकार, महिनावारी सरसफाइ, यौन तथा प्रजनन स्वास्थ्य, पुनः प्रयोग गर्न मिल्ने प्याड बनाउने र स्वयम् कसरी सुरक्षित हुने भन्ने बारेको आत्मरक्षा सम्बन्धी तालिम लियौं ।

त्यसमार्फत आफूलाई विस्तारै सकारात्मक बाटोतर्फ परिवर्तन गर्दै आफ्नो गाउँघर, विद्यालय, समुदायमा गई विभिन्न शीर्षकमा आफूले सिकेका कुरा आदानप्रदान गर्न थाल्यौं, पढ्ने र पढाउने एकोहोरो माध्यमले मात्र नभइ विभिन्न ठाउँमा बालविवाह सम्बन्धी, बाल अधिकार, लागुपदार्थ दुर्व्यसनी सम्बन्धी नाटक मार्फत गाउँघरमा बालबालिका, किशोरकिशोरी सम्बन्धी घटनालाई न्यूनीकरण गर्न नाटक पनि गर्नु । त्यसैगरी अनलाइन प्लेटफर्म बनाएर सामाजिक सञ्जालमा सियर गर्नु । आफ्नो वडामा मात्रै सिमित नभइ विभिन्न वडा, विद्यालयमा गएर त्यहाँको आवश्यकतालाई मध्येनजर गर्दै हामीले आफूले सिकेका कुरा सिकाउन निरन्तर लागि रह्यौं । समयसँगै हाम्रो आत्मबल पनि वृद्धि हुँदै

गयो । अबसर पाउने हो भने किन सकियो रहनेछ त ? भन्ने कुराको आभाष भयो ।

यसमा जोडिदै रहदा कावासोती नगरपालिका वडा नं. ९ युवा सञ्जालमा सचिवमा रहेर नेतृत्व गर्ने सु-अवसर प्राप्त भयो । त्यही उदाहरण दिँदै छोरीलाई सक्षम बनाउनुपर्छ है भन्दै हरेक कार्यक्रममा छोरीले सकिन्छ भनेर भित्र लुकाएर, दबाएर राख्ने होइन छोरीलाई सक्षम बनाउनु पर्छ र त्यो अभिभावकको कर्तव्य हो । विभिन्न कराते, बक्सिङ तालिम प्रदान गरेर भएपनि निडर र सक्षम बनाउनुपर्छ । बिग्रिएपछि अथवा बिगारेपछि मात्र कराउने, गाली गर्ने, इज्जतको सवाल राख्ने होइन उमेरसँगै उसको उमेरावस्था, लक्षण र स्वभावको जानकारी दिने, खुलेर सम्भाउन सक्नुपर्छ अनि मात्र एक छोरा सरह समान अवस्थामा छोरी पुग्न सकिन्छ भनेर जनचेतना जागरण गर्नु ।

यसरी विभिन्न ठाउँमा गएर तालिम लिँदै आफ्नो समुदायमा जागरण गर्दै हिँडिरहदा विभिन्न स्तरमा विभिन्न तरिकाले चुनौतीहरू पनि प्रत्यक्ष देख्यौं, भोग्यौं । छोरी मान्छेलाई गरिने व्यवहार, छोरीप्रतिको कु-दृष्टिकोण सहितका सोचाइसँगै, छोरी अगाडि बढेको नसुहाउने समाजमा पनि निरन्तर अगाडि बढिरह्यौं र बुझाउन सक्यौं भने परिवर्तन अवश्य सम्भव छ भनेर लागि परिरह्यौं ।

साच्चै बुझाउन सके परिवर्तन सम्भव छ भने भै महिनावारीप्रति समाजमा रहेको नकारात्मक दृष्टिकोण हटाउन सकेका छौं । छोरी, किशोरीप्रति गरिने भेदभाव विरुद्ध आवाज उठाउन सक्षम साथै आफूमात्र नभई जागृति बाल तथा युवा सरोकार नेपालले ३५ जना किशोरीहरूलाई तालिम दियो । त्यो एक किशोरी मैले थप ३५ किशोरीलाई सशक्त गर्न सक्षम भएको छु । धेरै नबोल्ने, अतिरिक्त क्रियाकलापमा भाग नलिने, लिए पनि आत्मबल कम भएकै कारण सधै पछाडि रहिरहने र डराएर बस्ने तर तालिम लिएपश्चात् विभिन्न कार्यक्रममा भाग लिन साथै जित हासिल गर्न, त्यसैगरी विभिन्न अनुभव समेट्न सफल भए ।

यो अभियानमा लागेपश्चात् नै मेरो साहित्यिक यात्रा पनि प्रारम्भ भयो र मैले विभिन्न कविता, गजल लेख्ने र पस्कने अवसरहरू पनि पाएकी छु । आत्मबल वृद्धि हुनुको साथै विभिन्न किसिमका कार्यक्रम सञ्चालन गर्ने अवसर प्राप्त गरेकी छु । विभिन्न राष्ट्रिय तथा अन्तर्राष्ट्रिय कार्यक्रमहरूमा भाग लिने, आफूलाई र नेपाललाई चिनाउने र विभिन्न राष्ट्रिय र अन्तर्राष्ट्रिय व्यक्तित्वसँग अन्तरक्रिया गर्न सफल भएकी छु ।

साथै विभिन्न अवसरहरूमा सम्मान प्राप्त गर्ने सुअवसर प्राप्त गरेकी छु । वडालाई मध्यनजर गर्दै महिला सेवाग्राही र कर्मचारीहरूका आवश्यकतालाई नियालेर बडामा सेनेटरी प्याडको व्यवस्था गर्न निवेदन मार्फत स्थानीय तहलाई ध्यानाकर्षण गरी वडामा सो प्याडको व्यवस्था गर्न समेत सफल भएकी छु । किशोरी, बालबालिकाको विषयलाई स्थानीय तहमा कार्यक्रममा उठान गर्न सुरु गरेकी छु । यसरी आफूले सिकेका कुरा सिकाउन हिँडिरहँदा विभिन्न समूह संस्थाबाट प्रशिक्षकको रूपमा आमन्त्रण गरेपश्चात् एक प्रशिक्षकको रूपमा गएर महिनावारी सरसफाइ पुनः प्रयोग गर्न मिल्ने प्याड बनाउने तालिम दिन सफल भएकी छु । समाज, समुदायमा बालविवाह, बाल अधिकारको विषयमा सल्लाहकारको रूपमा आफूलाई स्थापित गर्न सफल भएकी छु ।

कसैसँग खुलेर बोल्न, कुराहरू राख्न नसक्ने, डराउने स्वभावको व्यक्ति आज अबसर पाएकै कारण घर परिवार, समाज, समुदायमा, विद्यालयमा विश्वास जित्न र आफूलाई प्रत्यक्ष रूपमा हिँड्न सफल भएकी छु । मान्नु जसलाई आफ्नै गाउँ समुदायमा समेत कसैले चिन्नुहुँदैन थियो अहिले एक साथी शिक्षक, एक सल्लाहकार, एक बाल तथा किशोरी अधिकारकर्मी जस्तै विभिन्न माध्यमबाट आफू परिचित हुने सु-अवसर पाउँदा गौरवान्वित महसुस गर्छु ।

आफ्नो शैक्षिक तथा व्यवहारिक ज्ञानमा समेत थप ज्ञान, सीप र उर्जा थपिएको छ । सिडी चढ्दा विभिन्न असहज परिस्थितिहरू, चुनौतीहरू आयो । हरेक अवस्थामा घर, परिवार, विद्यालय, जागृति बाल तथा युवा सरोकार नेपाल संस्था, समाज, समुदाय वडाबाट प्रत्यक्ष रूपमा साथ सहयोग, विश्वास गरी मन्दिरसम्म पुऱ्याउन सहयोग गर्नुभएकोमा सम्पूर्णमा हार्दिक कृतज्ञता ज्ञापन गर्दछु । धन्यवाद !



The Joy of Stepping Into Leadership

Mansu Neupane



I was born into a society rooted in patriarchal norms. In our community, gender is considered the biological sex, but there are strict gender roles. Girls can stay at home, repeating their lessons, moving to and from schools, but cannot openly laugh, jump and dance, sing a song, play with others, and be active in social sectors.

I am one of the daughters seeking answers to questions such as why not, why can't it be done, for what, how did it happen, and what are the reasons behind it in a society filled with regressive thoughts that consider girls as silent, soft, incapable of achieving anything, and doubts their potential and abilities!

While growing up as the eldest daughter in a middle-class family, I internalized my identity as a daughter, not through changes I underwent but through rules and regulations that I, as a daughter, must abide by.

Time went by. During the Covid pandemic, we knew about the cancellation of the grade 10 (SEE) examination and left the hostel for home, disappointed. A few days after returning home, I received the joyful news that I had been chosen as a peer educator representing Ward 9 of Kawsoti Municipality. As soon as I got the news, I was happy on the one hand and confused on the other. I was also curious about what it is, how it works, and what kind of program it is. Soon after, I had the opportunity to participate in an orientation program, focusing on issues like conflict and violence, organized by Jagriti Child and Youth Concern Nepal on 3 and 4 September 2021 at Sitara Resort in Kawsoti Municipality, inviting 35 adolescent girls, selected from each ward. Besides, the Girls Empowerment Program had been completed in Devchuli Municipality. With the campaign initiated in Kawsoti after witnessing numerous changes from the previous campaign, we also watched the video highlighting the opportunities and successes of Rejina Didi ('Didi' is used to respectfully address a familiar older female.) and Asha Didi and also had a meeting in person with them. After some time, we received news that we were going to Sauraha to attend a training program. Whether to go or not, where to go, and the potential risk of being trapped as a girl—these were the topics discussed at home, and ultimately, the family decided to put extra money into the bag and suggested I needed to be careful.

Thirty-five of us joined the training of trainers (ToT) and leadership skills training. The training made us able to confidently stand and speak in front of others. We felt as if a fish out of water had finally found a flowing river. In keeping with the demands of the time, we received training on various topics including violence, abuse, exploitation, online safety, child rights, menstrual hygiene, sexual and reproductive health, preparing reusable pads, and self-defense.

Consequently, we transformed ourselves positively and began sharing our learning on various topics by visiting our villages, schools, and communities. Besides depending only on regular teaching and learning mediums, we also conducted dramas at various places in our village to address incidents related to children and adolescents such as child marriage, child rights, and drug abuse. Likewise, we shared it through social media and online (digital) platforms. We did not confine ourselves to our ward; we visited different wards and schools and continued sharing our learning as per their requirements. With time, our self-confidence grew. We realized, "Why couldn't we if given the opportunity?"

Being a part of this program, I got to serve as the Secretary and lead the Youth Network of Ward No. 9

under Kawasoti Municipality. Using our example, we emphasized in every program that empowering girls is crucial and daughters can and must not be hidden or oppressed inside the home; rather, they need to be made capable and it is the duty of parents. They need to be made fearless and competent by providing different skills such as karate and boxing. We raised public awareness emphasizing that a girl can be raised to be equal to a boy in the same environment if the girl is provided age-appropriate information about characteristics and behaviors, rather than resorting to shouting, scolding, or making it a matter of dignity only after mistakes occur or damaging something.

Traveling to various locations to attend training sessions and raise awareness in the communities, we directly observed and experienced challenges at different levels and in various forms. We continuously kept moving forward in a society where daughters were treated harshly, looked down upon, and considered unfit to progress, and continue putting efforts with a belief that change is possible if we make people understand.

As we say "Change is possible if we can make people understand", we have been able to remove the negative perception towards menstruation in our society. I was not only capable of raising voices against discrimination daughters and adolescents experience but also successfully delivered training to other 35 adolescent girls on behalf of Jagriti Child and Youth Concern Nepal. I, an adolescent, can empower an additional 35 adolescent girls. Introverted and lacking confidence, I used to shy away from extracurricular activities, often falling behind even when I did participate, feeling constantly scared. However, after the training, I was able to actively engage in various programs, easily achieve success, and confidently share my diverse experiences.

After getting involved in the campaign, my literary journey also began, which led to opportunities for me to write and present many poems and ghazals. It increased my confidence and I also got opportunities to conduct different programs. I have succeeded in participating in different national and international programs, introducing myself and Nepal on a global stage, and also interacting with diverse national and international personalities.

In addition, I was honored on multiple occasions. Taking into account the needs of female service users and employees, I was successful in drawing the attention of the local governments and arranging sanitary pads in the ward through a petition to them. Furthermore, I have begun raising girls' and children's issues at the local level. While moving forward and sharing what I have learned, I have been invited as a trainer by various organizations and I have successfully delivered training on making reusable sanitary pads to others. I have successfully established myself as an advisor in child rights and child marriage issues within my society and community.

A person who used to be hesitant to talk to others, unable to express myself, and always fearful, now I have been able to gain trust in my family, society, community, and school and confidently walk on my own, thanks to the opportunities I got. Mansu, who was once unknown in her village and community, feels proud that I got the opportunity to be recognized with different identities such as a friend, teacher, advisor, and child and adolescent girl rights activist.

More knowledge, skills, and energy have been added to my academic and practical knowledge although various uncomfortable situations and challenges arose while climbing the stairs. I would like to extend my heartfelt gratitude to everyone from my home, family, school, Jagriti Child and Youth Concern Nepal, and other organizations, society, community, and ward for their direct unwavering support and trust, which have played an important role in bringing me to where I am today. Thank you!



अवसरले देखाएको बाटो

रजिता न्यौपाने



म एक सामान्य परिवारमा जन्मिएकी छोरी हुँ। पहिला छोरा र त्यसपछि तीनवटा छोरी जन्मेपछि फेरी छोरा हुन्छकी भन्ने आशामा म गर्वमा हुँदा छोरी हुँ! भन्ने थाहा पाएपछि मलाई गर्वपतन गर्नको लागि औषधि खानुभयो र खाएपछि पनि म यो सुन्दर प्रकृति भएको धर्तीमा जन्मिन सफल भए।

मेरो दाजुले मलाई भाइ भनेर चिनाउनु हुन्थ्यो। मलाई केटाको कपडा लगाइदिएर गाउँमा डुलाउनु हुन्थ्यो। मेरो स्वभाव पनि केटाको जस्तो थियो। बाहिरी व्यक्तिले पनि केटी भएर पनि केटा जस्तै गुच्चा, बल खेल्ने गर्छे, केटाको कपडा लगाउँछे भन्नुहुन्थ्यो। त्यस्ता कुरा सुन्दा मेरो चित्त दुख्थ्यो र मैले केही गरेर देखाउनपछि भनेर हिम्मत आउथ्यो। जति नै जस्ले जे भने पनि मैले कहिलै हिम्मत हारिन। पढाइमा पनि राम्रो थियो तर बाहिरी मान्छेसँग र कुनै प्रतियोगितामा भाग लिएर बोल्न पर्दा डर लाग्थ्यो। त्यस क्रममा नै मलाई जागृति बाल तथा युवा सरोकार नेपालबाट सुनौलो अवसर आयो। एक साथी शिक्षकको रूपमा काम गर्ने अवसर पाए।

यो कार्यक्रमबाट हामीले आत्मरक्षा, द्वन्द्व व्यवस्थापन, हिंसा, नेतृत्व विकास, साइबर अपराध, जस्ता विषयमा तालिम लियौं र सो तालिम हामीले विद्यालय, समाज र नगरपालिकामा जाने अनि सिकाउने जस्ता कार्य गर्न थालियो। विभिन्न ठाउँमा घुम्नगई त्यहाँका किशोरकिशोरीसँग अनुभव आदानप्रदान गर्ने अवसर प्राप्त भयो। कार्यक्रमको सिलसिलामा माननीय प्रदेशका मुख्यमन्त्री, आर्थिक मामिला मन्त्री, कानून मन्त्री, जस्ता विशिष्ट व्यक्तिहरूसँग भेट्ने साथै ध्यानाकर्षण-पत्र बुझाउने अवसर प्राप्त भयो। नगरपालिकामा ध्यानाकर्षण-पत्र बुझाउने अवसर पनि प्राप्त भयो। त्यस्तै गरी गण्डकी प्रदेशसभा सदस्य, जिल्ला समन्वय समिति, प्रमुख जिल्ला अधिकारीलाई भेट्ने र ध्यानाकर्षण-पत्र बुझाउने अवसर प्राप्त भयो।

यस कार्यक्रमबाट भएको मेरो उपलब्धि मैले भविष्यमा के बन्ने भन्ने कुराको निधो गर्न अथवा मेरो जीवनको लक्ष्य चयन गर्न सफल भए। साथै हाम्रो विद्यालयमा किशोरीलाई खेलकुद जस्ता कार्यक्रममा सहभागी गराइदिनुभयो र शिक्षकले किशोरीलाई पनि फुटबल, भलिबल जस्ता खेलमा सहभागी गराइदिनुभयो। विद्यालयमा शिक्षकशिक्षिकालाई भनेर किशोरीलाई भलिबल, फुटबल जस्ता खेलकुदमा सहभागी गराउन अनुरोध गरियो। पहिले शिक्षकहरूसँग यस्तो कुरा व्यक्त गर्न सकिदैन थियो तर अहिले जस्तो ठाउँमा गएर पनि किशोरीका बारेमा अन्य कुराहरू आफ्नो मनमा भएको धारणा व्यक्त गर्न सक्छु। आफूमात्र नभई म र मेरा साथीहरूमा पनि निकै सकारात्मक परिवर्तन आएको छ। यसरी नै मैले सफलताको लागि तालिम लिने र सिकेको कुराहरू अरूलाई दिने गर्दा ममा निकै परिवर्तन आएको छ। अनि अभियानमा लाग्दै गर्दा हाम्रो कावासोती नगरपालिका शिक्षा शाखाले आयोजना गरेको विद्यालय स्तरीय सचेतनामूलक नाटक प्रतियोगितामा म र मेरो समूहले नगरपालिकाकै प्रथम स्थान हासिल गर्न सफल भयौं र मलाई एकदमै खुसी अनि गर्व लागेको थियो। मैले पनि केही गर्न सक्छु भन्ने कुरामा अझै हौसला बढ्यो र सबैसँग परिचित पनि हुन सकेकी छु। घर परिवारको पनि साथ र सहयोग पाएकी छु। यो सुनौलो अवसर प्रदान गर्नु भएकोमा जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान साथै घरपरिवार, समाज र विद्यालयलाई धेरैधेरै धन्यवाद व्यक्त गर्दछु।



The Path Unveiled by an Opportunity

Rajita Neupane



I was born into an ordinary family. My parents were hoping for a son after having a first son and then three daughters. But upon learning that I was going to be a daughter while my mother was pregnant, she even took medicine to abort me. Despite her efforts, I was born in this land blessed with beautiful nature.

My elder brother used to often dress me in boys' clothes and take me around the village. My nature was also boyish. Outsiders would comment, 'Even though she's a girl, she plays with marbles and balls, and wears boys' clothes.' Hearing such remarks hurt my heart, and I felt determined to prove them wrong.

No matter what others said, I didn't lose my courage. I was good at studying, but I was afraid of talking to outsiders and speaking in competitions. It was during that time that I received a golden opportunity from Jagriti Child and Youth Concern Nepal. It was an offer to work as a peer educator.

From this program, we received training on different topics like self-defense, conflict management, violence, leadership development, cybercrime, and so on. Then, we began to share our learning from the training in schools, society, and municipalities. We got the opportunity to travel to various places and engage with the local adolescents, exchanging experiences. We had the opportunity to meet "great" personalities like the Honorable Chief Minister of the Province, the Minister of Economics Affairs, and the Minister of Law and submit memoranda. We also got the opportunity to submit a memorandum to our municipality. Similarly, we had the opportunity to meet and submit a memorandum to Honorable Members of the Gandaki Provincial Assembly, representatives of the District Coordination Committee, and the Chief District Officer.

My achievement from this program was that I was able to decide what I wanted to be in the future or choose my life goal. Also, girls in our school were encouraged to participate in sports programs and even our teachers made us participate in different sports events like football and volleyball tournaments. We also requested our teachers to make adolescent girls participate in sports like football and volleyball. Previously, I couldn't express such things to teachers, but now I can voice my opinions regarding matters concerning girls in any place and situation. This positive change has not only impacted me but my friends also.

This way, attending training and sharing my learning experiences with others have brought changes in me. While engaging in the campaign, my group and I secured the first position in a school-level drama competition organized by the Kawasoti Municipal Education Section, and I am very happy and proud about this. I got this motivation that I can do more and I have also been able to be familiar with everyone.

I also got support from my family. I want to express my gratitude towards Jagriti Child and Youth Concern Nepal, KANALLAN, and also my family, and society, for this opportunity.



मेरो कल्पनाको म

आयुषा लम्साल



म सानैदेखि शान्त स्वभावमा हुर्किएकी कसैसँग धेरै बोल्न खोज्दिनथे । घरदेखि विद्यालय र विद्यालयदेखि घर गर्दै मेरा दिन बितिरहेका थिए । घरबाट बाहिर गई कसैसँग केही बोल्नुपन्थो भने त मेरो मुटुले तिब्र गति लिन्थ्यो । म मेरो विद्यालयमा शिक्षक शिक्षिकासँग बोल्न, केही प्रश्न सोध्न निकै नै डराउने गर्थे, उस्तै परे म आफ्नै बेन्चमा बस्ने साथीसँग पनि त्यति धेरै बोल्दिनथे; अरू त परै जावस्, मलाई कसैले केही भन्थो भने पनि म चुपचाप बसिरहन्थे । म विद्यालय जाने, आउने, गृहकार्य गर्ने र पढ्ने बाहेक अन्य केही क्रियाकलापहरूमा सहभागी हुदिनथे ।

एक दिनको कुरा हो; सधैं जसो म घरभित्र गृहकार्य गर्दै बसिरहेको थिए । त्यसै समयमा राधा म्याम र सुमित्रा म्याम भएर मेरो घरमा आउनु भयो र मलाई किशोरी सशक्तिकरण कार्यक्रमका बारेमा बताउनुका साथै यस कार्यक्रममा सहभागी हुनका लागि मेरो विद्यालयबाट म र हरिकला दिदीलाई छनौट गरिएको कुरा पनि बताउनुभयो । जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानको सहयोगमा सञ्चालित यस किशोरी सशक्तिकरण कार्यक्रमको बारेमा उहाँहरूले बताए पछि, मेरो त्यस कार्यक्रम तर्फ इच्छा जाग्यो र मैले सहभागी हुनका लागि फारम भरे । त्यसको लगत्तै म किशोरी सशक्तिकरण कार्यक्रममा साथी शिक्षकको रूपमा छनौट भए । जसरी नै कावासोती नगरपालिकाबाट अन्य ३४ जना किशोरी पनि छनौट हुनुभएको रहेछ ।

यस कार्यक्रममा आवद्ध भएको केही समयपश्चात् हामीलाई तालिम दिनको लागि उहाँहरूले विभिन्न ठाउँमा लैजानुभयो । सबैभन्दा पहिलो तालिममा जाँदा के होला, कस्तो होला ? भनेर निकै डर लागिरहेको थियो । त्यसैमाथि त्यति धेरै मान्छे देखिसकेपछि त एक्लिन् मेरो होस् उडिसकेको थियो । आफ्नो परिचय अब कसरी दिने होला मैले ? भनेर निकै डर लागेको थियो तर सबै म जस्ता साथीहरूले आफ्नै परिचय दिएको देखेपछि मेरो डर पनि अल्लि कम भयो र ममा आँट आयो ।

हामीले यस कार्यक्रममा सहभागी भैसकेपश्चात् आत्मरक्षा, तनाव व्यवस्थापन, नेतृत्व विकास, फोटोग्राफी र भिडियोग्राफी, सामाजिक व्यवहार परिवर्तन र सञ्चार, प्याड बनाउने जस्ता विभिन्न तालिमहरू प्राप्त गर्‍यौं । यस बाहेक पनि बालविवाह भनेको के हो ? बालश्रम बाल अधिकार, प्रजनन स्वास्थ्य, यौन स्वास्थ्य, महिनावारी जस्ता विषय सम्बन्धी पनि ज्ञान पायौं । हामी आफूले पनि यस बारे सिक्नुका साथै हाम्रो समाज, घरपरिवार र विद्यालयमा पनि हामी आफूले सिकेको विषयवस्तु सिकाउने गर्‍यौं ।

विद्यालयमा केही कार्यक्रम हुँदा पनि सधैं पछि हट्ने म आज आफ्नै विद्यालयलगायत नगरपालिका तथा जिल्लामा विभिन्न प्रतियोगिताका लागि भाग लिन सक्ने भएकी छु । जसको फलस्वरूप कावासोती नगर बाल संजाल र शिक्षा शाखाको आयोजनामा भएको नगरस्तरीय हाजिरीजवाफ प्रतियोगितामा म र मेरो साथीहरू प्रथम स्थान प्राप्त गर्न सफल भयौं अनि राष्ट्रिय बाल दिवसको अवसरमा हाम्रो नगरपालिकाको उप-प्रमुखबाट पुरस्कार ग्रहण गर्ने अवसर पाए । यो मेरो लागि गौरवको कुरा महसुस गरेको थिए । यसरी नै अहिले आफ्नै साथीसँग पनि त्यति नबोल्ने म आज सबैसँग निडरतापूर्वक बोल्न सिकेकी छु । विद्यालयमा शिक्षकशिक्षिकालाई नजानेको प्रश्न उठेर सोध्न डराउने म आज

आफूलाई जिज्ञासा लागेको कुरा निर्धक्क भएर सोध्न सक्ने भएकी छु । जसले जे भने पनि चुपचाप बसिरहने म आज गलत लागेका कुरामा प्रतिकार गर्न सक्ने भएकी छु । आफ्नो मनमा उब्जिएका विचारहरूलाई स्वतन्त्रतापूर्वक व्यक्त गर्न सक्ने भएकी छु । कुन ठाउँमा कसरी बोल्नु पर्छ र के बोल्नुपर्छ भन्ने कुरा राम्ररी बुझेकी छु ।

पहिले ३ वर्ष अगाडिको आयुषा र अहिलेको आयुषाको केही कुरा अभिव्यक्त गर्ने तरिकामा पूरै भिन्नता आएको छ । यो सबै भईरहँदा कतै मैले आफ्नो कल्पनाको आयुषालाई पो पाएको हो की जस्तो लाग्छ । ३ बर्से पुरानो आयुषाको स्वभाव त मलाई सपना जस्तै लाग्छ ।

यस कार्यक्रममा आबद्ध भएपश्चात् नै मलाई म बस्ने कावासोती वडा नं. १६ को वडास्तरीय बालकलबको सचिव हुने अवसर मिल्यो । मैले दुवै तर्फ विभिन्न कुराहरू सिबदै आफ्नो नेतृत्वमा विभिन्न कार्यक्रमहरू सञ्चालन पनि गर्दै गए । पहिले केही कार्य गर्न खोज्दा म असफल पो हुने हो कि ? मान्छेले मलाई के भन्लान् ? सबै मलाई देखेर हास्ने पो हुन् कि भन्ने विभिन्न प्रकारका विचार राख्ने ममा आज केही कार्य गर्न अधि सरे र सफलतानै हासिल गरे, नसके त्यसबाट केही त पक्कै सिक्ने छु जस्ता विचार आउन थालेका छन् । पहिले समस्यादेखि आत्तिने म, आज जहाँ समस्या त्यहाँ समाधानको उपाय भन्दै सबैलाई सिकाउँदै हिडेकी छु ।

यस कार्यक्रममा आबद्ध भएर आफूले पनि विभिन्न कार्यक्रमहरू सञ्चालन गर्दैगर्दा आफूभन्दा साना, आफ्नै उमेरका वा आफू भन्दा ठूला उमेरकालाई मैले आफूले जानेको कुराहरू सिकाउँदै गए । यसो गर्दैगर्दा मलाई जानेको कुरा सिकाउन र सिक्न उमेरले छेक्दो रहेनछ । यदि कुनै कुरा विद्यार्थीले जानेको छ भने उसले आफ्नो शिक्षकलाई पनि सिकाउन सक्छ भन्ने कुराको आवास भयो ।

यसरी यस कार्यक्रममा आबद्ध भएर विभिन्न कार्यक्रमहरूमा सहभागी हुँदै, कार्यक्रम सञ्चालन गर्दै र विभिन्न कुराहरू सिबदै यो ३ वर्ष जान लागेको केही अत्तोपत्तो नै भएन । यो तालिम लिएपश्चात् मैले आफूले आफूलाई चिन्ने मौका पाएकी छु या भनौ मैले मेरो कल्पनाको “आयुषा” मलाई पाएकी छु । यस कार्यक्रममा सहभागी भएपश्चात् सबै सिकेका कुराहरू लिएर विभिन्न कार्यक्रमहरू समाजमा गरिरहदा मैले सबैबाट राम्रो प्रतिक्रिया पाएकी छु ।

३ वर्ष अगाडिको आयुषालाई परिवर्तन गरी आत्मविश्वास र साहास भरेर मेरो कल्पनाको आयुषालाई प्राप्त गर्न सहयोग गर्नुहुने जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान, यस किशोरी सशक्तिकरण कार्यक्रम, मेरो घर परिवार र विद्यालयलाई म धेरैधेरै धन्यवाद दिन चाहन्छु ।





'I' of My Imagination

Ayusha Lamsal



I grew up with a quiet nature and would try not to talk much -- to anyone. My days were spent traveling from home to school and back home. I would fear going outside home and talking to someone. I was very scared to talk to my teachers at school or ask them questions. If it was possible, I would not talk to my friend who sat next to me on the bench, let alone anyone else. Even if

someone said something to me, I would stay quiet. Apart from going to school, doing household chores, and studying, I would not participate in any other activities.

It was just another day and I was inside home doing my homework. At that moment, Radha Ma'am ('Ma'am' in Nepal generally is a respectful term used to address individuals who work in an office setting. Here, it refers to the staff of Jagriti Child and Youth Concern Nepal and KANALLAN) and Sumitra Ma'am came to my home and shared with me about the Girls Empowerment Program and also informed me that Harikala Didi ('Didi' is used to respectfully address a familiar older female.) and I were chosen from my school to be a part of the program. After they told me about the program, which was supported by Jagriti Child and Youth Concern Nepal and KANALLAN, I became interested in the program and filled out the form to participate. Later, I was selected as a peer educator in the program. In the same way, 34 other girls from Kawasoti Municipality were also chosen to take part.

Sometime after being a part of this program, they arranged training sessions for us in various locations. At the beginning, I was quite tense about attending the first training session, unsure of what to expect, and how it would be. Further, as I saw so many people, I lost my confidence for a while. I was still worried about how I would introduce myself. But after seeing that everyone, much like myself, was introducing themselves, my fear began to reduce, and I gained confidence.

After participating in this program, we received various kinds of training such as self-defense, stress management, leadership development, photography and videography, social behavior change, and communication, as well as pad making. In addition to this, we acquired knowledge on various topics including child marriage, child labor, child rights, sexual and reproductive health, and menstruation. Besides learning about these topics, we used to share our learning with our society, families, and schools.

The same 'me' who would always hold back during school events, today, I can participate in various competitions at my school, municipality, and district. As a result, my friends and I succeeded in securing the first position in the municipal-level quiz contest organized by the Kawasoti Municipality Child Club Network and the Education Section of the Municipality. Subsequently, on the occasion of National Children's Day, we received an award from the Deputy Mayor of our municipality. It was a matter of pride for me. In the same way, the same 'me', who would avoid speaking to her friends has now learned to speak confidently with everyone. I used to be afraid to ask questions to my teachers at school, but now I can confidently ask about things that make me curious. I used to stay silent no matter what others said, but

now I have become capable of challenging what I think is wrong. I can freely express my thoughts and ideas that come into my mind. I have precisely understood how and what to speak in different situations and places.

There is a big difference in how I used to express myself three years back compared to now. Sometimes, I feel like I have found the 'Ayusha' of my imagination amidst all these changes. My nature from three years back now feels like a dream to me.

After being involved in this program, I was presented with the opportunity to serve as the Secretary of the Ward-level Child Club Network in Kawasoti Municipality Ward No. 16, where I reside. I continued to learn from both sides, initiating various programs under my leadership. Initially, when attempting new tasks, I used to have fearful thoughts such as "What if I fail?" or "What will others say about me?" or "What if everyone laughs at me?" The same me, however, now, I have started having thoughts that I will succeed in what I do as much as possible, if not, I will definitely learn something. While some may laugh at me, others may reflect deeply on my actions. In the past, I used to panic about problems, but now, I am confidently teaching everyone that where there is a problem, there is a solution.

By participating in this program and leading various initiatives, I found myself sharing the knowledge I had learned with individuals younger or older than me or of the same age. In doing so, I realized that age is not a barrier to teaching and learning. While doing so, age does not become a barrier to sharing what I know and learning more. I have realized that if a student knows something, they can also teach their teacher.

After being involved in this program and participating in various activities, leading programs, and learning different things, I never realized when three years passed. In this journey, I have found opportunities to recognize myself, or should I say, I have found the "Ayusha" of my imagination. While organizing various programs in my society, drawing from what I have learned throughout my participation in the program, I have received positive feedback from everyone

I would like to express my heartfelt gratitude to Jagriti Child and Youth Concern Nepal and KANALLAN, the Girls Empowerment Program, my family, and my school for their support in finding Ayusha of my imagination by transforming Ayusha of three years back and helping her develop her confidence and courage.





घरकी जेठी छोरी

दिया लम्साल



सामान्य ज्ञान भएको परिवारमा पहिलो सन्तानको रूपमा जन्मिएकी जेठी छोरी हुँ। आमाबुवा सामान्य ज्ञान भएको भए तापनि हजुरआमा पहिलेको चलनको भएर घरको नियम भने कडा थियो। छोरा नभएको भनेर मेरो आमाबुवाले समाजको कति बचन सुन्न पऱ्यो त्यसैले छोरा भएर मात्र यो के हुन्छ र छोरीले नी छोराको भै कर्तव्य पूरा गर्न सक्छे। म यो समाजमा छोरीले नी आमाबुवालाई पाल्न सक्छे केही गर्न सक्छे भन्ने उदाहरण बन्छु भन्ने हिम्मत उर्जा र सोच थियो जुन मैले जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान संस्थामा आबद्ध भएपछि पूरा गर्न सक्छु भन्ने अर्को आँट आयो।

समाजको जति गाली, अपशब्द सुनेता पनि कसैलाई जवाफ नदिई आफ्नो मिहिनेतमा निरन्तर लागि रहे। धेरै नबोल्ने र आफ्नो कार्य शान्त स्वभावले अगाडि बढाइरहे।

एकदिन मैले मेरो विद्यालयबाट जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा आबद्ध हुने अवसर पाए। परिवार र विद्यालयबाट संस्थामा आबद्ध हुने अनुमति पाए पछि मैले यस संस्थाबाट धेरै प्रकारका, जस्तै— बाल अधिकार, बालविवाह, साइबर अपराध, आत्मसुरक्षा, जीवन उपयोगी सीप, नेतृत्वसीप आदि तालिमहरू लिन पाए। त्यसपछि मैले लिएको तालिम पहिले आफ्नो परिवार, साथी, समाज, विद्यालयमा विस्तारै सिकाउन थाले।

यसले गर्दा मेरो शैक्षिक स्तरमा पनि राम्रो हुँदै गयो। म एस.एल.सी (कक्षा १०) मा पहिलो श्रेणीमा विद्यालयकै प्रथम हुन सकें। बाहिरी ज्ञानले पढाइलाई भन् सहायोग पुग्दो रहेछ भन्ने कुरा मैले बुझ्न सकें।

यस्तै मैले समाजमा धेरै परिवर्तन गर्न सकिन होला तर मेरो परिवारलाई परिवर्तन गर्न सके। पहिले महिनावारीमा कडा नियम गर्ने, घरबाट छोरी मान्छे एकलै कतै जाने होइन, रातीरातीसम्म कतै बस्ने हैन भन्थे। मेरो परिवार अहिले यस संस्थामा आएपछि त्यहाँको कुरा सुनेपछि जाउँ यस्तो कार्यक्रममा जान पर्छ, राम्रोसँग सिकेर आउ भन्ने गर्नुहुन्छ। मलाई आशा छ मेरो परिवारलाई जसरी नै समाजलाई पनि एक दिन आफ्नो कामले परिवर्तन गर्नेछु। पहिले बोल्न नसक्ने अहिले अगाडि गएर पढाउन पाउँदा म आफूले आफैलाई भाग्यमानी ठान्छु।

अन्तिममा मलाई यस संस्थामा आबद्ध गराइदिनुहुने, आबद्ध हुन अनुमति दिने मेरो विद्यालय र मेरो परिवार जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान संस्थालाई हार्दिक धन्यवाद व्यक्त गर्दछु। आगामी दिनमा पनि हामीलाई अन्य कार्यक्रममा आबद्ध गराइदिनु हुनेछ भन्ने आशा गर्दछु।



The Eldest Daughter of the Family

Diya Lamsal



I am the eldest child born to my just-literate parents. The household rules were strict due to my grandmother's traditional beliefs. When I was born, my parents faced bad words from society for not having a son. Therefore, I had a strong wish, courage, and enthusiasm to set an example that just having a son

means nothing; a daughter can also take care of her parents, and fulfill the responsibilities just like boys. And, after being involved with the Jagriti Child and Youth Concern Nepal and KANALLAN, I further gained the courage to achieve my ambitions.

Even when I faced insults and harsh words from society, I chose not to respond. Instead, I kept focusing on my hard work. I continued moving forward steadily in a calm manner and speaking less.

One day, I had the opportunity to be enrolled in the Girls' Empowerment Program implemented by the Jagriti Child and Youth Concern Nepal and KANALLAN representing my school. After receiving approval from both my family and school to join the organization, I had the chance to participate in numerous training sessions covering various topics such as child rights, child marriage, cybercrime, self-defense, life skills education, leadership skills, etc. Afterward, I gradually began sharing the knowledge and skills I acquired from those training sessions with my family, friends, society, and school.

As a result, my academic performance also improved. I was able to achieve the first position with the first division in my school in the SLC (Grade 10) examinations. I was able to understand that external knowledge greatly complements regular studies at school.

While I might not have been able to bring about significant changes in society, I have brought changes to my family. Earlier, the family used to have strict rules during menstruation; they would insist that girls should not go anywhere alone from home and should not stay out late at night. But now, they encourage me to attend such programs, learn well, and return with valuable insights. I hope to bring about change in society just as I have been able to change my family through my efforts. Once unable to speak, I, now, feel fortunate to confidently teach standing in front of others.

Finally, I want to express my heartfelt gratitude to my school for connecting me with the organization, to my family for supporting my involvement, and to Jagriti Child and Youth Concern Nepal for accepting me. I hope we will continue to be involved in other programs in the coming days as well.



म को हूँ ?

भावना भण्डारी



हो ! म को हूँ ? विगत आज भन्दा तीन वर्ष पहिला यो प्रश्नको उत्तर मलाई थाहा थिएन । अझै यो भन्नु की मलाई यो उत्तर होइन यस्ता प्रश्न नै थाहा थिएन ।

सामान्यतया म ब्राह्मण परिवारमा जन्मेकी परिवारकी कान्छी छोरी हुँ । के मेरो पहिचान यो मात्र हो त ? अवश्य हैन भन्ने उत्तर त बल्ल यो तीन वर्षमा थाहा भयो जब म यी समस्याहरूसँग जुध्ने र अभियानमा सँगै हिंडेर लाग्दा ।

बडा नं. ४ मा बसोबास गर्ने म त्यही बडाको सरस्वती नमुना मा.वि. मा पढ्थे । आज भन्दा तीन वर्ष पहिला हाम्रो विद्यालयमा एउटा संस्थाबाट विशेष गरी किशोरीसँग सम्बन्धित कार्यक्रम आयो । यो संस्थामा प्रत्येक बडाबाट तीन अथवा २ जना छनौट गरिने रहेछ । हाम्रो बडाबाट ३ जना छनौट हुँदा त्यसमा म पर्न सफल भए । मेरो परिवार शिक्षित भएकै कारणले पनि मलाई यस कार्यक्रममा समावेश हुन दिनुभयो । अनि त्यस संस्थामा आबद्ध भएपछि बल्ल ममा सकारात्मक परिवर्तन आयो ।

अझै यो भन्नुकी मलाई समाजमा बालिकाहरूमाथि भएका घटना, हुनसक्ने घटना, बच्नसक्ने उपाय, बचाउन सक्ने सजाय जस्ता विषयमा सिकाइ भयो । यस संस्थामा बालश्रम, बालविवाह, जीवन उपयोगी सीप, साइबर सुरक्षा आदिका विषयमा ज्ञान भयो । म किशोरी अवस्थामा प्रवेश गरेकी थिए । जब यो अभियानमा आबद्ध भए तब मलाई धेरै सहयोग र राम्रो बाटोको मार्ग पहिचान गर्नसक्ने, आफ्नो माग राख्न सक्ने, आफ्नो धारणा राख्न सक्ने जस्ता भावना जागृत भयो । बल्ल मलाई यो अभियानमा आबद्ध भएकोमा गर्व महसुस भयो र मेरो जीवनमा धेरै सकारात्मक परिवर्तन देखा पर्‍यो । म अहिले मेरै बडास्तरीय बाल संजालमा सल्लाहकारको रूपमा रहेको छु । संजालमा अरू बालबालिका र साथीहरूलाई मार्गदर्शन गरी सल्लाह सुझावहरू दिएर काम पनि गरिरहेकी छु ।

मैले जे जति प्रगति हासिल गरे, म आज गर्व गर्छु की यति सानो उमेरमा नि मैले हामी जस्ता किशोरकिशोरी अवस्थाका बालबालिकालाई वडासँग समन्वय गरेर छात्रवृत्ति प्रदान गराई उनीहरूको शिक्षा प्राप्तिमा सहयोग पुऱ्याउन सफल भए जुन मेरो लागि गर्वको कुरा हो ।

यतिमात्र कहाँ हो र ब्राह्मण परिवारमा जन्मेकी छोरी म, घर समुदायमा कति चालचलन, परम्परा, रहनसहन हुन्छ, यस मध्ये महिनावारी हुँदा बार्ने चलन हाम्रो परिवारमा थियो । म पनि एक किशोरी भएकोले यी चलन बेहोरेकी र घरका अन्य महिला सदस्यहरूमा भएको देखेको थिए । म पहिलो चोटी महिनावारी हुँदा एउटा कोठा भित्र लुकेर घाम नदेख्नेगरी बसेको थिए । जब म यो अभियानमा लागे बल्ल थाहा भयो, यो त एउटा कुरीति पो रहेछ । महिनावारी प्राकृतिक कुरा रहेको र यो बेला स्याहार सुसार बढी आवश्यक पर्ने थाहा हुन थाल्यो । त्यसपछि म विस्तारै यो बारेमा परिवर्तन गर्न आफ्नै परिवारबाट सुरु गरे । मेरो परिवारलाई पनि मैले सम्झाएपछि मेरो कुरा बुझ्नुभयो ।

बालश्रम, प्याड बनाउने तालिम, प्रजनन स्वास्थ्य, बालविवाह, साइबर अपराध जस्ता तालिम प्रदान भयो । यस अवसरबाट मैले ठूला व्यक्तिहरूसँग चिनजान र निर्धक्क साथ आफ्ना विचार तथा धारणाहरू भन्न सक्ने भए ।

हो, ममा आज जुन सकारात्मक परिवर्तन छ । त्यो सबै यही किशोरी सशक्तिकरणको कार्यक्रमले गर्दा हो । म त्यसपछि विद्यालयको विभिन्न अतिरिक्त कार्यक्रममा पनि भाग लिन थाले र म विद्यालयले आयोजना गरेको बक्तृत्वकला कार्यक्रम प्रतियोगितामा प्रथम समेत हुन सफल भए । त्यसैले मलाई यो संस्थामा र अभियानमा आबद्ध गराउनु हुने मेरा शिक्षकशिक्षिका, मलाई विश्वास गरेर पठाउने मेरो परिवारप्रति म आभार व्यक्त गर्दछु । मेरो पहिचान एउटा समाज परिवर्तन गर्न सक्ने किशोरीले देश पनि परिवर्तन गर्न सक्छ भन्ने हो । म एक किशोरी र महिलाले समाजमा केही न केही परिवर्तन गर्छु र गरेर पनि देखाउँछु ।



Who am I?

Bhawana Bhandlari



Yes! Who am I? I did not know the answer to this question three years ago. Or should I say, I didn't even know these questions, let alone the answers?

In a normal context, I am the youngest daughter born into a Brahmin family. Is this my only identity? "Of course not" was the answer, but it took me three years to realize it after I started dealing with various problems and joined the campaign together with others.

A resident of Ward No. 4, Kawasoti, I attended Saraswati Namuna Secondary School, which is also located in the same ward. Three years ago, a special program related to adolescent girls was introduced at our school by an organization. Two or three individuals would be selected from each ward to be involved with that organization. When three were chosen from our ward, I succeeded in being one of them. Because my family is educated, they allowed me to be involved in this program. And, only after joining the organization did I experience positive changes within myself.

Specifically speaking, I learned about the incidents relating to girls in this society, potential incidents, preventive measures, and applicable punishments. I also gained knowledge on various topics including child labor, child marriage, life skills, cyber security, etc. When I joined this campaign as an adolescent, I developed a sense to recognize available support, find the right path, and express my demands and opinions. Finally, I felt proud to be a part of this campaign, and it brought many positive changes to my life. Presently, I serve as an advisor to the Ward-level Child Club Network. I am actively working by offering guidance, advice, and suggestions to other children and friends in the network.

I am proud of the progress I have made. Today, I take pride in coordinating with the ward to provide scholarships for children in our community, like us, who are in their adolescence and successfully supporting their education pursuits at this young age. This is a matter of pride for me.

And that's not all, I was born into a Brahmin family. In our household and community, there are certain customs, traditions, and ways of living, including the practice of making menstruating girls and women live separately, which was prevalent in our family. I also experienced this practice and saw other female members of the household following it. During my first menstruation, I stayed inside a room, avoiding sunlight, and didn't go outside. When I got involved in this campaign, I realized it was a cultural malpractice. I started understanding that menstruation is a natural phenomenon, and our body during this time requires more nourishment and care. After that, I started discussing it with my family. They also understood my point of view.

Additionally, I delivered training on various topics including child labor, making pads, reproductive health, child marriage, cybercrimes, etc. This opportunity allowed me to interact with older people and confidently express my thoughts and beliefs.

Yes, there is a positive change in me today. All that is because of this 'Girl's Empowerment Program'. I then started participating in various extracurricular programs at the school, and I even managed to secure the first position in a speech competition organized by the school. Therefore, I express my gratitude to my teachers for encouraging me to join and to my family for believing in me and supporting my involvement in this organization and campaign. My identity is that of an adolescent who can change society, and by doing so, we can also change our country. I, as both an adolescent and a female, will do and prove it with my actions.



यो समाज र म

हरिकला गुरुङ



म गुरुङ परिवारमा जन्मिएकी कान्छी छोरी हुँ। आमा, बुवा, दिदी र म भएको सानो परिवारमा हामी दुवै बहिनी पढ्यौं, बढ्यौं र हुर्कियौं। खुसियालिका साथ हुर्केकी म जब ठूलो हुँदै गए, जब बुम्दै गए, समाजमा त छोरीलाई भन्दा बढि महत्त्व त छोरालाई पो दिइदो रहेछ भन्ने थाहा पाए। हामी दुई बहिनी भएको कारण समाजमा छरछिमेकले

पछि गएर छोरीले भन्दा छोरोले हेर्छ, त्यही भएर छोरा जन्माउनु पर्छ भनेर मेरो अभिभावकलाई भनेको पनि सुन्ने गर्दथे। हामीलाई पनि घरमा दाजुभाइ भएको घर राम्रो हुन्छ भन्ने गर्थे, यो कुराले हाम्रो मन काम्थ्यो र हामी बाबु र आमालाई गएर यी कुरा भन्ने गर्थौं। तर मेरो आमाबुवाले भने छोराछोरी दुवै एक हो, छोरा नभए केभो त समाजमा तिमीहरूले गरेर देखाउनुपर्छ भन्ने गर्नुहुन्थ्यो।

कसैको घरमा छोराछोरी बिच भेदभाव थियो भने कसैको घरमा रक्सि खाएर श्रीमती, छोराछोरीलाई पिट्ने गरेको देखिन्थ्यो। त्यो समस्याहरू देखेर डराउने गर्थे, त्यहाँ गएर बोल्ने आँट र हिम्मत पनि आउँदैनथ्यो।

यसै क्रममा म कक्षा ९ मा अध्ययन गर्दैगर्दा मैले जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा आयोजित किशोरी सशक्तिकरण कार्यक्रममा जोडिने मौका पाए। सो अभियानबाट विभिन्न तालिमहरू लिएको थिए। जस्तै – आत्म सुरक्षा, यौन तथा प्रजनन स्वास्थ्य अधिकार, बाल अधिकार, बालविवाह, अनलाइन सुरक्षा, आदि। त्यसै अनुसार आफ्ना लगायत अन्य बडाहरूमा, विद्यालयहरूमा तालिम दियौं।

यसरी मानिसहरू भेट्ने-बोल्ने क्रममा मैले के कुरा थाहा पाए भन्दा हाम्रो समाज बाहिरी रूपमा जति नै विकास हुँदै गएपनि तर मानिसको भित्री सोच भने अझै बदलिएको रहेनछ। यो देखेर ममा के आँट आयो भन्दा अब हामी नै हो जो यो समाजलाई बदल्न सक्छौं। बालविवाह, छाउपडि प्रथा जस्ता नराम्रा कुप्रथाहरू हटाउने।

पहिले त म आफूले आफूलाई धेरै भाग्यमानी ठान्दछु। यस संस्था र यहाँसम्म आउन सहयोग गर्ने मेरा आमाबुवालाई हृदयदेखिनै धन्यवाद भन्न चाहन्छु। किनभने यस्ता अवसरहरू धेरैले पाएका हुँदैनन्। त्यसपछि म विस्तारै प्रतियोगिताहरूमा सहभागी हुन थाले। नगरस्तरीय कथा लेखन प्रतियोगितामा सहभागी भई तृतीय स्थान हासिल गर्न सफल भए लगत्तै वर्षवर्षमा हुने राष्ट्रपति रनिडशिल्डमा विद्यालयबाट छात्रा भलिबल प्रतियोगितामा भागलिई लगत्तै दुईवर्ष (कक्षा ९ र १०) मा तृतीय स्थान हासिल गर्न सफल भए।

समाजमा कहिकतै हिंसा भएको देखे भने त्यहाँ गएर सल्लाह सुभाब दिने गर्छु र आज आएर आफूले आफूलाई हेर्दा अचम्मलाग्छ कि ममा समाज र एउटा देशका महिलाहरू किशोरकिशोरीलाई सशक्तिकरण गर्ने आट आएको छ। यी तीन वर्षको अवधिमा यस संस्थामा जोडिसकेपछि, हामी एउटा छोरीले पनि आफ्नो घरपरिवार, समाजमात्र नभएर राष्ट्रघान्न सक्ने रहेछौं भन्ने एउटा विश्वास आँट आएको छ।



I and This Society

Harikala Gurung

I am the youngest daughter born into a Gurung family consisting of my mother, father, elder sister, and myself. I and my sister studied and grew up together. Growing up in a happy environment, I gradually realized that sons were given more priority than daughters in our society. Because we were both daughters, our neighbors frequently used to pressure my parents to have a son so that the son would look after them in the future. But my parents used to say that sons and daughters are equal, and it doesn't matter if they don't have sons; we sisters should show our worth to society.

In some households, discrimination between sons and daughters was often seen, while in others, husbands would beat their wives and children after consuming alcohol. I used to feel scared looking at these problems, yet I lacked the courage to speak out there.

While I was studying in grade 9, I got an opportunity to join the Girls Empowerment Program organized by the Jagriti Child and Youth Concern Nepal and KANALLAN. I received various types of training through this campaign, such as self-defense, sexual and reproductive health rights, child rights, child marriage, online security, etc. We also conducted various training sessions in different wards and schools, including ours.

Through my interactions with people, I realized that no matter how much our society has developed outside, people's inner thoughts haven't changed yet. Looking at that, I got this courage that we are the ones who will change society, eradicating harmful practices like child marriage and the chhaupadi system (The practice of barring women and girls on their period from the house and forcing them to stay in a makeshift shed).

First of all, I feel so lucky, and I am deeply thankful to this organization and my parents, who helped me come a long way because a lot of individuals do not get such opportunities. I gradually began participating in different competitions. After my success in securing third place in a municipal-level story writing competition, I was also able to achieve third place in the girls' volleyball competition for two consecutive years (grades 9 and 10) in the President Running Shield tournament representing my school.

When I see violence somewhere in society, I go there and offer advice, and today, when I look at myself, I am amazed that I have the desire to empower society and the women of my country. During these three years of joining this organization, we have come to believe and have the courage that even a daughter can take care of her family, society, and the nation.





गोर्खा जिल्ला (तनिघरे) मा जन्मिएर कहिले फुपूसंग, कहिले मामाघर त कहिले सानोममीसंग बसेर मैले कक्षा-५ सम्म पढे । मेरो बुवाआमा दुवै विदेशमा बसेर हाम्रो सुनौलो भविष्यको लागि परिश्रम गर्दै हुनुहुन्थ्यो र केही वर्षपछि उहाँहरू नेपाल फर्केर आउनुभए पछि मैले उहाँहरूसँग नै बसेर पढ्ने निर्णय गरे । कक्षा-६ देखि अहिलेसम्म भने म आफ्नै बुवाआमासँग नै बसेर अध्ययन गरिरहेकी छु ।

मलाई सानैदेखि समाजसेवाप्रति रुचि थियो । म सानोमा पढाइमा, खेलकुदमा निकै सक्रिय सहभागिता जनाउथे । पछि मलाई खेलकुदबाट रुचि हटेपछि म पढाइमा बढि ध्यान दिनथाले तर पनि वक्तृत्वकला, बादविवाद, कथा आदिहरूमा सहभागी भइने रहन्थे ।

त्यसैबीच म कक्षा - ९ मा हुँदा मेरो विद्यालयको मप्रतिको विश्वासले गर्दा म जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान संस्थाद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा एक साथी शिक्षकको रूपमा आवद्ध हुने सुनौलो अवसर प्राप्त गरे । यस संस्थामा आवद्ध हुँदा मलाई मेरो परिवार, शिक्षक, साथीहरूले निकै सहयोग र हौसला प्रदान गर्नुभयो । जसकारण यस संस्थामा आवद्ध भएपछि अब राम्रो काम गर्दै जान्छु भन्ने हौसला मिल्यो ।

हामीलाई यस संस्थाले प्याड बनाउने, द्वन्द्व व्यवस्थापन, बाल अधिकार, अनलाईन सुरक्षा, आत्मसुरक्षा, तनाव व्यवस्थापन जस्ता विभिन्न तालिमहरू दिनुभयो । हामीले तालिमबाट लिने मात्र नभई आफ्नो उमेर समूहका व्यक्तिहरूलाई पनि तालिम दिनुपर्ने थियो । कहिलेकाही हामीले आफूभन्दा ठूला व्यक्तिहरूलाई, कहिले भाइबहिनीलाई पनि तालिम दिने गर्थौं । मैले हाम्रो विद्यालयमा अपाङ्गता हुनुभएका साथीहरूलाई आफूले दिने विभिन्न तालिमहरूमा सहभागिता गराउथे । उहाँहरूको जिज्ञासा, प्रश्नहरूलाई मैले अरूसामु सुनाउन सफल भएकी थिए ।

यस बालिका सशक्तिकरण कार्यक्रममा आवद्ध भइसकेपछि मैले विभिन्न राष्ट्रिय, अन्तर्राष्ट्रिय कार्यक्रममा भाग लिने मौका पाए । जहाँ उहाँहरूको कुराहरू सुन्ने र आफ्नो कुराहरू भन्ने अवसर पनि पाए । विभिन्न बालक्लबमा पनि सदस्यको रूपमा काम गर्ने अवसरहरू प्राप्त गरे । हामीले महिला, किशोरी तथा बालबालिका सम्बन्धी आवश्यक मागहरूलाई पोखरा गई प्रत्यक्ष रूपमा बुँदागत प्रश्नहरू गर्ने अवसर पनि प्राप्त गर्यौं । मन्त्रीहरूलाई घोषणापत्र हस्तान्तरण गर्ने अवसर पनि प्राप्त गर्यौं । अहिले मलाई मैले पाएको अवसर र मैले गरेको कामहरूप्रति गर्व लाग्छ र मलाई मेरो साथी, परिवारजनहरूले पनि निकै सल्लाह, सुझाव र हौसला दिनुहुन्थ्यो ।

किशोरी सशक्तिकरण अभियानमा लाग्दै गर्दा म बडास्तरीय बाल संजालमा आवद्ध भएर अहिले नेतृत्व गरिरहेकी छु । यो कार्यक्रम सकिएपनि म आगामी दिनमा पनि भाइबहिनीहरूलाई सिकाउने अभियानमा निरन्तर लागि रहनेछु र एकदिन आफूलाई घरपरिवार र समाजमा एउटा सक्षम छोरीको रूपमा चिनाउने मेरो यो यात्रालाई पूरा गर्नेछु ।



My Journey

Ichha Gurung



Born in Tanighare of Gorkha, I completed my studies up to grade 5 sometimes staying at my aunt's house, at my maternal uncle's house, and sometimes with another aunt. My parents were working hard abroad for our bright future, and upon their return after a few years, I decided to live with them and continue my education. Since grade 6, I have lived with my parents and am continuing my studies.

I was interested in social work from a young age. I also actively participated in academics and sports. However, slowly, I lost my interest in sports and started focusing more on my studies, but also used to engage in speech competitions, debates, story writing, etc.

During that time, I got a golden opportunity to participate in the Girls Empowerment Program conducted by Jagriti Child and Youth Concern Nepal and KANALLAN as a peer educator while I was in grade 9, thanks to the trust my school had in me. When I was involved in that organization, my family, teachers, and friends supported and motivated me a lot. Because of this, I was encouraged to do good work.

The organization also provided us with training sessions in pad-making, conflict management, child rights, online security, self-defense, anxiety management, etc. We not only had to attend training sessions but also had to provide training to others in our age group. Sometimes, we used to train people who were older and younger than us. I used to make my school friends with disabilities participate in those training programs. I was able to share their curiosity and questions with other people.

After getting engaged in the Girls Empowerment Program, I had opportunities to participate in different national and international programs, where I got to listen to their opinions and share mine. We got the opportunity to meet, interact, and submit memoranda to the ministers. We were also able to directly present our queries on the important issues related to women, adolescent girls, and children in Pokhara. I feel proud of the opportunities I got and the work I have done, and my friends and family used to provide me with a lot of suggestions and motivation.

Currently, while engaging in the girls empowerment campaigns, I am also leading the Ward-level Child Club Network. Even after this program concludes, I will continue to be involved in a campaign to educate younger brothers and sisters in the coming days, and I will complete my journey of establishing myself as an empowered daughter in my family and society.



घरपरिवार र समुदाय बदल्ने सोच

खिमा मुसहर



दलित समुदाय र एक निम्न वर्गीय परिवारमा जन्मिएकी किशोरी हुँ म । घरको पहिलो सन्तान छोरा जन्मिन्छ भनेर धेरै आश गर्नुभएको थियो तर म जन्मे छोरी मान्छे भएर होला घर परिवारबाट त्यति धेरै माया पनि पाइन मैले ।

हाम्रो मुसहर समाजमा धेरै शिक्षाको कमी थियो, त्यही कारणले छोरी मान्छे

भन्ने बित्तिकै एक नकारात्मक तरिकाले सोच्ने र अनेकौं कुराहरू सुनाउने, यसरी हिड्नु हुन्न, यस्तो गर्नुपर्छ, उताउली हुनुहुँदैन जस्ता शब्द आउथ्यो । जसले गर्दा मलाई एकदमै नराम्रो लाग्थ्यो । छोरी मान्छे भएर धेरै नपढ भन्ने गर्नुहुन्थ्यो । छोरा भएको भए के-के गरी सक्थ्यो अहिलेसम्म, भन्ने वचन सुन्नु पर्दथ्यो ।

समाजमा जति नै नराम्रो भने तापनि मैले आफ्नो सोच र मिहिनेत गर्न छोडिन पढाइमा पनि राम्रो हुँदै गए, विद्यालयमा भएका केही क्रियाकलापमा भाग लिन्थे तर त्यति राम्रो थिएन किनकि बोल्ने क्षमता कमी थियो ।

जब म किशोरी सशक्तिकरण कार्यक्रममा छनौट भएर अभियानमा जोडिए, त्यहाँबाट हामीलाई द्वन्द्व व्यवस्थापन, हिंसा, नेतृत्व विकास गर्ने, बालविवाह विरुद्ध जस्ता विभिन्न विषयमा तालिम प्रदान गरियो । यसमा आफूले मात्र सिकेर होइन विद्यालयमा, घरपरिवारमा, समाजमा पनि सिकाउनु थियो र मैले आफूले सिकेका कुराहरू समाजमा घर परिवारमा पनि सिकाए र समाजमा सिकाउँदा निकै कठिन हुन्थ्यो । छोरी मान्छेको कुराहरू त्यति धेरै सुनुवाइ हुँदैनथ्यो तर पनि विस्तारै-विस्तारै गर्दा समाजको जुन नकारात्मक सोचाइ थियो । त्यो अलि-अलि भएपनि हट्दै गएको छ र ममा पनि धेरै परिवर्तन भयो र मेरो घरपरिवारमा पनि परिवर्तन भयो ।

घरबाट कहिले ननिस्केको कारणले गर्दा मलाई त्यति धेरै कुराहरूको ज्ञान थिएन । यस कार्यक्रममा आइसकेपछि मैले सिकने कुराहरू पनि धेरै सिके र सिकाउनु पर्ने पनि धेरै कुराहरू सिकाए । हाम्रो समाजका बालबालिकाले घरको आर्थिक अवस्था निकै कमजोर भएको हुनाले पढ्दा-पढ्दै पढाइ छोडेको थिए । तिनीहरूलाई एकै ठाउँमा भेला गराएर हामीले शिक्षा लिनुपर्छ, हाम्रो समाज धेरै पछि परेको समाजमा केही गर्नुपर्छ । हामीलाई शिक्षाको आवश्यकता छ भनेर तिनीहरूको घरघरमा गएर आमाबुबालाई सम्झाएर केही सहयोग दिएर पुन विद्यालय पढाइयो । छोरीमान्छेले केही गर्न सक्दैन भन्ने समाजले पनि केही गर्न सक्छ भन्ने धारणा राख्नु पर्छ ।

मलाई यति धेरै राम्रो अवसर दिनुभएकोमा मेरो घर, परिवार, साथीहरू र जागृति बाल तथा युवा सरोकार नेपाल, क्यानालानद्वारा आयोजित किशोरी सशक्तिकरण कार्यक्रमलाई धेरै-धेरै धन्यवाद दिन चाहन्छु । हाम्रो समाजमा मात्र सिमित नभई यस्ता हामी जस्ता पछाडि परेका कति धेरै किशोरीहरू छन्; यस्तो कार्यक्रमको विभिन्न ठाउँमा आवश्यकता छ र त्यहाँ पनि यो कार्यक्रम पुऱ्याउन अनुरोध गर्दछु ।



Thoughts to Transform Family and Community

Khima Musahar



I am an adolescent girl born into a lower-income family belonging to the Dalit community. The family had high hopes for a son as the first child of the household, but because I was born as a daughter, I didn't receive as much love.

There was a lack of education in our Musahar community. Therefore, when the word 'girl' was brought up, the community would view them negatively, leading to a lot of unsuitable advice "You shouldn't walk like that" "You should do this" and "You shouldn't be too wayward". These harsh comments made me feel disheartened. They would discourage me from studying because I was a girl. They used to say, "If only you were a boy, you could have done so much more."

Despite listening to harsh comments from society, I remained committed to my thoughts and efforts. As a result, I began excelling in my studies. However, my participation in school activities felt less fulfilling due to my limited communication skills.

When I joined the Girls Empowerment Program as an adolescent, we received training on various topics such as conflict management, violence, leadership development, and fighting against child marriage. This program isn't just about my learning; I had to share my knowledge with my school, family, and society as well. And, I conveyed what I learned to my family and society, but teaching the broader society was challenging. A girl's words weren't valued as much. However, over time, the negative attitudes in society started to decrease gradually, and I also underwent huge changes, and there were changes in my family as well.

Because I never left home, I did not know so many things. After becoming part of this program, I learned a lot of new things that I was supposed to learn, and I also taught others based on what I had learned. Due to the poor financial condition of the family, many children in our society discontinued studying. Therefore, we visited their homes and persuaded their parents, emphasizing the importance of education, and contributing to our disadvantaged society, for which education is crucial. Further, we also provided them with some support to ensure the continuation of their children's schooling. It is necessary to make society, which believes that girls cannot do anything, realize that "girls can".

I want to extend my heartfelt gratitude to my family, friends, Jagriti Child and Youth Concern Nepal, and KANALLAN for providing me with such wonderful opportunities through the Girls Empowerment Program. Not only in our community, but in other communities as well many girls like us are left behind. Such programs are essential in those places, and I also request to implement this program there as well.



मेरो जीवनका आयाम

पूर्णमा एम.सी.



काठमाडौं जस्तो ठूलो सहरमा मेरो जन्म भयो र बाल्यकाल बित्यो । म यी समाजका कुराहरू र समाजका समस्याहरूबाट धेरै टाढा रहेछु । अहिले आएर महसुस गरेकी छु । त्यो ठूलो शहरमा बसेर पनि स्वतन्त्रता नपाएको भने हैन । तर त्यो ठाउँमा जितिनै स्वतन्त्र भएपनि मानिसहरूको इच्छा, चाहना समस्या, प्रतिभा सबै केवल उनीहरू बस्ने घरकोठा भित्र मात्र सिमित रहदो रहेछ । यसरी नै मेरोपनि इच्छा चाहना भन्दा पनि समस्या र प्रतिभा भने त्यही म बस्ने कोठामा चुलिएका रहेछन् ।

म कक्षा ७ मा थिए तब मेरो आमाबुवाले मलाई काठमाडौंबाट नवलपुर ल्याउनु भयो । त्यो नौलो शहर आउँदा मैले मेरो बाल्यकाल उतै काठमाडौंमा नै छोड्नु पर्दा मलाई एकदमै नराम्रो लागेको थियो । मेरो बुवाले हाम्रो घर नजिकैको विद्यालयमा भर्ना गरिदिनु भयो । म त्यही विद्यालयमा पढ्न थाले ।

कक्षा ८ मा हुँदा किशोरी सशक्तिकरण कार्यक्रममा भाग लिने अवसर पाए । म यो कार्यक्रममा लागेपछि धेरै कुराहरू सिक्ने बुझ्ने, सिकाउने, बुझाउने अवसर पाए । पहिला २ जनाको अगाडि जाँदा पनि डराउने म त्यो कार्यक्रममा लागेपछि ३०/४० जनाको अगाडि निर्धक्क भएर बोल्न सक्ने भए । पहिला मलाई यो बालविवाह, बालश्रम, बालहिंसा, द्रुन्द, नराम्रो छुवाइ, राम्रो छुवाइ जस्ता विषयहरू केहीपनि थाहा थिएन । जब म यो कार्यक्रममा लागे मलाई कोसँग के बोल्नुपर्छ, कस्को अगाडि कसरी बोल्ने ? भन्ने कुरा सिके ।

हाल म तीनवर्षे किशोरी सशक्तिकरण कार्यक्रममा साथी शिक्षक छु । म कावासोती नगरपालिका वडा नं ३ को वडास्तरीय बालक्लब सञ्जालकी पनि एक सदस्य हुँ ।

यो कार्यक्रमपछि विद्यालयमा मैले धेरै परिवर्तन पाएँ, म यस कार्यक्रममा सहभागी भएपछि विद्यालयमा मलाई हेर्ने दृष्टिकोण बदलिदै गयो । केही कार्यक्रम हुँदा मेरा केही शब्दहरू राख्ने अवसर दिनुहुन्थ्यो । अझ मैले नगरस्तरीय कथा लेखन प्रतियोगितामा सहभागी भई पुरस्कार पनि प्राप्त गर्न सफल भए । यसबाट मैले लिएको तालिमले मलाई विभिन्न प्रतियोगितामा सहभागी हुन हौसला पनि मिलिरहेको छ जस्तो महसुस गरिरहेको छु ।

यो कार्यक्रमले मेरो जीवनमा धेरै परिवर्तन ल्यायो । ३ वर्ष अगाडिको त्यो पूर्णिमा र ३ वर्ष पछिको यो पूर्णिमामा धेरै फरक छ । मलाई यस्तो राम्रो कार्यक्रममा सहभागी हुने अवसर दिनु भएकोमा म जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानको सबै सम्बन्धित व्यक्ति, समाज, परिवार र विद्यालयप्रति आभार प्रकट गर्दछु । आज आएर मलाई महसुस भएको छ कि यो कार्यक्रममा लागेपछि मेरो जीवनले नयाँ र सुन्दर मोड लिएको छ ।

भविष्यमा नेपाललाई किशोरीमैत्री बनाउने सपना देखेकी छु । मैले आफूबाट सक्दो कोसिस गर्ने छु । धन्यवाद !



Dimensions of My Life

Purnima MC



I was born into a humble family and spent my childhood in a big city like Kathmandu, the capital city of Nepal, where big houses and cars are common. I was far away from the issues and problems of this society for a long time. But I have started realizing them now.

Despite being in such a place, people's desires, wishes, problems, and talents are often confined within the walls of their homes. Similarly, more than my desires and aspirations, my problems and talents were confined within the room where I lived.

When I was in grade 7, my parents brought me from Kathmandu to Nawalpur. Upon arriving in this new town, I felt quite disheartened, as I had to leave my childhood in Kathmandu. My father admitted me to a nearby school. I continued my education there.

In grade 8, I got the opportunity to participate in the Girls Empowerment Program. Since joining this program, I had the chance to learn, teach, and understand many things. Initially, I was nervous even to speak in front of two people, but after joining this program, I gained the confidence to address 30 to 40 individuals without any hesitation. Before joining this program, I had little knowledge about child marriage, child labor, child abuse, conflict, good touch, and bad touch. However, after being involved in this program, I learned how to choose my words wisely depending on whom I interact with and how to effectively communicate with others.

Currently, I am a peer educator in a three-year Girls Empowerment Program. I am also a member of the Ward-level Child Club Network in Ward No. 3 of Kawasoti Municipality.

After participating in the Girls Empowerment Program, the way I was perceived at school started shifting positively. I was provided with opportunities to share my few words in some programs. Furthermore, I successfully participated and received an award in a municipal-level story-writing competition. I feel that the training I received from this program has boosted my confidence to participate in various competitions.

Thus, this program has brought many changes in my life. There is a big difference between 'me' from three years ago and 'me' from now. I am grateful for the opportunity to participate in such a wonderful program. I express my gratitude to all the concerned people of Jagriti Child and Youth Concern Nepal and KANALLAN, society, the family, and the school for all their support. Today, I feel that my life has taken a new and beautiful turn since joining this program.

Finally, I have dreamt of making Nepal more friendly to adolescent girls in the future. I will try my best to make a difference.



सफल किशोरी

पूर्णमा चपाई



म कावासोती-१३ मा बस्छु। मैले आफ्नो माध्यमिक तहसम्मको अध्ययन श्री शान्ति निकुञ्ज माध्यमिक विद्यालयबाट हासिल गरे।

मेरो पढाइ सानैदेखि राम्रो थियो र म पढाइमा लगानशील मिहिनेती थिए।

म एकदमै सामान्य परिवारमा जन्मिएकाले मलाई धेरै कुराको अभाव भएको थियो। मैले मेरी आमाको त्याग, हौंसला देखेर मलाई प्रेरणा मिल्ने गर्थ्यो। मेरो परिवारमा १ दिदी, १ भाइ, म र आमाबाबा हुनुहुन्छ।

मेरो विद्यालयमा पढाइ राम्रो भएकाले सबैले मलाई माया र हौंसला प्रदान गर्नु हुन्थ्यो। एक दिनको कुरा हो मलाई विद्यालयबाट फोन आयो, जागृति बाल तथा युवा सरोकार नेपाल, क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रमका निमित्त म्याम तिम्रो घरमा आउँदै हुनुहुन्छ भनेर। यसपछि मेरो मनमा अनेक प्रश्नहरू आउन थाले।

के हो त यो कार्यक्रम? मैले मेरी आमालाई पनि भने; आमाले आफूले पढ्न नपाएपनि आफ्नो छोराछोरीहरूले पढेर राम्रो गरेको सुन्न अथवा देख्न पाइयोस् भन्नुहुन्थ्यो र कार्यक्रमहरूमा पनि सहभागी हुन पर्छ, विद्यालयको शिक्षाले मात्र केही हुन्न भन्नु हुन्थ्यो। त्यसैले मलाई कार्यक्रममा सहभागी हुन दिनु भयो। अझै विश्वास गराउनका लागि यस जागृति बाल तथा युवा सरोकार नेपालले आमाबाबाका लागि पनि तालिम प्रदान गर्नुभयो। जब पहिलो पटक म यस कार्यक्रममा तालिम लिन कावासोती गए, मेरा मनमा अनेक प्रश्नहरू सिर्जना भएका थिए। म जस्ता ३५ जना किशोरीहरू पनि थिए।

मैले यस अभियानमा रहेर धेरै कुराहरू सिक्ने मौका पाए। मैले विभिन्न तालिमहरू पनि लिगे, जस्तै- हिंसा, दूर्व्यवहार, शोषण, असमानता, आत्मरक्षा, नेतृत्व विकास, महिनावारी आदि। सो तालिम लिगेपछि मैले आफ्नो साथीहरू र विद्यालय, समुदायस्तरमा समेत विभिन्न सचेतनामूलक कार्यक्रमहरू सञ्चालन गरे।

यसै क्रममा विद्यालयस्तरीय निबन्ध लेखन प्रतियोगितामा म प्रथम पनि हुन सफल भएकी थिए।

हामीले किताबका विषयहरू विद्यालयमा सिकेका थियौं तर हाम्रो विकासको लागि आवश्यक विषयहरू जुन किताब भन्दा बाहिरका छन्। यो कार्यक्रमबाट ममा आत्मरक्षाको सीपको विकास, आत्मविश्वास, सकारात्मक सोच र बचन गर्नुपर्दछ भन्ने सोचमा समेत सहयोग गरेको छ। यस्तै विभिन्न पुरस्कार जितेर पाएका पैसाले मैले सानो कृषि पनि गरेकी छु। १०-१२ बटा कुखुराका चल्ला पालेर त्यसलाई ठूलो बनाएर त्यसबाट भएको आमदानीले आफ्नो आवश्यकताहरू पूरा गर्ने गर्छु।

म कसैको अगाडि बोल्न लाज मान्ने, हिचकिचाउने गर्थे। साच्चै भन्नुपर्दा के म त्यो पूर्णमा हो र? जुन ३ वर्ष अगाडिको पूर्णमा र अहिलेको पूर्णमामा धेरै फरक पाएकी छु। म मान्छे नै फेरिए जस्तो लाग्छ। आफ्नो कुराहरू आमालाई भन्न डराउने अहिले सबै परिवारसँग खुलेर भन्न सक्छु। म आफ्नो कुरा निर्धक्क तरिकाले भन्न सक्छु। मैले सबैबाट राम्रो प्रतिक्रिया पाएकी छु। मलाई मेरो पढाइसँगसँगै आफ्नो जीवनमा चाहिने र उपयोग हुने कुराहरू सिक्न र सिकाउन पाउँदा आफूले आफूलाई भाग्यशाली ठान्छु।

म अत्यन्तै खुसी छु कि म यस किशोरी सशक्तिकरण तालिममा एक अभियान्ता हुँ र म यस जागृति बाल तथा युवा सरोकार नेपाल, परिवार, गुरुहरू र मेरो परिवारलाई हृदयदेखि धन्यवाद दिन चाहन्छु। हजुरले दिनुभएको माया, साथ, हौंसलाको कारणले म सफल किशोरी भएकी छु।



Successful Adolescent

Purnima Chapai



I live in Kawasoti-13. I completed my secondary-level education at Shree Shanti Nikunj Secondary School.

I was good at school from the beginning as I was always studious.

Born into an ordinary family consisting of one sister, one brother, and the parents, I lacked many things. Yet, seeing my mother's sacrifices and courage inspired me a lot.

Because I was doing well in my studies at school, everyone used to appreciate and encourage me. One day, I received a phone call from the school informing me that a female staff of Jagriti Child and Youth Concern Nepal would visit me to discuss the Girls Empowerment Program being implemented by Jagriti Child and Youth Concern Nepal and KANALLAN. Then, many questions about what this program was about started arising in my mind.

I shared the news with my mother as well. Even though my mother could not study, she hoped to hear that her children were doing well in their studies and that they participated in various programs as school education alone would not be enough. So, she allowed me into the program. To gain more trust, Jagriti Child and Youth Concern Nepal also provided training to parents.

Through this campaign, I got many opportunities to learn. I attended training on topics such as violence, drug abuse, exploitation, inequality, self-defense, leadership development, menstruation, etc. After these training sessions, I organized awareness campaigns for my friends, school, and community.

In due course, I even won first place in a school-level essay writing competition.

We learned different subjects from textbooks in school, but for our overall development, we needed to learn topics beyond the books. This program helped me develop my self-defense skills, confidence, positive thinking, and vocabulary. With the money I earned from winning various awards, I started small-scale farming. I raise 10 to 12 chicks, care for them until they mature, and use the income from this endeavor to meet my needs.

I used to feel shy and hesitant to speak in front of others. Honestly, sometimes I ask myself, "Am I the same person as before?" There's a vast difference between me from three years ago and me now. I feel like I have changed as a person. I am not scared to share anything with my mother, I can openly express myself with my family. Now, I can express myself without hesitation. I have received positive feedback from everyone. I feel fortunate to learn and teach practical skills that I can apply in my daily life, alongside my academic studies.

I am extremely happy that I am a campaigner for girls' empowerment, and I would like to thank, from the bottom of my heart, Jagriti Child and Youth Concern Nepal, KANALLAN, family, and teachers. I have become a successful adolescent because of your love, support, and encouragement.



अवसर पाउँदाको खुसी

अनिता नेपाली

म एक खुल्ला मन भएकी सबैसँग हाँसेर बोल्ने छिट्टै मानिसहरूसँग घुलमिल हुने एक साधारण परिवारमा जन्मिएकी घरकी कान्छी छोरी हुँ। म कावासोती नगरपालिका वडा नं. १२ खरकट्टामा बसोबास गर्छु। हाल शान्ति निकुञ्ज माध्यमिक विद्यालयमा कक्षा १२ मा अध्ययनरत छात्रा हुँ।

मलाई पढ्न, लेख्न, नाच्न, बोल्न र आफूले जाने बुझेका कुराहरू सिकाउन असाध्यै धेरै राम्रो लाग्छ। मैले अध्ययन गर्ने विद्यालयमा किशोरी सशक्तिकरणमा आबद्ध हुनुभएका दिदीहरूले तालिम दिन आउनु हुन्थ्यो। म पनि त्यो तालिममा सहभागी हुन्थे। दिदीहरूले बोल्नु र सिकाउनु भएको कुराहरू मलाई असाध्यै धेरै राम्रो लाग्थ्यो।

एकदिनको कुरा हो मलाई मेरो विद्यालयको शिक्षिकाले तीन दिने आत्मरक्षा तालिम हुने र तिमी पनि जाउँ भन्नुभयो। म र मेरो दुईजना साथी गरी तीनजना साथीहरू त्यो तालिममा सहभागी भयौं। त्यो तालिम लिएपछि मलाई अझ धेरै बढि कुराहरूको विषयहरूमा थप ज्ञान भयो।

मलाई बोल्नु राम्रो लाग्ने भएकाले त्यो तालिममा आबद्ध हुन मन लाग्यो। मनमनै मैले सोचे आँहा! यो तालिम कति राम्रो, कति उपयुक्त छ। म मेरो समाज र देश नै परिवर्तन गर्ने खालको पो रहेछ। म पनि यो तालिममा आबद्ध हुन पाएको भए कति राम्रो हुन्थ्यो होला भनी सोचें।

प्रतीक्षाको फल मिठो हुन्छ भनेभै एक दिनको कुरा हो- मलाई त्यही संस्थाको सर, मेडमहरूले तिमी पनि त्यो संस्थामा बसेर काम गर्न चाहन्छौं बहिनी भन्नुभयो। यो कुरा सुन्दा मेरो खुसीको सीमा नै रहेन। मनमनै मैले जे सोचेको थिए त्यही कुरा पूरा हुन लाग्यो भने। त्यसपछि यस्तो राम्रो संस्थामा एउटा साथी शिक्षकको रूपमा आबद्ध हुन पाउँदा मैले नाइ भन्नै सकिन।

त्यसपछि उहाँहरूले मेरो ममीबाबासँग कुराकानी गर्नुभयो। ममी बाबाले पनि हुन्छ भन्नुभयो। यसरी म किशोरी सशक्तिकरण कार्यक्रम गर्ने संस्थासँग जोडिन पुगे।

मैले नयाँनयाँ विषयहरूको बारेमा विभिन्न तालिमहरू प्राप्त गरे। जस्तै- बाल तथा किशोरी अधिकार, साइबर सुरक्षा, लागुऔषध दुर्व्यसन, वातावरण, द्रव्य तथा हिंसा, प्रजनन स्वास्थ्य तथा महिनावारी। मैले त्यही तालिम मेरो विद्यालय, गाउँसमाजमा सिकाए।

सुरुसुरुमा तालिम कार्यक्रम गर्दा कठिनाई भयो। विद्यालयमा कार्यक्रम गर्दा विद्यार्थीहरू हल्ला गरेर राम्रोसँग नसुन्दिने गर्थे म पनि धेरै शिक्षक, विद्यार्थीहरू देखेर बोल्न डराउने, हडबडाउने, आतिते गर्थे र गाउँघरमा कार्यक्रम गर्दा बोलाएको समयमा नआइदिने र घरघरमै गएर ल्याउनुपर्ने त्यसपछि सबै जना जम्मा भईसकेपछि मात्र तालिम सुरु गर्थे। कोहीकोही व्यक्तिहरूले आलोचना पनि गर्नुहुन्थ्यो। तिमिले त जानेकी, बुझेकी छैनऊ होला अरूलाई के सिकाउछेउ भन्नु हुन्थ्यो। यस्तो भन्दा मलाई निकै नराम्रो लाग्थ्यो तर पनि मैले उहाँहरूको कुरालाई ध्यानमा नराखी निरन्तर तालिम कार्यक्रमहरू गर्दै गए।



यसरी विभिन्न विषयहरूका बारेमा सिकाउँदै कार्यक्रमहरू गर्दै जाँदा सधैँभै मैले मेरो गाउँमा बालविवाह र लागुपदार्थ दुर्व्यसन रोकथाम तथा न्यूनीकरणमा आमा समूहहरूको भूमिका विषयमा छलफल कार्यक्रम तथा तालिम दिए। तालिम असाध्यै धेरै राम्रो भयो। मैले तालिम दिँदै हिँड्दै गरेको भएका कारणले बानी पन्यो र म नडराई निर्धक्कसँग नआति बोल्ने भए। तालिम सकिएपछि तालिममा सहभागी हुनुभएको सबैले आमा, आन्टी, भाइबहिनीहरूले आहा! कस्तो राम्रो तालिम दिएको यो त हाम्रो गाउँ समाजमा चाहिने र सबैले जान्ने पर्ने विषय हो। यो तालिम त हामीलाई साँच्चै धेरै राम्रो लाग्यो। अब आउने आगामी दिनहरूमा पनि यस्तै-यस्तै राम्रो कार्यक्रमहरू लिएर आउनु भन्नुभयो। त्यो कुरा सुन्दा मलाई सारै खुसी लाग्यो। ममा अझ बढि काम गर्ने क्षमता, जोस, जाँगर बढेर आयो।

मैले दिएको तालिमको फोटो इन्टरनेटमा राख्दा सबै मानिसहरूले के पढाएको हो? कस्तो के हो? नानी भन्दै सोध्नु हुन्थ्यो। मैले म आबद्ध भएको किशोरी सशक्तिकरण संस्थाको बारेमा भन्थे। सबैले सुनेर आहा! तिमी त कती राम्रो संस्थामा काम गर्दिरिछौं भन्नु हुन्थ्यो। मलाई मेरो अभिभावकहरूले पनि कति बोल्न जानेको, कस्तो राम्रो कुराहरू सिकाएको तिमीले, यस्तो राम्रो कार्यक्रमहरू आफूले जानेका, बुझेका कुराहरू यसरी विद्यालय गाउँ समाजमा रहेका व्यक्तिहरूलाई सिकाउन सक्छौं भनी सोचेको पनि थिएन भन्नुभयो।

मेरो विद्यालयको शिक्षकहरूले पनि किशोरी सशक्तिकरणमा आबद्ध हाम्रो विद्यार्थी भनेर चिन्नु भयो। भाइबहिनीहरूले पनि नमस्ते दिदी! हामीलाई तालिम दिने सिकाउने दिदी है हजुर भन्दै मलाई अझ बढी सम्मान गर्न थाले। मलाई मानिसहरूले हेर्ने नजरनै छुट्टै फरक भयो। मैले ममा र मेरो समाजमा धेरै परिवर्तन आएको अनुभव गरे। मेरो सोच र क्षमता बढ्यो। मलाई निरन्तर रूपमा सहयोग गर्ने मेरो अभिभावक, साथीहरू, विद्यालय, वडा र कावासोती नगरपालिका, जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान, सबैलाई धन्यवाद दिन चाहन्छु। म यो संस्थामा एउटा साथी शिक्षकको रूपमा आबद्ध भएको ६ महिना मात्र भयो तर पनि मलाई म पहिलै निकै लामो समयबाट काम गरिरहेको जस्तो लाग्छ। किनभने मलाई कहिल्यै पनि महसुस नै भएनकी म पछि आएको हुँ। मैले त भन अझ जागर, प्रेरणा, हौसला पाए। ६ महिना अगाडिको म र ६ महिना पछिको म मा धेरै परिवर्तन पाए। म आफैलाई निकै भाग्यमानी ठान्छु, किनभने म यस्तो राम्रो संस्थामा जोडिएर म र मेरो समाजको लागि काम गर्न पाएको छु। मैले सोच्ने तरिकामा भिन्नता पाए।

म अहिले कावासोती नगरपालिकाको नगर युवा संजालमा आबद्ध भएकी छु। मैले ६ महिनामा सिकेको सीप, ज्ञान र नगर युवा संजालबाट पनि मैले यस्तैयस्तै म र मेरो समाजको लागि निरन्तर रूपमा काम गरिरहनेछु।





The Joy of Getting Opportunities

Anita Nepali



Born into a modest family, I am an open-hearted girl who laughs easily and quickly connects with people. I reside in Ward No. 12, Kharkatta, Kawasoti Municipality. Currently, I am a student studying in grade 12 at Shanti Nikunja Secondary School.

I find great joy in learning, writing, dancing, speaking, and sharing what I know. At the school where I study, the *didis* ('Didi' is used to respectfully address a familiar older female) involved in the Girls Empowerment Program would come to train us. I also used to participate in those training sessions. The things they taught and shared with us were immensely enjoyable to me.

One day, my school teacher informed me that there would be a three-day self-defense training program at our school, and she encouraged me to attend. Along with my two friends, I participated in that training. After receiving that training, I gained more knowledge in various subjects.

Since I enjoy speaking, I felt motivated to get engaged in that training. I thought to myself, "Wow! This training is so good, so relevant." I felt like I could change my society and country after the training. I also thought, "If I could participate in this training, how great it would be to participate in similar other programs!"

In Nepal, we have a proverb that the result of a long wait is always sweet. Just like that, one day, some staff members of that organization inquired, "Would you also like to work there?" Hearing this, my happiness knew no bounds. I told myself that my thoughts were materializing before my eyes. Then, I replied, "Sir and madam (Sir/Madam in Nepal generally is a respectful term used to address individuals who work in an office setting. Here, it refers to the staff of JCYCN and KANALLAN.), I will definitely be involved. I can't refuse the opportunity to be involved in a reputed organization as a peer educator."

Then, they spoke with my parents. My parents also agreed. This is how I got associated with the organization that was implementing the 'Girls Empowerment Program'.

Then, I received various training on new topics, such as child and adolescent rights, cyber security, drug abuse, environment, conflict and violence, reproductive health, and menstruation. I conducted the same courses in my school and community.

Initially, there were challenges in organizing the training programs. While organizing programs at the school, students would become noisy and pay no attention. I, too, felt nervous speaking in front of many teachers and students, and their presence made me nervous and hesitate. When conducting programs in villages, people wouldn't come at the scheduled time, and we had to go door-to-door to bring them. Only after everyone gathered, I would finally start the training. Some individuals would also criticize me. They would say, "You, yourself, may not know or have an understanding of the content, so how could you possibly teach others?" I would feel terrible whenever I had to hear such things. However, without paying

attention to what they said, I kept conducting training regularly.

Continuing my programs on various topics, I emphasized the crucial role of mothers' groups in my village in preventing and mitigating issues like child marriage and drug abuse. The training went well. Continuing to deliver training, I got used to it and became confident in speaking without fear and hesitation. After the training, everyone, including mothers, aunts, brothers, and sisters, said happily, "Wow! What an excellent training course you delivered! These are crucial topics in the context of our village and community, and everyone should attend. We thoroughly enjoyed this training. We look forward to more such wonderful programs in the future." Hearing that made me incredibly happy. My confidence, enthusiasm, and energy for doing more work increased even further.

When I posted the photos of the training on the internet, everyone would ask, "What did you teach? What was the training about? Tell us more, Nani ('Nani' is a term used by the older generation to affectionately address younger individuals, similar to 'dear young one')! I used to tell them about the organization that was implementing the Girls Empowerment Program. After listening to me, everyone would say, "Wow! You are working in such a great institution." Even my parents used to say, "You really know how to present; the things you have taught are excellent. We never expected you to conduct such good programs and impart what you have learned and understood to the people of the school and this society."

The teachers at my school also recognized us as the students associated with the Girls Empowerment Program. Even our juniors started addressing us with respect, saying, "Namaste Didi ('Didi' is used to respectfully address a familiar older female.), you are the one who trains and teaches us, aren't you?" People's perception of me changed to a great extent.

I have experienced a lot of changes in myself and my community due to my involvement in the program. My thinking and abilities have improved. I would like to express my sincere thanks to my parents, friends, school, ward, Kawasoti Municipality, Jagriti Child and Youth Concern Nepal, KANALLAN, and everyone who has continuously supported me. I have been involved as a peer educator in this organization for only six months, but it feels like I have been working here for a much longer time. I have never felt that I joined this program late. I feel more energized, inspired, and motivated than ever. Between the past six months and the six months before that, I have experienced a lot of changes. I consider myself very fortunate because I have been able to work for my society by being associated with such a great organization. I have found diversity in the way I think.

Currently, I am involved in the Kawasoti Municipality Youth Network. I will continue to work in this manner for myself and my society, utilizing the skills and knowledge I have gained over the past six months, as well as through my involvement in the Municipality Youth Network.



सामान्य परिवारमा जन्मिएकी छोरी

अमिसा आचार्य

मध्यम वर्गीय परिवारमा जन्मिएकी म घरकी जेठी छोरी हुँ। मेरो घर कावासोती-५ मा रहेको छ। म एक भाइ र एक बहिनीको दिदी साथै घरकी जिम्मेवार र आमाबुवाकी साहारा पनि हुँ। घरकी जेठी छोरी भएका कारण घरको अवस्था र व्यवहार राम्रोसँग थाहा भएको छ।

घरको आवश्यकताहरू पूरा गर्न तथा म, मेरो भाइ र बहिनीको पढाइ खर्चको लागि बुवाआमाले कृषि गर्नु हुन्छ। सामान्य परिवार भए तापनि हामीलाई आवश्यक पर्ने बस्तुहरू राम्रोसँग पुऱ्याइदिनु हुन्छ। म यही

कावासोती-५ मा रहेको कालिका मा.वि.मा १० कक्षासम्म अध्ययन गरेकी हुँ। सरकारी विद्यालयमा अध्ययन गरेपनि मेरो पढाइ राम्रो थियो। म कक्षाको प्रथम र अनुशासित विद्यार्थी थिए। पढाईमा राम्रो भएतापनि अन्य कुराहरूमा राम्रो थिएन। मलाई किताब बाहेक अरू बाहिरी कुराको धेरै ज्ञान थिएन। म पढाइमा राम्रो भएपनि बोल्न चाहिँ धेरै डराउने गर्थे।

म आफ्नै कक्षाको साथीहरू र पढाउने शिक्षकहरूसँग पनि कम बोल्ने गर्थे। म कक्षा ९ मा अध्ययन गर्ने क्रममा जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरणमा एक किशोरी अभियान्ता बन्ने अवसर पाए। पहिलो ५ दिनको तालिम चितवनमा थियो। त्यस तालिममा जाँदा धेरै किशोरीहरू साथी बनाउने मौका पाए। घरबाट कहिल्यै त्यति टाढा तालिम लिनको लागि भनेर गएकी थिइन। त्यहाँ जाँदा मैले धेरै अनुभवहरू बटुलेकी थिए। त्यस्तै गरी बालविवाह, बाल अधिकार, प्याड बनाउने, नेतृत्व विकास तथा क्षमता विकास, यौन तथा प्रजनन स्वास्थ्य, आत्मसुरक्षा, जीवन उपयोगी सीप जस्ता तालिमहरू लिनै अवसर पाए। मैले यी तालिमहरू लिएपछि आफ्ना घर, समाज, विद्यालयमा पनि सिकाए।

गाउँमा कसैसँग नबोल्ने, घरबाट ननिस्कने म कार्यक्रमहरूमा गएर आफ्नो कुराहरू राखेको सुन्दा मलाई गाउँको व्यक्तिहरूले हेर्ने दृष्टिकोण पनि बदलिएको छ। मैले विद्यालयका अतिरिक्त क्रियाकलापमा मात्र भाग लिने गर्दथे। पछि म अरू विद्यालयहरूमा पनि निबन्ध लेखन तथा हाजिरी जवाफ प्रतियोगितामा सहभागी भए।

म ४ कक्षाबाट नै विद्यालयको बालक्लबमा निरन्तर सदस्यको रूपमा बसेकी थिए। त्यो भन्दामाथि पदमा बस्ने हिम्मत थिएन र म आफ्नो विद्यालयमा मात्रै सिमित रहेकी थिए। मैले किशोरी सशक्तिकरण कार्यक्रमबाट तालिमहरू लिएपछि कक्षा-९ मा विद्यालयको बालक्लबमा सचिवको पदमा रहेर हाजिरीजवाफ जस्ता प्रतियोगिता सञ्चालन गरे। त्यस पश्चात् म बडा स्तरीय बालक्लबको उपाध्यक्षको पदमा रहेर २ वर्ष काम गरे। बडा स्तरीय बालक्लबमा रहँदा त्यहाँको सदस्यहरूबाट चुनिएर नगर बालसञ्जालमा पनि उपाध्यक्षको पदमा बसेकी छु। धेरै मानिसको अगाडि जान लजाउने म बाल दिवसको अवसरमा नगर बाल संजालले राखेको कार्यक्रममा १०० जना भन्दा बढि मानिस र मिडियाको अगाडि गएर मेरा अरू साथी शिक्षकहरूसँग मिलेर "नाटक" प्रस्तुत गरे। त्यो मेरो पहिलो पटक, गरेको नाटक थियो। मलाई त्यतिबेला आफूमा गर्व लागेको थियो।

म विद्यालयको बालक्लबमा रहँदा अपाङ्गता सम्बन्धी ५ दिने तालिम र बाल अधिकार सम्बन्धी ३ दिने तालिममा सहभागी



हुन पनि पाए । त्यस्तै (Social Action Program SAP) मा सदस्य पदमा रहेर लागुपदार्थ सेवन गर्ने व्यक्तिहरूको रिपोर्ट संकलन गर्दै घरदैलो गरे । नगरस्तरीय कथा लेखनमा पनि सहभागी भए । मैले किशोरी सशक्तिकरण कार्यक्रममा सहभागी भएपछि धेरै अवसरहरू पाएकी छु । बडामा गरिएको विभिन्न आमा समूहहरूको अध्यक्ष, युवाक्लबको अध्यक्ष, विद्यालयको प्रधानाध्यापक र बडा प्रतिनिधिहरूसँग समाजमा रहेका समस्याहरू तथा विद्यालयका समस्याहरू र यसको समाधान बीच भएको छलफलमा म पनि किशोरी अभियान्ताको रूपमा सहभागी भई आफ्ना अनुभवहरू राख्ने अवसर पनि पाएकी थिए । मैले कक्षा १० मा अध्ययन गर्दा विद्यालयबाट "Student of the Year" को Award पनि पाएकी थिए । मेरो घरको अवस्था कमजोर रहेको हुनाले म सानैबाट मिहिनेत गरेर राम्रोसँग पढ्दै आएकी छु । मैले SEE पछि अहिले CIVIL Engineering Full Scholarship मा पढ्दै छु । पढाइसँगसँगै कार्यक्रमहरू गर्दा अझै हिम्मत बढेको छ । मलाई साथ र सहयोग गर्ने मेरो परिवार, समाज, विद्यालय र जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानलाई धेरैधेरै धन्यवाद व्यक्त गर्न चाहन्छु । म अझै यसैगरी अघिबढ्दै जान्छु भन्ने आफैमा आशा राखेकी छु ।





A Daughter Born in a Modest Family

Amisha Acharya



Born in a middle-class family, I am the eldest daughter of the house. My home is in Kawasoti- 5. I have one brother and one sister, and I am responsible for household chores and also a pillar of support to my parents. Being the eldest daughter at home, I am very much aware of the family's situation and responsibility.

My parents engage in agriculture to meet the household necessities and cover the educational expenses for me, my brother, and my sister. Even though we come from a modest

family, they ensure that essential items are provided adequately. I studied at Kalika Secondary School up to grade 10. Despite studying at a government school, which many people believe cannot provide enough learning opportunities, my education was good. I used to be a topper and disciplined student in my class. Although my academic performance was good, I was not good at other things. I didn't have external knowledge other than what I learned from the school books. Despite excelling in my studies, I was always scared to speak.

I used to speak less even with my classmates and teachers. As I was studying in grade 9, I got the opportunity to become a peer educator for the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN. The first five days of training were held in Chitwan. I got the opportunity to make many adolescent girls friends during the training. I had never been that far away from home for the training. I gained a lot of experience while attending the training. Similarly, I got an opportunity to attend training sessions on various topics such as child marriage, child rights, pad-making, leadership and capacity development, sexual and reproductive health, self-defense, life skills, etc. After receiving these training sessions, I conducted similar training at home, in society, and schools.

Once someone who would never talk in the village, I surprised my villagers. When they started listening to my views in the programs, their perception of me changed. Earlier, I used to participate in extracurricular activities only at my school. Later, I started taking part in essay writing competitions and quiz contests organized by other schools as well.

I had been a continuous member of the school's child club since grade 4. However, I lacked the courage to hold any position of responsibility, and I remained confined to my school. After receiving various training courses under the Girls Empowerment Program, I organized various activities like quiz contests as the secretary of the school's child club in grade 9. After that, I worked as the vice president of the Ward-level Child Club Network for two years. While serving in the Ward-level Child Club, I was selected by its members to also serve as the Vice President of the Municipal-level Child Club Network. From someone who once felt shy in crowds, I took the stage alongside fellow peer educators to present a drama in front of over 100 people and media. It was my first time participating in such a play, and I felt a sense of pride.

While in the school's child club, I attended a five-day disability awareness training and a three-day child

rights training courses, Likewise, as a member of the Social Action Program (SAP), I went door-to-door collecting reports of drug users. I participated in the Municipal- level Story Writing Competition also. I have had even more opportunities after I got involved in the Girls Empowerment Program. I also had an opportunity to share my experiences as a peer educator in a discussion, which was organized by the ward, among presidents of mother groups, youth clubs, school principals, and ward representatives about the issues prevalent in society and schools, as well as their solutions. I got the "Student of the Year" Award while studying in grade 10.

Despite the weak financial condition of my family, I have been studying hard and diligently from a young age. I am currently studying civil engineering with a full scholarship following my SEE (grade 10 examination). Engaging in various programs alongside my studies has further increased my confidence.

I want to express my heartfelt gratitude to my family, community, school, and Jagriti Child and Youth Concern Nepal and KANALLAN for their continuous support and encouragement. I hope to continue progressing further in the future.





सोचमा आएको परिवर्तन

मानसि लामिछाने



पुरातनवादी सोचभन्दा माथि उठ्न नसकेको समाजमा हुर्किएकी, कावासोती-१७, गोछडाको निवासी म साथी शिक्षक हुँ ।

जब म यस परियोजनामा विद्यालयबाट छनोट भएर साथी शिक्षकका रूपमा विभिन्न तालिमहरूमा सहभागी हुने अवसर प्राप्त गरे । त्यसपछि मेरो व्यक्तिगत क्षमताको पनि वृद्धि भयो र मैले समाजको दृष्टिकोण

समेत परिवर्तन गर्ने अवसर पाए । किशोरी सशक्तिकरण अभियानका माध्यमबाट मैले प्राप्त गरेको आत्मरक्षा तालिम, जीवन उपयोगी सीप, प्रजनन स्वास्थ्य सम्बन्धी तालिम, तनाव व्यवस्थापन, सञ्चार एवम् सामाजिक व्यवहारसम्बन्धी तालिमले ममा समाजमा प्रभावकारी सञ्चार गर्नसक्ने सीप, समाजमा देखिएका विभेदहरूको विरोध गर्न सक्ने क्षमताको विकास भएको छ । मैले आफूले देखेका सुनेका अनुभव गरेका कुराहरू निर्धक्क भएर सम्बन्धित ठाउँमा राख्न सक्ने क्षमताको विकास भएको अनुभव गरेकी छु ।

साथै साथी शिक्षकको रूपमा भूमिका निर्वाह गर्दै मैले आफ्ना धेरै साथीहरूलाई आफ्ना समस्या प्रभावकारी ढङ्गबाट राख्नसक्ने र समाजमा देखिएका सबै किसिमका विभेद र विकृतिको विरोध गर्न सक्ने बनाएकी छु । हाम्रो विद्यालयमा किशोरीहरूलाई महिनावारीको बेलामा आवश्यक पर्ने प्याडको व्यवस्थापन गर्न, गुरुबुवा संयोजक हुनुहुन्छ । मैले मेरो विद्यालयको किशोरीहरूलाई गुरुबुवासँग निर्धक्क भएर प्याड माग्न सक्ने हौसला प्रदान गरेकी छु । मेरो समाजमा रहेका आमाहरू यौन स्वास्थ्य, प्रजनन स्वास्थ्यका विषयमा निकै नकारात्मक रूपमा लिने गर्नुहुन्थ्यो भने अहिले उहाँहरू यौन तथा प्रजनन स्वास्थ्यका विषयमा खुलस्त रूपमा बोल्नुहुन्छ र अरूलाई पनि सचेत बनाउनु हुन्छ । अहिले मेरो समाजमा धेरै व्यक्तिहरूमा किशोरीलाई हेर्ने दृष्टिकोणमा परिवर्तन आएको छ ।

साथी शिक्षकको रूपमा तीन वर्षीय अभियानका कारण समाजले मलाई हेर्ने दृष्टिकोणमा परिवर्तन आएको छ । तीन वर्ष पहिले समाजले मलाई कमजोर, गुम्सुम किशोरीका रूपमा हेर्थ्यो भने अहिले त्यही समाजले एक सक्षम किशोरीको रूपमा चिनेको छ ।

यस्तो आत्मविश्वास जागृत गराउन मेरो हात समातेर अगाडि बडाउने जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान, अभिभावकहरू, विद्यालय र संस्थाका सहजकर्ताज्यूहरूप्रति हृदयदेखिनै धन्यवाद दिन चाहन्छु । तालिम अवधिमा सिकेका जानेका अनुभव गरेका सीप र ज्ञानलाई निरन्तर प्रयोग गर्दै र गराउँदै लानेछु भन्ने प्रतिबद्धता व्यक्त गर्दछु ।





A Shift in Thinking

Manasi Lamichhane



I am a peer educator, a resident of Gochada, Kawasoti - 17, who grew up in a society that has not risen above the conservative mindsets.

When I was selected from the school for this project, I got an opportunity to participate in various training sessions as a peer educator. After that, my skills also improved, and I found opportunities to change the perspective of society as well. Through the Girls Empowerment Program, I received training on self-defense, life skills, reproductive health education, stress management, communications, and social behaviors. These skills have developed my skills to communicate effectively in society, and my ability to oppose the existing discriminations. I have found that my ability to confidently share my experiences based on what I have seen and heard in relevant places has grown significantly.

Further, in my role as a peer educator, I have been able to capacitate many of my friends to effectively address their concerns and oppose all forms of discrimination and malpractices prevalent in society. In our school, a male teacher serves as the coordinator responsible for managing the sanitary pads that are essential for adolescent girls during menstruation. I have encouraged adolescent girls to confidently request sanitary pads with the same teacher. Mothers, in my community, used to perceive topics relating to sexual and reproductive health negatively, but now they speak openly about it and also raise awareness among others. There has been a significant shift in how many individuals in my community perceive adolescent girls now.

As a peer educator for three years, the campaign has brought about a change in how society perceives me. Three years ago, I was viewed as a vulnerable and weak adolescent girl, but now that same society recognizes me as a capable adolescent girl.

I express my heartfelt gratitude to Jagriti Child and Youth Concern Nepal and KANALLAN, as well as to parents, schools, and all the facilitators of the organization for giving such confidence to me by holding my hand and taking me forward. I am committed to continuously applying and sharing the skills and knowledge gained during the training sessions.





विश्वास

रिमकुमारी ओन्टाकी



म कावासोती -४ हसौरामा बसोबास गर्छु । साथसाथै जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा आयोजित ३ वर्षीय किशोरी सशक्तिकरण कार्यक्रमको एक साथी शिक्षक हुँ ।

यस अभियानमा सम्लग्न हुनुभन्दा अघि म अनेक कुराहरूको सामना गर्न डराउँथे । अझ म घरमा एकलै भएको बेलामा दिउँसै

पनि घरको ढोका बन्द गरेर बस्थेँ । तर यस संस्थाले दिएको जीवन उपयोगी सीप, आत्मरक्षा तथा अरू तालिमको कारणले आजभोलि म घरमा एकलै बस्ने भएकी छु । बाहिर कतै जान परे खाली ममी वा अरूसँग जान्थे तर अहिले आत्मरक्षा तालिम लिएको भएर मलाई आफूमाथि विश्वास छ । मलाई कक्षाका साथीहरूले पनि मप्रति विश्वास राखेर आफूले भोगेका समस्या बताउँछन् । उनीहरूले कुनै कुरामा शिक्षकसँग कुराकानी गर्न डरलाग्दो भने आएर मलाई भन्छन् र मैले महिनावारी सम्बन्धी तालिम लिएको भएर उनीहरूको महिनावारीमा आएको समस्याहरूलाई पनि मसँग खुलेर बताउँछन् ।

म एक इसाइ धर्म मान्ने केटी भएकाले हामी चर्चबाट विभिन्न तालिम, गोष्ठी तथा सेमिनारहरूमा जाँदा त्यहाँ बोल्नु पर्ने हुन्छ र मैले विभिन्न नेतृत्वको बारेमा तालिम लिएको भएर अघि आएर बोल्ने मौका मलाई नै मिल्छ । यसमा निकै भाग्यमानी ठान्छु ।

साथै यस संस्थामा संलग्न भएपछि म बडा स्तरीय बालक्लबको सल्लाहकार पनि भए । हाम्रो विद्यालयको किशोरी क्लबको म अध्यक्ष पनि हो र टोल स्तरीय बालक्लबको म एक सदस्य पनि हो, साथसाथै टोल स्तरीय बालक्लब पनि म र अरू साथी मिलेर स्थापना गरिएको हो ।

मैले यस संस्थाबाट दिइएको मासिक रु. २५००/- जम्मा गरी एउटा बाँखा किनेकी छु । त्यसलाई र कुखुरालाई पनि दाना, आहारा किन्न मद्दत पुगेको छ । घरमा पनि आर्थिक रूपले सहयोग भएको र शैक्षिक सामग्रीको सामान किन्न पनि मद्दत पुगेको छ ।

यस संस्थाले र यो कार्यक्रमले गर्दा आज मैले आफूमा एउटा विश्वास पाएकी छु र अरूको पनि विश्वास जित्न सकेकी छु । वडा, विद्यालयमा हुने धेरै जसो गतिविधिहरूमा म सहभागी भई आफ्ना कुराहरू पनि राख्न सक्ने भएकी छु । समुदायका अभिभावक, विभिन्न आमा समूहहरूलाई साथीहरूसँग मिलेर आफूले सिकेका ज्ञान सिकाउन पाउँदा एकदमै खुसी पनि छु । गाउँघरमा पनि सबैले राम्रा प्रतिक्रिया दिनु हुँदा मलाई आफैमा गर्व महसुस भएको छ । अहिले म वडास्तरीय बाल संजालमा सल्लाहकारको रूपमा रहेर काम गर्ने अवसर पनि पाएको छु ।

मलाई यो मौका दिनुभएकोमा म मेरो परिवारप्रति, विद्यालयप्रति, स्थानीय तहप्रति र जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान संस्थाप्रति पनि निकै आभारी छु । उहाँहरू सबैलाई धेरैधेरै धन्यवाद दिन चाहन्छु ।



Trust

Rim Kumari Wantaki

I reside in Hasauram, Kawasoti-4. I am a peer educator for a three-year Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN.

Before joining this campaign, I was afraid to confront many issues. Even just a few years ago, I would stay alone at home, shutting the door even during the day. But now, due to life skills, self-defense, and other training sessions provided by this organization, I am confident enough to live alone at home. Although I used to hesitate to talk to anyone outside or go out with my mother or others, now, with the self-defense training, I feel confident. My classmates also trust me enough to share their problems. If they are scared to talk to a teacher about something, they come to me and share their problems. And because I have received menstrual hygiene training, they openly share their menstrual problems with me.



Being a Christian, I have to speak in various training sessions, discussions, and seminars held in churches. Now, after receiving various leadership training courses, I get opportunities to speak up at such events. I consider myself very fortunate in this regard.

Also, after being associated with this program, I have become an advisor to the Ward-level Child Club Network and serve as the President of the Adolescent Club at our school. I am also a Member of the Community-level Child Club Network, which was established with the help of my peers.

I have bought a goat from the savings of a monthly allowance of NPR 2,500 provided by this organization. This has helped me buy food for the goats and poultry feed for chickens. The allowance has supported my family's financial needs and also enabled us to purchase educational materials.

I have gained the confidence and the trust of others because of the organization and the program. I have been able to participate in most of the activities in the ward and school. It brings me immense joy to be able to share the knowledge I have gained, collaborating with friends, parents, and various mothers' groups. When everyone in the village appreciates my efforts, I feel proud of myself.

I am grateful to my family, school, local governments, Jagriti Child and Youth Concern Nepal, and KANALLAN for providing me with this opportunity. I would like to thank all of them very much.



परिवर्तनको सुरुवात

सविना पाण्डे

म सानैबाट आमाको दुःख देखेर हुर्किएकी छोरी हुँ। मैले सधैँ दुःख देखेर हुर्किएको भएर मलाई एकलै बस्ने, आफू मै हराउने बानी थियो। जब म किशोरी सशक्तिकरण कार्यक्रममा लागे तब मेरो जीवनको मोड सुरु भयो। आजको दिनमा हिजो जुन एकान्तमा रमाउने म र अहिले आफूले आफैलाई हेर्दा म लगायत मेरो परिवार, विद्यालय, शिक्षक, समाजले नै मेरो परिवर्तन देखेर अचम्ममा परेका छन्।



आजभन्दा तीन वर्ष अघि भएको मेरो परिवर्तनको सुरुवात एस.इ.इ. पास गरेर ११ को पढाइसँगै सुरु भयो। सबैसँग बोल्न नखोज्ने, डराउने र एकान्तमा रमाउने मेरो जीवन विद्यालय जाने आउनेमा मात्र सिमित थियो। जति नै एकान्त मन परेपनि विद्यालयको अतिरिक्त क्रियाकलाप (खेल, नृत्य, वादविवाद) जस्ता धेरै कुरामा सहभागी हुन्थे। मलाई आफूले नगरेसम्म सफल हुन सकिदैन भन्ने लाग्थ्यो र सधैँ मिहिनेत गर्थे र सफल हुन्थे। जब परिवर्तनको एक प्रकाश बनी किशोरी सशक्तिकरण कार्यक्रम आयो त्यस पछि आएको परिवर्तनले म आफू हो, होइन भन्ने थाहा भएको छैन। किशोरी सशक्तिकरणले म भित्र आफैमा गुम्सिएको प्रतिभा बुझ्नु भयो र सहभागी गराउनु भयो।

सुरुसुरुमा निकै गाह्रो भयो। नयाँ मान्छे नयाँ ठाउँ, नयाँ साथी कहिले नदेखेको र नभोगेको कुराहरू हुँदा डर लाग्थ्यो। विस्तारै बानी पर्दै गयो। सबैजना परिवार सरह हुँदा, विभिन्न तालिम पाउँदा र आफूले जानेको अरूलाई सिकाउन पाउँदा मन नै आनन्द भयो। प्रशिक्षकका लागि प्रशिक्षण तालिम पछि भएको फोन अन्तर्वाताले मलाई धेरैले चिन्नु भएको थियो। एक दिनको कुरा हो मामाघरबाट घर आउँदा एक जना दाजुले तिमीलाई त मैले फोनमा देखेको थिए, निकै राम्रो बोल्नुहुँदो रहेछ भन्दा मलाई धेरै खुसी लागेको थियो।

यसरी नै विभिन्न शीर्षकमा जस्तै- प्याड बनाउने, आत्मरक्षा, फोटोग्राफी, भिडियोग्राफी, कथा वाचन, प्रजनन स्वास्थ्य अधिकार जस्ता तालिम पायौं। यसले अझै हामीहरूलाई तिखार्ने कुरामा सहयोग गर्‍यो साथै म एक सक्षम व्युटिसियन बन्ने सपना देखेर सिक्न थाले, बेसिक सिकाए र डिप्लोमा गर्दै थिए। अर्को ठूलो मौका पाए आफू सिक्दै १५० भन्दा बढि विद्यार्थीलाई सिकाउन सजिलो थिएन तर मैले हार खाइन र सबैलाई पास आउट बनाए। १५० भन्दा बढि विद्यार्थीलाई सिकाउने मौका, ममा भएको क्षमताले गर्दा र कहिले हार नखाने बानीले गर्दा पाए। किशोरी सशक्तिकरण कार्यक्रमले अगाडि बोल्न, आत्मनिर्भर भई म पनि केही गर्नसक्छु र गर्छु भन्ने हिम्मत प्रदान गरेको छ।

यसरी नै दिन जाँदै थियो। एक दिन एउटा घटना भयो। म बस्ने क्षेत्रमा बालश्रम भएको रहेछ। मलाई यो ठीक लागेन र आफ्नो अभिभावक लिएर त्यहाँ पुग्दा किशोरहरूले आफ्नो शरीरले सहन नसक्ने काम गरेको देखे र सम्झाएर घर पठाए। अभिभावकलाई सम्झाए, पढ्नु पर्छ, पढाइमा ध्यान दिन भने; यसरी सुधार्न सफल भए। यो घटना पछि म पनि समाज परिवर्तन गर्न सक्छु भन्ने भयो। आफैमा खुसीको लहर छायो; यसरी नै धेरै मौकाहरू आयो।

विभिन्न ठाउँमा सहभागी हुन थाले लगत्तै नवलपुरमा किशोरी सञ्जाल गठन भयो। त्यसमा उपाध्यक्षको पदमा नियुक्त भए साथै युवामैत्री स्थानीय शासको पनि सदस्य भई युवाहरूसँग पनि जोडिने, सानै उमेर धेरै कुरा देख्ने, सिक्ने र

सिकाउने मौका पाए । आफैलाई अचम्म लाग्छ तीन वर्ष अघिको म र अहिलेको म आकाश र धर्तिको फरक पाउँदा परिवारमा भएको परिवर्तन समाजमा भएको परिवर्तन देख्दा गर्व लाग्छ ।

भन्नुलाई धेरै भएता पनि कथा छोटो, मिठो, राम्रो हुन्छ । त्यसैले आफू कहिले पनि हार खानु हुँदैन, आफूमा मैले गर्नुपर्छ, गर्न सक्छु मैले नगरी कुनै काम सफल हुँदैन भन्न चाहन्छु ।

यसरी नै मेरो हर सफलतामा साथ दिनुहुने प्याराप्यारा हातहरू- मेरो परिवार, समाज, विद्यालय, म आफै र सबै भन्दा धेरै जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानलाई धन्यवाद दिन चाहन्छु । अन्त्यमा म यहाँ हुन्छु या हुँदैन तर मेरो सशक्तिकरण गर्ने आफूले सिकेको कुरा सिकाउने क्रम सधैं रहिरहने छ ।





A Beginning of Change

Sabina Pandley



I grew up watching my mother's struggle. That is why, I developed a habit of staying alone and getting lost in myself. However, when I became involved in the Girls Empowerment Program, the turning point of my life started. As someone who used to enjoy being alone in the past, I along with my family, school, teachers, and society are amazed to see the present changes in me.

The beginning of my change started three years ago with my studies in grade 11. As someone who wouldn't try to talk to anyone, would get scared, and enjoyed being alone, my life was limited to going to school and coming back. No matter how much I liked being alone, I used to participate in extracurricular activities such as sports, dance, and debate. I felt that I wouldn't be successful unless I did it myself, so I used to work hard and be successful. When the Girls Empowerment Program came along as a ray of change, I could not figure out if this was the real me or not, given the changes that followed my participation in the program. The Girls Empowerment Program understood my hidden talent and involved me in the program.

Yet, it was very difficult at the beginning. I used to be scared of something I had never seen and experienced, such as new people or places, or even new friends. Slowly, I started getting used to them. Feeling like a family with everyone and being able to receive various training courses, as well as teaching others what I learned, brought joy to my heart. A lot of people recognized me after a video interview following the training of trainers. One day, while I was returning from my maternal uncle's home (The home of one's mother's parents and/or brothers), an elder brother told me, "I had seen you on my phone, and you speak really nice." I felt very happy to hear this.

Likewise, we got trained on various topics like pad making, self-defense, photography, storytelling, and reproductive health rights. This helped us improve significantly, and I started learning beautician skills with the dream of becoming a competent beautician. I completed my basic beautician course and was working towards my diploma. In the meantime, I got another significant opportunity: teaching 150 students. It wasn't easy, but I didn't give up, and I ensured that everyone passed. I got the opportunity to teach more than 150 students because of my ability and habit of never giving up. The Girls Empowerment Program gave me the courage to speak up in front of mass, be independent, and do something.

The days were passing by like this. Then, one day, an incident happened. There was a case of child labor in my neighborhood. I didn't find it right, and when I went there with my parents, I saw that adolescent boys were working harder than their physical capacity. Thereafter, we convinced them against child labor and sent them back home. Later, advising the parents that children must study and they should pay more attention to their studies, I helped guide them in the right direction. After that incident, I realized that I too could change society. I was happy.

Soon after I started participating in different programs, the Girls Network was formed in Nawalpur. I got

appointed as the Vice President, and I also got the opportunity to be a Member of Youth-friendly Local Governance, connecting with other young fellows. I had opportunities to learn and teach a lot of things to others at a young age.

Seeing the sea change in myself from three years ago to now amuses me. It fills me with pride when I see the changes my family and society have been through.

Even though there is much to say, telling a short and sweet story is always better. Therefore, I want to say that one should never give up. They should tell themselves that they have to do it and they can do it because without them doing it, no planned work will be successful. I want to express my sincere thanks to all those lovely hands: my family, society, school, myself, and especially Jagriti Child and Youth Concern Nepal and KANALLAN who have supported me in my success, as always.





परिवर्तनको यात्रा

सबनम सुनार



खै, कहाँबाट सुरु गरौं यो सुनौलो यात्रा, शब्दमा बयान गर्न नसकिने र पानामा उतार्न नसकिने, गहिरो भाव !

१) बाल्यकाल

एक मध्यम वर्गीय परिवारमा जेठी सन्तानको रूपमा जन्मिएकी छोरी थिए म । पहिलो सन्तान त्यो पनि छोरी, घरमा कसैलाई खुसी मिलेन । करिब, म जन्मेको १५ महिनापछि भाइ जन्मियो । अनि राम्रो स्याहार नपाएका कारण मलाई कुपोषण पनि भयो ।

सानैदेखि हजुरबुवा र हजुरआमाले मलाई हेला गर्नुहुन्थ्यो । बाल्यकालदेखि पढाइमा अब्बल थिए तर त्यो अब्बलता छोरी भएकै कारण सदैव पछाडि पर्थ्यो ।

अझै ती दिनहरूका याद छ, त्यो दिन म मेरो साथीको जन्मोत्सवको समारोहमा निम्ता भएका कारण गएकी थिए, अनि म गएपनि साथीको परिवारले मलाई घरमा पस्न दिनुभएन केवल मेरो जातको कारण, त्यो दिन मलाई आफू सानो जातको हुनुमा हिनताबोध भएको थियो । त्यहीँ दिन मैले केही गर्नुपर्छ भन्ने प्रतिबद्धता गरेको थिए ।

हुन त म मध्यम वर्गीय परिवारमा जन्मिएको थिए । त्यसैले पनि आर्थिक समस्याले कहिल्यै छोडेन । कहिले काहीँ एक छाक मात्र खाएका दिन पनि भए अनि कहिले वर्षमा एक जोर कपडा किन्न पनि नसक्ने अवस्था थियो । सम्झनामा भए अनुसार एउटा यस्तो समय थियो । जहाँ मसँग विद्यालयमा लगाउने एकजोर जुत्ता पनि थिएन । भाइले लगाउँदा मैले नलगाउने र मैले लगाउदा भाइले नलगाउने गर्थ्यो । साच्चै नै, त्यस दिन मध्यम वर्गीय परिवार भएको भाव महसुस भयो ।

सानैछुदा म घर वरपरकै व्यक्तिको हातपातको सिकार पनि भए । अनि त्यो बेला म के सही, के गलत ? भनी छुट्याउन सक्ने अवस्थामा अलिअलि पुगिसकेकी थिए अनि साहस गरी घरमा सुनाए तर परिवारले विश्वास गर्नुभएन, सानै थिए, पछि त्यस व्यक्तिको वास्तविक रूप समाजमा खुलासा भयो ।

अन्जानमै मैले त्यति बेला नै ठूलो कदम चालेको रहेछु । समय बित्दै गयो, म पढ्दै गए, म बढ्दै गए ।

कार्यक्रममा प्रवेश

घरमा फोन आउँछ, विद्यालय आउनुपर्ने, म र ममी विद्यालय तर्फ लाग्यौं । विद्यालयका शिक्षकहरूले मलाई यस कार्यक्रममा सहभागिताका लागि सिफरिस गरिदिनु भएको रहेछ । यसरी बालिका सशक्तिकरण कार्यक्रममा सम्मलग्न दिदीहरूसँगको पहिलो भेट मेरा लागि अति नै प्रिय थियो । के होला र कस्तो होला ? भन्ने जिज्ञासा यस कार्यक्रममा प्रवेश गर्नु मेरो जीवनको सही निर्णय थियो ।

केही दिनपछि विद्यालयमा अभिमुखीकरण कार्यक्रम आयोजना गरियो, त्यहाँ राधा दिदीले कार्यक्रम सञ्चालन गर्दै हुनुहुन्थ्यो । बोल्न सधैँ मनपर्थ्यो, सुनाउन मन पर्थ्यो तर कहिल्यै त्यो आटै आएन । दिपक सरले भन्नु भएको कुरा मलाई अझै ताजा छ । यस बालिका सशक्तिकरणमा लागि सकेपछि तिम्री पनि कार्यक्रम गर्न सक्षम हुन्छौं । त्यसकुराले ममा राम्रो छाप छोडेको थियो ।

लिइएका तालिमहरू

२ दिने अभिमुखीकरण कार्यक्रम

सबै म जस्ता साथीहरू, नयाँ लाग्ने ठाउँ, कहिल्यै नदेखेका मुहारहरू अनि डराउँदै गरेको आभास, जीवनमा कहिल्यै कलम नचलाएकी म, यसमा लागि सकेपछि 'पहिलो पहर' कविता लेखेको थिए, त्यसलाई अगाडि गएर भन्ने हिम्मत गरे, मेरो आवाजमा बजन थियो तर कापीमा पाना र जीउ पुरै कापिरहेको थियो। वर्तमानमा मलाई आफैलाई ऐनामा हेर्दा म त्यही व्यक्ति हुँ ? भन्ने कुरा विश्वास लाग्दैन।

प्रशिक्षक प्रशिक्षण तालिम

यस कार्यक्रमले मलाई सामान्य लाग्ने कुरालाई विस्तृत बयान गर्ने काम गरेको थियो। कहिल्यै क्यामेराको अगाडि नबोलेकी म पहिलो पटक आफ्नो डरको सामना गरेकी थिए। विस्तारै जग बलियो हुँदै थियो।

आत्मरक्षा तालिम र जीवन उपयोगी सीप तथा नेतृत्व विकास,

विशेषतः मैले त्यस तालिम पछि आफूले पनि नेतृत्व लिन सक्ने रहेछु भन्ने कुरा महसुस भयो अनि म आफू मजबुत छु। आत्मविश्वासको महत्त्व थाहा पाए।

फोटोग्राफी, भिडियोग्राफी र कथा लेखन कार्य सिके,

औपचारिक लेखाइ लेख्ने तरिका सिक्ने अवसर थाहा पाउनु साथै मेरो लेखाइमा परिवर्तन आयो, सधैं ग्याजेटबाट टाढा बस्ने म फोटो खिच्दा हात काप्ने म, अब, अरूलाई आधारभूत सीप सिकाउनसम्म सक्षम भएकी छु।

SRHR

यो जीवनको महत्त्वपूर्ण सिकाइ थियो, जीवन भरका लागि आवश्यक यौन तथा प्रजनन स्वास्थ्य अधिकारबाट परिचित हुने अवसर पाए,

प्याड बनाउने तालिम पाए,

आफ्नो प्रयोगलाई आफ्नै सीप, यस तालिमकै कारण म लगायत सम्पूर्ण साथीहरू, सम्पूर्ण महिला, दिदीबहिनी, एवम् साथीहरूमा सीप हस्तान्तरण गर्थौं।

गरेका क्रियाकलापहरू

कहिल्यै पनि आफूले सिकेको कुरा अरूलाई सिकाउन सक्छु भन्ने मैले सोचेकै थिइन। तर यहाँ प्रवेश गरिसकेपछि म विस्तारै परिवर्तन हुन थाले। सधैं मलाई लाग्थ्यो, मेरो कुरा कसले सुनिदिन्छ जस्तो तर मानिसहरूप्रति हेर्ने मेरो दृष्टिकोणले पनि विस्तारै आकार लिँदै गयो। मैले जे सक्थे, जे जानेको थिए, म सानो, सानो समूहमा बेलीविस्तार लगाउने गर्थे। यस कार्यक्रम सकिँएपछि बाल तथा किशोरी अधिकार संरक्षणका लागि सरोकारवालाहरूसँग बकालत तथा पैरवी गर्ने कार्य समेत गरे चाहे सिकाइ नाटकका माध्यमबाट होस् वा स्वयम् आफैले सिकाएर होस्, सिकाइको क्रमलाई कहिल्यै बिट मारेनौं।

अन्तर्राष्ट्रिय प्रतियोगितामा समेत हामीले हाम्रा बालबालिका तथा, किशोरीहरूको समस्याहरू समेत सम्बोधन गरेका थियौं। हाम्रो अनुभव र सबैको साथले नै राम्रो छाप छोड्न सफल भयौं। साथै हामीले प्रदेशबाट सम्मानित हुँदा पाएको नगद पुरस्कारबाट केही रकम छुट्याएर १० जना गरिब तथा जेहेन्दार विद्यार्थीहरूलाई शैक्षिक सामग्रीका सामान समेत वितरण गरेका थियौं।

आफूमा आएको परिवर्तन

यस कार्यक्रममा लागि सकेपछि ममा मेरो आत्मविश्वासले सास फेर्न लागेको छ ।

आफ्नो क्षमताप्रतिको दोधार प्रस्ट हुँदै गइरहेको छ ।

आफूलाई कसरी अर्काको सामु प्रस्तुत गर्ने भन्ने कुरामा स्पष्टता आएको छ ।

आफ्नो ठाउँ बनाउन सक्ने भएको छ ।

नवप्रवर्तक व्यक्ति म अहिले जस्तोसुकै परिवेशमा आफूलाई ढाल्न सक्ने भएको छ ।

नेतृत्वको विकास गरेको छ ।

विशेष त ! यस कार्यक्रमले हरेक छोरीको सपनाहरूमा पखेटा छोड्ने काम गरेको छ । जसको एक उदाहरण म हूँ ।

घर अनि समाजमा ल्याएको परिवर्तन

छोरी हुनु आफैमा एक कष्टकरपूर्ण जीवन मानिन्छ । यसका बावजूद, घरबाटै परिवर्तनको यात्रा सुरु गरेकी थिए । घरमा महिनावारीको समयमा बारबन्देज थियो तर मैले आफ्नो सोचाइको सकारात्मक पहल घरमा बारबन्देज" हटाएको हुँ । हजुरबुवा, हजुरआमाको मायाको पात्र बन्न समेत सफल भएकी छु । घरमा मैले केही गर्न सक्छु भन्ने मान्यता/विश्वास दिलाएकी छु । घरमा आफ्नो अस्तित्व टिकाउन सफल भएकी छु । घरमा छोरी भएपनि, छोराको दर्जा पाएकी छु । समाज जसले मलाई जन्मनुअघि नै छोरी हुनुको भाव जगाएको थियो । हो, त्यो समाजमा समानताको सीप सिकाउन सफल भएकी छु । जुन समाजले मलाई तल्लो जाति भएकै कारण बहिष्कार गर्थे, आज उनीहरूको छोरा/छोरीको आदर्श बन्न पुगेकी छु । जुन समाजमा मेरो कुराको वास्ता हुँदैन थियो, सोही समाजमा आफ्नो सल्लाह, सुझाव कार्यान्वयन भएको दृश्य अवलोकन गर्दैछु । जहाँ छोरीको सहभागिता हुन्छ र ? भन्ने थियो, त्यहाँ छोरीले गरे के हुँदैन र ? भन्ने उदाहरण दिन सफल भएकी छु । साच्चै नै मैले, आफ्नो अस्तित्व पाएकी छु र परिवर्तन ल्याएकी छु ।

सहभागिता/सफलताहरू

पहिलोपटकको तालिम पाए पछि, विद्यालयमा जसलाई कहिल्यै बालकलबको सदस्य समेत बनाइएको थिएन, एकै पल्ट विद्यालय बालकलबको अध्यक्ष बन्न पुगेकी थिए ।

वि.सं. २०७९ कार्तिक १७ गते आफ्नो नेतृत्वमा कार्यक्रम सञ्चालन गरेकी थिए । त्यतिबेला आफ्नो डरको आफै सामना गरेको थिए ।

सोही वर्ष जिल्लामा उत्कृष्ट प्रतिभा प्रस्फुटन गरेकाले गण्डकी प्रदेश सामाजिक विकास मन्त्रालयबाट सम्मानित हुन पुग्यौ ।

MY Digital Story नामक प्रतियोगितामा आफ्ना कविता मार्फत प्रदेशको उत्कृष्ट हुन समेत सक्षम भए ।

विद्यालयहरूमा हुने Inter तथा Intra प्रतियोगिताहरू जस्तै हाजिरीजवाफ, वक्तव्य, वादविवाद, हिज्जे अनि निबन्ध लेखन जस्ता प्रतियोगिताहरूमा राम्रो सफलता हात पाउँ गए ।

जिल्ला, नगर र प्रदेश एवम् राष्ट्रव्यापी प्रतियोगितामा समेत कहिले सफलता त कहिले सिकाइ हुने गर्थ्यो ।

राष्ट्रमा मात्रै नभएर अन्तर्राष्ट्रिय तहमा समेत विभिन्न प्रतियोगिता तथा वर्कसपहरूमा सहभागी हुने अवसर पाए ।

धैर्य, संयमता तथा आत्मविश्वास कै कारण आफ्नो कक्षा १० को एसइइ परीक्षामा राम्रो अङ्क ल्याई उत्तीर्ण पनि भए ।

म त्यही छोरी हुँ, जसलाई समाजले गलत दृष्टिकोणले हेर्ने गर्थ्यो, चाहे के हुँदैन र ? गरे के हुँदैन र भन्ने कुराको उदाहरण व्यक्त गर्नकै लागि समेत पनि मैले काठमाडौँ महानगरले लिएको छात्रावृत्ति परीक्षा दिए अनि राम्रो गरेका कारण नेपालकै नम्बर १ मा पर्ने कलेजमा ११ र १२ लागि पूर्ण छात्रवृत्ति पाउन सफल भए, हाल सोही कलेजमा अध्ययनलाई अगाडि बढाउँदै छु ।

मैले कलम चलाउनका लागि कारण समेत पाएको छु । समयसमयमा विभिन्न कार्यक्रम समेत सञ्चालन गर्ने अवसर पाएकी छु ।

अहिले युनिसेफद्वारा सञ्चालित GGLAG -Global Girls Leader Advisory Group मा नेपालको प्रतिनिधिको रूपमा आबद्ध रहेकी छु ।

समाज अनि हरेक ती आशावादी छोरीहरूले देखाएको मप्रतिको माया, सम्मान र विश्वास त भन् म शब्दमा बयान गर्न सकिदैन ।

विभिन्न ठाउँमा सम्बन्ध तथा सम्पर्कहरू बनेका छन् । जहाँ म हुनु र नहुनु बराबर थियो, त्यहाँ मेरो सोच, सल्लाह र उपस्थितिको सम्मान भइरहेको छ ।

साँच्चै नै यो तीन वर्षमा यस कार्यक्रमले कोइलाबाट हिरा उत्पादन गरेको छ ।

प्रशिक्षक बन्दाको क्षण

मलाई आत्मसुरक्षा तालिम अत्यन्तै मन परेको थियो । म मेरो गुरुबाट निकै प्रभावित पनि थिए । दिनहुँ आफू मिहिनेत गर्ने गर्थे । विस्तारै त्यो क्षमताको विकास गरे, पहिलो पटक आफ्नो नगर बाहिर प्रशिक्षण गर्ने अवसर पाए अनि मैले आफूले जानेका सबै कुरा प्रशिक्षण समेत गरे । त्यस तालिम पश्चात् मैले राम्रो सुझाव पाए अनि म भन दडो भए, वास्तवमा मलाई त्यो दिन पछि आफू सक्षम हुँदै गइरहेको अनुभूति भयो । त्यसदिन पहिलो पटक आफ्नो मिहिनेतले कमाएको पैसा आमालाई दिए, अनि हामी परिवारनै खुसी भयौँ र त्यसपछि भ्रम, दृढताका साथ अधि बढ्ने हौसला प्रदान भयो र पछि पनि धेरै ठाउँमा आत्मरक्षा तालिम पनि प्रदान गरे ।

निष्कर्ष

म त्यहीँ समाजकी छोरी हुँ, जसले कसैका सामु “क” उच्चारण समेत गरेकी थिइन र कसैले विश्वास गर्ने थिएन । म उही छोरी हुँ, जसका अन्तरक्रिया सबैले बढी कौतुहलताका साथ हेर्ने अनि सुन्ने गर्नुहुन्छ । हो, म त्यहीँ छोरी हुँ, अहिले सबैको आश अनि विश्वास बनेकी छु । मलाई यहाँसम्म साथ दिनुहुने यस कार्यक्रममा जोडिन अनुमति दिनुहुने मेरो घरपरिवार, परिवर्तनको अपेक्षा गर्ने सम्पूर्ण समाज, ममा विश्वास गर्ने गुरुहरू र विद्यालय परिवार, अवसर प्रदान गर्नुहुने बडा, नगरपालिका, सधैं हौसला बढाउनुहुने र साथ दिनुहुने सम्पूर्ण जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान परिवारप्रति म सबनम सुनारको सादर नमन तथा हार्दिक कृतज्ञता प्रकट गर्दछु । यहाँहरूको गुनको सधैं ऋणी रहने छु । मेरो अगाडि बढेका हरेक पाइलामा साथ दिन, ममा विश्वास राखी, आशाको किरण जगाउने मेरो सम्पूर्ण शुभचिन्तकप्रति सम्मान छ, मेरो सादर प्रणाम छ । बालिकाका लागि तिमी आफूमा विश्वास राख्नु, तिमी पछाडि कहिल्यै नहट्नु बस, तिमी, तिमी हुनु, तिमी सबै आफ्नै हुनु ।



A Journey of Transformation

Sabnam Sunar

This is a tale of a golden journey, a great feeling that cannot be described in words and cannot be captured on a page! This is the tale of my life, a journey of transformation.



Childhood

I was born as the eldest daughter into a middle-class family. A daughter as the first child brought no joy to anyone in the household. So approximately 15 months after my birth, my brother was born. Then, due to a lack of proper nutrition, I suffered from malnutrition.

My grandfather and grandmother hated me from my childhood. Despite excelling in academics, my achievements were consistently overshadowed simply because I was a daughter.

I still remember those days when I was turned back by the family of my friend who invited me to her birthday celebration. It was just because of my caste. That day, I felt sad but committed to myself that I must do something.

I was born into a middle-class family and financial struggles never let us live in peace. There were days when we had to be content ourselves with just one meal throughout the day, and purchasing new clothes even once a year was out of imagination. As far as I recall, there was a time when we lacked even a pair of school shoes. It was a situation where if my brother wore them, I couldn't, and vice versa. Those days, I truly felt the essence of belonging to a middle-class family.

When I was young, I fell prey to physical abuse by a person living around my house. By then, I had reached a phase where I could distinguish between right and wrong to an extent. So, I shared the incident with the family, but the family members didn't believe me. I was young then, and later, the true nature of that person was revealed to society.

Unknowingly, I had taken such a significant step at that time. Time passed, I continued to study, and I continued to grow.

Involvement in the Girls Empowerment Program

One day, I got a call requesting to come to the school, and my mummy and I headed towards the school. The teachers of the school had recommended my name to participate in the Girls Empowerment Program. The first meeting with the Didis ('Didi' is used to respectfully address a familiar older female.) involved in the program was very dear to me and it felt like the right decision although I was curious about what was it, and what could it be. A few days later, a school orientation program was organized, which Radha Didi moderated. I always loved speaking and sharing my thoughts, but I never got the courage to do it. What Deepak sir ('Sir' in Nepal generally is a respectful term used to address individuals who work in an office setting. Here, it refers to the staff of Jagriti Child and Youth Concern Nepal.) had mentioned then is still

fresh in my mind. He said, "If you can manage to participate in this Girls Empowerment Program, you too can conduct a program like this." That left a good impression on me.

Training courses received

Two-days orientation program

All of those friends there were like me, but I was hesitant to explore new places and unfamiliar faces. But I gradually overcame and I wrote the first poem "First Time". I gathered the courage to recite it in front of others, and then my voice carried weight, but the paper of the notebook that I was holding and my entire body were trembling. At present, when I look at myself in the mirror, I don't believe that I am the same person.

Training of Trainers

- » This program provided details of things that seemed normal to me. Having never spoken in front of the camera, I faced my fear for the first time. Gradually, the foundation was getting stronger.

Self-defense training, life skill, and leadership development training

- » I realized that I could also take on leadership roles after these training sessions as they boosted my confidence and self-esteem.
- » I learned photography, videography, and storytelling.
- » I got an opportunity to learn formal writing styles, and my writing transformed. From being someone who would stay far away from gadgets, and whose hand would tremble while holding a camera, I am now capable of teaching others basic skills.

SRHR

- » This was an important life lesson, due to which I became familiar with essential sexual and reproductive health rights for a lifetime.
- » I received sanitary pad-making training
- » Thanks to this training, I along with other peer educators, transferred skills to women, sisters, and friends.

Activities carried out

I never thought that I would be able to teach others what I learned. But after being involved here, I slowly started to evolve. I always felt who would listen to me, but my view towards people was gradually taking shape as well. Whatever I could, whatever I knew, I used to share in detail with multiple small groups. After the completion of this program, we also advocated and lobbied with the stakeholders for the protection of child and adolescent rights, whether it was through drama or by teaching ourselves.

Even in international competitions, we incorporated the issues of our children and adolescents. Our experience and collective effort managed to leave a good impression. Additionally, upon being felicitated by the province government, we distributed educational materials to 10 needy and deserving students with a portion of the cash prize we received.

Changes in myself

- » Since participating in this program, I have become more confident in myself.
- » I am gaining clarity regarding any doubts about my abilities and strengths.
- » I have clarity regarding how I can present myself effectively to others.
- » I have been able to create my own space.
- » As an innovator, I, now, find myself capable of adapting to new environments comfortably.
- » I have developed leadership skills.
- » Particularly noteworthy, the program has given wings to every daughter to dream. I am a living example of this transformation.

The transformation brought about in my home and society

Being a daughter is seen as a life of hardship in itself. However, the journey of change began right from my home. Despite the restrictions during menstruation, I initiated a positive step of removing the taboo of "separation" at home. I have succeeded in earning love from my grandparents. At home, I have earned the trust and belief that I can make a difference. I have succeeded in establishing my existence at home. Although I am a daughter, I have got the status of a son. The society that made me feel like a daughter even before I was born, yes, I have succeeded in instilling the seed of equality in that society. In a society that used to exclude me, because I belonged to a lower caste, today, I have become a role model for their sons and daughters.

In the same society where my voice wasn't heard before, I now observe scenes where my suggestions are being implemented. Where there used to be doubts about a girl's participation in outside-home activities, now, I have been able to set examples of what a girl can achieve if they do. Truly, I have found my existence and made a difference.

Other successes in this transformational journey

- » After receiving a training course for the first time, a person who was not even made a member of the school child club, I became the president of the same club in my first attempt.
- » On 3 November 2022, I led and organized a program. It was the first time I faced my fears head-on.
- » In the same year, we were felicitated by the Ministry of Social Development of Gandaki Province for showcasing the best talent in the district.
- » In the "My Digital Story" competition, my poem was recognized as the best in the province.
- » I consistently achieved commendable positions in both inter-school and intra-school quiz competitions, elocution contests, debates, spelling bees, and essay writing competitions.
- » Not only inside the country, I got an opportunity to participate in international competitions and workshops.
- » Patience, discipline, and self-confidence led me to excel in my class 10 board exams as well.
- » I am that same daughter whom society looked at with negative perspectives. To set an example

that if we have a will, we can achieve anything, and we can do everything if we act, I appeared in a scholarship examination conducted by the Kathmandu Metropolitan City. Then, I succeeded in getting admission to one of the best +2 schools in Nepal with a full scholarship.

- » I have found a reason to write. I have had opportunities to organize various programs from time to time.
- » Presently, I serve as the Nepal Representative for the Global Girls Leader Advisory Group, a UNICEF initiative.
- » I can't express the love, respect, and trust shown by society and every optimistic daughter in words.
- » Connections and relationships have formed in various places.
- » In a true sense, this three-year program has transformed coal into a diamond.

The moment of becoming a trainer

I liked the self-defense training. I was impressed by my trainer. I used to work hard every day. And, gradually, I developed my capacity to train other people. Eventually, I got a chance to train outside my city for the first time, where I shared everything I had learned. After that training, I received valuable feedback and I kept getting better. Truthfully speaking, I felt myself improving every day after that moment. On that day, for the first time, I handed over my hard-earned money to my mother. Our family was overjoyed, and this moment inspired me to move forward with even greater determination. Later on, I also conducted self-defense training in many other places.

Conclusion

I am that same daughter whom society once looked down upon, who even had not uttered the letter 'A' in front of others, and whom no one believed in. But I am also that same daughter whose every interaction is watched and listened to with great curiosity. Yes, I am that daughter who has now become the hope and belief of everyone. I extend my sincere gratitude and heartfelt thanks to my family, who have supported me so far and allowed me to join this program, the whole society who expects change, the teachers and school family who believe in me, the ward, the municipality who have provided opportunities, all the Jagriti Child and Youth Concern Nepal and the KANLLAN family who have always encouraged and supported me. I am forever indebted to everyone's virtues. To all my supporters who have stood by me at every step of my journey, who have kept their faith in me, and who have kept the spark of hope alive, I offer my sincere homage. To all the girls, keep faith in yourself, never step back, be you, completely yourself.



सूर्य जस्तै उदाएकी म

आशिका पोख्रेल



नयाँनयाँ ज्ञान सिक्न, जानेका कुरा अरूलाई पनि सिकाउन अनि नयाँनयाँ साथी बनाउन साह्रै मन पराउने म; ठूलाठूला बौद्धिक व्यक्तित्वहरू जस्तै-घण्टौसम्म भाषण गर्न, ज्ञानगुनका कुरा गर्न निकै राम्रो लाग्थ्यो तर आत्मविश्वास भने ममा शून्य थियो। यसरी रहर हुँदाहुँदै पनि ओइलाउन लागेकी एउटी फूललाई मलजल गरेर फूलाउने अनि सुगन्धित बन्न सहयोग क्यानलानको आर्थिक सहयोगमा जागृति बाल तथा युवा सरोकार नेपालले हाम्रो नवलपुर जिल्लाको कावासोती नगरपालिकामा सञ्चालन गरेको ३ वर्षीय किशोरी सशक्तिकरण कार्यक्रमले गरेको थियो।

यस अभियानमा आबद्ध भएपछि लिएका आत्मविश्वास, नेतृत्वदायी सीप, द्वन्द्व व्यवस्थापन, विभिन्न अधिकार सम्बन्धी अभिमुखीकरण कार्यक्रम, फोटोग्राफी र भिडियोग्राफी, तनाव व्यवस्थापन जस्ता विविध जीवनोपयोगी सीप सिकेकै कारण आज आफ्नालागि मात्र नभई निमुखा र सहयोग आवश्यक परेका हरेक व्यक्तिको हक, हित र अधिकारका लागि बोल्न सक्ने भएकी छु।

यही संस्थाले दिएको आत्मसुरक्षा तालिमले गर्दा निर्धक्का साथ हरेक बाटाहरू हिँड्न सक्ने भएकी छु। आफ्नो रक्षा र सुरक्षा आफै गर्नसक्ने भएकी छु। यसै संस्थामा रहदै गर्दा मैले बडा अध्यक्ष, पालिका प्रमुख लगायत अन्य बौद्धिक व्यक्तित्वहरू माफ आफ्ना अपेक्षा र समाजमा रहेका समस्या निर्धक्का साथ व्यक्त गर्न सक्ने भएकी छु।

सायद यसै संस्थाले गरेको साथ अनि सहयोगले गर्दा आएको आत्मविश्वासले गर्दा नै आज नवलपुर जिल्ला बाल सञ्जालको सचिव जस्तो गरिमामय पदमा पनि मनोनित हुने सुवर्ण अवसर पाए। हिजोसम्म मलाई नचिन्ने समाजको अघि एउटा असल किशोरी भन्ने आफ्ना छुट्टै पहिचान बनाउन सफल भए।

आज घर, परिवार अनि समाजमा आफ्नै नयाँ पहिचान एक सक्षम किशोरीका रूपमा आफूलाई चिनाउन र स्थापित गर्न सफल भए। धेरैधेरै धन्यवाद यस संस्थालाई आगामी दिनमा पनि यस्तै मायाको अपेक्षा छ। यसै कार्यक्रममा रहदै गर्दा मैले आफूमा रहेको साहित्यिक प्रतिभा पनि पहिचान गर्ने अवसर पाए। मैले किशोरी तथा बालबालिकाका क्षेत्रमा आधारित रहेर विभिन्न कविता, मुक्तक अनि गजल पनि लेखे। यस जागृति बाल तथा युवा सरोकार नेपाल संस्थाले मेरो नयाँ पहिचान बनाउन निकै सहयोग गरेको छ। मेरो जीवनमा प्रथम पटक हाम्रो गण्डकी प्रदेशका मुख्यमन्त्री समक्ष बालबालिका तथा किशोरीहरूका बारेमा ध्यानाकर्षण-पत्र प्रदान गर्ने सुवर्ण अवसर प्राप्त गरेकी थिए।

त्यस्तै मानव अधिकार एलाइन्सको २४ औं साधारण सभामा पूर्व प्रधानमन्त्री केपी शर्मा वलीज्यूका अघि मैले "समृद्धिको सगरमाथा" नामक कविता वाचन गर्ने अवसर पाएकी थिए। उहाँको "असल देशप्रेमी छोरी" भन्ने शब्दले मलाई अगाडि बढ्न थप प्रेरणा मिलेको थियो।

विश्वका १४ भन्दा बढी देशहरू बिच भएको अन्तर्राष्ट्रिय छलफल कार्यक्रम जसको शीर्षक "Fight against inequality" थियो। यस कार्यक्रममा मैले पनि सहभागी भएर आफ्नो कुरा राख्ने र उहाँहरूबाट पनि अमूल्य ज्ञान आर्जन गर्ने अवसर पाए। यो ३ वर्ष साँच्चै नै मेरा लागि प्रगतिमूलक प्रशंसनीय अनि अत्यन्तै उत्पादक रहयो। जसको श्रेय म सर्वप्रथम मलाई यस कार्यक्रममा सहभागी हुन अनुमति दिने आदरणीय आमाबुवा, गुरुहरू तथा किशोरी सशक्तिकरण कार्यक्रममा आबद्ध सम्पूर्ण गुरुहरूलाई दिँदै मलाई हरेक कदममा सचेत, सजग गराउँदै सकारात्मक उर्जा प्रदान गर्नुभएकोमा विशेष धन्यवाद व्यक्त गर्दछु।



Rising like the Sun

Aashika Pokharel



I love to learn new things, teach my learnings to others, and make new friends. Since the early days, I wanted to give speeches for hours and discuss different topics, but I had zero confidence. Despite having those wishes, someone as failing as myself was protected and enriched by the three-year Girls Empowerment Program, conducted by Jagriti Child and Youth Concern Nepal with financial support from KANALLAN, in our Kawasoti Municipality of the Nawalpur district.

After engaging in the campaign, gaining various vital life skills such as self-confidence, leadership and conflict management, and orientation on different rights, photography, videography, and stress management have empowered me to advocate not only for my rights and well-being but also for those who are unable to voice their concerns.

Thanks to the self-defense training provided by this organization, I can now walk around freely. I have been able to ensure my safety and security. Additionally, I've gained the confidence to express my views on social issues in front of ward chairpersons, mayors, and intellectuals.

Perhaps the self-confidence I gained from the support and assistance of this organization supported me in securing the prestigious position of Secretary of the Nawalpur District Girls Network for me. Through this opportunity, I've been able to establish my own identity as a good adolescent girl, within a society that didn't recognize me before.

I've now succeeded in creating a new identity as an empowered girl within my family and society. My heartfelt gratitude goes to this organization, and I look forward to continuing to receive such love in the future as well. Additionally, I have written different poems focusing on the themes of girls and children. Moreover, I had the honor of submitting a memorandum to the Chief Minister of Gandaki Province, for the first time in my life.

Similarly, I had the opportunity to recite my poem "Everest of Prosperity" in front of Former Prime Minister Hon'ble KP Sharma Oli during the 24th annual meeting of the Human Rights Alliance. I also got an opportunity to participate and learn valuable insights from an international discussion program titled "Fight Against Inequality", which participants from 14 countries attended.

Overall, these three years have been truly progressive, commendable, and extremely productive for me. I would like to express my special thanks to my respected parents who allowed me to participate in this program, teachers, and all others involved in the program for providing me with positive energy by making me aware of every step.



म कावासोती-४, नवलपुरमा बस्छु। म अहिले मध्यविन्दु बहुमुखी क्याम्पसमा अध्ययन गर्दछु। मेरो घरमा म, दिदी, बहिनी र बुवाआमा गरी ५ जना बस्दछौं।

सानैदेखि नयाँनयाँ कुराहरू सिक्न मन पर्ने म खेलकुदहरूमा सहभागी धेरै हुन्थे र म अहिले तेक्वान्दो पनि सिक्दै छु। आज म तेक्वान्दो सिक्नु भन्दा अगाडि के-के भएको थियो, त्यो लेख्न जाँदछु।



जब म सानै थिए त्यतीबेला ठूलोममीको घरमा जाँदा धेरै केटाकेटीहरू तेक्वान्दो पोशाक लगाएको देखे। उनीहरूलाई देख्दा मलाई पनि खेलन मन लाग्यो। उनीहरूले तेक्वान्दो पोशाक लगाएको देख्दा कस्तो राम्रो लाग्यो। उनीहरूसँग बोल्न जान मन लाग्यो। त्यतीबेला तेक्वान्दो खेल्छु भनेर म ममीलाई भन्न पनि सकिदैनथे। सायद खेलन दिनु पनि हुन्नथ्यो होला र मलाई तेक्वान्दो खेल्नुको फाइदा, बेफाइदा थाहा पनि थिएन।

तर जब म कक्षा ९ मा पढ्दा दुई जना मेडमहरू राधा बोटे र सुमित्रा अधिकारी आउनु भएको थियो। उहाँहरूले ठूलो मौका लिएर आउनु भयो र त्यो मौकामा हाम्रो गुरुहरूले मलाई पनि चुन्नु भयो। त्यहाँ के-के गर्नुपर्ने र के-के हुन्छ भनीदिनु भयो र मलाई ममीले पनि त्यो संस्थामा बस्न सहयोग गर्नुभयो। मलाई साँच्चै खुसी लाग्यो।

त्यो संस्थाबाट धेरै तालिमहरूमा गए, जस्तै- प्रशिक्षणका लागि प्रशिक्षक तालिम, बालविवाह विरुद्धको तालिम, बालश्रम अन्त्य सम्बन्धी, प्याड बनाउने, आत्मरक्षा, प्रजनन स्वास्थ्य, फोटोग्राफी, भिडियोग्राफी, कथा वाचन, बालिका अधिकार, सामाजिक र व्यवहार परिवर्तन, सञ्चार, तनाव व्यवस्थापनलगायत धेरै तालिम प्राप्त भयो।

जब मलाई आत्मरक्षा तालिममा जानी भनेर भन्नु भयो तब मैले ममीलाई भने र ममीले म पनि जान मिल्दैन र! भन्नुभयो। त्यसपछि मेडमलाई सोधे, उहाँले हुन्छ भन्नु भयो। हामी सौराहा गयौं। ५ दिनसम्म आत्मरक्षा बारे धेरै कुराहरू आशा दिदीले सिकाउनु भयो र हामीले धेरै सिक््यौं।

मैले आत्मरक्षा तालिम लिएपछि मलाई अबै त्यस्तै तालिम गर्न मन लाग्यो र हाम्रो विद्यालयमा तेक्वान्दो सिकाउने भन्ने कुरा सुने र मलाई फन खुसी लाग्यो। मैले घरमा भने त्यसबाट हुने फाइदाको बारेमा भने, किनभने मैले आत्मरक्षा तालिम लिईसकेको थिए र ममी पनि जानु भएको थियो। त्यसैले मलाई ममीहरूलाई भन्न पनि फन सजिलो भयो। मैले तेक्वान्दो खेल्दा म मात्र होइन कि मेरो बहिनीलाई पनि त्यसका विषयमा भनियो र उनी पनि खेल्ने भनिन्।

मैले महिनामा रु. २५००/- पाउने गर्छु र मैले त्यस पैसालाई मेरो र बहिनीको लागि तेक्वान्दोमा प्रयोग गरे, घरमा हामी ५ जना र बाबाले मात्र काम गर्ने, त्यसैले मैले २५००/- रुपैयाँ तेक्वान्दोमा तिर्ने गर्थे। हामी तेक्वान्दो खेलौं ३/४ महिना भयो। तेक्वान्दोमा स्तरअनुसारको बेल्ट पाइने हुन्छ, यसमा सेतो, पहेलो र हरियो बेल्ट हुन्छ। सहभागी हुँदा मेरो छिट्टै नै बेल्ट परिवर्तन भयो। जसका लागि हामीले परीक्षा दिनुपर्छ र फाइट पनि हुने गर्दछ। एक दिन हामी हाम्रो टिम र अर्को टिम गरी प्रतियोगितामा गएका थियौं। त्यो जिल्ला तहको थियो। त्यसमा म प्रथम भई गोल्ड मेडल पाउन सफल भए। मलाई धेरै खुसी लाग्यो। गेम खेल्दा लागेको थियो कि अहिले नै हो जे गरेपनि भन्ने, जब

आफूमा भरोसा भयो भने जे पनि गर्न सकिन्छ । मैले जित्दछु भन्दा पनि आफूले राम्रो खेलनु पर्दछ र खेल जित्ने पनि र कसरी जित्ने भनेर सिके पनि । साथै हारियो भने पनि निरन्तरता दिनु पर्दछ भनेर सिके ।

मलाई भन्नुभएको थियो कि सरले “अहिलेको पुस्ताले हार्न सिकेको छैन” । जस्तै— पढाइमा फेल भयो भने आत्महत्या गर्ने गर्दछन् र उनीहरूले हार्न सिकेका थिएनन् । त्यसैले हामीलाई गेमबाट चाँही हार स्वीकार्न सिकाउँछ र गेमले धेरै फाइदा दिएको हुन्छ । त्यो कुरा मलाई असाध्यै मन पर्‍यो ।

पहिला जति घरबाट सहयोग पाएको थिइन अहिले धेरै सहयोग पाएको छु । मैले आत्मरक्षाको तालिम लिएको थिए त्यो अहिले मेरो समुदाय, विद्यालयमा सिकाउदछु र अब आउने दिनहरूमा पनि सिकाउने छु । हामीले सिकाएर किशोरकिशोरीबाट पनि राम्रो पृष्ठपोषण पाएका छौं ।

अब हामीले आत्मरक्षा जस्ता तालिम लियौं भने हामी किशोरीहरू जहाँ जाँदा पनि नडराई हिड्न सक्छौं । जुन अहिले किशोरीहरूको बलात्कारका घटना, नराम्रो छुवाइ जस्ता घटनाहरूबाट बच्न र बचाउन सकिन्छ । त्यसैले सरकारले पनि त्यस्तो तालिमहरूमा आत्मरक्षा र तेक्वान्दो जस्ता खेलहरूमा सामेल हुन निःशुल्क गराइदिनु भयो भने हामीहरूलाई धेरै सजिलो हुने थियो । मैले गाउँघरमा विभिन्न समूहमा भाइबहिनीहरूलाई सिकेको कुरा सिकाउँदै पनि गए । अहिले म बडास्तरीय बाल संजालमा अध्यक्ष पदमा रहेर नेतृत्व पनि गरिरहेको छु ।

ममा र मेरो घरपरिवारको सोचमा जुन परिवर्तन आएको छ । आफूमा र समाजमा त्यो देख्दा कति खुसी लागेको छ । त्यो सम्भव भएको जागृति बाल तथा युवा सरोकार नेपालद्वारा भएको तालिमले गर्दा नै हो । त्यसैले म यो संस्था र क्यानालानलाई हृदयदेखि नै धेरैधेरै धन्यवाद भन्न चाहन्छु । उहाँहरूले प्रदान गर्नुभएको तालिमले नै मैले यो सफलता प्राप्त गर्न सकेकी छु ।





Transformation

Goma Pandley



I live in Kawasoti-4, Nawalpur. Currently, I am studying at Madhyabindu Multiple College. In my home, there are five members including me, my elder sister, my younger sister, my mother, and my father.

Interested in learning new things from a young age, I used to participate in various sports activities. Currently, I am learning taekwondo as well. Today, I am going to write about what happened before I started learning taekwondo.

When I was young, I used to see many boys and girls wearing taekwondo uniforms on my way to my aunt's house. That would make me happy and I also would feel like playing. I would feel like talking to them. But I couldn't even tell my mom that I wanted to join taekwondo; I thought she would not allow me to play. Also, I didn't know the advantages and disadvantages of playing taekwondo.

But when I was in grade 9, two representatives of Jagriti Child and Youth Concern Nepal—namely Ms. Radha Bote and Ms. Sumitra Adhikari—came to our school. They came with a big opportunity, and our teachers chose me for that opportunity. It was a program being implemented by Jagriti Child and Youth Concern Nepal and KANALLN. They explained to me what needed to be done there and what could happen.

My mom also supported me to be involved with that organization. I was very happy.

Then, I received several training courses from that organization, such as training for trainers, and training on child marriage, child labor, pad making, self-defense, reproductive health, photography, videography, story reading, girls' rights, social and behavioral change, communication, stress management, and many more.

Once we went to Sauraha for the self-defense training. Asha Didi ('Didi' is used to respectfully address a familiar older female.) taught us many things, and we learned a lot in those five days. After taking the training, I still had a desire to learn more about it, and when I heard that taekwondo would be taught in our school, I was thrilled. At home, I shared about the benefits of such training, because I had already attended self-defense training, which my mother had also observed. So, it became easier for me to talk to my parents about it. While playing taekwondo, I not only thought about myself but also told my sister about it, and she also expressed her interest in playing.

I receive NPR 2,500 monthly from the Girls Empowerment Program, and I use that money for taekwondo classes. We have five family members, including my sister and me, and my father is the only one who works. So, I use the entire 2,500 rupees to pay for my taekwondo classes.

We have been playing taekwondo for about 3 to 4 months. In this sport, you receive belts according to

your level: white, yellow, and green belts. When I participated, I quickly got promoted and got another belt. For that, we had to take exams and also take part in sparring. One day, our team and another team participated in a competition. It was at the district level. In that, I successfully won the gold medal and I was very happy. Playing the game made me realize that whatever I need to do, I have to do it now; when you believe in yourself, you can do anything. More than winning, I learned the importance of focusing on doing better, and I also learned how to win. I also learned that I got to continue even if I lost.

My sir (In the education setting, 'Sir' is used to respectfully address male teachers) once told me that the current generation has not learned to accept defeat. For example, if they fail in studies, they may resort to extreme measures like suicide, indicating a lack of resilience. This is where sports come in, teaching us the importance of accepting defeat gracefully and offering numerous benefits. I found that insight very meaningful.

Previously, I received limited support at home, but now I'm receiving more. After undergoing self-defense training, I've begun teaching it in my community and school, and I plan to continue in the future. We have also received positive feedback from teenagers we've taught.

So, if we receive self-defense training, we, adolescent girls, can confidently protect ourselves wherever we go. Such training equips us with the skills to protect ourselves from incidents like sexual assault and harassment that adolescent girls often face. Therefore, if the government decided to provide such training, including self-defense and sports like taekwondo, free of cost, it would become much easier for us. I have also shared what I learned with my juniors involved in various groups in my village. Now, I hold the position of president of the Ward-level Child Club Network.

There has been a significant transformation in my family's and society's thinking, and it brings me great joy to see that. It has been only possible because of the training provided by Jagriti Child and Youth Concern Nepal. Therefore, I am very grateful to this organization and KANALLAN from the bottom of my heart. The training they provided has enabled me to achieve this success.





अवसरले सिकाएको शिक्षा

मिना महतो



थारु समुदायमा हुर्केकी छोरी कावासोती १० रतवलमा बस्छु। जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा आयोजित किशोरी अभियानका एक किशोरी अभियान्ता हुँ।

आज भन्दा ३ वर्ष अगाडि लकडाउनको अवस्था थियो। म गृहकार्य बुझाउन भनि विद्यालय गएको थिए र शिक्षकहरूले एकछिन हजरहरूसँग काम छ भनी कार्यकक्षमा बोलाउनु भएको थियो। उहाँको कार्यकक्षमा २ जना दिदीहरू राधा दिदी र सुमित्रा दिदी बसी राख्नु भएको थियो।

अनि दिदीहरूले भन्नुभयो हजरहरू किशोरी सशक्तिकरणमा जोडिन इच्छुक हुनुहुन्छ ? भनी प्रश्न सोध्नु भएको थियो। हामीले इच्छुक छौं भनी आफ्नो मनमा लागेका कुराहरू सोधेका थियौं र दिदीहरूले हामीले सोधेका प्रश्नको उत्तरहरू दिनुभएको थियो र भन्नुभयो इच्छुक हुनुहुन्छ भने पछि फारम भर्न लगाउनु भएको थियो। हामीले फारम पनि भर्ने, एक हप्ता पछि फोन आएको थियो र मैले कहिले नदेखेको नम्बरबाट आएको थियो। फोन उठाउन निकै नै डर लागेको थियो र फोन उठाए। त्यसपछि फोनमा हजर मिनाजी बोल्नु भएको हो ? भनी सोध्नु भएको थियो। मैले पनि हजर हो भनेकी थिए र राधा दिदीले हजर किशोरी सशक्तिकरणमा छनौट हुनु भएको छ भनी फोन राखिदिनु भयो। म एकदमै खुसी भएको थिए र त्यो दिन खुसीको सीमा पनि थिएन।

त्यसैगरी मैले विभिन्न तालिम लिन धेरै ठाउँमा जान्छे। नयाँनयाँ कुरा सिक्न पाउछे। विभिन्न तालिम लिएसँगै म विभिन्न ठाउँ अवलोकन गर्न पनि पाए। आफूले लिएको तालिम आफूसँग मात्र नभएर परिवार, स्कुल, घर छिमेकीमा पनि सिकाउने गर्छे। मैले यही किशोरी सशक्तिकरणको तालिमबाट नै गण्डकी प्रदेशको मन्त्रीहरू भेट्ने अवसर पाएको थिए। गण्डकी प्रदेशको मन्त्रीलाई भेटेर हामीले किशोरीहरूको समस्याको बारेमा पनि ध्यानाकर्षण-पत्र बुझाएका थियौं। कोसँग कसरी बोल्ने, आफ्नो कुरा कसरी व्यक्त गर्नेदेखि लिएर कुनै समस्याको समाधान कसरी गर्ने भन्ने कुरामा पनि चेत खुल्यो। यही संस्थामा लागेर मैले आफ्नो समुदायमा घरायसी प्याड बनाउन, बालविवाह, बालश्रम, यौन तथा प्रजनन स्वास्थ्य शिक्षा र अधिकार जस्ता विषयमा तालिम पाएको छु। छोरीले त केही गर्न सक्दैन भन्ने समाजमा पनि उदाहरणको रूपमा आफूलाई प्रस्तुत गर्न सफल भएकी छु। साथीहरूसँग मिलेर आफ्नो समुदाय, विद्यालयमा विभिन्न कार्यक्रमहरू पनि सञ्चालन गर्दै आएको छु। समाजमा थारु समुदायमा हुर्केकी छोरी पनि अगाडि बढ्छन् भन्ने कुराको प्रमाणित गरेकी छु। म तालिम लिन जाँदा र अभियानमा लाग्दा अहिले मलाई धेरैले चिन्दछन्।

अभियानमा लागेपछि ममा धेरै परिवर्तन आयो। म आफ्नो परिवार, स्कुल र जागृति बाल तथा युवा सरोकार नेपाललाई हृदयदेखि नै धेरै-धेरै धन्यवाद प्रकट गर्न चाहन्छु। यस्ता कार्यक्रमहरू दुर्गम क्षेत्रमा पनि चाँडै भन्दा चाँडै लैजानु हुन समेत आग्रह गर्दछु।



Lessons Taught by Opportunities

Mina Mahato



Brought up in the Tharu community, I live in Ratawal, Kawasoti-10. I am an adolescent girl activist for the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN.

Three years back, there was a lockdown imposed to control the coronavirus spread. I had gone to school to submit my homework, and the teachers called us to the staff room saying they had something to discuss with us. In the staff room, there were two sisters, namely Radha Didi ('Didi' is used to respectfully address a familiar older female.) and Sumitra Didi, sitting together.

Then, the sisters asked if we were interested in joining the Girls Empowerment Program. We expressed our interest and asked them all the questions we had in mind. They answered all our queries and instructed us to fill out the form later if we were interested. We filled out the form, and a week later, I received a phone call from an unknown number. I was quite scared to pick up the phone, but I did. They asked, "Am I speaking to Mina?" I replied, "Yes". Radha Didi then said, "You have been chosen for the Girls Empowerment Program" and hung up the call. I was overjoyed, and there was no limit to my happiness that day.

Afterward, I used to go to various places to receive different types of training. I was able to learn new things. Along with taking various training sessions, I also got the opportunity to explore different places. I didn't confine the knowledge I acquired from the training to myself; I used it to teach my family, school, and neighborhood as well. Through the training delivered under the Girls Empowerment Program, I even got the opportunity to meet the Ministers of the Gandaki province and present them with memoranda about the issues faced by adolescent girls.

Learning how to talk differently to different people, express myself well, and solve problems has been really eye-opening for me. Through this organization, I have received training on various topics such as making sanitary pads in my community, child marriage, child labor, sexual and reproductive health education, and rights. I have been successful in presenting myself as an example in society that girls can also contribute significantly, even when society thinks girls can't do anything. Along with friends, I have also been organizing various programs in our community and school. I have proven that even a girl from the Tharu community can progress. Now, many people recognize me as I keep continuing to learn and participate in such campaigns.



तीन वर्षको अनुभवले देखाएको बाटो दृष्टि गिरी



मेरी आमाको तीनवटी छोरीहरू मध्ये म सबैभन्दा कान्छी छोरी हुँ । मेरो बसाई काबासोती-१४, डण्डा, त्रिभुवनटार हो । म एक सम्मानित, शिक्षित र रमाइलो वातावरण भएको परिवारमा हुर्केकी हुँ । म यस जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा आयोजित किशोरी सशक्तिकरणको एक साथी शिक्षकको रूपमा ३ वर्षदेखि सहभागी हुँदै आएकी छु । अब म यस कार्यक्रमको अन्तिम वर्षको अन्तिम तिर छु ।

म यस कार्यक्रममा लाग्नासाथ मैले धेरै तालिम लिए, ठुलाठुला मानिसहरूसँग घेटघाट गरी आफ्ना र आफ्नो समाजको सामाजिक समस्या बारे केही कुरा राख्न पाए । मैले महिनावारी स्वास्थ्य फोटोग्राफी, भिडियोग्राफी, आत्मरक्षा तालिम, जीवनोपयोगी, मानसिक स्वास्थ्यलगायतका विषयमा तालिम लिए । सुरुमा तालिम लिँदा यो त किताबमा नै पढिहालिन्छ नि भन्ने सोच्ने तर किताबमा त जम्मा परिचय रहेछ त्यसको वर्णन त यहाँ आएर पो सिके । यहाँ विभिन्न कुरा सिक्नासाथ मेरो सिकाइ स्तर पनि बृद्धि भयो ।

मैले तालिम आफूले लिएर आफूमा मात्रै सिमित राखिन आफ्ना घरपरिवार, समाज र विद्यालयलाई पनि सिकाए । परिवार समाजलाई सिकाउने क्रममा पहिला छोरी हो नगर भो, घरमै बस भो, बाहिरतिर के हुन्छ के थाहा भन्ने परिवार आज म यस ठाउँमा पुगेको देख्दा गर्व गर्नुहुन्छ । हिजो छोरी मान्छे भएर बाहिर नहिड, पढाइमा ध्यान देऊ, के डुलेको भन्ने मेरो समाज आज मैले उहाँहरू मै घटेका वा उहाँहरूले भोगेको सामाजिक समस्या बारे भन्दा आँखा रसिलो बनाइ मलाई खुसीको आँखाले हेर्नुहुन्छ ।

विद्यालयमा यस्ता कार्यक्रम गर्दा निकै सकारात्मक कुराहरू सुन्न पाए । हिजो मेरो नाम पनि नचिन्ने साथीहरू आज मैले गरेको काम भन्दा आफ्ना सामाजिक हिंसा लगायतका समस्या मलाई नै आएर मसँग सहयोगको पुकार गर्छन् । यो मेरो लागि सानोतिनो कुरा होइन । मैले समाजमा गएर जब हिजो अन्धविश्वास, सामाजिक समस्याप्रतिको विश्वास नै सत्य भन्ने समाजलाई जब यो गलत हो भनी तालिम दिए तब उहाँहरूको विश्वास हट्यो होला, कहाँ सबैको एकैचोटी विश्वास हटाउन सक्छु तर म विस्तारैविस्तारै आफ्नो यस प्रयासलाई कायम नै राख्ने छु ।

अन्त्यमा आत्मविश्वास नभएको, डर बढी लाग्ने, हरेक समस्याबाट पछि हट्ने थिए म; अहिले निडर, सक्षम, सहासी छोरी बन्न सकेकी छु । महिला र किशोरीमाथिको समस्या हटाउन उठेकी छोरी हुँ । म आज जुन ठाउँमा छु आफ्नो आमाका कारण छु । जसले छोरीप्रतिको विश्वास राखेर मलाई यस कार्यक्रममा सहभागी हुन दिनुभयो । साथै यस जागृति बाल तथा युवा सरोकार नेपाललाई पनि म ठूलो धन्यवाद दिन चाहन्छु । आज म जहाँ छु र जस्तो भएको छु यहाँहरूको सहयोग नपाएको भए यस्तो सायद हुने थिइन ।



The Path Revealed Through Three Years of Experience

Dristi Giri



Among my mother's three daughters, I am the youngest. My home is in Danda, Tribhuwantar, Kawasoti-14. I belong to a respected, educated, and cheerful family. I have been actively involved in the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN for the past three years. Now, I am in the final year of this program as a peer educator

While participating in this program, I received various types of training and had interactions with many influential people and brought their attention to the social issues of my community. I received training on topics like menstrual health, photography, videography, self-defense, life skills, and mental health. Initially, I thought that I would anyway read about these topics in school books, but the book only provided concepts, I learned their practical application here. My learning graph has gone up significantly after learning various things after being involved in this program.

Instead of confining the knowledge I gained to myself, I shared it with my family, society, and school. In the process of educating my family and society, initially, they used to say, "You are a girl, don't do it, stay at home, you never know what happens outside." But now, the same family feels proud to see me reach this point. In the past, the same society that criticized me, saying, "Don't go out, focus on your studies, what are you wandering around for," now looks at me with tears of happiness when I talk about the experiences they have had or the social issues they are facing.

While organizing such programs at school, I had the opportunity to listen to extremely positive feedback. Previously, friends who wouldn't even remember my name, now, whenever I share my experiences, approach me to share their problems, including issues like social violence, and seek my support. This is not a small matter for me. When I went and trained a society that believed in superstitions, I told them such superstitions were all wrong. I can't help everyone get rid of their beliefs at once, but I will keep working to gradually change them.

In the end, I have transformed from someone lacking self-confidence, overwhelmed by fear, to a fearless, capable, and courageous girl. I am a daughter standing up to eliminate the problems of women and girls. Today, I am where I am because of my mother, who instilled confidence in me to participate in this program. I also want to express my heartfelt gratitude to Jagriti Child and Youth Concern Nepal for giving me this opportunity. Where I am today and what I have become may not have been possible without their support.



मसँग मेरो परिवर्तन

स्वस्तिका ढकाल



सामान्य किसानी परिवारमा जेठो छोरा पछि कान्छी छोरीको रूपमा जन्म लिएकी म स्वस्तिका ढकाल विगत तीन वर्षदेखि किशोरी सशक्तिकरण कार्यक्रममा सहभागी भई साथी शिक्षक हुने मौका पाएकी भाग्यशाली किशोरी हुँ। विगतका दिन र आजको दिनमा जसरी दिन र रात हुँदै गयो, त्यसरी नै म भित्र पनि विस्तारै परिवर्तन आउँदै गयो।

कोरोना कालको समयको बेलामा मैले जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानको सहकार्यमा सञ्चालन गरेको कार्यक्रम कोभिड-१९ सम्बन्धी सचेतना कार्यक्रममा स्वयम्सेवकको रूपमा काम गर्ने अवसर पाएकी थिएँ। म साथी शिक्षकको रूपमा सहभागी भएपछि मैले सुरुमा प्रशिक्षकका लागि प्रशिक्षण तालिम प्राप्त गरे त्यसपछि मैले घर परिवारलाई आफ्नो अनुभव सुनाउनुको साथै आफ्नो उमेर समूहको साथीहरूलाई पनि अनुभव आदानप्रदान गरे। विगतका तीन वर्षदेखि मैले थुप्रै नेतृत्व विकास, आत्मरक्षा, जीवन उपयोगी सीप, फोटोग्राफी, भिडियोग्राफी र कथा वाचन, महिनावारी प्याड बनाउने जस्ता तालिमहरू लिने अवसर प्राप्त गरे। त्यसपछि मैले आफूले सिकेको कुरालाई मेरो घर, परिवार, छरछिमेक र साथीहरूलाई पनि सिकाउने गरे, मैले मेरो उमेर समूहको साथीहरू सँगसँगै, दिदीबहिनी र आमाहरूलाई घरमानै महिनावारी प्याड बनाउने तालिम दिनुका साथै बालविवाह, लैङ्गिक हिंसा विरुद्ध कार्यक्रम, साइबर सुरक्षालगायतका कार्यक्रमको तालिम दिए।

मैले आफ्नो विगतलाई हेर्ने हो भने आत्म विश्वासको कमी भएकी, डर र लाजले गर्दा अवसरहरू आउँदा अगाडि नसर्ने म ! आज आत्मविश्वासका साथ डर, लाजलाई हराउँदै अवसरसँग जुध्दै आफ्नो पहिचान बनाउन अगाडि सर्ने गरेकी छु। जसले गर्दा आज म बडास्तरीय बाल संजालको अध्यक्षको रूपमा आवद्ध भएर वडाबाट विभिन्न कार्यक्रमको पनि सहजीकरण गर्दै आएकी छु।

मैले समुदायमा काम गर्दा सहयोग पाएकी छु। सहयोगको साथै ममाथि तिमीले गर्न सक्छौं ? भन्नेजस्ता प्रश्न चिन्ह पनि उब्जिएको थियो। जसरी समय परिवर्तन हुँदै गयो, त्यसरी नै जसले मलाई तिमी गर्न सक्छौं र ! भनेर प्रश्न गर्नेहरू पनि आज मलाई तारिफ गर्नुहुन्छ। ममाथि जहाँ पहिला प्रश्नका साथ विश्वास गर्नु भएको थियो। आजभोलि त्यो प्रश्न हराउँदै गएको छ। हिजो र आजका दिनमा ममा परिवर्तन भएको छ। मसँग मेरो परिवार साथीहरू र समुदाय पनि परिवर्तन भएको देख्दा मलाई गर्व लाग्छ।

यति भन्दै ममाथि विश्वास गर्ने मेरो परिवार, अग्रज, शिक्षक, साथीहरू र यस संस्था जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानलाई अटुट माया र साइनोका साथ धन्यवाद भन्न चाहन्छु। अन्त्यमा यति भन्न चाहन्छु जीवन एउटा काँचो माटो हो। जिन्दगीलाई जस्तो बनाउने हो, आफैमा भर पर्दछ। आकाश चुम्ने सपना कसको हुँदैन र ? तर पनि पैतालाले जमिनको माटो नटेकी जमिनका माटोमा नै पैठेजोरी नखेली अधि बढ्न सम्भव कहाँ नै हुन्छ र ? भन्दै मप्रति विश्वास गर्ने सम्पूर्णलाई धन्यवाद दिन चाहन्छु।



My Transformation

Swastika Dhakal



I, Swastika Dhakal, was born as the youngest daughter after the eldest son in a typical farming family. I am a fortunate teenager to have participated in the Girls Empowerment Program as a peer educator for the last three years. As the days passed, I experienced significant internal changes in me.

During the time of the Covid pandemic, I also had an opportunity to work as a volunteer in the Covid Awareness Program conducted in collaboration with Jagriti Child and Youth Concern Nepal. After being involved as a peer educator, I initially received a training of trainers course, and then I shared my experiences with my family and also interacted with my peers of my age about my experiences.

Over the past three years, I have had the opportunity to receive various types of training such as leadership development, self-defense, life skills, photography, videography, and storytelling. After that, I shared what I learned with my family, relatives, neighbors, and friends. I also conducted training sessions for my peers, sisters, and mothers on making sanitary pads at their homes. Additionally, I delivered training on preventing child marriage, addressing gender-based violence, and promoting cyber safety.

When I look back at my past, I realize how I used to let my lack of self-confidence, fear, and shyness hold me back from grabbing opportunities. Today, with confidence in myself, I face challenges head-on, overcoming fear and shyness to create my own identity. This transformation has led me to take on the role of President of the Ward-level Child Club Network, facilitating various programs with ease and confidence.

When I work in the community, I receive support. Initially, however, along with the support, there were questions about whether I could really do it. But as time passed, those who would question if I could do have started praising me. Earlier, I was trusted but there were doubts. Now, those doubts are disappearing. From yesterday to today, I have changed. When I see my family, friends, and community changing along with me, I feel proud.

With this, I want to express my heartfelt gratitude to my family, teachers, and friends, and Jagriti Child and Youth Concern Nepal and KANALLAN for their unwavering love and support towards me. In conclusion, I want to say that life is like raw clay. How we shape it depends on us. Who doesn't dream of reaching for the sky? But without treading on the ground, without getting our hands dirty in the soil, how can we move forward? With this in mind, I extend my heartfelt thanks to everyone who believes in me.



घरकी जेठी छोरी

एलिना रसाइली



म सानैदेखि चन्चले, चुलबुले स्वभावको अहिले निकै इमान्दार स्वभावकी छु। अनुशासित, इमान्दार बनाउन पनि त कसै न कसैको हात छ। यसको लागि त तपाईंले मेरो कथा नै पढ्नु पर्छ। आउनुस् तपाईं हामी सँगै मेरो कथा पढौं।

मेरो जन्म तनहुँ सामुङ भन्ने एउटा सानो र अतिनै सुन्दर गाउँमा भएको हो। म जेठी छोरी भएर आगमन भएकी थिए। त्यसैले सबैले माया गर्नुहुन्थ्यो। सबैको माया पाए तापनि कहिल्यै हजुरआमाको माया पाउन सकिन। किनकि जेठो छोराको पहिलो सन्तान, उहाँ नाति चाहनुहुन्थ्यो तर म छोरी जन्मे। जब म ८ वर्षकी भए तब मलाई सबै भन्दा बढी माया मेरो हजुरबुवाले गर्नुहुन्थ्यो। समय बित्दै गयो मैले मेरो प्राथमिक तहको शिक्षा हिल प्वाइन्ट एकेडेमीबाट उत्तीर्ण गरे।

यसपछि गाउँमा शिक्षा सुविधा नभएका कारण बुवाआमाले तराई नवलपुर कावासोती ल्याउनु भयो। मेरो र भाइबहिनीको उज्ज्वल भविष्यका लागि मेरी आमा हामीलाई लिएर कावासोती आउनुभयो। हामीसँग न कुनै जग्गा, न कुनै घर नै थियो तर पनि हिम्मत नहारी आट गरी भाडामा बस्यौं। २०७४ सालमा हामी सामुदायिक विद्यालयमा भर्ना भयौं। म विद्यालय, जिल्ला स्तरीय प्रतियोगितामा पनि विजेता हुन सफल भए।

यसरी नै मैले एउटा यस्तो कार्यक्रम पाए जसले मेरो जीवन नै परिवर्तन गरिदियो। जागृति बाल तथा युवा सरोकार नेपाल र क्यानालान जुन तीन वर्षीय कार्यक्रम लिएर कावासोती आयो। यस संस्थाले किशोरीहरूका लागि सञ्चालन गरेको कार्यक्रममा म पनि हिस्सेदार बन्न पाए। मैले यस कार्यक्रममा धेरै कुरा सिके र सिकाउन पनि पाए। यस लगत्तै म बडास्तरीय बाल संजालमा सदस्य पदमा पनि रहेको छु। मैले सिकेको कुरा विद्यालयमा पनि सिकाउँदै आइरहेको छु। यस्तै गरी मैले धेरै अवसर प्राप्त गर्दै गएँ। त्यसपछि मेरो सबै व्यवहार, बोलाइ, पढाइ परिवर्तन हुँदै गयो। यो देखिसकेपछि मलाई छोरी भनेर सानोमा हेला गर्ने हजुरआमा अहिले निकै खुसी हुनुहुन्छ।

मैले नाम त कमाए तर घरको आर्थिक अवस्था भने कमजोर नै थियो। हामी विस्तारै आफ्नै घरमा बस्न थाल्यौं। घरमा एक बुवामात्र कमाउने हुनुभएकोले घर चलाउन हामीलाई पढाउन मुस्किल भयो। त्यसैले मैले ११ र १२ मा आफ्नै कमाएर पढ्छु भन्ने सोचे र २०७२ सालमा लुम्बिनी CIZ Join गरे र साथसाथै UYV Entrepreneurship मा काम सुरु गरे।

मैले सोचेको भन्दा निकै कठिन हुँदो रहेछ पैसा कमाउन। मैले मिहिनेत गर्दै गए र सफलता मेरो हातमा आउँदै गयो। यो कुरामा म एकदमै खुसी थिए तर कामगर्दै गर्ने क्रममा धेरै उतार चढाव आउन थाले तर घरमा मेरो सफलताको प्रतिक्षा गरिरहेका मेरा परिवारको अनुहार हेरेपछि मलाई प्रेरणा मिल्यो। मैले गरेको मिहिनेत अनुसार सफल पनि हुँदै गए। पछि गएर पनि परिवारलाई आर्थिक र समयमा सहज बनाउने मेरो ठूलो सपना छ।

कसैलाई जित्ने रहर छैन र कसैसँग हार्ने मन पनि छैन, बस आफ्नो बाटोमा हिड्नु छ र आफ्नै पहिचान बनाउनु छ।



The Eldest Daughter of the Family

Alina Rasaili



During my childhood, I had a playful and lively nature, but now I am very honest. Indeed, becoming disciplined and honest also requires someone's guidance. To understand this, you have to read my story. Come and join me as we read my story together.

I was born in a small and beautiful village called Samung in the Tanahun district. I was born as the eldest daughter, so everyone loved me—except my grandmother. She wished her first grandchild would be a grandson. But when I turned 8, my grandfather loved me the most. As time passed, I completed my primary education at Hill Point Academy.

Then, due to the lack of educational facilities in the village, my parents decided to take me to Kawasoti, Nawalpur, in the Terai region. For the bright future of me and my siblings, my mother brought us to Kawasoti. We didn't have any land or house, but without losing hope and being courageous, we rented a place to stay. In 2017, I was enrolled in Smriti Community School along with my siblings. I also became successful in school and district-level competitions.

Then, I had an opportunity to participate in a program that completely transformed my life. Jagriti Child and Youth Concern Nepal and KANALLAN introduced their three-year program in Kawasoti. I became actively involved in this program designed for adolescent girls. I learned many things and also had the opportunity to teach others. Following this, I held the position of a Member of the Ward-level Child Club Network. I have also been sharing at school what I learned in the program.

Through this program, I continued to receive numerous opportunities. Afterward, my behavior, speech, and academic performance significantly improved. Seeing this positive transformation, my grandmother, who used to scold me for being too playful, is now very happy.

Although I earned a name for myself, the financial condition at home was weak. We gradually started living in our own house. Since only my father was earning at home, it was difficult to afford to continue school and manage the household expenses. Thinking that I could support myself through grades 11 and 12, I got enrolled at Lumbini CIZ and started working at UVE Entrepreneurship in 2015.

Making money turned out to be much harder than I had imagined. I kept working hard and success came to me. Anticipating the hope I could bring to my family while I persevered through ups and downs while working, I found inspiration to work even harder. I began to find success in line with the efforts I put in. I have a big dream to make my family financially and emotionally comfortable in the future.

I don't aim to win over anyone, nor do I want to lose to anyone; I simply want to walk my own path and create my own identity.



पहिले र अहिलेकी म

एन्जल भुसाल



परिवारको सबै सदस्यहरूको ठूलो आशा आफ्नो काँधमा बोकेर, भविष्यको सिर्जनाका लागि सधैँ सही बाटो खोज्ने मैले अहिले यस्तो राम्रो अवसर पाएको छु पत्तै भएन ।

म एक सामान्य मध्यम वर्गीय परिवारकी जेठी छोरी हुँ । म ७ वर्षको

हुँदा म, मेरो बुवाआमा र मेरो १ वर्षको सानो भाइ पारिवारिक समस्याको कारणले गर्दा आफ्नो घर भन्दा टाढा बस्नुपर्ने अवस्था सिर्जना भयो । त्यति सानो उमेरमा आफ्ना मान्छेबाट टाढा बसेको कारणले होला मलाई समाजका मानिसहरूसँग घुलमिल हुन सारै गाह्रो पर्थ्यो । आफ्नै साथीहरूसँग पनि मैले खुलेर आफ्नो विचार व्यक्त गर्न सकिदैनथे । उमेर बढ्दै जाँदा आफूमा भएका क्षमताहरू पनि गुम्दै जाने त होइनन् ? भन्ने प्रश्न मेरो मनमा आइ रहन्थ्यो ।

खुलेर आफ्ना कुरा राख्न नसक्ने भएकाले मलाई साथीहरूले पनि जिस्काउने र गिज्याउने गर्थे । आफूमाथि त्यस्तो व्यवहार हुँदा पनि म केही बोल्न सकिदैनथे, सधैँ रुनमात्र आउथ्यो तर उमेर बढ्दै जाँदा ? रुने बानी कम हुँदै गयो । उमेर बढ्दै जाँदा आफूमा पनि उमेर अनुसारको परिवर्तन देखा पर्न थाल्यो । विस्तारै कहिले किशोर अवस्थामा पुगेछु पत्तै भएन ।

किशोरावस्था जुन उमेरमा मान्छेहरूबाट सही र गलत छुट्टीदैन, भविष्यको योजना हुँदैन र जीवनलाई अगाडि बढाउने प्रक्रिया नै थाहा हुँदैन, त्यो उमेरमा मैले मेरो भविष्यको अध्यारो यात्रालाई ज्योति प्रदान गर्ने एक सुनौलो अवसर प्राप्त गरे । कक्षा ९ मा अध्ययन गर्दैगर्दा मैले जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा आयोजित किशोरी सशक्तिकरण अभियानमा एक अभियानकर्ता साथी शिक्षकको रूपमा जोडिने ठूलो मौका पाए । त्यो मौका मेरो जीवनको एक परिवर्तनको बिउ बन्न पुग्यो ।

किशोरी सशक्तिकरण अभियानले मलाई सामाजिक परिवेशमा परिचित गरायो । यस कार्यक्रमका कारण मैले आफ्नो जीवनमा उपयोग हुने विभिन्न तालिमहरूमा सहभागी हुने अवसर प्राप्त गरे । जब मैले यी तालिमहरू लिन सफल भए तब मेरो मनमा कहिल्यै पनि यो कुरा आफूमा मात्र सिमित राख्छु भन्ने भावना आएन, सधैँ आफूले सिकेका कुरा, आफू जस्तै अरू किशोरीहरूमा बाढ्दै म अघि बढे ।

आफ्ना विचार व्यक्त गर्न नसकेर रुँदै बस्ने म अहिले आफू जस्तै किशोरीहरूको विचार पनि व्यक्त गर्न सक्ने भएकोमा आफूप्रति निकै खुसी लाग्छ । मैले यो अभियानमा लागेपछि आफ्नो विद्यालय, समुदाय, घर परिवार सबै ठाउँमा आफूले जानेका, बुझेका र विभिन्न सचेतनामूलक कुराहरू सिकाउँदै आएकी छु । आफ्नो समुदायमा मात्र नभइ आफू जस्तै साथी शिक्षकहरूको समुदायमा गएर पनि मैले विभिन्न कार्यक्रमहरू सञ्चालन गरेकी छु । म लगायत अरू साथी शिक्षकहरू मिलेर लागुऔषध दुर्व्यसन र बालविवाहलाई समेटी एउटा सडक नाटक प्रस्तुत गर्ने अवसर पायौं जहाँ हाम्रो उपप्रमुख म्याम पनि हुनुहुन्थ्यो । जसले हाम्रो नाटक मन पराएर सबै विद्यालयमा प्रस्तुत गर्ने सल्लाह दिनुभयो र आफूले पनि सहयोग गर्ने बाचा गर्नुभयो ।

यस अभियानले मलाई अवसरहरूपनि प्रदान गर्‍यो । पहिले अवसरको खोजीमा हिंड्ने म अहिले अवसरनै मलाई खोज्दै आएको देखा अचम्म लाग्छ । मेरो कुरा व्यक्त गर्ने शैलीको विकास भएका कारणले मैले विद्यालयको विभिन्न कार्यक्रममा स्वागत मन्तव्य व्यक्त गर्ने अवसर पाएकी छु । आफ्नो स्थानीय सरकारका सदस्यहरू सामु चिनिने अवसर पनि पाएकी छु । सही बाटो खोज्दै भौतारिएको बेला ज्योति बनि बाटो देखाइदिनु भएकोमा म मेरो परिवार, शिक्षक शिक्षिका तथा नेपालकै पहिलो बालक्लब जागृति बालक्लब नेपाल र जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानलाई धन्यवाद व्यक्त गर्दछु ।



Me, Then and Now

Angel Bhushal



Always searching for the right path to creating a bright future to meet my family's big hopes for me, without even realizing it, I have found such a wonderful opportunity now.

I am the eldest daughter of a middle-class family. At the age of 7, due to family issues, I, along with my parents and my one-year-old brother, had to go far away from home. Maybe because I had to stay away from my loved ones at such a young age, it was very difficult for me to socialize with people around. I couldn't even express my thoughts openly with my friends. A question started coming into my mind, "Will I lose my abilities as I age?"

My friends used to tease and make fun of me because I couldn't express myself openly. Even when I was treated like that, I couldn't say anything. I always wanted to cry, but as I grew older, the habit of crying became less intense. I also noticed changes in myself according to my age. Gradually, without realizing it, I entered adolescence.

In adolescence, when people don't differentiate between right and wrong, don't plan for the future, and don't understand the process of progress in life, I found a golden opportunity that illuminated my future journey. While studying in grade 9, I got a great opportunity to join as an activist and peer educator in the Girls Empowerment Program being implemented by Jagriti Child and Youth Concern Nepal and KANALLAN. That opportunity became a turning point in my life.

The Girls Empowerment Program introduced me to the social context. Thanks to this program, I got the opportunity to participate in various training sessions that would be useful in my life. When I completed these training sessions, I never felt I should limit my knowledge to just myself; I continued moving forward sharing what I learned with other adolescent girls.

I used to cry because I couldn't express my thoughts, but now it brings me great joy that I can express the thoughts of girls like me. Since joining this campaign, I have been sharing what I have learned and understood, spreading awareness on various issues in my school, community, and even at home with my family. I have organized various programs not only in my own community but also in the communities of fellow peer educators like myself. I, along with fellow peer educators, had the opportunity to present a street play addressing drug addiction and child marriage, in the presence of our Deputy Mayor. She appreciated our play and suggested presenting it in all schools, promising to assist.

This campaign has also opened up other opportunities for me. I am surprised to find that while I used to search for opportunities earlier, opportunities are seeking me out now. Thanks to the development of my speaking skills, I have been given the chance to deliver welcome speeches at various school events. Additionally, I have been recognized by members of my local government.

I would like to express my gratitude to my family, teachers, and Nepal's first children's club, Jagriti Child Club, as well as Jagriti Child and Youth Concern Nepal and KANALLAN for showing me the way when I was wandering, looking for the right path.



ममा आएको परिवर्तन

युतिका तिवारी



नेपाली समाजकै सोच अनुसार एक छोरी पछिको छोराको आशामा जन्मिएकी छोरी भए तापनि मेरो परिवार, म जन्मिएर दुःखी चाहिँ हुनुभएन। छोरीले पनि केही गर्न सक्दछन् भन्ने मान्यता भएको परिवारमा जन्मिएको हुनाले मलाई हरेक कुरामा सहज भएको छ। तरपनि हाम्रो समाज अनुसार जितिनै छोरा र छोरी बराबर हुनु भनेपनि व्यवहारमा

भने अझै धेरै भिन्नता देखिन्छ। घर परिवार के भन्छन् भनेर सोच्नु भन्दा पहिले समाजले के भन्छ, के सोच्छ र कुन दृष्टिकोणले हेर्छ भन्ने कुरा सोच्नु आवश्यक छ।

कुनैपनि सानो कार्यक्रममा समावेश भएर थोरै मानिसहरूको अगाडि बोल्न, आफ्नो परिचय दिन समेत नसक्ने म यस जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा जोडिएसकेपछि ममा अहिले एउटा देश चलाउन सक्छु भन्ने उर्जा उत्पन्न भएको छ।

म यस्तो समाजमा हुर्किएकी छोरी हुँ, जहाँ एउटा घरमा एक छोरा हुनुनै पर्छ भन्ने सोच छ, जहाँ महिनावारीलाई पाप मान्ने गरिन्छ। मलाई भने सानैदेखि नै महिनावारी हुँदा बार्नुपर्छ भन्ने चलन मन पर्दैन थियो। म आफू महिनावारी भएर बार्न पर्दा, कसैले कतै छुन नदिँदा सारै नराम्रो महसुस हुन्थ्यो। आफू छोरी भएर जन्मिएकोमा अत्यन्तै दुःख लाग्थ्यो। म त्यतिबेला आफ्नो मनमा लागेका केही पनि कुराहरू कोहीसामु राख्न सकिँदैन थिए तर आज यसै किशोरी सशक्तिकरण कार्यक्रममा जोडिएपछि आफ्नो मनमा लागेका हरेक कुरा सबैको सामु भन्न सक्ने भएकी छु र भन्छु पनि। राम्रो कुरा यो हो, यो कुरा हामीले गर्नुपर्छ वा गर्नुपर्दैन, गर्नु हुन्छ भन्ने सबै कुरा थाहा पाउने अनि अरूलाई थाहा दिन वा सिकाउन सक्ने भएकी छु। अहिले त म सबैलाई भन्न सक्छु। महिनावारी कुनै पाप होइन, यो एक महिलालाई चाहिने प्रकृतिले प्रदान गरेको अत्यन्तै महत्त्वपूर्ण कुरा हो। यसलाई नराम्रो मानेर बार्नु वा बार्न लगाउनु पर्ने कुनै कारण छैन। यसलाई बार्नु राम्रो होइन भनेर म अब सबैलाई बुझाउन र म आफै पनि धेरै बुझ्न सक्ने भएकी छु।

यस जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा सहभागी हुनु भन्दा अगाडि म आफू सही हुँदाहुँदै पनि आफैमा विश्वास नभएर आफ्ना तर्कहरू लुकाउन खोज्ने थिए तर यस कार्यक्रममा जोडिए पछि मलाई मेरो आफ्नो जीवन नै एक सहज र सही मार्गमा जाँदैछ भन्ने लागेको छ।

सुरुको एउटा तालिममा जाने भन्दा मनमा धेरै खुल्दुली भइरहेको थियो तर जब तालिम सकियो त्यसपछि आफूमा पहिले भन्दा धेरै कुरा फरक पाएँ। हौसला बढेको र त्यहाँबाट धेरै नयाँ कुराहरू सिकेको महसुस भएको थियो। यस कार्यक्रममा हिडेपछि मैले महिनावारी, लैङ्गिक भेदभाव, घरेलु हिंसा, बाल अधिकार, मानव अधिकार, अनलाइन सुरक्षा, समाजमा हुने कुरीति, यौन तथा प्रजनन स्वास्थ्य, जीवन उपयोगी सीप जस्ता धेरै कुराहरू यस कार्यक्रमबाट सिक्ने मौका पाए।

मैले आफूले सिकेको हरेक तालिम विद्यालयमा, समाजमा र घरमा पनि प्रयोगात्मक रूपमा सक्दो कोसिस गरी सबैलाई सिकाउने गरेकी छु। यसै कार्यक्रमबाट नै घरायसी महिनावारी प्याड बनाउने तालिम लिएर गाउँ समाजमा रहेका महिला तथा किशोरीहरूलाई यसै सम्बन्धी सीप सिकाउन सफल भए। मैले यसरी कार्यक्रम गर्दा आफ्नो कुरा निर्धक्क

बोल्न सक्ने भएकाले म मेरो समाजमा, विद्यालयको विभिन्न संस्था जस्तै विद्यालयको रेडक्रसको अध्यक्ष, विद्यालयकै बालक्लबको अध्यक्ष र विष्णु नगर कावासोती वडा नं. ६ को बालक्लबको सचिव जस्तो गरिमामय पदमा रहन सहजै सफल भएको महसुस गर्दछु । यस कार्यक्रममा जोडिइसकेपछि हाम्रो समाजमा किशोरीहरूप्रति हेर्ने नजरमा परिवर्तन गर्नका लागि सामाजिक क्रियाकलापमा अभै बढि सरिक भएकी छु ।

जब मैले कस्तो व्यक्तिसँग कसरी कुरा गर्नुपर्छ ? कसलाई के भन्नु पर्छ ? भन्ने जाने तब मैले घरमा पनि महिनावारी हुँदा बार्ने चलन हटाए । मेरो घरमा मात्र नभई मैले मेरो साथीको घरमा पनि गएर मेरो साथीको आमाबुवालाई सम्झाएपछि उसको घरमा पनि अहिले महिनावारी हुँदा बार्ने चलन हटाउन सफल भएकी छु । यस किशोरी सशक्तिकरणले प्रदान गरेको विभिन्न अवसरले ममा आत्मबल बढेको छ । अब आफूले सोचेको कुरा वा चाहेको कुरा पूरा गर्न सक्ने आत्मविश्वास बढेको छ ।





Change in Me

Yutika Tiwari



The Nepali society has a belief that parents should give birth to a son after the birth of a daughter, and although I was born a daughter with the same expectation, my family wasn't saddened by my birth. Being born in a family that believes that daughters can do anything, it was easy for me in every regard. Yet, even though sons and daughters are considered equal, there are still differences in actual behavior in our society. Before thinking about what the family says, it is necessary to think about what the society says and thinks, and from what point of view.

Earlier, I could not speak in front of a few people or introduce myself in small programs. But now I have the energy to govern a country, after joining the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN.

I grew up in such a society where it is thought that a family must have a son and menstruation is considered a sin. I did not like the custom of adhering to restrictions during menstruation since I was a child. I used to feel very bad when I wasn't allowed to touch anything when I was on my period. I was very sad that I was born as a girl. At that time, I could not share anything in front of anyone, but today, after joining this Girl Empowerment Program, I can express everything that is in my mind in front of everyone and I will still say it.

Now, I can tell everyone that menstruation is not a sin; it is a very important thing provided by nature to a woman. There is no reason to follow or make others follow the menstrual restrictions while feeling bad. I am now able to explain to everyone and myself that it is not good to follow the menstrual restrictions.

Before participating in this Girl Empowerment Program organized by Jagriti Child and Youth Concern Nepal and KANALLAN, I did not believe in myself and tried to hold my opinions back even though I was right. But being involved in this program, I feel that my life is heading in an easier and right direction.

In the first training since joining the Girls Empowerment Program, I had many questions in my mind, but by the end of the training, I got to see a lot of differences compared to the past. I felt like I got more motivated and learned new things from there. After getting engaged in this program, I got to learn about menstruation, gender discrimination, domestic violence, child rights, human rights, cyber security, harmful social practices, sexual and reproductive health, as well as life skills.

I share everything I have learned from the program with everyone in my school. Through this program, I was successful in teaching women and adolescent girls in my village and community how to make pads. Because I could confidently speak while being affiliated with this program, I feel like I was able to hold dignified positions in my society and my school, such as the President of the school's Red Cross and Child Cub, as well as the Secretary in the Child Club of Bishnu Nagar (Kawasoti Ward No. 6). After joining this program, I have become more involved in social activities to change the way we look at girls in our society.

When I got to learn about how to talk to different people and what to say to whom, I succeeded in stopping the practice of restriction during menstruation at home. Besides my home, after convincing my friend's parents, I was able to stop this practice of menstrual restriction at my friend's home as well. The different opportunities provided by this Girls Empowerment Program have increased my self-confidence. Now with confidence, I can accomplish what I think or want.





मैले चाहेको म

सरस्वती पराजुली

म अशिक्षित परिवारमा तीन जना दिदीहरू पछि छोराको आशामा जन्मिएकी हुँ। छोरी नै भएपछि बुवाले छोरा नै चाहिन्छ भनी अर्को परिवार बसाउनु भयो। त्यसैले बालापन दुःखमै बित्यो। जब पछि हुर्कँदै गए, बुवाले घर छाडेको कारण थाहा पाए तब मलाई मपति पछि छोराको ठाउँ लिन्छु। मेरो बुबाको छोरीले कसरी पाल्छ, उसले कसरी गर्न सक्छे भन्ने मानसिकतालाई मैले केही गरी परिवर्तन गर्नु थियो।



यसै बिच मैले जागृति बाल तथा युवा सरोकार नेपालसँग जोडिने मौका पाए। मलाई पहिला त यसको बारेमा केही थाहा थिएन तर हामीलाई पहिलो तालिमको लागि बोलाइयो। त्यहाँ जाँदा म अलिकति डर अनि अलिकति उत्सुकता र जिज्ञासाका साथ गएकी थिए। त्यहाँ मैले धेरै आफू जस्तै किशोरीहरूलाई देखे। त्यहाँ बसेका किशोरीहरूमध्ये मैले मात्र एक जनालाई पनि चिनेको थिएन। तर हामीले त्यहाँ साथी बनायौं। त्यस दुई दिनको तालिममा हामीलाई यो कार्यक्रम के हो ? कस्तो हो ? भन्ने विषयमा बुझाइयो।

म पढाइमा चाहीं अब्बल नै थिए तर मलाई अरूको अगाडि बोल्न भने डर लाग्थ्यो। हाम्रो त्यहाँका साथीहरू निकै निडरताका साथ बोल्नु हुन्थ्यो। म चाहीं सक्नुला कि नसक्नुला भन्ने अझै अनौलमा नै थिए।

त्यस पछि हामीलाई विभिन्न ठाउँमा लगि विभिन्न तालिमहरू प्रदान गरियो। अर्को कुरा के थियो भने हामीले तालिम त लिइन्थ्यो तर हामीले लिएका तालिमबाट जानेका सिकेका कुराहरू हामीले आफ्नो गाउँ, विद्यालयमा कार्यक्रमको रूपमा सञ्चालन गरी हामीजस्तै किशोरकिशोरी, आमा, दिदीबहिनीहरूलाई सिकाउनु पर्ने थियो। उमेर सानै भएकाले सुरुसुरुमा आफैले कार्यक्रम आयोजना गर्दा निकै गाह्रो भएको थियो। चुनौतीहरू निकै खेप्नु परेको थियो। एक त आफू धेरैको अगाडि बोल्दा डरलाग्ने त्यसैमाथि सिकाउने क्रममा नसुन्दिने, खिल्ली गरिदिने, समयमै नआइदिने जस्ता समस्या आएका थिए। तर हामी किशोरी सशक्तिकरणमा आफूलाई सबैतिरबाट अब्बल बनाउन लागेका थियौं। त्यसैले पनि म पछि हट्नु थिएन। आफूले आफैलाई साहस दिई निरन्तर अधि बढिरहे।

विस्तारै हामीलाई आत्मरक्षा, नेतृत्व विकास, हिंसा, महिनावारी जस्ता विभिन्न विषयहरूमा तालिम दिइयो। तालिम लिइ आफ्नो समाज, विद्यालय, परिवार साथै अर्को नगरपालिकामा गई सिकाउने क्रम चलि नै रह्यो। यसरी सिक्दै सिकाउँदै गर्ने क्रममा आत्मबल बढ्ने, धेरैको सामु परिचित हुने, जनप्रतिनिधिलाई चिन्ने अवसर पाइयो।

आफ्नो बडाको बाल सञ्जालमा अध्यक्षको पदमा बसी भूमिका निर्वाह गर्ने अवसर पाए। त्यसपछि म बाल सञ्जाल र किशोरी सशक्तिकरण दुवैतिरबाट सहयोग लिई हिंसा, द्वन्द्व विरुद्ध आवाज उठाउँदै आए। यसै गरी गण्डकी प्रदेशको मुख्यमन्त्री, कानूनमन्त्री, प्रमुख जिल्ला अधिकारीलाई भेटी ध्यानाकर्षण-पत्र बुझाउने अवसर प्राप्त भयो। यसमा सिकने मात्र नभई आफ्नो कला, क्षमता पहिचान गर्न सक्ने भए। मैले विद्यालयबाट सञ्चालित नाटकमा भाग लिए र गण्डकी प्रदेश स्तरीय विद्यालय नाटक महोत्सवसम्म मञ्चन हुन सफल भए। यसै गरी नगरस्तरीय नाटकहरूमा पनि सहभागी भई अधि बढ्न थाले।

यस कार्यक्रम कै सिलसिलामा द गाडेन अफ होप फाउन्डेशनले ताइवान सरकारको सहयोगमा आयोजना गरेको एसियन गर्ल्स क्याम्पेनमा जोडिने मौका पाए साथै विभिन्न राष्ट्रिय तथा अन्तर्राष्ट्रिय व्यक्तिहरू प्रत्यक्ष भेटी तथा भर्चुअल माध्यमबाट कुराकानी गरी अनुभव आदानप्रदान साथै विभिन्न नयाँ कुराहरूमा सहभागी भइराखेकी छु । मैले यस कार्यक्रमबाट आफूले आफैलाई पहिचान गर्न सक्ने, आफ्नो लक्ष्य निर्धारण गर्न सक्ने भएकी छु । आफ्नो समाज तथा विद्यालयमा महिनावारीप्रतिको नकारात्मक सोच, छोराछोरीप्रतिको भेदभावपूर्ण व्यवहार हटाउन सफल भएकी छु । अरूको सामु आफूलाई खडा गर्न सक्नु नै मेरो लागि गर्वको विषय बनेको छ । यस कार्यक्रम ३ वर्षको लागि मात्र भए तापनि यसको सिकाइ जीवनभरी उपयोगी हुनेछ । अब मेरो जीवनमा थप लक्ष्य थपिएको छ र त्यो हो उदाहरणीय किशोरी बन्नु । यसरी समाजमा म सक्षम छोरी बन्नुको पछाडि जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान, परिवार, विद्यालय सबैको योगदान रहेकोले सबैप्रति आभार व्यक्त गर्दछु ।

हामीले अरूको बोली सुन्न थाल्यौं भने आफ्नै आवाज दबिन्छ । त्यसैले अरूले आफ्नो बारे के भन्छ मतलब नगरौं । सधैं सफलताको लागि अधि बढौं ।

जय किशोरी ।





Who I Wanted to Be

Saraswati Parajuli

I was born a daughter although my illiterate parents were hoping for a son after three sisters. As soon as I was born, my father left the family to start a new one in the hope of a son. So, my childhood passed with sadness. When I was growing up and got to know why my father left us, I wanted to take the place of a son, and I wanted to change my father's mentality about how a daughter can do anything.



During that time, I got to connect with Jagriti Child and Youth Concern Nepal. At first, I didn't know anything about this organization, but we were called for the first training. I went there with a bit of fear and curiosity. After that, I saw other adolescent girls like myself. Among them, I only knew one. But we made friends there. In that two-day training, we were told about what that program was about and how it would be carried out.

I was good at studies, but I used to be scared of speaking in front of others. My friends there used to talk without any fear. I was still uncertain whether or not I would be able to speak like them. Gradually, such doubts subsided.

After that, we were provided with various types of training in different places. Once the training was over, we would also have to teach things we learned from the training to adolescent girls like us, as well as mothers and sisters, by organizing programs in our village and schools. Due to my young age, it was initially challenging to organize these programs on my own. I used to feel scared speaking in front of a large audience, and on top of that, I faced issues such as people not listening, teasing, or arriving late. Yet, I refused to step back. I was continuously moving forward by giving strength to myself.

Slowly, we received training on different topics, such as self-defense, leadership, violence, menstruation, etc.. After completing the training, we continued visiting our communities, schools, families, and other municipalities to teach. This method of teaching and learning provided us with opportunities to build our confidence, become recognized among many people, and get connected with local representatives.

I also got the opportunity to serve as the President of the Ward-level Child Club Network of my ward. After that, I started raising my voice against violence and conflict by seeking support from both the child club network and the Girls Empowerment Program. Along with that, we got the opportunity to submit a memorandum to the Chief Minister the Minister of Law of Gandaki province, and the Chief District Officer. Not only did I get to learn, but I also identified my artistic skills and capacity. I started participating in drama shows at school and also successfully performed in the Gandaki Province Level School Drama Festival. I also participated in municipal-level drama contests and continued to progress further.

While being involved in this program, I got an opportunity to be a part of the Asian Girls Campaign launched by The Garden of Hope Foundation with the support of the Government of Taiwan, and I

have also had the opportunity to interact directly and through virtual means with various national and international personalities, exchanging experiences and participating in various new initiatives. I have been able to identify myself and decide my goals by myself. I have been able to fight the negative attitude towards menstruation and discrimination between a son and a daughter. It has been a matter of pride for me to make myself stand in front of others.

Although this program was only for three years, its learning will be useful throughout my life. Now I have a new goal in my life and that is becoming an exceptional adolescent girl. I express my gratitude to Jagriti Child and Youth Concern Nepal, KANALLAN, family, School, and everyone else who has supported me in becoming a capable daughter of society.

If we prioritize listening to others, our own voices may get suppressed. Therefore, let's not worry about what others say and keep moving forward to achieve success.

Hail Adolescent Girls!





किशोरी अभियानले बढाएको हिम्मत

रिमा कुमारी मुसहर



म काबासोती बडा नं. १३ मा बस्छु। मेरो जीवनमा हिजोको म र आजको ममा आफैले पनि धेरै परिवर्तन पाएकी छु। १६ वर्षदेखि १९ वर्षसम्मको मेरो यात्रा निकै परिवर्तनशील रहेको छ। त्यो लजाउने र डराउने म र अहिलेको म, साहसी, आवाज उठाउन सक्ने अवस्थाको तुलना गर्दा धेरै फरक पाउँछु।

पिछडिएको, सीमान्तकृत समुदाय र दलित समुदायबाट भएको हुनाले हरेक क्षेत्रमा उपेक्षा र हेलाको दृष्टिकोणले हेरिने गरिन्छ। मेरो समुदायबाट आज पनि धेरैले यस्ता ठुलाठुला कार्यक्रममा सहभागी हुने अवसर पाएका छैनन्। कसैले पनि तपाईं, हजुर भनेर सम्मानले सम्बोधन गरेको थाहा पाएको सुनेको छैन तर मलाई त्यो क्षण अभै पनि याद आउँछ जहिले पहिलो पटक कार्यक्रममा आउँदा सम्मानले आफ्नो घरको सदस्य सरह व्यवहार र माया गरियो। त्यो बेला म एकदमै भावुक बनेको थिए र आफूलाई असाध्यै भाग्यमानी ठानेकी थिए।

आफ्नो केही कुरा पनि कसैको अगाडि भन्न सकिदैनथे। साथीको अगाडि केही भन्न पनि डर लाग्थ्यो। कस्तो ठाउँमा कोसँग कसरी बोल्नुपर्छ केही थाहा नै थिएन। आफ्नो मनमा लागेको कुरा पनि कोहीसँग भन्न सकिदैनथे। तर म ११ कक्षामा पढ्दै थिए। त्यति बेला “किशोरी सशक्तिकरण कार्यक्रम” जुन कार्यक्रमबाट मेरो जीवन परिवर्तन गर्न सक्ने एउटा ठूलो अवसर थियो। यदि यो अवसर मैले नपाएको भए म केही गर्न सकिदैनथे होला।

पहिले हाम्रो २ दिने द्वन्द्व र हिंसासम्बन्धी तालिम थियो र फेरी केही दिन पछि ५ दिने तालिम थियो। त्यस समयमा नेतृत्व विकास, आत्मरक्षा, जीवन उपयोगी सीप अथवा होम मेड प्याड, दिगो विकास, यौन तथा प्रजनन स्वास्थ्य अन्य तालिमहरू लिने अवसर पाए।

यी तालिम र अभियानहरूमा सहभागी भएपछि सबै भन्दा पहिला मेरो सोच्ने क्षमता बढ्यो। मैले नि केही गर्न सक्छु भन्ने आँट आयो। अहिले म महिनामा ३-४ ओटा अभिमुखीकरण कार्यक्रम तथा अन्य कार्यक्रम सञ्चालन गर्न सक्ने भएकी छु। म अहिले बाइबल मुसहर भाषामा अनुवाद गर्दैछु। साथै म एउटा टिम लिडर पनि भएकी छु। सानो भाइ, बहिनीहरूलाई पढ्नमा मद्दत पनि गर्ने भएकी छु। नेपाल मुसहर एकता समाजको कोषाध्यक्ष पनि रहेकी छु। साथै बडा युवा सञ्जालको सचिव रहेकी छु। म नेपाल मुसहर एकता समाजबाट मुसहरहरूको जनगणना निकाल्ने योजनामा रहेकी छु। यदि मैले यो तालिम लिने अवसर नपाएको भए ममा यति परिवर्तन आउने थिएन होला। मलाई यस किशोरी अभियानले बढाएको हिम्मतले म यस ठाउँसम्म पुगेकी छु।

मलाई निरन्तर रूपमा साथ, सहयोग गर्ने मेरा घर परिवार, मेरा साथीभाइ, विद्यालय, बडा कार्यालय, जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान, सबैलाई आजसम्मको साथ सहयोगको लागि धन्यवाद दिन चाहन्छु। ३ वर्षमा सिकेको सीप र ज्ञानलाई निरन्तर रूपमा प्रयोगमा ल्याइरहने छु।



Courage Boosted by the Girls Empowerment Program

Rima Kumari Musahar



I live in Kawasoti Ward No. 13. I have seen a lot of changes in my life from yesterday to today. My journey from 16 to 19 years old has been truly transformative. Comparing the shy and scared me from the past to the confident and vocal person I am now, I can see a lot of differences.

Being from a backward, marginalized, and Dalit Community, we are looked at with neglect and disregard in every aspect of life. Many individuals from my community still lack the opportunity to join such big programs. I haven't still heard them being addressed as 'Tapain' or 'Hajur' ('Tapain' or 'Hajur' are used as pronoun to respectfully address people) out of respect. However, I still remember that moment when I first attended the program, I was treated and loved like a family member. At that time, I became very emotional and considered myself very lucky.

I couldn't speak a single word about myself in front of others. I was afraid to say anything in front of my friends. I didn't even know how to talk to whom in what place. I could not even tell anyone what was on my mind even when I was studying in class 11. At that time, the Girls Empowerment Program was a great opportunity to change my life. If I hadn't got this opportunity, I wouldn't have been able to do anything.

Initially, we had a two-day training course focused on conflict resolution and violence prevention, followed by another five-day training schedule. During these sessions, we had the opportunity to engage in activities about leadership development, self-defense, practical life skills, making homemade pads, sustainable development, and sexual and reproductive health.

After participating in these training sessions and campaigns, my thinking ability increased. I felt that I could do something. Now, I can conduct three to four orientation programs and other events each month. Additionally, I am translating the Bible into the Musahar language and have taken on the role of a team leader. I am also assisting my juniors with their studies and serving as the Treasurer of Nepal Musahar Ekta Samaj, as well as the Secretary of the Ward-level Youth Network. Furthermore, I am planning to conduct a census of Musahars through Nepal Musahar Ekta Samaj. Without the opportunity to undergo this training, I wouldn't have experienced such profound personal growth. It is the courage I got through this Girls Empowerment Program that has brought me to where I am today.

I would like to thank my family, my friends, my school, the ward office, Jagriti Child and Youth Concern Nepal, and KANALLAN, for their continuous support and assistance. I will continue to use the skills and knowledge I have learned in three years.



अवसरपछिको परिवर्तन तथा सफलता

कृष्णादेवी माभी



म किशोरी सशक्तिकरण परियोजनाको साथी शिक्षक, कावासोती-११ लौगाइमा बस्छु र शान्ति निकुञ्ज मा.वि.मा कक्षा १२ मा अध्ययनरत छात्रा हुँ ।

म आजभन्दा ३ वर्ष अगाडिसम्म पनि मान्छेहरूसँग खुलेर र घुलेर बोल्न सकिदिन थिए । कोही ठूलाबडा मान्छे घरमा आएको बेला म लजाएर घर भित्र पस्थे । मसँग कहिल्यै पनि अरूको अगाडि बोल्ने आत्मविश्वास थिएन । मलाई यो २ वर्ष अगाडिसम्म बालक्लब समूह हुन्छ भन्ने त केही थाहै थिएन । पहिले म कतै कुनै ठाउँमा एकलै जान पनि सकिदिनथे ।

जब मैले किशोरी सशक्तिकरण साथी शिक्षकको लागि फारम खुलेको थाहा पाएपछि मैले फारम भरेर यसमा आबद्ध भएको हुँ । यसको विषयमा मलाई केही पनि जानकारी थिएन । मलाई त छनौट हुन्छकी हुन्न पनि थाहा थिएन । त्यस पछि म यसमा छनौट भएको कुरा थाहा पाए पछि खुसी भए ।

त्यतिबेला म कक्षा १० मा अध्ययन गर्दै थिए । म पढाइमा राम्रो थिए । म विद्यालयमा भएको अतिरिक्त क्रियाकलाप मध्ये खेलकुदमा मात्र भाग लिन्थे । अरू क्रियाकलापमा सहभागी हुन्थिन किनकि ममा बोल्ने क्षमताको कमी थियो । तर म जब यस किशोरी सशक्तिकरण परियोजनाको साथी शिक्षक भएपछि ममा परिवर्तन आउन थाल्यो । सुरुसुरुमा म अगाडि गएर बोल्न पनि सकिदिन थिए । धेरै लजाउने गर्थे तर पनि म आफू एकलै बोल्न कोसिस गर्न थाले । त्यसपछि ममा पनि अरूको अगाडि बोल्न सक्छु भनेर आट आउन थाल्यो । यसमा नौलो कुरा तालिम सिकेर मात्र नभई आफ्नो गाउँ समाज, समुदायमा, विद्यालयमा आफूले सिकेको कुरा सिकाउने गर्न थालियो । सो गर्दा सुरुसुरुमा अब गाउँघरका ठूलाबडा मान्छेहरूले मलाई नराम्रो भन्न थाले । म भन पिछडिएको वर्गमा हुर्केकी छोरी त्यसपछि मैले भन आफ्नो आत्मविश्वास बढाएर आफ्नो काममा डटिराखे ।

अहिले हाम्रो गाउँको आफन्तहरूले मैले केही कार्यक्रम गर्न थाले भने केको बारेमा कार्यक्रम गर्न लागेको नानी केही सहयोगको आवश्यकता पर्छ भने भन है भनेर भन्नु हुन्छ । मलाई असाध्यै खुसी लाग्छ । जसका कारण आफैले पनि कार्यक्रम सञ्चालन गर्ने, अरूलाई जानेको कुरा सिकाउने जस्ता कार्यहरू गर्न थाले । जसले गर्दा धेरै व्यक्ति सामु परिचित हुन सके । कुन व्यक्तिसँग कसरी बोल्ने ? कसरी छलफल गर्ने भन्ने क्षमतामा विकास भयो ।

जागृति बाल तथा युवा सरोकार नेपालले मेरो लागि एउटा स्थान दियो । जहाँ मैले आफूले आफूलाई पहिचान गर्न सफल भए । यस कार्यक्रमबाट भएको मेरो विशेष उपलब्धि मैले भविष्यमा के बन्ने भन्ने कुराको निधो गर्न अथवा मेरो जीवनको लक्ष्य चयन गर्न सफल भए । जुन एउटा असल राम्रो र अनुशासित तेक्वान्दोको खेलाडी बन्नु रहेको छ । म यस तेक्वान्दोमा आफूलाई चिनाउन सफल भए । यस तेक्वान्दोबाट म पहिलो पटक वडा स्तरीय खेलमा सहभागी भए । तेक्वान्दो खेलेकोमा मेरो पहिलो खेल थियो हल्का डर पनि लागिरहेको थियो । तर मैले हार मानिन र खेले । त्यसमा दोस्रो स्थान हासिल गर्न सफल भएको थिए । त्यसपछि मलाई यही खेलको सिलसिलामा प्रदेश खेलको लागि छनौट गरियो । यो खेल खेल हामी पोखरा गएका थियौं । त्यसमा पनि मैले तृतीय स्थान ल्याउन सफल भएकी थिए । सबैभन्दा महत्त्वपूर्ण कुरा यस अवार्डहरू जित्न, समुदाय, विद्यालय, नगरपालिका, जिल्ला खेलकुद संघबाट सम्मान ग्रहण गर्दागर्दै छोरीले चाहेमा हरेक कुरा गर्न सक्छन् भन्ने कुरा प्रमाणित गर्न सफल भए ।

यसका पछाडि जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान, गुरुहरू, घर, परिवार, विद्यालय सबैको योगदान छ । सबैलाई धन्यवाद दिन चाहन्छु । हजुरले दिनु भएको माया, साथ, हौसलाको कारण म सफल भएकी हुँ ।



Change and Success after the Opportunity

Krishna Devi Majhi



I am a Peer Educator in the Girls Empowerment Program, residing in Laugai, Kawasoti-11, and currently pursuing my studies in grade 12 at Shanti Nikunja Secondary School.

Three years ago, I couldn't speak openly, engage, and mingle with people. Whenever elders visited our home, I would go inside the home due to shyness. I never had the self-confidence to speak in front of others. Two years back, I didn't know about the child club. I couldn't go to any places alone.

When I got to know that applications had been called to become peer educators under the Girls Empowerment Program, I applied and started getting involved in it. I had no prior information about this topic. I didn't even know if I was going to be selected or not. Hence, I was happy when I knew that I was selected.

I was studying in grade 10 at that time. I was good at studies too. However, I only used to participate in sports among various extracurricular activities in school. I didn't participate in other activities because I could not speak much. But, after I became a peer educator under the Girls Empowerment Program, I started to experience changes in myself. Initially, I couldn't even go in front and speak. I used to be very shy but I started trying to talk alone. After that, I started gaining the courage to speak in front of others. I also started to teach these new things I have learned to my community. At first, the influential people and elders of the village started calling me bad because I was a daughter growing up in a very backward community. However, I gradually increased my confidence and kept continuing my work.

Now, the relatives of our village ask, "What is the program about? Do tell us if you need any support, Nani." I feel very happy. Due to this, I, on my own, started more activities to reach more people. As a result, I have become known to many people. My ability to communicate according to the person I am interacting with and engage in discussions has developed significantly.

Jagriti Child and Youth Concern Nepal gave me a place where I managed to recognize myself. My special achievement from this program was realizing my future aspirations and choosing my life goal, which is to become a skilled and disciplined taekwondo player. I managed to establish myself in taekwondo. My participation in taekwondo led me to compete in the ward-level games for the first time. It was my debut in a taekwondo competition, and I was a little nervous. However, I didn't give up and played anyway. I managed to get second place in it. After that, continuing with taekwondo, I was selected to compete in the provincial game. We went to Pokhara to play this game. I managed to get third place in that too. The most important thing is that by winning these awards and receiving honors from the community, school, municipality, and the District Sports Association, I managed to prove that a daughter can do anything if she wants to.

Behind this is the contribution of Jagriti Child and Youth Concern Nepal, KANALLAN, teachers, home, family, and school. I want to thank everyone. I have been successful because of the love, support, and encouragement you have given me.



अचम्म लाग्छ

सजल भट्टराई



एउटा शिक्षित परिवारमा हुर्किएकी छोरी म कावासोती-२ श्री शिव नमुना मा.वि.मा कक्षा १० मा अध्ययन गर्दैछु। साच्चिकै यो ३ वर्ष पनि कति छिटो सकिन लागेको ? यस संस्थाले दिलाएको परिवर्तनले गर्दा त म स्वयम् देश चलाउन सक्छु जस्तो लाग्छ।

मलाई अचम्म लाग्छ, ३ वर्ष अगाडिको म र ३ वर्ष पछाडिको सजलमा कति धेरै परिवर्तन ? पहिला यस संस्थामा नजोडिदा नजानिकन भए पनि वादविवाद र वक्तृत्वकला प्रतियोगितामा विशेष सहभागिता जनाउथे तर विडम्बना जति सुकै तयारी गरे तापनि विषयमा प्रवेश गर्न त हम्मेहम्मे नै हुन्थ्यो। कान्छे र डराउने बानि त मेरो लागि स्वभाविक नै थियो। यस्तो हुँदा म सबै माफ एउटा हाँसोको पात्र बन्न पुग्ये।

एकदिनको कुरा हो विद्यालयमा किशोरी सशक्तिकरण परियोजनाको फारम भर्दा विद्यालयबाट २ जना किशोरी मध्ये एक मलाई पनि चुनिएको रहेछ। यस लगत्तै सर, म्यामको विश्वासका साथ हामीलाई प्रशिक्षकका लागि प्रशिक्षण तालिमको लागि सौराहा लगियो।

त्यतिबेला मेरो मनमा प्रश्नका भण्डार उब्जिरहेका थिए। मन हुकहुक शैलीमा रहेको थियो। ओहो ! यहाँ त प्रश्नहरू सोध्दा मिलाउनु पर्छ होला, मलाई त केही पनि आउँदैन, गाली पो गर्नुहुन्छु कि ! त्यतिबेला मेरा मनभित्र ७५ प्रतिशत डर र नौलो कुरा सिक्किन्छ भनेर २५ प्रतिशत उत्साह पनि थियो।

त्रासले भरिएको मेरो मनमा घामको किरण पसे जस्तै सरले र म्यामले त भनै सहज तरिकाले हसाउँदै, खेलाउँदै र रमाउँदै तालिम दिनुभयो। साँच्चिकै भन्नुपर्दा मैले त्यस्तो सहज तरिकाले विगतमा कहिल्यै तालिम लिएकी थिइन।

तर जब म घर फर्कने दिन गाडीमा थिए तब मेरा मनमा प्रश्न उठे, के म अब तालिम चलाउन सक्ने भए त ? के म अब अरूको सामु खुलस्त रूपले बोल्न सक्छु त ? मनमा उठेका प्रश्नले म आफैमा अचम्म थिए। हुनपनि हो विगतमा मेरो मनमा अनेक प्रश्नले मलाई पछ्याइ रहेका थिएनन्। जादु लगाए जस्तो अचम्म थियो, मैले जीवनमै पहिलो पल्ट अरू व्यक्तिहरू सामु बोल्ने हिम्मत गरे, सहज तरिकाले विद्यालय र समुदायमा कार्यक्रम चलाउन थाले।

मैले प्याड बनाउने, आत्मरक्षा, नेतृत्व विकास जस्ता थुप्रै तालिम आफूले सिके र सिकाए पनि। मैले जीवनकै सही मार्ग पाए भन्ने खुसी थियो मनमा। ठूला व्यक्तिहरूसँग भेट्ने, ध्यानाकर्षण-पत्र बुझाउने जस्तो मौकाहरू यही संस्थामा आबद्ध भएर पाए।

संस्थामा जोडिएको लगभग १ वर्षकै अन्तरालमा मेरै बडामा रहेको बाल सञ्जालको सचिवमा आबद्ध भए। विद्यालय बाल सञ्जालको अध्यक्षको पद पाउन सफल भए, प्रतियोगिताको रूपमा रहेर विभिन्न पुरस्कारहरू पाउन सफल भए र बालमैत्री स्थानीय शासन बडा समितिमा सदस्यको रूपमा पनि आबद्ध हुने अवसर पाए।

यस संस्थाले दिलाएको तालिमले गर्दा, आफूमा आएको परिवर्तन मैले आफूले आफैलाई जित्न सफल भएकी छु। विद्यालय र समुदायमा एउटा असल, सभ्य र निडर किशोरीको रूपमा चिनिन थालेकी छु। अफ मलाई यो कुरामा

गर्व लाग्छ कि मैले मेरो नामको इज्जत कमाउन धालेकी छु । अन्धविश्वासकै जरा गाढेको समुदायलाई समेत मैले परिवर्तनका पाठ पढाएर विश्वास दिलाउन सफल भएकी छु । ३ वर्षको अवधि पनि सकिनै लाग्यो मलाई यस संस्थाबाट थुप्रै साथ र प्रेरणा मिलेका कारण आज एउटा सक्षम छोरीको शब्द ममा जागरण भएको छ ।

त्यसैले म यस संस्थाप्रति धेरैधेरै आभार प्रकट गर्न चाहन्छु । अहिले त ३ वर्ष अघिको मेरो जीवन पनि सपना जस्तै लाग्छ । शिक्षित परिवारको माध्यमबाट परिवर्तन नआएको ममा यस संस्थाको हौसलाले र तालिमले परिवर्तन गराएको छ । म कसरी परिवर्तन भए मलाई नै थाहा छैन तर यति भन्न सक्छु कि किशोरीले परिवर्तन चाहने हो भने कहिल्यै पछाडि सर्नु हुँदैन । अरूले सकिदैनस् भनेको कुरालाई पनि पटकपटक अभ्यास गरेर सफल हुन सक्ने आँटलाई कहिल्यै मार्नु हुँदैन । प्रयासले नै सबै कुरा सक्षम हुन्छ । आखिर चुनौती नै नमोलिकन सक्षम भएको व्यक्ति को छ र ? यस कार्यक्रमले ३५ किशोरी उत्पादन गरेको छ भने मैले पनि थप ३५ किशोरी उत्पादन गर्नसक्छु भन्ने थप उर्जा मलाई मिलेको छ । त्यसैले “हार नखाउ किशोरी, तिम्रो जीवन तिम्रै हातमा छ ।”





It's Surprising!

Sajal Bhattarai



A daughter brought up in an educated family, I am studying in grade 10 at Shree Shiv Namuna Secondary School in Kawasoti-2. How fast are these three years going to end? With the changes brought about by the Girls Empowerment Program, I feel like I can run my own country.

I am surprised at how much change has taken place in me in the past three years. Even though I hadn't joined this organization in the past, I used to participate in debate and speech competitions. Unfortunately, no matter how much I prepared, it was very difficult for me to accurately deliver the content. Being nervous and fearful was natural for me. With such behavior, I seemed to become a laughingstock.

In the meantime, I filled out an application form to join the Girls Empowerment Program, and I got selected. Soon after, thanks to the trust of our teachers, we were taken to Sauraha to attend a training of trainers (ToT) program.

My mind was flooded with questions then. My heart was continuously racing. I thought, "Oh! I need to answer every question asked here correctly, but I know nothing. They might scold me!" At that moment, my mind was filled with 75% fear and 25% excitement, with the hope that I could learn something new.

But the instructors trained me in a much easier way, making us smile and engage in games and fun. It felt like a ray of sunshine entered my panic-filled mind. Honestly, I've never been trained so easily before.

But as I sat in the vehicle heading back home, questions arose in my mind: Can I now lead a training session? Can I speak confidently in front of others? These questions left me amazed. Surprisingly, in the past, I hadn't been bothered by many questions in my mind. It felt like magic, as I gained the courage to speak up in front of others for the first time in my life, and I started organizing programs in schools and communities with ease.

I received and delivered various training sessions such as sanitary pad-making, self-defense, and leadership development through this organization. It brought me joy in my heart to find the right path in life. I had the opportunity to meet influential people, and hand over memoranda after being associated with this organization.

Within just a year of joining, I became the Secretary of the Ward-level Child Club Network in my ward. I also was successful in getting the position of President of the School Child Club Network. As a competitor in different competitions, I received several awards and got the opportunity to be a member of the Child-Friendly Local Governance Ward-level Committee.

The training provided by this organization has empowered me to overcome my fears and become a

confident and respected adolescent girl in school and the community. Additionally, I take pride in being able to earn respect with my name. Moreover, I have earned the trust of the community rooted in superstition by teaching them lessons of change. Over the past three years, with the support and inspiration I received from this organization, I feel that today, the spirit of a capable daughter has awakened within me.

Therefore, I want to express my gratitude to this organization. Now, my life three years ago feels like a dream. The encouragement and training of this organization brought about a change in me that could not be achieved without it. I may not know how the change happened, but I can definitely say that if a girl desires change, she should never look back. You should never let go of the courage to keep practicing to succeed, even when others say you can't do it. Effort makes everything possible. After all, who has become capable without facing the challenge? This program has given me the energy to believe that if it has empowered 35 adolescent girls, then I can empower another 35. So, 'Don't give up, adolescent girls; your future is in your hands.'





सक्षम नेतृत्व

शशी कार्की क्षेत्री



म एक सामान्य किशोरीबाट एउटा Leader who is going to lead the whole world with success भनेर सारा सफलताका साथ सिक्दै सिकाउँदै निरन्तरता दिने किशोरी शशी कार्की क्षेत्री हुँ ।

आफ्नो बयान त आफै गर्न सकिदैन तर चाहे भने गर्वका साथ भन्न सक्छु, म सफल हुन सकेको किशोरी जो घरको कोठामा मात्र बस्ने गर्थे उनीहरू अहिले राष्ट्रिय तथा अन्तर्राष्ट्रिय स्तरमा क्लबमा छु र यो गर्वका साथ भन्न योग्य गराउने मेरा अभिभावक, शिक्षकहरू, मेरा सहयोगीहरू, मलाई यस अवसर दिनुहुने जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानलाई हृदयदेखि नै आभार प्रकट गर्न चाहन्छु ।

बुवाआमा त हरेक बच्चाको भगवान स्वरूप पहिलो गुरु नै हुनुहुन्छ । संस्कार र ज्ञान त दिनु नै हुन्छ । बुवाआमाले दिने माया, संस्कार, ज्ञान र चाहना पूरा गर्ने कुरामा त कसैसँग पनि तुलना गर्न सकिदैन । तर पढाइको हिसाबमा कम शिक्षित परिवारमा जन्म लिएर पनि बुवाआमाकै साथ र हौसलाले अघि बढेर बुवाआमालाई पनि अभूत बढि ज्ञान भर्न सफल भएकी छोरी हुँ म । कोहीका सामु गएर उभिन पनि डराउने म आज जितिनै ठूलो भिडमा पनि गएर उभिन, आफ्नो कुरा व्यक्त गर्न र कार्यक्रम नै सञ्चालन साथै आयोजना पनि गर्न सक्ने भएकी छु । यति ठूलो मोड र प्रगति कसरी त ?

बुवाआमाकै साथ र हौसलाले सुनौलो अवसर आउँदा अवसर लिन पाए र जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा बडाबाट नै छानिएर साथी शिक्षक बन्ने मौका पाए । त्यहीबाट नै सुरु भएका थिए मेरा थप प्रगति र आफूलाई चिनाउँदै, अघि बढ्दै आफूजस्तै किशोरी र बालबालिकालाई सँगै अगाडि बढाउने सुनौलो अवसर पाए । घरमा आफूले हिंसा देख्ने र भोग्ने गर्थे भने अहिले घर मात्र नभइ पर पनि हिंसा सहेर बस्न दिने गर्दिन । पहिलो बदलाव भनेकै समस्याबाट डराएर भाग्ने होइन कि प्रतिकार गरेर समाधान गर्नुपर्छ भन्ने सकारात्मक र निडर सोच अनि आट थियो ।

यसै क्रममा जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानले नै मलाई विभिन्न कार्यक्रममा सहभागी हुने मौका पनि गरायो, विभिन्न तालिम जस्तै— द्रुन्द तथा हिंसा, महिनावारी, घरमानै महिनावारी प्याड निर्माण, जीवन उपयोगी सीप, आत्मरक्षा तालिम, आदि विभिन्न स्थानीय, राष्ट्रिय तथा अन्तर्राष्ट्रिय स्तरसम्मको अवसरहरूमा म सहभागी हुने मौका पनि पाए । सरोकारवाला, माननीय मन्त्री लगायत असल अधिकारकर्मीहरूसँग पनि चिनजान गर्ने मौका प्राप्त भयो । आफ्नो खुट्टामा आफै उभिन र आफ्नो कुरा निर्धक्कसँग व्यक्त गर्न सक्ने गरायो । साथै विद्यालय र बडास्तरीय बाल संजालको अध्यक्षको रूपमा नेतृत्व गर्ने अवसर पनि पाएँ ।

यसै बीच धेरै चुनौतीहरू पनि भोग्न परेको थियो । आफूले जानेको कुरा अरूलाई सिकाउन खोज्दा घरबाट निस्किएर राम्रो काममा अघि बढ्न खोज्दा कुरा काट्ने, खुट्टा तान्ने, नकारात्मक प्रतिक्रिया दिने गर्थे । तर डाहा, इर्ष्या र कुरा काट्ने भन्दा साथ दिने, हौसला बढाउने र माया गर्ने धेरै हुनुहुन्थ्यो । हो मेरो नाम फलानो भनेर चिनाउने गर्थे भने अहिले कतै जाँदा तिम्रो फलानो होइनौं भनेर चिनिने भएकी छु । सबैको प्यारी त थिए नै सबैले मान्ने, चिनिने र आफ्नो अभिभावक, शिक्षक र आफ्नो ठाउँको नाम राख्न सफल भएकी छु ।

आफू सिक्दै अघि बढ्दै अरूलाई पनि सिकाउँदैसँगै लाने भएकी छु । हाम्रो ठाउँ बस्तीमा धेरै कुरीति र विकृति हुने गर्थे भने, सबै विस्तारै मेटाउँदै छु । आफूमा मात्र नभई परिवार, साथीभाइ र आफ्नो ठाउँमा सकारात्मक उर्जा र सकारात्मक सोच अनि भावना ल्याउन सफल भएकी छु । आमाबुवाकै साथ, सहयोग, माया र गुरुहरूको विश्वासले गर्दा नै आज जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानले सञ्चालन गरेको किशोरी सशक्तिकरण कार्यक्रमको साथी शिक्षक भएर यति सुनौला अवसर प्राप्त गर्न पाएकोले आफूलाई साच्चै नै भाग्यमानी किशोरी हो जस्तो लाग्छ । हामीमा लगानी गर्ने दाताहरूलाई पनि हामी किशोरीको भविष्य उज्ज्वल गराउन सहयोग गर्नु भएकोमा सबैलाई नै सम्झन र धन्यवाद व्यक्त गर्दछु । धन्यवाद ।



Capable Leader

Sashi Karki Chhetri



I am Sashi Karki, once a regular adolescent, now working hard to continue learning and teaching others, internalizing the meaning of "Leader who is going to lead the whole world with success".

I am not one to praise myself, but if I may, I can proudly say that I am a successful adolescent who used to be confined to my room. Now, I can proudly say that I am part of various clubs at both national and international levels. I would like to express my heartfelt gratitude to my parents, teachers, colleagues, Jagriti Child and Youth Concern Nepal, and KANALLAN for the opportunity to be able to share these with pride.

Parents are god-like first teachers of every child. They impart invaluable values and knowledge. No one can match the love, culture, knowledge, and fulfillment of wishes provided by the parents. Despite being born into a less educated family, I have become a daughter who has succeeded in enriching my parents with knowledge by moving forward with their support and encouragement. I used to be afraid to stand in front of anyone, but, today, I can confidently address large crowds, express myself, and even organize programs. How has such a significant turning point and progress become possible?

With the support and encouragement of my parents, when golden opportunities came to me, I grabbed them. And, I was selected by the ward to become a peer educator in the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN. From there, my further progress began, and I found additional precious opportunities to not only introduce myself but also to move forward and uplift adolescent girls and children like me. Previously, I used to witness and suffer from violence at home, but now, I do not allow anyone to suffer from violence outside my home as well. The first change was adopting a positive and fearless mindset, realizing that we shouldn't run away from problems out of fear, but instead should confront and solve them by resisting.

In due course, Jagriti Child and Youth Concern Nepal and KANALLAN provided me with opportunities to participate in various programs and training sessions on issues like conflict and violence, menstruation, making sanitary pads at home, life-skills, self-defense and more at local, national, and international levels. I also had the opportunity to meet and interact with stakeholders, ministers, and human rights activists, which boosted my confidence to express myself and lead discussions. Additionally, I got opportunities to lead the School and Ward Level Child Club Networks as the President.

During this time, I also faced many challenges. When trying to educate others about what I had learned and go outside the home to do other good deeds, I faced resistance, criticism, and negative reactions from those around me. However, more people would encourage me and show love than those who would feel envious, jealous, and talk behind my back. I was already loved by everyone, but now I am respected, and recognized, and have successfully represented the name of my parents, teachers, and my community. I am, now, able to learn and move forward, teaching others along the way. In our neighborhood, there used to be many harmful traditional practices and malpractices, but I am working to gradually eradicate them all. I have succeeded in spreading positive energy and thoughts among my family, friends, and in my community. I have succeeded in increasing positive energy, thoughts, and emotions not only within myself but also within my family, friends, and community.

With the support, cooperation, love, and trust of my parents and teachers, I feel truly fortunate to have the golden opportunity to serve as a peer educator in the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal and KANALLAN. It makes me feel like a privileged girl. I would also like to thank and acknowledge all the supporters who invested to help make the future of us, adolescent girls, bright.



किशोरी साथीहरूसँग अभियानमा सहभागी हुन पाउँदाको खुसी

मालती अर्जेल



म कावासोती-३, नवदुर्गा चौकमा बस्छु । म श्री शहिद स्मृति सामुदायिक माध्यमिक विद्यालयमा कक्षा ९मा अध्ययन गर्ने छात्रा हुँ ।

म यस किशोरी सशक्तिकरण अभियानको एक अभियान्ता हुँ । म सानैदेखि कसैसँग पनि नबोल्ने, शान्त स्वभावको थिए । म विद्यालयमा पनि

शिक्षकलाई प्रश्न सोध्न पनि डराउँथे । अगाडि गएर बोल्न पनि डराउँथे । आफूले भन्न खोजेको सबै कुराहरू विसन्थे । म कक्षा ८ को परीक्षा पछि जागृति बाल तथा युवा सरोकार नेपालद्वारा सञ्चालित किशोरी सशक्तिकरण कार्यक्रममा सहभागी हुने मौका पाए ।

सुरुसुरुमा जाँदा त डर लागेको थियो । केही बोल्न पर्छ होला, किन डर लागेको होला भनेर मनमा प्रश्नहरू आउने गर्दथ्यो । त्यहाँ किशोरीहरूका लागि तालिम हुने रहेछ । त्यहाँ दिइने तालिमहरूको बारेमा मैले सुनेको र देखेको पनि थिईन । हामीलाई सुरुमा त बाल अधिकार, अनलाइनको सुरक्षाका विषयमा सिकाउनु भएको थियो । यस कार्यक्रममा विभिन्न किसिमका तालिमहरू दिइने रहेछ । त्यहाँ हामीले जान्नुपर्ने र सिक्नुपर्ने कुरा सिकाउनु हुनेरहेछ । हामीले किशोरी सशक्तिकरण कार्यक्रममा सिकेका कुराहरू र जानेका विद्यालयमा कार्यक्रम गरेर सिकाउनु पर्नेरहेछ । हामीले जानेका कुराहरू भाइबहिनीलाई पनि सुनायौं ।

म एक महिनामा शनिबार सधैँ जानेगर्दथे । छिमेकीहरू मलाई कहाँ जान लागेको भनेर पनि सोध्नु हुन्थ्यो । मैले उहाँहरूलाई पनि सिकेका जानेका सबै कुराहरू भन्ने गर्दथे । यस किशोरी सशक्तिकरण कार्यक्रममा किशोरीहरूमात्र हुनुहुँदो रहेछ । मलाई बोल्नलाई पनि सहज भएको थियो । यस तालिममा टाढाटाढाबाट सर र मिसहरू आएर सिकाउने गर्नुहुन्थ्यो । यसबाट हामीहरूले थुप्रै तालिमहरू लिने अवसर पायौं ।

यो तालिम हामीले आफ्ना लागि मात्र सिक्ने होइन सिकेर सबैलाई सिकाउनु पर्ने रहेछ । हामीले एक महिनामा नजानेका कुराहरू मासिक बैठकमा दिदीहरूबाट सिक्ने गर्दथ्यौं । मैले तालिममा जाँदा निकै कुराहरू सिक्न पाए । पहिला महिनावारीका बारेमा खुलेर भन्न सकिदैनथे भने अहिले आफूमा परेका कुराहरू भन्न सक्छु । घरमा बहिनीहरूलाई खुलेर बोल्नु पर्छ भन्ने गर्दछु । त्यस तालिमबाट आत्मविश्वास बढ्यो । मैले आफूमा केही परिवर्तन भएको महसुस पनि गरे । किनकि मैले प्राप्त गरेका तालिमहरू मध्ये आत्मरक्षा पनि रहेछ । म अहिले गुरुहरूसँग बोल्नसक्ने भएकी छु ।

मेरो शारीरिक अवस्था कमजोर भए तापनि मेरो मन बलियो बनाउन र आत्मविश्वास बढाउन आँट आएको छ । ६ महिनादेखि मात्रै सहभागी भए पनि म यो अभियानमा जोडिन पाउँदा एकदमै खुसी छु । अहिले कार्यक्रम पनि सञ्चालन गर्न सक्ने भएकी छु । मलाई लाग्दछ कि म किशोरी सशक्तिकरण कार्यक्रमको एक अभियान्ता हुँ भनेर त्यसैले म मेरो घर, परिवार, विद्यालयका गुरुहरू, जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानलाई धन्यवाद दिन चाहन्छु ।



The Joy of Joining Campaigns with Adolescent Girls

Malati Arjel



I live at Nawadurga Chowk, Kawasoti-3. I am studying in grade 9 at Shree Shahid Smriti Community Secondary School. I am one of the activists associated with the Girls Empowerment Program.

I have always been quiet, with a calm nature. I used to hesitate to ask questions to teachers in school. I used to be afraid to stand up and speak in front of others. I would forget everything I wanted to say. In the meantime, after the exams of grade 8, I got an opportunity to participate in the Girls Empowerment Program implemented by Jagriti Child and Youth Concern Nepal, and it changed the story of my life.

Initially, I was scared. Questions like "What should I speak? Why am I scared?" kept coming to my mind. The program organizes various types of training for adolescent girls. I had not heard or seen about the training provided there. Initially, we were taught about child rights and online safety. We were taught what we needed to know and learn, following which we had to impart what we had learned in the Girls Empowerment Program in our respective schools. We also shared what we learned with the juniors.

Once I used to go there every Saturday every month. My neighbors used to ask where I was going, and I would tell them about all the things I had learned. This program only had adolescent girls (not boys), and speaking up about the program, hence, was easy for me. But, in the training, both male and female facilitators used to come from afar to train us.

The training courses were not just for ourselves, but we had to teach everyone after learning. We used to learn things that we didn't know in monthly meetings from the Didis ('Didi' is used to respectfully address a familiar older female.). Before the training, I could not openly talk about menstruation, but now I can talk about everything I have experienced. I tell my sisters to openly talk about it at home. This training increased my self-confidence. I also felt some changes within myself because, among the things I learned, self-defense was also included. I can now speak with teachers confidently.

Even if my physical condition is weak, I dare to make my mind and heart strong and increase my self-confidence. Although I have only been participating for six months, I am very happy to be involved in this campaign. Now, I can run the program on my own. I feel like I am an activist for the Girls Empowerment Program, so I would like to thank my home, family, school teachers, Jagriti Child and Youth Concern Nepal, and KANLLAN for their support.



डर र उत्सुकतापछि आएको जित

ओमकला बोटे



म पिछडिएको वर्गको घरमा जन्मेकी छोरी हुँ । म एक किशोरी सशक्तिकरण कार्यक्रमको अभियान्ता हुँ । साथै यस कार्यक्रममा सहभागी भएर धेरै कुराहरू सिक्ने, घुम्ने, जान्ने, अवसर पाए ।

जब म ११ मा अध्ययन गर्दै थिएँ, तब जागृति बाल तथा युवा सरोकार नेपालबाट एकजना मेडमले मलाई किशोरी सशक्तिकरणको बारेमा जानकारी दिनुभयो । म एक पिछडिएको वर्गकी किशोरी भएर पनि होला मलाई यस कार्यक्रमको विषयमा अझै जान्ने

उत्सुकताका साथै डर पनि थियो । त्यहाँ गएर के होला ? को-को आउने होलान् ? भनेर त्यही डर र उत्सुकताका साथ म किशोरी सशक्तिकरण कार्यक्रममा सहभागी भएको थिएँ ।

कार्यक्रममा हामी ३५ जना सहभागी थियौँ । मैले प्रत्येक तालिम लिएर आएँ । आफ्ना विद्यालय र गाउँघर साथीहरूलाई आफूले तालिममा सिकेका कुराहरू सिकाउने गर्दथेँ । मैले आत्मरक्षाको तालिम लिएर विद्यालयका केही किशोरी र आफ्नो गाउँका केही किशोरीलाई राखेर सिकाएकी थिएँ ।

यसै कार्यक्रममा सहभागी भएर होला हाम्रो गाउँबाट चुनिएको थिएँ । हाम्रो पिछडिएको वर्ग बोटे भाषा बचाउने कार्यक्रमको सिलसिलामा काठमाडौँमा ५ दिन जाने अवसर पाएँ । त्यहाँ म भन्दा ठूला उमेरका थिएँ । खुसी लागेको थियो । आफूभन्दा ठूला उमेर भएका व्यक्तिहरूका बीचमा आफ्ना कुराहरू राख्न पाउँदा खुसी छु ।

म आफैँपनि घरबाट निस्कन नखोज्ने र बुवाआमाले पनि नपठाउने गर्नु हुन्थ्यो पहिला भने अहिले म आफैँ पनि कार्यक्रममा सहभागी हुने गरेकी छु । साथै विद्यालय तथा गाउँ घरमा हुन लागेको कार्यक्रममा पनि मलाई बोलाउने गर्नुहुन्छ । अझै पनि म जस्तो किशोरीहरूलाई मैले जानेका कुराहरू सिकाउने गर्दछु । साथै हाम्रो पर्यटन विकास भएको गाउँको सांस्कृतिक भवनमा बोटे नृत्य गरेर पाहुनाहरूलाई मनोरञ्जन प्रदान गर्ने र हाम्रो बोटे संस्कृतिलाई जोगाउने कार्यक्रममा पनि सहभागी भएकी छु ।

मलाई मेरो घर, परिवार, विद्यालय साथै जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानद्वारा यस किशोरी सशक्तिकरण कार्यक्रममा अवसर दिएर नै आज यतिको कार्यक्रममा सहभागी हुन, कार्यक्रम सञ्चालन गर्न सक्ने भएकी छु । म अझैपनि किशोरी सशक्तिकरण कार्यक्रममा लागेर किशोरीहरूलाई सक्षम बनाउन लागिरहने छु ।



The Triumph After Fear and Curiosity

Omkala Bote



I am a girl born in a backward community. I am an activist for the Girls Empowerment Program. Participating in this program allowed me to learn many things, travel to new places, and discover opportunities.

When I was studying in grade 11, a representative from the Jagriti Child and Youth Concern Nepal informed me about the Girls Empowerment Program. Because I was an adolescent girl from a backward community, I was eager to learn more about this program, but I was also scared. I had fears like, "What will happen there? Who else will attend?" But with both fear and excitement, I participated in the Girls Empowerment Program.

We had 35 participants in the program. I attended every training session. I used to impart what I had learned in the training to my classmates and friends from the village. I took self-defense training and taught some girls from schools and some girls from my village.

Perhaps due to our participation in this training, people organizing different events would come to our village and select us for such events. We got a chance to attend a five-day program in Kathmandu organized to preserve our marginalized Bote language. There were people older than me, and I was happy. I was pleased to be able to express my opinions to people who were older than me.

Previously, I used to hesitate to leave home and my parents wouldn't let me go, but now I am participating in the program myself. I am also invited to school and village events. I still teach girls like me what I know. Also, I have participated in programs organized to entertain guests and preserve Bote culture by performing the Bote Dance at the cultural building of our village, known for flourishing tourism.

Because of the opportunities provided by my home, family, and school, along with Jagriti Child and Youth Concern Nepal and KANALLAN to be involved in this Girl Empowerment Program, I have been able to participate in these many programs and organize events. I am still committed to continue empowering girls through the Girls Empowerment Program.



गरिब परिवारबाट हुर्किएकी छोरी

निर्जला बोटे

पिछडिएको जाति र गरिब परिवारबाट हुर्किएकी छोरी हुँ । आर्थिक अवस्था कमजोर हुँदाहुँदै पनि घर, परिवारले मेरो भविष्य र लक्ष्यलाई सोचेर मलाई कक्षा १२ मा पढाउनु हुँदैछ । म कावासोती-७ बद्रुवामा बस्छु । बडास्तरीय युवा सञ्जालमा सदस्यको रूपमा आबद्धता साथै वातावरण तथा वन संरक्षणको कार्य गर्दैछु ।



आजभन्दा तीन वर्ष अगाडि घरबाट बाहिर निस्कन डराउने, आफ्नो कुरा, समस्याहरू खोलेर बोल्न, हास्य हिंस्र मलाई निकै गाह्रो हुने गर्दथ्यो भने आफ्नो घरमा पाहुना आउँदा र कोही नचिनेको मान्छे आउँदा दुईचारजनाको अगाडि बोल्न सक्ने आत्मविश्वास ममा थिएन । गाउँमा बसे तापनि गाउँको विषयमा कहिल्यै थाहा भएन ।

कक्षा ५ मा पढ्नको लागि भनेर घरबाट बाहिर जाने क्रममा मेरो आमाको ठूलो दुर्घटनामा एउटा खुट्टा नै गुमाउनु परेको थाहा पाउँदा सहन नसक्ने भएको थिए । मेरो भाइबहिनी स-साना थिए । घरकी जेठी छोरी भएकाले मेरो जिम्मेवारी पनि सोच्नै पर्‍यो । घरमा आमाको यस्तो घटना भइसकेपछि हामी तीन भाइलाई पढ्न जान निकै गाह्रो हुँदा भाइलाई ठूलो आमाको घरमा राखेर पढाइयो । दुई दिदीबहिनी दुःख गरेर पढ्ने क्रममा बुवाले अर्को विवाह गर्नुभएपछि अझ दुःखहरू बढ्दै गयो ।

त्यसपछि दुःखका साथ कक्षा ९ मा पढ्दै गर्दा किशोरी सशक्तिकरण कार्यक्रम अन्तर्गत साथी शिक्षकको लागि फारम खोलेको थाहा पाएपछि मैले पनि फारम भरे ।

पिछडिएको समुदायबाट हो भनेर यसमा छनौट हुन्छु कि हुँदिन भनेर केही थाहा थिएन । त्यसपछि कार्यक्रममा आवद्ध भएको सूचना मेरी आमाले सुनाउनु भएको थियो । केही दिनमा यसमा छनौट भए पछि राधा दिदीले साथी चिन्नको लागि भनेर सितारा रिसोर्टमा बोलाउनु भएको थियो । त्यहाँ जाँदा सर, मेडम र म जस्ता धेरै किशोरीहरूलाई देखा अचम्म लागेको थियो । आखिर हामीलाई त्यहाँ किन ल्याएको हुन् भनेर थाहा थिएन । पछि कुरा गर्दै जाँदा साथी चिन्नको लागि रहेछ । त्यहाँ हामीले भविष्यमा कस्तो मान्छे बन्नुपर्छ भन्ने बारेमा थाहा पायौं । त्यसपछि राधा दिदीले केही दिनमा हामीलाई पाँच दिने तालिमको लागि सौराहा जानु पर्दछ भनेर जानकारी गराउनु भयो ।

पाँच दिने तालिम सिकेपछि आत्मविश्वास बढ्दै गयो । तालिम पश्चात् आफ्नो कुरा राख्न सक्ने, हिडडुल गर्नसक्ने भए । म अहिले आफ्ना कुरा घर परिवार, समाजमा राख्न सक्ने भएकी छु । के सही के गलत छुट्याउन सक्ने र म आफ्नो लागि मात्र नभई अरूको समस्यामा सम्लग्न भई समस्याको समाधान गर्न सक्ने भएकी छु ।

सोचेको पनि थिएन १७ वर्षसम्म नसोचेको नजानेको कुराहरू तीन वर्षमा सिबदै र सिकाउँदै गर्दा तीन वर्ष वितेको थाहा नै पाइन । विस्तारै गाउँ, घर, विद्यालयमा कार्यक्रम गर्दागर्दै किशोरीको माग के-के हुन्, किशोरीहरूलाई के-कस्तो तालिम प्रदान गर्नुपर्ने हुन्छ ? किशोरीहरूको अधिकार, बाल अधिकारका विषयमा बडा कार्यालय र नगरपालिकामा ध्यानाकर्षण-पत्र हस्तान्तरण गर्ने क्रममा गण्डकी प्रदेशका सरोकारवालासँग भेट्ने अवसर पाए ।

यसरी नै मैले सफलताको लागि आफूले सिकेको कुरा अरूलाई सिकाउने क्रममा अरूबाट सिक्ने र परिचित हुने अवसर पाए । यस कार्यक्रममा सहभागी हुन अवसर प्रदान गर्नुभएकोमा मेरो घर, परिवार, समाज, विद्यालय, वडा कार्यालयका अध्यक्ष, सदस्य, नगरपालिकालाई मनदेखि धन्यवाद प्रकट गर्न चाहन्छु । सबैभन्दा जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानलाई मेरो परिवार र मेरो साथीहरूलाई घरबाट बाहिर निस्कन र आफ्नो क्षमता पहिचान गर्न सक्षम बनाइदिनु भएकोमा हार्दिक आभार व्यक्त गर्दछु । यस तालिमबाट मैले आफूले आफूलाई बदल्न सक्ने भएकी छु । साथसाथै घर परिवार समाजलाई बदल्न सक्ने भएकी छु । समाजमा रहेको महिनावारी बारे अन्धविश्वास, नराम्रा विचार हटाउन विस्तारै सफल भएकी छु । महिनावारी भएको बेला चाडपर्वमा सँगै टीका पनि लगाउन थालेका छौं ।





A Daughter Raised in a Poor Family

Nirjala Bote

I am a girl from a backward caste and poor family. Despite financial struggles, my family continues to support me in my studies as I pursue grade 12. I live in Badruwa, Kawasoti-7. I am a member of the Ward-level Youth Network and also actively engaged in environment and forest conservation efforts.

Three years ago, I used to be afraid to leave the house. It was very difficult for me to open up about my problems, to laugh, or to walk freely. When a guest visited our home or a stranger arrived, I would lack the confidence to speak in front of even two or four people. Even though I lived in the village, I never knew much about rural life.

When I was in grade 5, my mother lost one of her legs in a major accident. My siblings were quite young then. As the eldest daughter in the family, I had to consider taking on responsibilities. After our mother got injured, it became challenging for us three siblings to attend school, so my brother was sent to live with our mother's elder sister to continue his education there.

While we, two sisters, were struggling to study, our father remarried, adding to our sorrows. While I was studying in grade 9, amidst suffering, I learned that applications have been called for a peer educator under the Girls Empowerment Program. I also filled up the form looking forward to some support and solace.

Coming from a backward community, I did not know whether I would be selected or not. Later, my mother informed me that I was selected for the program. A few days later, Radha Didi ('Didi' is used to respectfully address a familiar older female of the same generation) invited us to Sitara Resort to get to know fellow peer educators. When I went there, I was surprised to see sir and madam ('Sir/Madam' in Nepal generally is a respectful term used to address individuals who work in an office setting. Here, it refers to the staff of Jagriti Child and Youth Concern Nepal and KANALLAN), and many other adolescent girls like me. I had no idea why we were brought there. Discussing further, it was revealed that it was for getting to know fellow peer educators. There, we learned about what kind of person we should become in the future. Then, Radha Didi ('Didi' is used to respectfully address a familiar older female,) informed us that we had to go to Sauraha for a five-day training event.

After attending the five-day training, my self-confidence increased. After the training, I became able to express myself at home and in society. As of now, I can differentiate between right and wrong and can solve problems not only for myself but also for others.

I never imagined that I would learn and teach so much in just three years, discovering things I had never even thought or known about in the past 17 years. Time passed by so quickly, and I didn't even notice. By conducting programs in the village, at home, and in school, I started to understand the needs and demands



of adolescent girls, as well as the type of training that should be provided. I had an opportunity to meet with stakeholders in Gandaki Province while submitting memoranda to ward offices and municipalities regarding the rights of adolescent girls and children.

In this way, I found opportunities to teach others what I have learned, and in the process, I also got to learn from and become familiar with them. Through these training programs, I am capable of transforming myself. Along with that, I am also able to bring changes to my family and society. I have been successful in gradually removing superstitions and misconceptions about menstruation from society. I have started receiving tika (Tika is a mark made on one's forehead by elders during religious ceremonies and festivals. It symbolizes blessings from the gods) during festivals even when menstruating. I want to express my heartfelt thanks to my family, community, school, chairperson, and members of the ward office, and municipalities for providing me with the opportunity to participate in this program. I would like to express my gratitude to Jagriti Child and Youth Concern Nepal and KANALLAN the most, for enabling my family and my companions to come out of the house and recognize their own abilities.





अन्धकारपछिको उज्यालो

एसिला पन्थी



म कुप्रथाले भरिएको समाजमा मध्यम वर्गीय घरकी जेठीछोरी र जेठी नातिनीका रूपमा जन्मिएकी हुँ। केही मात्रामा आटिलो तर धेरै मात्रामा लजालु र डराउने स्वभावकी थिए।

घरकी जेठी नातिनी भएको र जे भन्यो त्यही पुन्याएर अलिक मात्रामा मात्तिएकी थिए तर जब हाँस्ने, खेल्ने र आमाबुवाको माया पाउने र बुझ्ने बेला हुन्छ तब बाबा सिफिस्तै बिरामी भएकाले मायाबाट वञ्चित भए। मेरो बाल्यकाल खल्लो भयो। लगातार २/३ वर्ष अस्पतालमा राखेपछि पनि १९ को २० नभएपछि घर ल्याई औषधि गरियो। त्यही बेला घरबाट छुट्टै अलग भयौं। बाबा विस्तरामा, आमा पनि रोगी, भाइ र म सानासाना थियौं। यसरी नै बित्यो मेरो बाल्यकाल।

जब मैले परिवारको अर्थ र महत्त्व बुझ्ने थिइन तबबाटै परिवारका अन्य सदस्यबाट र समाजबाट हेलाको पात्र बने। म आफू स्वयम् पारिवारिक र सामाजिक कार्यमा घुलमिल हुन सकिन। चिन्तामा चिन्ता बढ्दै गयो। यसै क्रममा म कक्षा ८ मा हुँदा जागृति बाल तथा युवा सरोकार नेपालमा जोडिने अवसर पाए। विभिन्न तालिम आफूले पाए र अरूलाई सिकाए। त्यसपछि मेरो जीवनको मोड फेरियो। मैले गर्ने कार्यमा परिवर्तन आयो। मैले अरूको सामु बोल्ने शैलीमा परिवर्तन आयो।

म आफू स्वयम् किशोरी भई किशोरी सशक्तिकरण अभियान अगाडि बढाइरहेको थिए। जागृति बाल तथा युवा सरोकार नेपालबाट कार्यक्रम गर्दा खर्च लाग्छ, गाडी भाडा चाहिन्छ भनेर महिनाको २५ सय प्रदान गर्नुहुन्थ्यो। त्यसै पैसाले मैले आफ्नो बाबालाई औषधि किन्थे। यसरी मैले आफ्नो बाबालाई उपचारमा सहयोग गरेकी छु। अहिले मेरो बाबालाई सन्धो भई स्वस्थ हुनुहुन्छ।

पहिले बालबालिका भनेको के हो ? को हुन् बालबालिका र बालक्लब भनेको के हो ? भनी थाहा नभएकी केटी म अहिले आफ्नो वडाको बालक्लबको सचिव, नगर बालक्लबको सदस्यमा रहेर नेतृत्व गर्ने अवसर पाएकी छु।

किशोरी सशक्तिकरण अभियानमा लागेपश्चात् अवसरमाथि अवसर आउँदै गए। पहिला आफ्ना समाजका केही व्यक्तिले बाहेक अरूले नचिन्ने मलाई अहिले राष्ट्रिय र अन्तर्राष्ट्रिय स्तरमा आफ्नो पहिचान बढाउन सफल भएकी छु। पहिला बाबा/आमाको नामले चिनिने म अहिले मेरो नामले मेरो बाबा/आमा चिनिनु हुन्छ। मैले आफ्नो विद्यालय, वडा, आमासमूह, समाज, बालक्लब, युवाक्लब आदिसँग समन्वय गरी काम गरिरहेकी छु। पहिला बालबालिकाको बजेट हुन्छ भनी थाहा नपाएका जनतालाई अहिले त्यही बजेटबाट विभिन्न सीपमूलक तालिम प्रदान गर्नेदेखि लिएर छात्रवृत्ति उपलब्ध हुन्छ।

अहिले मेरो परिवारमा विश्वास भई सकेको छ। छोरा मात्र होइन छोरीले नि धेरै गर्न सक्छन्। अहिले गाउँका व्यक्ति र विद्यालयका सबैले मलाई उदाहरणको रूपमा राखेका छन्। म आफ्नो विद्यालयको विद्यार्थी क्याप्टेन, विद्यालय व्यवस्थापन समितिमा विद्यार्थीको तर्फबाट सदस्य हुँदै लेखा प्रशासनिक कार्यको पनि सदस्य बन्न पुगे।

मेरो सबै भन्दा ठूलो उपलब्धि भनेकै मैले पढाइ छोडेकी एक किशोरीलाई विद्यालयसम्म आउने वातावरण मिलाइ दिएको थिए । हाम्रो गाउँमा बालविवाह भएको थाहा पाए पश्चात् अभिभुखीकरण गर्नु र पढाइलाई निरन्तरता राख्यौं । अहिले कसैलाई केही समस्या परेमा म भएको ठाउँमा आउनु हुन्छ । म नवलपुर जिल्ला र गण्डकी प्रदेशलाई प्रतिनिधित्व गर्ने बाल पैरवी परिषद्को सदस्य छु ।

तीन वर्ष पहिलेको म र अहिलेको ममा अनुभव र शारीरिक बनोटमा समानता आउला तर व्यवहार बोल्ने शैली भने पूर्ण परिवर्तन भएको छ । यसका लागि म स्वयम् आफ्नो परिवार, विद्यालय परिवार, जागृति बाल तथा युवा सरोकार नेपाल सबैलाई धन्यवाद प्रकट गर्न चाहन्छु । जागृति बाल तथा युवा सरोकार नेपालले ३५ जना किशोरी उत्पादन गरेकोमा म पनि फेरी अन्य सक्षम किशोरी उत्पादन गर्न सक्ने भएकी छु ।





Light After Darkness

Alisha Panthi

I was born as the eldest daughter and granddaughter in a middle-class family. Though sometimes daring, I was mostly nervous and fearful by nature.

Being the eldest granddaughter and having all my desires fulfilled, I was a bit pampered. However, when it was time to laugh, play, feel, and understand the love of my parents, my father got sick, and as a result, I was deprived of love. My childhood turned miserable.

Despite spending 2-3 years continuously in the hospital, his condition didn't improve, so he was brought home and treated there. During that time, we got separated from home. My father was bedridden, my mother was also ill, and my siblings and I were young. This is how my childhood passed.

When I was unaware of the meaning and value of family, I became a target of hatred from other family members and society. I couldn't actively participate in both familial and social activities. Gradually, my worries grew. It was during this time, while I was in grade 8, that I found an opportunity to be involved with the Jagriti Child and Youth Concern Nepal. I received various types of training and also taught others. After that, my life took a u-turn. I underwent changes in the work I did and in the way I communicated with others.

As an adolescent girl myself, I continued to push forward with the Girls Empowerment Program. Jagriti Child and Youth Concern Nepal used to provide NPR 2,500 every month, anticipating expenses for organizing programs and transportation. However, I utilized that money to purchase medicines for my father, thus supporting his treatment. Now, he has recovered and is healthy.

Previously, I had no idea who children were, or what a child club meant. However, the same girl, I, now serve as the Secretary of the Ward-level Child Club in my ward, and I also have an opportunity to lead the Municipal-level Child Club as a member.

After getting involved in the Girls Empowerment Program, opportunities kept coming my way. Previously, except for a few individuals in my community, no one recognized me. But now, I have succeeded in establishing my identity at the national and international levels. Previously, I was known by my parents' names, but now, my parents are recognized by my name. I have been working for this program coordinating with my school, ward, mothers' group, community, child club, and youth club. Earlier, people didn't even know there was a budget for children, but now, with the same budget, various skill-based training programs are conducted and scholarships are available.

Now, my family has started believing that not only a son but a daughter also can do much more. Everyone in the village and at school looks up to me as an example. I am the student captain of my school, a member of the School Management Committee representing the students, and I have also become a member of



the Finance Administrative Sub-committee under the School Management Committee.

My greatest achievement is creating an environment for a dropout girl to resume her education. When we discovered the practice of child marriage in our village, we organized orientations and ensured the continuity of education of the children. Now, anyone with a problem comes to me. I am a member of the Child Advocacy Council representing the Nawalpur district and Gandaki Province.

Comparing three years ago to now, there might have been similarities in my experiences and physical appearance, but there has been a significant change in my behavior and speaking style. For this, I want to sincerely thank my own family, school family, Jagriti Child and Youth Concern Nepal. Thanks to Jagriti Child and Youth Concern Nepal for empowering 35 adolescent girls, including myself. Now, I am capable of empowering other girls as well.





वास्तवमा म

प्रतिक्षा वि.क.



त्यो समाज जहाँ किशोरीहरूको आवाजलाई दबाइन्थ्यो । जहाँ महिनावारीलाई पाप मानिन्थ्यो । जहाँ छोराछोरी बिच निकै विभेद हुन्थ्यो । हो म त्यही समाजमा भएको एक साधारण परिवारमा जन्मिएकी छोरी प्रतिक्षा हुँ ।

मैले यो संसारमा पाइला राख्दा, मलाई सबैले अलछिनी भने किनभने म जन्मिएपछि बुबाको नोकरी छुट्ने, आर्थिक अवस्था कमजोर हुने भएकाले । पछि सबै खुसी भए जब मेरो भाइको जन्म भयो । विस्तारै ठूलो हुँदैजाँदा मेरो घरमा पनि छोराछोरीबीच विभेद भइरहेको मैले महसुस गरे । त्यो बेला मैले उहाँहरूलाई कसरी बुझाउने भन्ने कुराको ज्ञान पनि थिएन । त्यसैले म कम बोल्ने गर्थे ।

म बाहिरी व्यक्तिहरूसँग छिटै घुलमिल हुने गर्थिन । म निकै डराउने र लजाउने स्वभावको थिए । विद्यालयको कार्यक्रममा पनि भाग नलिने गर्थे । त्यो बेला जब अगाडि गएर माइक समात्ने गर्थे तब मेरा खुट्टा काम्ने गर्थे, जब शिक्षकहरूले मलाई अधि सार्न खोज्नुहुन्थ्यो तब म आफैमा भएको डरले फन पछि सर्ने गर्थे, मुस्किलले आएका ती अवसरहरू त्यही डरको कारण सजिलै गुमाउने गर्थे । यसरी अवसरहरू नलगादा म आफूलाई नै दोष दिँदै नराम्रो मान्थे । म पढाइमा भने राम्रो थिए ।

जब म आठ कक्षामा पढ्दै थिए । त्यसैबेला म किशोरी सशक्तिकरण परियोजनामा साथी शिक्षक हुने मौका पाए । किशोरी सशक्तिकरण परियोजनामा साथी शिक्षकको लागि फारम भरेर यसमा आवद्ध भएको थिए । सुरुमा हाम्रो २ दिनको कार्यक्रम भयो सितारा रिसोर्टमा त्यसपछि हामीले पहिलो चोटी सौराहामा तालिम लियौं । यसरी विभिन्न तालिममा सहभागी हुँदा गाउँका व्यक्तिहरूले कहाँ जादा रहेछन् बेलाबेलामा भनेर कुराकाट्ने गर्थे । मैले भने त्यस्ता कुराहरूलाई वास्ता नगरी अधि बढे । एउटा एकदम राम्रो कुरा के थियो भन्दा हामीले तालिममा सिकेको कुरा हामीले गाउँघरमा विद्यालयमा गएर सिकाउनु पर्ने थियो ।

आफैले कार्यक्रम सञ्चालन गरी, व्यानर बनाइ विभिन्न फिल्डमा गई तालिम दिँदा धेरै चुनौतीहरू आउने गर्थ्यो । सुरुमा गाढो भए पनि पछि भने सबै सहज हुन थाल्यो । विद्यालयमा, समाजमा हामीहरूले महिनावारी तथा प्याड बनाउने, आत्मरक्षा, बालविवाह, बाल अधिकार आदि जस्ता कार्यक्रमहरू गरियो । हामीले बालबालिका तथा किशोरीहरूको समस्याहरूको घोषणापत्र तयार गरी हाम्रो बडाका बडा अध्यक्षलाई हस्तान्तरण गर्यौं । त्यस्तै पोखराको तालिममा हामीले गण्डकी प्रदेशका शिक्षा मन्त्री र कानून मन्त्रीलाई भेट्ने अवसर पायौं । मैले आफ्नै समाजमा आफैले नाटक बनाइ, साथीसाथी मिली र विद्यालयको सहकार्यमा नाटक प्रदर्शन गर्यौं ।

यस्तै कार्यक्रम गर्दै जाँदा, मलाई सबैभन्दा खुसी लागेको कुरा भनेको हामीले हाम्रो समाजमा बालविवाह एक सामाजिक अपराध हो भन्ने प्रमाणित गर्नु हो । कक्षा ८ मा पढ्ने एक किशोरीलाई जो भर्खरै १५ वर्ष लागेकी थिइन्, उसको जबरजस्त बालविवाह भएको थियो । उनी हाम्रो विद्यालयमा पढ्ने गर्थिन । बालविवाह भएको सुन्ना साथ हामीहरूले प्रधानाध्यापकलाई यसबारे जानकारी दियौं । उहाँले बडा अध्यक्षसँग कुरा गर्नु भयो । ठूलो विवाह नगरी, सुटुक्क विवाह गरी उसलाई केटाको घर पठाइसकेका थिए । पछि बडा अध्यक्षले सबैलाई बडा कार्यालयमा बोलाई सोधखोज गर्नु भयो । हाम्रो विद्यालयका प्रधानाध्यापक पनि त्यहीं हुनुहुन्थ्यो ।

उसको परिवारले आफ्नो मञ्जुरीले गएको भनेर भन्न लगाएका रहेछन् । उसले साँचो कुरा भन्न नसकेपछि त्यहाँ म

र मेरो साथीलाई बोलाएर उसँग कुरा गर्न लगाइयो । त्यहाँ उसले हामीलाई साँचो कुरा के हो सबै भनिन् । बडा अध्यक्षलाई भने भन्न सकेकी थिइनन् । हामी सबै तिम्रो साथमा छौं । पूरै विद्यालय तिम्रो साथमा छ, नडराइ भन भनेर हामीले उसलाई हिम्मत दियौं । अन्त्यमा उनले साँचो कुरा भनिन् ।

यसरी यो विवाह रोक्किदा जस्तो खुसी मलाई अरू बेला लागेको थिएन । मैले पनि अरूको समस्या बुझि समाधान गर्न सक्छु भन्ने कुरा बल्ल थाहा पाएँ । यो बिहे रोक्न खोज्दा मलाई बिचमा नै रोक्किम, विवाह नरोकौं जस्तो पनि लाग्यो तर एउटा म जस्तै किशोरी जसलाई पढ्न मन थियो, जसका हजारौं सपना थिए । यो सम्भेर म उसको लागि अघि बढे, म रोकिन सकिन; ममा अझ थप उर्जा थपियो । अब भने मप्रति मेरो परिवार, समाज र विद्यालयले हेर्ने नजर फेरिएको मैले पाएको छु ।

यस कार्यक्रममा जोडिएपछि मेरो परिवारमा छोरी पनि छोरासरह हो । छोरीले पनि छोरा जस्तै सबै कुरा गर्न सकिन्छन् भन्ने कुरा प्रमाणित गर्न सकेकोमा म खुसी छु । यसै गरी हामीले बालविवाह एक सामाजिक अपराध हो र यसलाई छुटाउन जरुरी छ भन्ने कुरा पनि प्रमाणित गर्नुपर्छ । मलाई यहाँसम्म आउन सहयोग गर्नु हुने, मलाई एउटा नयाँ प्रतिक्षा बन्नका लागि हिम्मत दिनुहुने मेरो परिवार, विद्यालय, साथीहरू, जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानप्रति आभारी छु । यो तीनवर्षे सक्किन लाग्यो तर म यस कार्यक्रममा सधैं जोडिएको हुनेछु । सिक्न र सिकाउने प्रक्रिया जारी नै छ ।

आश राख छोरीको

आमा अलिकति त आश राख छोरीको पनि, कति राख्छौं छोराको मात्र
छोरा पाए भन्दै आश राख्छौं बुढेसकालमा पाल्छ भनि
छोरी पायौं भनी अर्काको घर जाने जात भन्छौं, मरे छोरोले फाल्छ भनि
बाबा अलि कति त आश राख छोरीको पनि, कति राख्छौं छोराको मात्र
घरमा छोराको जन्म भयो भने सबै तिर उमङ्ग छाउँछ ।
जब त्यही घरमा छोरीको जन्म भयो भने, अनुहारमा धोरे निराशपन आउँछ ।
आमा अलिकति त आश राख छोरीको पनि, कति राख्छौं छोराको मात्र
छोराले मात्र गर्न सक्छ छोरीले सक्दैन भन्ने यो समाजलाई लाग्छ ।
छोरीले यही समाजलाई पछ्याडि पाउँ अगाडि बढि भने तिम्रो मनको डर भाग्छ ।
बाबा अलिकति त आश राख छोरीको पनि कति राख्छौं छोराको मात्र
छोरा विदेशिएर पछि टाढा हुन खोज्दछन् । छोरीको त भर पर
हामी छोरी हौं भगवान हैनौं छोरालाई जसरी गछौं त्यसरी छोरीलाई नी माया गर्ने गर
आमा अलिकति त आश राख छोरीको पनि कति राख्छौं छोराको मात्र
छोराले मात्र सपना देख्दैन, छोरीले पनि आमाबाउको शीर ठाडो हुने सपना रोक्छे ।
मैले गर्दा परिवारको नाक नकाटियोस् भन्दै बाउआमाको इज्जत बढाउन खोज्छे ।
बाबा अलिकति त आश राख छोरीको पनि, कति राख्छौं छोराको मात्र ?
तिम्रो मनमा चोट लाग्दा तिम्रो आँखाबाट खसेका आशुको ढिका पुछिदिने ।
सायद छोरी नै होला यो संसारमा तिम्रो दुःखमा पर्दा मनको कुरा बुझिदिने ।
आमा अलिकति त आश राख छोरीको पनि, अलिकति त आश राख छोरीको पनि,
कति राख्छौं छोराको मात्र ।
आमा अलिकति त आश राख छोरीको पनि,
अलिकति त आश राख छोरीको पनि, कति राख्छौं छोराको मात्र ।



I, in Reality

Pratikshya B.K.



I am Pratikshya, a daughter born into a humble family in a society where the voices of girls were suppressed, where menstruation was considered a sin, and where discrimination among children was rampant.

After my birth, my father lost his job and our financial situation weakened. When I was born, I was considered a bad sign, but when my brother was born after a few years, everyone rejoiced. Growing up, I witnessed discrimination among children at home too. I didn't know how to convince them, so I spoke less.

I was slow to warm up to outsiders. I was very nervous and shy in nature. I would often avoid participating in school programs. Whenever I had to step forward and speak on the microphone, my legs would start shaking. When teachers urged me to come forward, fear would cause me to retreat. Those challenging opportunities would slip away easily because of my fear. I used to blame myself and feel bad for missing out on opportunities. I was good at studying though.

When I was in the eighth grade, I got an opportunity to be a peer educator in the Girls Empowerment Program. While participating in various training programs, people from the village would often talk behind my back, questioning where I was going. I ignored such things and moved forward. One of the good things about being involved is that we had to go to other schools in our village and share what we learned. Conducting the program on my own, creating banners, and traveling to various fields for training presented many challenges. Although it was difficult at first, everything became easier over time. In schools and communities, we organized various training programs on topics such as menstrual hygiene, self-defense, child marriage, and child rights. We prepared declarations on the issues faced by children and adolescent girls and handed them over to our respective ward chairpersons. Similarly, during a training program in Pokhara, we got an opportunity to meet the Education Minister and Law Minister of Gandaki Province. I independently developed a drama, and with the help of my friends and collaboration with the school, we brought it to life in my society.

As we continued organizing such programs, what made me happiest was that we were able to prove that child marriage is a social crime in our society. In grade 8, there was a 15-year-old girl, who was just 15 years old, being forced into child marriage. She used to study in our school. When we heard about her wedding plan, we informed the Principal. The Principal talked with the Ward Chairperson. But by then, she had already been sent to her husband's home after a quick and secret ceremony, without any big celebration. Later, the Ward Chairperson called everyone to the Ward office and inquired about the matter. The principal of our school was also present there.

Her family pressured her to say that she went willingly. When she couldn't speak the truth, my friend and I were called to talk with her. There, she shared with us everything about what had happened in reality. However, she could not share it with the Ward Chairperson. We all assured her, "We are all with you. The entire school stands behind you. Share everything without any fear." Finally, she spoke the truth.

I have never felt happier than when that marriage was stopped. It made me realize that I could understand and solve other people's problems. While trying to stop the marriage, I felt conflicted. A part of me wanted to stop myself in the middle and let the marriage happen, but she was an adolescent who wanted to study,

just like me, with thousands of dreams. When I remembered this, I stepped forward for her. I didn't stop halfway, and it gave me more energy. Now, I see that my family, society, and school view me differently. After participating in the Girls Empowerment Program, I am delighted to have proven to my family that a daughter is equal to a son and capable of doing everything just like a son. Similarly, we also proved that child marriage is a social crime and it is necessary to get rid of it. I am grateful to my family, school, friends, Jagriti Child and Youth Concern Nepal, and KANALLAN, who have helped me come this far and given me the courage to become a new 'Pratikshya'. It may have been three years, but I will always be connected to this program. The process of learning and teaching continues. Although three years have almost passed, I will continue to be associated with the program. The journey of learning and teaching will go on.

Wish for a Daughter

Mother, hold some wish for a daughter.
How long will you wish for a son only?
Wishing for a son to take care of you in your old age.
Thinking that when a daughter is born, she's destined for another's home,
but upon death, only a son will dispose of it...
Father, hold some wish for a daughter.
How long will you wish for a son only?
If a son is born in the house, there will be joy everywhere.
When a daughter is born in the same house, there is a little disappointment on the face.
Mother, hold some wish for a daughter.
How long will you wish for a son only?
This society believes only sons can do it, not daughters.
If your daughter moves forward, leaving this society behind, your heart's fear will vanish.
Father, hold some wish for a daughter.
How long will you wish for a son only?
A son may get away after going abroad. But, at least trust your daughter.
We're daughters, not gods, yet at least love your daughter as you would your son.
Mother, hold some wish for a daughter.
How long will you wish for a son only?
It's not just a son who dreams, a daughter also chooses a dream
that will make parents hold their heads high.
Being conscious of not shaming the family, she strives to increase its honor.
Father, hold some wish for a daughter.
How long will you wish for a son only?
When your heart is filled with pain, who would wipe away your tears,
It would, perhaps, be a daughter who would also understand your heart
when you're suffering in this world.
Mother, hold some wish for a daughter,
cherish a little wish for a daughter as well
How long will you wish for a son only?
Mother, hold some wish for a daughter.
At least, cherish a little wish for a daughter as well.
How long will you wish for a son only?



परिवर्तनको मोड

प्रकृति अर्वांल



म कावासोती-१, नवलपरासी (बर्दघाट सुस्तापूर्व) मा बसोबास गर्छु । त्यही नजिकैको श्री जनकल्याण माध्यमिक विद्यालयमा कक्षा १० मा अध्ययन गर्छु । म सामान्य परिवारमा हुर्केकी छोरी हुँ । किशोरी सशक्तिकरण कार्यक्रम आउँदा म कक्षा आठमा अध्ययन गर्थे र यो तीन वर्षभित्र आएको परिवर्तन यो मेरो कथामा लेख्दै छु ।

विद्यालयको कुनै पनि कार्यक्रममा सहभागी नहुने म, ल तिमी गएर कार्यक्रममा सहभागी हुनुपर्छ भन्दा डराउने म, यति तीन वर्ष भित्रमा त ममा धेरै परिवर्तन भएछ । सुन्दा पनि अचम्म लाग्छ । लुकिछिपी डराएर हैन, आफ्नो समस्या देखाउन सक्छु डराइ-डराइ पछि छैन, अधि गई सिकाउन सक्छु ।

विद्यालय जाने, आउने, पढ्ने लेख्ने काम भईरहेको थियो । एक दिन मलाई मेरो विद्यालयको शिक्षकले फोन गर्नु भयो र भन्नु भयो:- “तिमी र प्रतिक्षा भएर भोलि विद्यालय आउ है, एउटा कार्यक्रम छ भन्नुभयो” । मलाई त कार्यक्रम भन्ने वित्तिकै भ्याउलाग्ने के रैछ र यो भनेर भोलिको पर्खाइमा थिए । भोलि पल्ट म र प्रतिक्षा भएर विद्यालय गयौं । अभिभावकसँग जाने रैछ अनि मेरो घरमा ममी, बाबा हुनुहुन्थेन अनि आमालाई लिएर गए ।

त्यहाँ विद्यालयमा राधा म्याम र सुमित्रा म्याम आएर बस्नु भएको रहेछ । हामी विद्यालयमा गयौं । त्यहाँ हामी ३ जनालाई बोलाउनु भएको रहेछ । त्यसबाट पनि २ जना छनौट गर्ने भन्नु भयो । एकछिन कुरा भयो मेडमहरूसँग किशोरीहरूको लागि हो यो कार्यक्रम, यस्तो कार्यक्रम फेरी फेरी आउँदैन भन्दै कुराहरू गर्नुभयो । अनि ल हामी बस्छौं भनी हस्ताक्षर पनि गरियो । पछि हामी प्रतिक्षा र म छनौट भएछौं भनेर सुनियो, खुसी लाग्यो । त्यसपछि मैले विभिन्न तालिमहरू लिए जस्तै- आत्मरक्षा, नेतृत्व विकास, प्याड बनाउने, फोटो ग्राफी भिडियो ग्राफी जस्ता धेरै तालिम प्राप्त गरे । त्यो सबै तालिम प्राप्त गरिसकेपछि विद्यालयमा, घरमा, समाजमा आएर सिकाए । अब भन मेरो बोल्ने बानिको विकास भयो । गाउँ, समाजमा हेर्ने नजर पनि धेरै फरक हुन थाल्यो । बोल्ने बानीको विकास हुँदै गए पछि म विद्यालयमा आयोजना गरेको कार्यक्रममा पनि भाग लिन थाले । शिक्षकहरूले पनि ल अब कार्यक्रम सञ्चालन गर्न पन्थो तिमी जस्तै अरू विद्यार्थीलाई पनि बनाउन पन्थो भनेर भन्नु हुन्छ ।

पहिला मेरो घरमा मेरो कुराहरू लागू हुँदैनथ्यो । बच्चा छेस् जान्नी हुन पर्दैन भनेर भन्नु हुन्थ्यो । मैले विभिन्न तालिम लिएर आएपछि घर, परिवारमा सिकाए लैङ्गिक समानताको कुराहरू पनि धेरै सिकाए । त्यसपछि घरमा पनि अब त यो ठूली भइ राम्रो कुराहरू के हुन्, नराम्रा कुराहरू के हुन् ? भनेर छुट्याउन सक्ने भइ भन्नुहुन्छ । अहिले केही कुरा गर्न पन्थो भने मलाई पनि राखेर यो काम गर्दा के हुन्छ ? यो काम गर्दा कस्तो हुन्छ ? भन्ने छलफल गरेर मात्र अगाडि बढिन्छ । अहिले मेरो कुराहरू पनि घरमा लागू हुन्छ ।

यही क्रम जारी राख्दै म विभिन्न कार्यक्रममा सहभागी भए, अगाडि बढ्दै गए । भन मेरो बोल्ने बानीको क्षमता बढ्दै गयो । पहिला म १०/१५ जना मानिसहरूको अगाडि बोल्न नसक्ने अहिले धेरै मानिसहरूलाई राखेर कार्यक्रम गर्न सक्ने भएकी छु । अहिले मलाई कसैको आड चाहिँदैन भन्दै एकलै गएर कार्यक्रम गर्छु । एक दिन मलाई अन्तर्राष्ट्रिय कार्यक्रम **CRC** बाट कुरा आयो । सुरुमा त म अङ्ग्रेजी बोल्न पर्छ भनेर नाइ म त हुन्न अरूलाई राख्नु भनेकी थिए । पछि नेपालीमा भन्ने हो भनेर म सहभागी हुन्छु भने । त्यसपछि नवलपुर भरीको बालबालिकाको समस्याहरू लिएर

उनीहरूको प्रतिनिधित्व गरेर म काठमाडौं गए। त्यति बेला मसँग कन्सोर्टियम नेपालकी दिदी आस्था अधिकारी अनि नगर बाल सञ्जालका अध्यक्ष मनिष न्यौपाने दाइ हुनुहुन्थ्यो। हामी तीन जना भएर पोखरा गयौं अनि हामीसँग आशा दिदी पनि हुनुहुन्थ्यो। त्यहाँ गएर मैले बालबालिकाको समस्या, कारण, समाधानहरू सिकाए। महासन्धिको बारेमा पनि एउटा सेसन लिए।

अनि त्यो काठमाडौंमा कार्यक्रम गरेर आइसकेपछि मैले विद्यालयमा सिकाए। यसै गर्दै जाँदा मेरा पाइलाहरू अगाडि बढ्दै थिए। केही समय पछि म जागृति बाल तथा युवा सरोकार नेपालबाट तालिम लिनलाई पोखरा गए। अन्तिमको दिनमा अरू साथीहरू घर आउनु भयो भने म त्यहीबाट कार्यक्रमको लागि काठमाडौं जाने कुरा आयो। म त अलमल्ल परे। त्यहाँबाट म काठमाडौंमा जाँदा गण्डकी प्रदेशको प्रतिनिधित्व लिएर गएकी थिए। पहिला पोखरामा भएको कार्यक्रम हाम्रो तालिम थियो भने काठमाडौंमा भएको राष्ट्रिय कार्यक्रम थियो। हामी २ जना गएका थियौं। म र रेजिना दिदी त्यहाँ मेरा लागि सबै पहिलो पटक नै थियो। पहिलो पटक म काठमाडौं जाँदा जीवनमा पहिलो पटक जहाजमा गएकी थिए। पहिलो पटक त्यति ठूलो कार्यक्रममा सहभागी भएकी थिए।

आफ्नो समाजमा आएर पनि धेरै कुराहरू सिकाउथे, धेरै कार्यक्रमहरू गर्थे। धेरै नै परिवर्तन भएको छ। म जागृति बाल तथा युवा सरोकार नेपालमा लागिस्केपछि धेरै तालिम प्राप्त गरे, धेरै ज्ञानहरू प्राप्त गरे, सिक्ने मौका पाए, सिकाउने मौका पाए। पहिलाको प्रकृति र अहिलेको प्रकृतिमा मैले धेरै परिवर्तन पाएकी छु। जसरी मलाई यहाँहरूले जागृति बाल तथा युवा सरोकार नेपालका सदस्यहरू सानो विरुवालाई मलजल गरी कोपिलासम्म पुऱ्याइदिनु भएको छ। अब म फूल बनी फकरे सबैतिर ज्ञानका ज्योति छर्नेछु।

सर्वप्रथम, म जागृति बाल तथा युवा सरोकार नेपाल, घर परिवार, समाज, विद्यालयका हरेक सदस्यहरूलाई हृदयदेखि नै धेरैधेरै धन्यवाद दिन चाहन्छु। जसले गर्दा मलाई आज यहाँसम्म पुऱ्याइदिनु भएकोमा र हाम्रो यो तीन वर्षीय कार्यक्रम समाप्त भए तापनि मैले यो कार्यक्रम गर्न, सिकाउन पटककै छोड्दिन। सिकाउने क्रम जारी नै राख्नेछु। आफूले सिकेका कुराहरू सिकाउने छु र सिक्ने सिकाउने मौका मिल्दै जाओस् भन्ने आशा छ।





Turning Point

Prakriti Aryal

I reside in Kawasoti-1, Nawalpur. I am studying in grade 10 at Shree Janakalyan Secondary School nearby. I am a daughter who grew up in an ordinary family. When the Girls Empowerment Program was launched, I was studying in grade 8. And I am writing a story about changes in my life within these three years.



In the past, I wouldn't participate in any school programs and would feel scared if someone told me I had to join. But within these three years, there has been a significant change in me. It sounds amusing to hear. Without hiding in fear, today, I can reveal my problems without retreating and I can also teach others how to step forward.

Going to school, coming back, reading, and writing were ongoing. One day, I received a phone call from my school teacher, who said, "You and Pratiksha come to school tomorrow, there's a program." Any program would seem boring, yet I was waiting for the next day, wondering what it was. The next day, Pratiksha and I went to the school. We were supposed to go with our parents. But since they were not at home, I took my grandmother.

Radha Ma'am ('Ma'am' in Nepal generally is a respectful term used to address individuals who work in an office setting. Here, it refers to the staff of Jagriti Child and Youth Concern Nepal and KANALLAN) and Sumitra Ma'am were already there. We went inside the school. Three of us were called to the school. We were informed that only two of us would be selected. We had a discussion with the madams for a while, and they explained that this program was specifically for adolescent girls and wouldn't be repeated frequently. Then, we consented and signed up to participate. Later, we heard that Pratiksha and I were selected, and I felt happy. After that, I received various training courses on topics such as self-defense, leadership development, pad-making, photography, and videography. After receiving all the training, I went to schools, homes, and society to impart my learning. Furthermore, my speaking habit developed even more. The perspective of the village and society also began to change significantly. After developing my speaking habits, I also started participating in programs organized by the school. Teachers also said, "We should conduct more programs and produce more students like you."

Earlier, my opinions and suggestions were not listened to and implemented; they would say, "You are still young, don't act too smart". After I received various types of training, I started teaching what I learned—including gender equality—to my family. Now, even at home, they say, "She has grown up. She can distinguish between what is good and what is bad." Now, my concerns are also considered at home.

Continuing this process, I have participated in various programs, and I have progressed further. Moreover, my speaking ability has improved. Previously, I couldn't speak in front of 10-15 people, but now I can conduct programs by gathering a large crowd. Now, I don't need anyone's support and I conduct programs

alone. Now, if there's something to be done, they involve me in the discussion about what will happen and what the consequences will be. Only after discussing the implications, they move forward.

One day, I was invited to participate in a program related to the United Nations Child Rights Convention (UNCRC). Initially, I thought I had to speak in English, so I declined and requested someone else to be included. However, when I was told that it would be in Nepali, I agreed to participate. After that, I went to Kathmandu representing the entire children of Nawalpur and their issues. I was accompanied by Ms. Astha Adhikari from Consortium Nepal and Mr. Manish Neupane, the President of Municipal Child Network. The three of us went to Pokhara, and Asha Didi joined us as well. During the program, I shared children's problems, their causes, and solutions.

Upon returning from Kathmandu following the program, I shared my learning at school. While doing so, my footsteps kept moving forward. After some time, I went to Pokhara to participate in a training program by Jagriti Child and Youth Concern Nepal. On the final day, while my friends returned home, I had to go to Kathmandu for another program. I got confused. I went to Kathmandu from there representing the Gandaki Province. The first program held in Pokhara was our training while the program held in Kathmandu was a national program. Two of us, Rejina Didi and I went there. Everything was a first for me. It was my first time traveling on an airplane, and it was my first time attending such a huge event.

Over these years, there has been a lot of change. After being involved with Jagriti Child and Youth Concern Nepal, I received a lot of training, gained a lot of knowledge, and got opportunities to learn, and opportunities to share my learning. I have felt a significant shift between the Prakriti I was before and the Prakriti I am now. The representatives and members of Jagriti Child and Youth Concern Nepal nurtured a small plant, helping it grow into a bud. Now, I will spread the light of knowledge, blooming like a flower.

Therefore, firstly, I would like to express heartfelt thanks to every member of Jagriti Child and Youth Concern Nepal, my family, society, and school. It is because of their support that I have reached this point today. Even though our three-year program has ended, I will not stop conducting such programs and impart my learning. I will continue the process of teaching. I will share what I have learned and hope for more opportunities to learn and share.





परिवर्तनको यात्रा

कृषला थापा क्षेत्री



म साधारण घरमा हुर्किएकी छोरी, नाँच र गाउँन एकदमै इच्छुक थिए तर मञ्चमा गएर बोल्न पछि भन्ने डरले कतिपटक त आफूमा भएका प्रतिभाहरू लुकाएर डर र लाजले बस्ने गर्थे । साथी लगायत गुरुहरूले पनि मेरो लाज र डरले गर्दा लुकेको प्रतिभाको बारेमा कुरा गरिरहनु हुन्थ्यो । मनमा रहर हुँदापनि आफू अधि बढ्न नसक्नुको एकमात्र कारण थियो कि मलाई मानिसहरूको भिडमा गएर बोल्नको लागि आत्मबलको कमी थियो । हिम्मत गरेर अधि मञ्चमा गएपनि हड्बढीमा कुराहरू पूरा नगरी आउथे र धेरै पटक त मञ्चबाटै फर्किए पनि ।

यस्तै क्रममा मेरो घरमा दुई जना महिला अधिकारकर्मी आउनु भयो र मलाई हुन गैरहेको किशोरी सशक्तिकरण त्यो पनि “३” वर्षीय अनि हाम्रो नवलपुरमा यो बारे व्याख्या गरेपछि मेरो मन एकदम चन्चल भयो । कुराहरू ज्ञानको लागि के होला ? जस्तो तर दुइ खोज्दा देउता मिले सरह मैले त केही कुरा नखोजी सबैथोक पाए । एउटा ज्ञानमात्र नभएर परिवार, माया, सम्मान, मानिसहरूको सामु इज्जत सबै थोक । यो सबैको लागि म जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानप्रति सधै आभारी छु र रहिरहने छु ।

यस कार्यक्रममा लागिस्केपछि धेरै कुरा हासिल भयो । मैले म को हुँ ? यो धर्तिमा मेरो केको लागि जन्म भएको ? एउटा अर्थ बुझे । म आफूले आफैलाई धन्यवाद दिन चाहन्छु । किनकि मलाई मेरो प्रेरणाको स्रोत हुँ र मेरो परिवार जसले मलाई खुल्ला रूपमा छोडिदिनु भयो ।

मैले आफ्नो नृत्यलाई प्राथमिकता दिँदै नवलपुर बाल नृत्य प्रतियोगितामा द्वितीय स्थान हासिल गरे । त्यो भन्दा बढी खुसी अरू के हुन सक्छ । त्यस्तै गरी हरेक महिनामा २ चोटी आफ्नो नजिकैको विद्यालयलगायत वडा बासीहरूलाई सङ्गलन गरेर सम्बन्धित विषयमा तालिम दिने गर्थे । यो सबै ज्ञान र आत्मबल विकसित हुँदै गएको देखेर मेरो परिवार र म आफैँ अचम्म भएका थियौँ । त्यसपछि गाउँ घरमा सञ्चालन गरिने हरेक कार्यक्रममा मलाई उद्घोषिकाको रूपमा चुनिने गरियो । मेरो त्यो सबै डर र त्रासहरू हराउदै गए ।

हालको स्थिति भन्नुपर्दा म मेरो पढाइलाई निरन्तरता दिँदै वैदेशिक क्षेत्र तिर लागेको छु । भनिन्छ नी “बोल्नेको पिठो पनि बिक्रम, नबोल्नेको चामल पनि बिक्रम” त्यसै गरी मेरो वैदेशिक क्षेत्रमा पनि यो सूत्र लागू भयो । कामको अन्तर्वातामा जाँदा मेरो अनुभव नभएकोले गर्दा मलाई काम मिल्दैनकी जस्तो महसुस भएको थियो तर मेरो आत्मविश्वासको स्तर देखेर तिमीले गर्न सक्छौ, सिक्न सक्छौ भनेर मलाई कामको लागि बोलाईयो । अहिले म जुनठाउँमा पढाइको लागि आएकी छु, यदि म ३ वर्ष अघिको कृषला भएको भए यो खुट्किलो चह्न मुस्किल हुनेथियो होला । जीवनमा जित्नुपर्ने, ठूलोकुरा हैन मेरो लागि बाँकी के-कति ज्ञान लिंगे त्यसमा खुसी हुन्छु ।

अन्त्यमा मेरो हरेक कदममा एउटा असल परिवार भएर साथ दिने गुरुहरू र सकारात्मक बाटो देखाउने यस संस्थाका महिला अधिकारकर्मीहरू हाम्रो लागि चिन्तित हुनुहुने सम्पूर्णमा आभार प्रकट गर्न चाहन्छु । यस ३ वर्ष मेरो लागि साच्चिकै प्रगतिमूलक भयो ।



The Journey of Transformation

Krishala Thapa Kshetri



I grew up in a humble family. I was always eager to dance and sing in the village, but because of the fear of having to speak, I would hide my talents behind shyness and fear. Even my friends and teachers used to discuss my talent hidden by fear and shyness. The only reason why I could not move forward despite the desire in my heart was that I lacked the self-confidence to go and speak in a crowd of

people. Even when I gathered the courage to step on stage, I would often lose control over my words in a hurry and many times return from the stage without completing my speech.

In due course, two women rights activists came to my house and explained to me about the Girls Empowerment Program, planned to be launched in our Nawalpur district for three years. It filled me with anticipation and restlessness. What about acquiring knowledge? I then decided to join the program, and there, I discovered everything without even searching. Not just knowledge, but family, love, honor, and respect from and among people. For all of this, I am and will forever remain grateful to the Jagriti Child and Youth Concern Nepal and KANALLAN.

After participating in this program, I achieved many things. Who am I? What is the purpose of my birth on this earth? I began to understand the meaning. I want to thank myself because my mind is the source of my inspiration. I am also thankful to my family for allowing me to be myself freely.

Meanwhile, prioritizing my dancing skills, I won second place in the Nawalpur Children's Dance Competition. What more happiness can there be than that? Similarly, twice a month, I would gather students from nearby schools and residents from neighboring wards and provide training on relevant topics. Witnessing the growth of knowledge and self-confidence, both my family and I were amazed. After that, I was chosen as the host for every program organized in the village, and gradually, all my fears and anxieties started disappearing.

Talking about the current situation, I am pursuing my education abroad. They say in Nepal that speaking well wins you next to impossible things. This formula applied to me in the foreign land as well. Initially, I felt like I wouldn't get any work because of my lack of experience in job interviews, but seeing the level of my self-confidence, I was immediately hired, believing that I could do it and learn. If I had chosen to become a farmer three years ago instead of being involved in the Girls Empowerment Program, it would have been very difficult for me to walk through such a difficult path to where I am now pursuing my education. Winning in life is not a big thing for me; I find happiness in the knowledge I have acquired.

At the end, I want to express my gratitude to the teachers who supported me like a family at every step, and to the women's rights activists of this organization who showed me a positive path. These past three years have been truly progressive and transformative for me.



जीवनको सफलता

विमाया सार्की



हामी जीवनमा अक्सर यो कारणले असफल हुन्छौं, किनकि न त हामी आफ्नो क्षमता जान्दछौं नत आफ्नो कमजोरी नै !

सामुहिक अनि मध्यम वर्गीय परिवारमा छोराको आशमा दुई दिदीपछि जन्मिएकी घरकी कान्छी छोरी म विमाया सार्की हुं । मध्यम वर्गीय

परिवारमा जन्मिए तापनि आफूले गर्न इच्छा राखेका काममा घरपरिवारबाट कहिले पनि रोकतोक भने भएन । बुवाआमाले आफूले धेरै अध्ययन गर्न नपाएका कारणले दिदी, भाइ र मलाई सधै पढ्नका निम्ति प्रेरित गर्नुहुन्छ ।

म सानैदेखि भिडभाडमा हिड्न डराउथे । विद्यालयमा हुँदा पनि साथीहरूले विभिन्न क्रियाकलापहरूमा सहभागी भएको देख्दा आफूलाई पनि लिन मन लाग्थ्यो तर मनमा डर र लाज मान्ने कारणले कहिलै पनि सहभागी भइन । खेलकुद र अन्य अतिरिक्त क्रियाकलापहरूमा भाग नलिए तापनि मलाई नाचन भने एकदमै मन पर्थ्यो र बेलाबेलामा भाग लिने गर्थे । विस्तारै पढ्दै जाँदा विद्यालयमा वडा कार्यालय र नगरपालिकाको सहकार्यमा विभिन्न कार्यक्रम हुने गर्थे र म त्यस कार्यक्रमहरूमा रुचि राख्थे ।

मेरी आमा मिलनसार र सहयोगी हुनुहुन्छ । समाजमा आफूले सक्ने हरेक कुराहरूमा सबैलाई सहयोग गर्ने र हामीलाई पनि सहयोगी बन्नुपर्छ भनेर सिकाउनु हुन्छ । २०७९ सालमा सम्पूर्ण नगरपालिकामा आम निर्वाचन सुरु भएको थियो । यसै क्रममा मेरो ममीलाई पनि निर्वाचनमा उमेदवार हुन सबैजनाले सल्लाह दिनुभयो । उहाँ निर्वाचनमा निर्वाचित हुनु भयो र वडा सदस्यको रूपमा विजय समेत हुनुभयो र यसले भन उहाँको समाजसेवाको कार्यमा थप सहयोग पुगेको थियो । म ममीसँग विभिन्न समाज सेवाका कामका साथै तालिमहरूमा सहभागी हुने गर्थे ।

एक दिन विद्यालयमा कावासोती नगरपालिकाको सहयोगमा जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानको समन्वयमा ३ वर्षे किशोरी सशक्तिकरण कार्यक्रम लिएर यसै संस्थाका सर दिपक शर्मा आउनु भएको रहेछ । उक्त तालिमका लागि प्रत्येक वडाबाट दुई जना किशोरी छनोट गरिएको रहेछ र हाम्रो विद्यालयबाट मेरो नाम दिनुभएको रहेछ । उक्त विषयमा दिपक शर्मा सर र शिक्षकहरूले मेरो ममीलाई पनि बताउनु भएछ । किशोरी सशक्तिकरण तालिमको उद्देश्य साथै जागृति बाल तथा युवा सरोकार नेपाल र क्यानालानको बारे राम्रोसँग बुझ्नेपनि ममीले मलाई पनि बताउनु भयो र सहभागी हुन सल्लाह दिनु भयो ।

केही दिन पछि संस्थाको दुई जना म्याम मेरो घरमा फारम लिएर आउनु भयो र कार्यक्रम बारे मलाई प्रस्ट पार्नु भयो । कार्यक्रमका बारेमा राम्रोसँग बुझ्नेपछि मैले फारम भरे र पढाईसँगसँगै सशक्तिकरण कार्यक्रममा पनि निरन्तरता दिन थाले । यस कार्यक्रममा लागि सकेपछि मैले पहिलेको विमाया र अहिलेको विमायामा धेरै परिवर्तन आएको महसुस गरे । म मात्र नभई यस कार्यक्रमले मेरो परिवार, समाज र साथीभाइले ममाथि हेर्ने नजर परिवर्तन भएको पाए ।

यस कार्यक्रममा लाग्नु अगाडि मलाई म आफैले हेर्ने नजर फरक थियो म कमजोर छु । मैले केही गर्न सकिदैन होला जस्तो लाग्थ्यो । म सानैदेखि खासै भिडभाडमा नहिड्ने यस कार्यक्रममा साथीहरू र साथी जस्तै व्यवहार गर्नुहुने सर म्यामहरूसँग धेरै कुराहरू सिक्न पाए ।

म कक्षा ११ मा पढ्दै थिए । यसै क्रममा मैले मिस टिन नवलपुर २०७८ मा भाग लिने निर्णय गरे । पारिवारिक अवस्था

त्यो समय निकै कमजोर थियो । मैले मेरो हजुरआमा गुमाएको थिए तर पनि एउटा अठोटका साथ उक्त सुन्दरी प्रतियोगितामा फारम भरे । यस्तो समयमा घरबाट निस्कदा गाउँ समाजका व्यक्तिहरूले यसले केनै गर्छ र भन्ने कुराहरू पनि सुन्थे तर बुवाआमाले साथ सहयोग गरिदिनु भएका कारण केही गर्छु भन्ने अठोट मनमा थियो । उक्त सुन्दरी प्रतियोगितामा भाग लिन प्रेरित गर्ने र हौसला दिने काम सम्पूर्ण साथी लगायत शिक्षक शिक्षिकाहरूले गर्नुभयो । सुन्दरी प्रतियोगितामा प्रथम हुन नसके पनि बेस्ट वर्कको उपाधि प्राप्त गर्न सफल भए । आफू प्रथम हुन नसके पनि म एकदमै खुसी थिए किनकि त्यो मेरो जीवनको एकदमै ठूलो क्षण थियो ।

समयसँगै मैले संस्थाबाट महिनावारी सरसफाइ र धरायसी प्याड बनाउन, जीवन उपयोगी सीप, आत्म सुरक्षा सम्बन्धी तालिम लिने अवसर पाए । तालिममा सहभागी भईसकेपछि ममा धेरै नै आत्मविश्वास बढेको थियो । म समय मिलाएर मोडलिङको क्षेत्रमा पनि निरन्तर सहभागी भईरहेकै थिए । त्यसै क्रममा मैले The Nawalpur Runway मा Guest को रूपमा सहभागी हुने अवसर पाए भने Mr. and Mis. Nawalpur 2078 मा असिस्टेन्ट कोरियोग्राफरको रूपमा काम गर्ने अवसर पनि पाए । त्यस्तै गरी विदाको समयमा आफूले तालिममा सिकेका कुराहरू आफ्नो र अन्य समुदाय, विद्यालयमा विभिन्न तरिकाबाट सञ्चालन पनि गर्दै आइरहेको थिए । हामी समयसमयमा नयाँनयाँ ठाउँमा गएर विभिन्न खालका तालिम लिन्थ्यौं । म बडाका विभिन्न बालकलबमा मात्र नभई नगरस्तरीय युवा सञ्जालमा पनि सक्रिय रूपमा सहभागी हुन्थे । नगरपालिकामा पनि विभिन्न प्रकारका अभिमुखीकरणका तालिमहरू लिने र दिने गर्थे ।

जागृति बाल तथा युवा सरोकार नेपालले हामी जस्ता किशोरकिशोरी, बालबालिका र महिलाहरूको विषयमा आवाज उठाउँदै किशोरीलाई पनि सशक्तिकरण गराउनु पर्छ भनेर विभिन्न खालका तालिमहरू ठाउँठाउँमा लिएर जाने गर्थे । मैले सशक्तिकरण कार्यक्रममा धेरै कुराहरू सिके । आफूले सिक्दै अरूलाई पनि सिकाए । Self defense, lifeskills and leadership, photography, videography, story writing यौन तथा प्रजनन स्वास्थ्य जस्ता महत्त्वपूर्ण विषयहरूमा पनि तालिम लिएर आफ्ना टोल विद्यालयमा मात्र नभई अन्य विद्यालय र बडामा गएर पनि तालिम दिने गर्थे । मैले साथी शिक्षक भएर तालिम दिईरहँदा सिकाइरहेकी मात्र हुन्थिन आफूले पनि सिक्थे । यता मेरो मोडलिङको काम पनि अघि बढिरहेको थियो । यसै क्रममा म गोर्खा भन्ने ठाउँमा The royal runway Gorkha मा बडा नं. १ Grand Jury को रूपमा जाने अवसर पाए । यो मेरो लागि निकै सुनौलो अवसर थियो । हिजो आफू बसेको ठाउँमा अरू कोही र अरू केही बसेको ठाउँमा आफू हुँदाको अनुभव निकै सुनौलो छ । लाग्यो म मेरो सपनाको नजिक छु । त्यस लगत्तै मैले Mr. and Miss Junior Icon Nawalpur 2079 मा As a Choreographer काम गर्ने मौका पाए । हिजो आफूले सिकिरहँदा र आज अरूलाई सिकाइरहँदा आफूमा गर्व महसुस हुने रहेछ । मैले त्यहाँ भाइबहिनीलाई मोडलिङ सिकाइ रहँदा यता सशक्तिकरण तालिममा सिकेका कुराहरू पनि सिकाउने गर्थे । त्यस पश्चात् मैले कावासोती नगरपालिकामा रहेको रेडियो कावासोती १०२.६ मा कार्यक्रम सञ्चालन गर्न थाले । यसरी कार्यक्रम गर्न सक्ने क्षमता फोटोग्राफी, भिडियोग्राफी र कथा लेखनबाट नै आएको हो ।

म सानैदेखि रेडियो सुन्न मन पराउँथे । अवसर पाउँदा छोड्न मन लागेन मेरो पहिलो कार्यक्रम रेडियो कावासोती १०२.६ मेगाहर्जमा प्रसारण भयो । उक्त कार्यक्रममा हामी बालबालिका एवम् किशोरीहरूका साभ्ना समस्या तथा सवाल र जागृति बाल तथा युवा सरोकार नेपाल, क्यानालानले किशोरीका क्षेत्रमा के-कस्ता कामहरू सञ्चालन गर्दै आएको छ भन्ने विषयमा कुराकानी गर्ने गर्थ्यौं । यो मेरो जीवनको निकै राम्रो अनुभव थियो । यस लगत्तै म

कपिलवस्तुमा भईरहेको कार्यक्रममा As a grand Jury को रूपमा गए । नयाँनयाँ ठाउँहरूमा उपस्थिति हुँदै गर्दा आफूमा पनि Confidence build up हुँदै गएको महसुस हुन्थ्यो । मेरो पढाई (१२) सकिएर मैले स्नातक तहमा भर्ना भए । मेरो किशोरी सशक्तिकरण कार्यक्रमका कारण मलाई धेरै जनाले उदाहरणका पात्रको रूपमा चिन्नु हुन्थ्यो ।

मैले राष्ट्रिय रूपमा मात्र नभई जागृति बाल तथा युवा सरोकार नेपालको सहायताले विभिन्न अन्तर्राष्ट्रिय तहमा प्रतियोगिता तथा वर्कसपहरूमा पनि सहभागी हुने अवसर पाएकी थिए । जागृति बाल तथा युवा सरोकार नेपाल तथा क्यानालानले मलाई धेरै सुनौलो अवसर दिएको छ । हिजो म एउटा साधारण व्यक्ति थिए भने आज म समाजको एक उदाहरणीय पात्रका रूपमा चिनिन्छु । मैले जीवनमा धेरै कुराहरूको अनुभव गर्न पाए । विभिन्न तालिमसँगै बसिरहदा कफि मेकरको तालिम पनि लिए र पारिवारिक अवस्थाका कारण देशछोडी परदेशमा काम गरिरहेको छु । म अहिले जुन ठाउँमा भए पनि आफूले सिकेका कुराहरू मेरो दैनिक जीवनमा प्रयोग गर्दै आईरहेको छु । आफूसँग आत्मबल र आत्मविश्वास भएका कारण मैले सजिलै काम पाए । मैले आफ्नो कामलाई निरन्तरता दिन सकिन तर जति समय सिके सिकाए लाग्छ केही न केही त गरे । कसैको जीवनमा थोरै भए पनि परिवर्तन ल्याउन सके ।

हिजो एकदुई जनाको अगाडि बोल्न डराउने, लाज मान्ने म आज आफ्ना लागि मात्र नभई अन्यायमा परेका हरेकको लागि आवाज उठाउन सक्छु । किशोरी सशक्तिकरण कार्यक्रमले मेरो जीवनमा धेरै अवसरहरू दिएको छ । कुनै ठाउँमा चुनौतीहरू पनि थिए तर आफूमा आत्मविश्वास र मैले सक्छु भन्ने आँट राख्नु ठुलो कुरा हो । मेरो जीवनमा आएका परिवर्तनको कारण मेरो परिवार साथै जागृति बाल तथा युवा सरोकार नेपाल, क्यानालान हो । यदि यस्तो कार्यक्रम नआएको भए म अहिले पनि यही बोल्न डराउने विमाया नै रहन्थे होला । यदि अवसर पाइन्छ भने आफू भित्र भएका क्षमतालाई उजागर गर्नुपर्छ । छोरी मान्छेले केही गर्न सक्दैनन् भन्ने मानसिकतालाई परिवर्तन गर्नुपर्छ ।

यस्तो सुनौलो अवसर दिई मेरो जीवनको बाटोमा सही बाटो हिड्न सहयोग गर्नु भएकोमा म मेरो परिवारप्रति, विद्यालय, साथीभाइ र विशेष गरी जागृति बाल तथा युवा सरोकार नेपाल, क्यानालानप्रति निकै आभारी छु ।





The Success of Life

Bimaya Sarki



In life, we often fail because neither do we understand our abilities nor our weaknesses. Once you understand both abilities and weaknesses, nobody can stop you from the success of life. This is what I learned from the Girls Empowerment Program.

I am Bimaya Sarki, the youngest daughter in a middle-class family. I was born with the hope of having a son, following

the birth of two older sisters in our joint household. Even though born into a middle-class family, I never faced any problems from my family in pursuing what I wanted to do. My parents, unable to study much themselves, always encouraged my sisters, younger brother and me to study.

Since childhood, I have been afraid of crowds. Even when I was in school, seeing my friends participating in various activities, I would want to take part myself, but fear and embarrassment would hold me back, and I never took part. As my studies progressed, various programs were held in the school with support from the ward office and municipality, and I used to take an interest in such programs.

My mother is friendly and helpful. She helps everyone in every possible way in society and teaches us to be supportive as well. In 2022, local-level elections were held in the entire municipality. Everyone suggested that my mother also run for a position. Later, she was elected to become a ward member, which further contributed to her social service. Following her election, I used to participate in various social service-based activities and training programs with my mother.

One day, Mr. Deepak Sharma, the Secretary of Jagriti Child and Youth Concern Nepal, came to my school to introduce the three-year Girls Empowerment Program being implemented by Jagriti Child and Youth Concern Nepal and KANALLAN in collaboration with the municipality. Two girls were selected from every ward for the program, and my school had recommended my name. Mr. Dipak Sharma and the teachers informed my mother about this matter. Even though I knew about the purpose of the Girls Empowerment Program and was familiar with Jagriti Child and Youth Concern Nepal and KANALLAN, my mother still made sure to inform me about it and advised me to participate.

After a few days, two female staff members from the organization came to my house with the registration form and explained the program to me. After understanding the program well, I filled out the form and began participating in the Girls Empowerment Program while continuing with my studies. After being involved in this program, I felt a lot of changes between the previous Bimaya and the present one. I realized that this program not only changed me but also brought changes in how my family, society, and friends perceive me.

Before joining this program, I used to see myself differently; I saw myself as weak. I felt like I couldn't do much. But I learned many things from friends and mentors in this program. I was someone who would avoid crowds from a young age, but in this program, I learned a lot from friends and teachers who treated me like a friend.

While studying in grade 11, I decided to participate in Miss Teen Nawalpur 2021. The family situation was very harsh at that time. Despite losing my grandmother, I was determined and filled up the form for the beauty pageant. During this time, when I stepped out of the house, people in the village would criticize me. But because my parents supported me, I had the determination to do something. All my friends and teachers played a key role in motivating and encouraging me to participate in the beauty pageant. While I didn't win first place, I was awarded the title of 'Best Work'. Even though I didn't come in first, I was extremely happy because it was a significant moment in my life.

Over time, I had an opportunity to attend training on menstruation hygiene, making pads at home, life skills, leadership, self-defense, photography, videography, story writing, and sexual and reproductive health from the organization. Following that, I taught these skills to others in the schools in my neighborhood and other places while learning myself.

After participating in the training, I gained a lot of self-confidence. I also continued to actively participate in the field of modeling. During that time, I had the opportunity to participate in The Nawalpur Runway as a guest and also work as an assistant choreographer in Miss Nawalpur 2021. Similarly, during holidays, I would share the knowledge and skills I had gained from various training programs with other communities and schools in my own way. Time and again, we would frequently visit new places and receive different types of training. I used to actively participate not only in various child clubs at the ward level but also in the Municipal- level Youth Network. Moreover, I used to conduct and attend various orientation and training programs in the municipality.

Meanwhile, I had an opportunity to be part of the Grand Jury at The Royal Runaway Gorkha event held in Gorkha. It, indeed, was a golden opportunity for me. The experience of seeing someone in my place and being in someone else's place is precious. I felt as if I was near my dream. Soon after that, I got an opportunity to work as a choreographer in Mr. and Miss Junior Icon Nawalpur 2022. Yesterday, while I was learning, and now as I am teaching, I am getting to feel a sense of pride in myself.

Thereafter, I started hosting a program on Radio Kawasoti 102.6 Mhz located in Kawasoti Municipality. The ability to host a radio program like this is a result of my training in photography, videography, and story writing. I used to love listening to the radio since childhood. When I got the opportunity, I was unwilling to miss out.

In my radio program, we would discuss the common problems and challenges encountered by children and adolescent girls. Additionally, we would discuss the initiatives undertaken by Jagriti Child and Youth Concern Nepal and KANALLAN to empower adolescents. This was the most beautiful experience of my life. Soon after, I went to Kapilvastu to participate in a program as a grand jury. Because I participated in the Girls Empowerment Program, many people used to see me as a role model.

With the support of Jagriti Child and Youth Concern Nepal, I had an opportunity to participate in various competitions and workshops not only at the national level but also at the international level. Jagriti Child and Youth Concern Nepal and KANALLAN have provided me with golden opportunities. Yesterday, I was just an ordinary person, but today, I am recognized as a role model in society. I got the opportunity to experience many aspects of life. Along with various training programs, I also attended barista (coffee-

making) training and have been working abroad due to family circumstances. Wherever I am now, I am applying what I learned in my daily life. Due to the self-confidence I have gained over the years, I have been able to easily find a job. I feel that whatever time I spent learning and teaching, I accomplished something. I was able to make a difference in someone's life, even if it was just a little bit.

In the past, I would be scared and shy to speak up in front of just one or two people. But now, I can raise my voice not only for myself but also for everyone who has faced injustice. The Girls Empowerment Program has provided many opportunities in my life. There were challenges in some phases but the biggest change I made in myself was to develop self-confidence and the belief that I can do it. The reason for the changes in my life is my family along with Jagriti Child and Youth Concern Nepal and KANALLAN. If such programs hadn't been introduced, I would still be the nervous Bimaya, afraid to speak up even now. If opportunities arise, we must bring out the hidden abilities within ourselves. We need to change the mentality that girls are incapable of doing anything.

I am immensely grateful to my family, school, friends, and especially to Jagriti Child and Youth Concern Nepal and KANALLAN, for giving me such a golden opportunity and guiding me along the right path in my life.









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