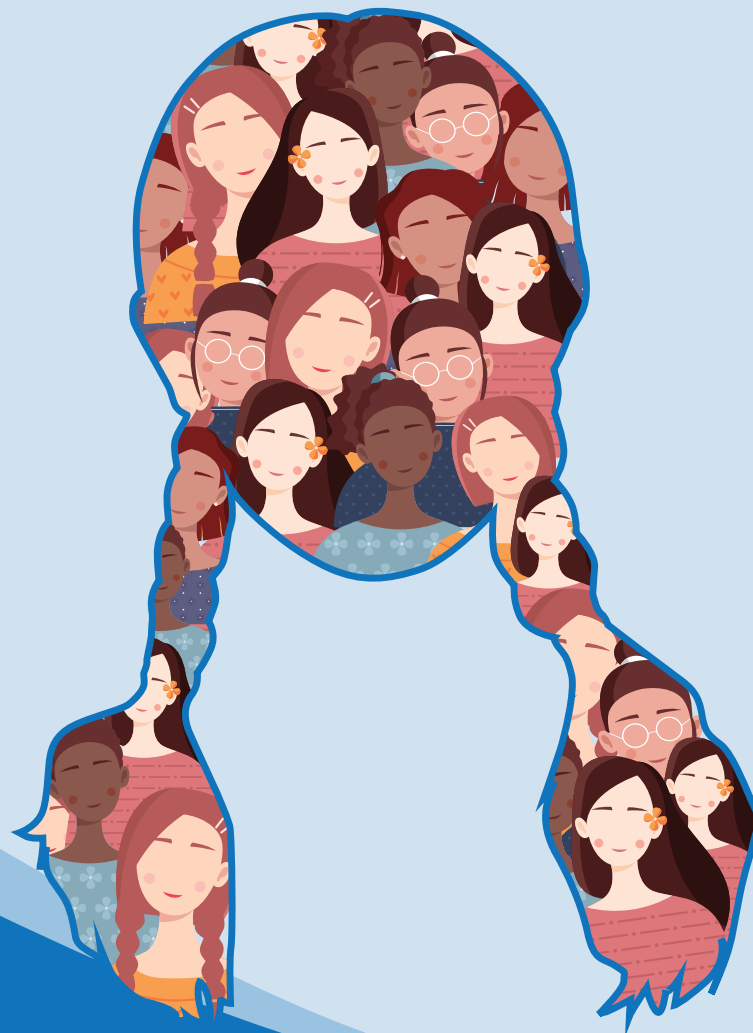


Journey of Change



Jagarti Child and Youth Concern Nepal
जानुलि बाल तथा युवा सरोकार नेपाल, नवलपरासी



KANALLAN
GIVING RIGHT NOW

■ Journey of Change

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■ Preface

Children under the age of 18 constitute 41.82% of the total population of Nepal, of which 44.13% are girls. Due to the different patriarchal perceptions of religion, society, culture, gender, and ethnicity towards girls and adolescents, society perceives them in a negative light. However, if they are empowered and opportunity is provided, these girls can be productive and capable citizens of the nation. The investment made for young and adolescent girls can be a cornerstone in fulfilling the dream of a prosperous Nepal and happy Nepalis of tomorrow.

Although, laws and policies guarantee equality and non-discrimination for every child, disparity still exists between boys and girls in terms of social, cultural, and economic aspects, and personality development. According to the report of the Central Bureau of Statistics (2068), there are 100 girls for every 103 boys in Nepal. There has been increasing tendency in Nepal that women are prone to get an abortion if they conceive a daughter in their womb as a second or third child. Due to this perception towards girls, coupled with technological advancement, the number of sex-selective abortions is on the rise. But with the opportunity, facility, love, affection, and the right guidance, there are plenty of examples of young and adolescent girls who have become the backbone of the country's future. Therefore, it is the responsibility of the government to increase investment for girls.

In this regard, Jagriti Child and Youth Concern Nepal, with the financial support from KANALLAN, and in coordination and cooperation with Devchuli Municipality of Nawalparasi (Bardaghat Susta East) District, selected 45 adolescent girls from the municipality and provided them with the Training of Trainers (ToT), self-defense training, leadership development training, reusable menstrual pad making training, training on conflict and violence, life skills, story writing, girls football, etc. and conducted activities like "Sakchhin Chhori" (Daughters Can) television program, Girls Empowerment radio program, adolescent-friendly toilet construction, experience exchange with local, state and federal government, interaction program with other girls' groups, etc. The project was conducted from April 2018 to March 2021 with the direct and indirect participation of adolescent girls in various activities which included; discussions, participation in national and international level programs, formation of an advisory committee, ward level meetings, arrangement of awareness hoarding board, capacity building of people's representatives, girls' summit, and so on. As a result, this book is being published as an expression of the success of the peer educators who were a part of the girls' empowerment program.

The main objective of the Girls Empowerment Program was to ensure that girls and adolescents can become competent citizens if opportunities are given and if the concerned bodies and individuals provide proper guidance and invest on them. The book *Yatra Parivartan (in Nepali)*; Journey of Change, is being published with the expectation that the experience and expressions of the successes and the changes within peer educators after they got an opportunity, presented as it is, will be an inspiration to all adolescents and girls. We express our heartfelt thanks to all the peers, teachers, activists, adolescent girls, everybody who provided suggestions, and all those who contributed directly and indirectly to the publication of this book.

Jagriti Child and Youth Concern Nepal (JCYCN) Family

■ Congratulation Message

With the ideal that “Children are today’s collaborators, and tomorrow’s leaders”, the constitution of Nepal has ensured child rights in Article 39. Devchuli Municipality, following the historic significance held by the declaration of Pragatinagar Village Development Committee (VDC) on 9th Poush 2070 B.S. as Nepal’s first child-friendly local unit, was also declared the first child-friendly municipality of Gandaki Province, and the second child-friendly municipality of Nepal on 29th Bhadra 2075 B.S. Devchuli Municipality is now an appropriate resource center for child-friendly local governance, in Nepal.



Girls’ Empowerment is crucial for the sustainability of child-friendly local governance, prosperity of children, and promotion of child rights, and to address this, in collaboration with Devchuli Municipality and coordination with Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN Switzerland, a girls empowerment program was implemented from 2074 B.S. to 2077 B.S. This program has been a cornerstone to ensure the overall development of adolescent girls and they advocate for their rights by themselves. Additionally, it has established the fact that girls are one of the major agents for change in society.

I am extremely glad that Jagriti Child and Youth Concern Nepal (JCYCN) is publishing the book, “Journey of Change” by compiling the stories of success and experiences of the forty-five adolescent girls that were the parts of the girls’ empowerment program. I am confident that the skills and knowledge gained by the adolescent girls from this program will be beneficial in the development of the municipality.

I am grateful to all who played a vital role to make this program a success from their respective areas specially Jagriti Child and Youth Concern Nepal (JCYCN), KANALLAN Switzerland, elected representatives, and all relevant stakeholders. I express my sincere commitment to work in campaigns like this, and give my best wishes to everyone involved in this.

Best Wishes

Purna Kumar Shrestha

Mayor, Devchuli Municipality.

■ Congratulation Message

Girls are the agents for social change and their equal participation and expression can generate awareness in the society that encourages development. A society where discrimination exists never can be civilized, prosperous, and content. In this connection, the constitution of Nepal has ensured that acts of discrimination are against the law. In order to end the discrimination against girls and women that happen in the name of culture, religion, and tradition, just laws are not enough. It is important that progressive cultural awakening and transformative people's campaigns are to be run in order to attain the just society.

Understanding the importance of this, Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN implemented the girls' empowerment program from April 2018 to March 2021 in this child-friendly municipality. Our daughters, who were engaged in this program, are now the sources of inspiration and are in leadership positions as campaigners. Their advocacy, achievements, and stories of success inspire us all. This book shares the courage, creativity, and capacity of the girls, and the role played by parents and stakeholders. These stories of the girls will help a lot of other girls to build their self-confidence, and initiate local advocacies.


I have found that in these three years' time, the girls have developed their leadership skills, spread awareness, have become more active in sports, and have been raising their voices against harmful practices like child marriage, violence, and menstrual taboos.

Additionally, I would like to thank JCYCN, KANALLAN Switzerland, elected representatives, provincial government, federal government, journalists and media persons, former child club members, political parties, schools, teachers, and parents, who have all played an important role to make this program a success. I extend my best wishes along with the commitment that I and the Devchuli Municipality will strive to strengthen and sustain the girls' empowerment program.

Parwata Tiwari,
Deputy Mayor,
Devchuli Municipality



Congratulation Message - Executive Director



नेपाल सरकार
महिला, बालबालिका तथा ज्येष्ठ नागरिक मन्त्रालय
राष्ट्रिय बाल अधिकार परिषद्
National Child Rights Council-NCRC

श्रीमंगल, पुल्चोक, ललितपुर

पत्र संख्या :
चलानी नं. :


Date – March 16, 2021

Congratulation Message

Gender discrimination is an age old barbaric practice forcibly planted in human society. We find discrimination against women and girls expressed in different ways in different areas and at different times. Despite the discrimination, women and girls are successfully leading in society, family, school, and businesses. It introduces us to the fact that women, girls, and adolescents are not only victims of social discrimination but are also carriers of change, potential, and sources of power and inspiration.

Girls involved in the Girls Empowerment Program run by Jagriti Child and Youth Concern Nepal and KANALLAN have become sources of inspiration and examples of leadership. Their initiatives, efforts, and success stories have been inspiring to all of us. The stories of these adolescent girls do not just tell the stories of their activities but also tell the stories of their courage, art, ability, and innovation, and the path they have shown to society. Their initiatives show the potential for prosperity and happiness that society can achieve. These stories will inspire many other adolescents to build their confidence and take local initiatives. I hope this book inspires many other adolescent girls, and activists working for girls' rights and gender equality alike.

Thank you!!



Milan Raj Dharel
Executive Director
National Child Rights Council
(NCRC)

"विपद्मा बाल अधिकारको सुनिश्चितता: हामी सबैको साभत प्रतिक्रमता"

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■ Congratulation Message

Wow, what can I say, such an incredible 3 years it has been.

It seems only yesterday the program began, meeting the girls and hearing their stories and plans for the year ahead. It is just amazing how far the girls have come and I hope each and every one of them is as proud of themselves as I am of them.

Every young woman partaking in this program is responsible for a shift in the way girls are treated, the opportunities available to them, their safety and their standing in the community have all seen incredible improvement. But it doesn't stop there, the girl's work and courage will ripple far into the future and benefit generations of young women for years to come throughout Nepal.

Before the program began we were in discussions with JCYCN about the possibilities, problems and objectives of such an undertaking. The world was a very different place back then, when travel was allowed, Covid was unheard of and building projects could be completed with ease. The idea of a "soft" project such as this, at that time was hard to arrange funding for, donors were skeptical and worried about tangibility and clear results.

Our donors, who usually focus on construction projects, decided to take a risk and support one year of the Girls' Empowerment Program. What a fantastic choice this turned out to be. We were all so delighted with the results of year 1 and because of the hard work of the girls, JCYCN, the community, politicians, police and all involved that we are now beginning our 2nd 3 year cycle!

I am deeply proud of all of the young women on this program and am so very excited to witness the progress made by them all in the years ahead.

Thank you so much to you all

Quintin Clover
Founding Director

Kanallan



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■ Success amid fear

Priya Pun Magar

Ever since I was a child, I loved the idea of modeling. As a little girl, I used to walk and talk by myself, in front of the mirror, but I could never do that when someone else was around. On a fateful day, Sabita Didi (Sister), who lived nearby, came to me and told me about the Girls Empowerment Program. According to her, the program helps young girls defend themselves, and speak up for themselves. She was the one who convinced my father to let me join the program, and soon enough, I was in the program, building the courage to face mass every day.

A couple of months later, I saw an application form for a beauty pageant in my college. All of my friends thought I should apply for it, and when the person who was filling out the forms for the participants told me that I would surely be selected, I applied without any hesitation.

Filling out the form was not a big deal, explaining it to my father was, however, a mountain on its own. I was worried about how he might react. I called a friend late in the evening. It was already 7:30 in the evening and dark outside. She had already told her parents about the pageant and had their permission to participate. It was ironic how I, who had known about the pageant for a week, didn't dare to tell my father, and she explained everything to him on my behalf within five minutes. I told him that I was only auditioning, that I wouldn't do anything else, but I just wanted to try. I told him that this would help me learn to present and speak in front of people, and on hearing that, he gave me his permission. I spent the whole night wondering what I would wear the next day for the audition. The entire way to the audition, I could feel my heart shiver, partly because of the cold, and mostly because of the nervousness, but when I came out of the audition room, I just knew that I would be selected. This happy news came with a hint of fear. The fact that I was selected meant that now I had to tell my father about the training fees, and the training itself. Only my mother knew about the training that would happen every day after my classes.

My classes ended at 10:30 in the morning, and the training started at noon. The training center was twenty kilometers away from home, so going home in the time between classes and training was not an option. I used to sit in front of the training center by myself, during that time. The one hour and five minutes felt like ages. Between getting home at 4:00 in the afternoon, and waking up at 4:30 AM every day to attend my classes, I was tired all the time. But I never slacked off on any assignments and made sure that I was keeping up my schoolwork because I knew that if I didn't perform well, everyone would blame the pageant. I felt a lot of pressure during that time. When the school found out about our pageant training and my friend who also applied for the pageant was called up at the teachers' office and told that we should quit immediately. I couldn't say anything, and instead, agreed, and went back to my class, teary-eyed.

In this confusing situation, my friend showed her courage to request the teacher to give us just fifteen days. In fifteen days, the program would end, and she promised that our academics would not be impacted by the training. Our teacher agreed and I breathed a sigh of relief.



One day, the training ran late and when I left the training center, it was already 6:00 in the evening. I struggled to find a bus to get back home and I was getting anxious as I knew my father would be home any minute from the shop. My mother called to tell me to get home before my father did. Both of us, my mother, and I were panicking. I stepped off the bus at 7:10 PM. As I was walking home, I saw my father on his scooter, behind me. He couldn't recognize me because of the dark, so I pretended to enter a house. As my father reached home, I ran to our neighbor's house, left my school bag pack, and sneaked into the house with my mother's help while he was at the back. My mother and I both pretended that I had been home hours ago.

Every time the pageant choreographer asked us who we thought would win the title, or who we thought was the strongest competition, many would take my name. This strengthened my spirit to win the title. On the day of the finale, everyone from my village, children and adults, including my father came to watch my performance. By then my father had known all about my passion for the event and I was feeling proud that he was among the audience and encouraging me. I could see them shouting my name. Younger girls waving and shouting my name, my school principal, teachers, and my parents clapping, the sound still echoes in my ears. I still remember how they announced the winner, "The Miss Teen Nawalpur is Priya Pun Magar". Immediately after the announcement, everyone came up on the stage and congratulated me. It was like a celebration. It was the happiest moment for me. It was midnight when it all ended, and my father took everyone home.

I made a lot of mistakes that I couldn't explain to my father. I still remember the day my father came home after working abroad for 11 years and took me to the shop to buy chocolates, with only a hundred rupees. The price of the chocolates he picked was way over a hundred rupees. I realized that he came back to Nepal, reminiscing of the Nepal he knew, but he didn't know Nepal after eleven years. Today, people know him as Priya's father. If I hadn't been a part of the girls' empowerment program, learned capacity-building training, and participated in the programs, I would have never won the pageant. I would have never been the Priya that people know as Miss Nawalpur. This is my achievement. Today, I work as a peer educator and will continue working in the girls' empowerment program so that I can inspire many other girls. Because of the girls' empowerment, I have changed for the better, and so has my community. It has proved that if girls are given the right platform, they can do anything. Hail Girls!

■ In Two Years, I learned what I hadn't in Seventeen Years

Bidhya Dhungana

I, Bidhya Dhungana, am a peer educator of the girls' empowerment project, a twelfth-grade student of Devchuli Secondary School, the president of Pragati Child Club, and the secretary of my ward child club network.

Two years ago, I couldn't speak what I had in my mind with other people. I never had the self-confidence to speak in front of even a handful of people. Maybe because I was brought up in Kathmandu, I had no idea about child clubs, networks, or groups. It isn't that there are no such groups or clubs in Kathmandu, but we, being the outsiders, never really got a chance to participate. Maybe the locals were hesitant to include us. In the midst of it all, for certain reasons, our family had to move back to Nawalpur. I was worried that this decision of my family would affect my future and my ambition. I wanted to stay in Kathmandu, but I didn't know that this decision of my family would bring an opportunity for me. Fortunately, my life truly changed for the better. Of course, I have a lot more to do and this is just the beginning. I have just started to learn. Bidhya who stayed in Kathmandu could not appear in front of anyone, laugh with others, or speak her mind, now can talk about her issues with everyone, distinguish right from wrong, and strives to solve not just her problems, but others as well.

I became engaged as a peer educator when I filled and submitted a form, once it was available. I had no idea about what it was, and I didn't know if I would be selected. When I was selected, and Sabita Didi said that the first training would be in Sauraha, I almost couldn't believe it. But ever since the training, and my social steps, I have been able to form an identity in society. It feels like I was limited to a closed room before and now I have been able to move on to showcasing myself in the municipality, province, and even in the national to international level programs. Similarly, I have been able to effectively showcase our work and advocate for girls' rights through local level FMs, televisions, and even national television. This might seem normal, but for me, this is a huge success for the development of my leadership skills and capacity building. I am on the path to becoming a successful and self-dependent daughter. I am extremely grateful to all the stakeholders who have helped, collaborated, coordinated, and supported me.

In the two years that I have been involved in the girls' empowerment program, I have learned things that I never learned in the seventeen years of my life. I got the opportunity to give interviews about my work through various local media too, and that motivated me even further to continue my work. Especially, when I got to give an interview alongside Mr. Gauri Pradhan (Veteran child rights activist and former member, National Human Rights Commission (NHRC)), in the TV program; Sakhhin Chhori, I was ecstatic. Similarly, I got the opportunity to actively participate in the Generation Equality National Youth Conference which had over two hundred youth participants from all seven provinces. I got to interact with the Chief Minister of Gandaki Province, Social Development Minister, and the Tourism Minister of Gandaki province about the situation of Girls in Devchuli Municipality. Even during the nationwide lockdown, I participated in various online programs from home.



I also conducted some programs in my community and locality by maintaining social distancing. After the initial phase of lockdown was over, we went to a remote village in Devchuli, called Kirtipur where we taught the people to make reusable sanitary pads. There was equal participation from girls as well as boys. We also conducted a district level girls' interaction program on the occasion of International Women's Day 2021, where girls from all eight rural municipalities and municipalities participated and shared the problems faced by girls in Nawalpur District, the causes behind them, and solutions to the Honorable Omkala Gautam, Member, Provincial Parliament, Gandaki Province, Deputy Chief of Nawalpur District Coordination Committee, Sharada Bishwakarma, and the Chief District Officer, Nawalpur, Man Maya Pageni, in the form of a call to attention and declaration paper.

Because of the contribution made by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN, I was able to do all this, and more, doing my part in the girls' empowerment campaign. Because of this campaign, my family, ward office, friends, and relatives are very happy with my work. Turns out, investment for girls doesn't mean just physical development but also human development and capacity development. Even though the project has come to an end, I have a newfound self-confidence to continue my activism and move ahead.

■ Development of the ability to speak openly

Lakshmi Kafle

My name is Lakshmi Kafle. I now live in Devchuli 12, Laxmipur. I got my primary education up to class 5 from Namuna Secondary School. My education up to class 5 was not very good. So I enrolled in Divya Jyoti Basic School near my home. I studied some subjects in Nepali and some subjects in English till class 5. I wanted to study in English medium in class 6. But I was admitted to Nepali medium. And the headmaster of the school told me that if I could study well in class 6 and get good marks, I would be admitted to English medium. Then my sister taught me hard. I also managed to get a first place by working hard. I was very happy because then I went to study in English medium. I failed the first test but I did not give up. Then I passed both classes 7 and 8 with good marks. In class 9, I went to study at Bhimsen Adarsh Secondary School again.

At first, it was very difficult for me to study but later it became easy. I studied as hard as before. I had a weakness that made me uncomfortable reading. I couldn't ask questions I didn't know. Even though I could not speak well, I got an A Plus (3.65) G.P.A. in S.E.E.

I had a lot of time in my hand after S.E.E. At that time, I received news from the school that I had been selected for training called Girl's Empowerment. Hearing this made me a little scared as I was worried if I would have to speak in the training, but I went there anyway. That training was for teenagers like us. We have never seen or even heard of training and topics such as there. In a situation where we can't even set goals in our lives, this program helped us to set goals within ourselves and me. I also managed the time for school education and training and made a schedule to help at home. At the beginning of the training, I had a hard time but after going to that training I saw that there were many teenage friends like me that made me very easy to speak. During that training, I had the opportunity to take many other training courses. I went to new places and trained new people as well. I taught what I knew to everyone in my school and community. Girl's empowerment training also changed me a lot. My confidence and self-esteem have also increased. I passed the class 11 exam (3.55 GPA) with good marks while still participating in this training.

Now I have developed the knowledge and new skills to question the teacher in the classroom, to speak openly with my relatives, to raise my voice for menstrual hygiene, child marriage, violence, abuse, and exploitation and I have the confidence to do everything as a capable and successful daughter. So I am very happy to be a peer educator in Girl's Empowerment Training. Therefore, I would like to thank my family, school teachers, Jagriti Child and Youth Concern Nepal (JCYCN), KANALLAN as much as possible. They are the reasons behind I have managed to be where I am today.



■ Assist in setting life goals

Madhu Devkota

My name is Madhu Devkota, a class 11 student of Shree Barchuli Secondary School from Devchuli Municipality Ward No 17. There are five members in my family. My mother looks after us and makes necessary earnings, while I and my sibling are studying. When I was young, my father moved away from our family. I was 9 years old at that time and my mother had to suffer a lot. Before, my mother was limited to household chores, but after that, the entire burden fell on her shoulders. In this situation, I went to study at my uncle's house later that year. I studied at my uncle's house for 4 years. I faced many difficulties there. The love of others is not like that of one's mother. Many things played in my mind but I could not tell anyone about the problems I faced in my uncle's house. Eventhough I was trying to hide the pain in my heart, I could not feel good and decided to come back home. I was 14 years old when I came back from my uncle's house and continued my study.

Time was passing and I kept thinking about how I could open up. At that time, I got the opportunity to change myself again. In class 9, I was selected through my school in the Girls Empowerment Program organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. I had a lot of questions after the selection. What will I do there? I don't even know anyone. What is it going to be like?

I was able to change a lot when I took five days of instructor training in self-defense and various other training such as conflict and violence, life skills, and many other subjects. In this way we took a lot of training and also taught others, fighting against my pain throughout, I learned and taught a lot of good things. When I came to class 10, it was important to pay more attention to studies than to training for good results. I had to prove something to people who didn't wish well for us and I also had to look after my family.

Amid of various ups and downs of life, I passed S.E.E. Now I think I will do well in higher studies. I have felt that my 3 years of social campaigning has contributed a little bit to change the society. I hope my performance on the study and meaningful work for society will give the answers to those who looked down upon me. Today, I am moving forward by setting a goal for my life. I am currently studying as well as taking classes at a beauty parlor. I am confident that this training that I received at a crucial moment in my life will help me. My understanding of life is that it is possible to empower girls by creating the right environment and perform development works accordingly.



■ Self-Confidence Raised by Training

Ankita Pathak

My name is Ankita Pathak. I live in Devchuli-3. Currently, I am studying in grade eleven in Balmiki Sikshya Sadan. When I was in the ninth grade, arranging my books for the school day, I got a call from my school's principal ma'am. She said that there was a program in Sahara Party Palace the next day, and asked me if I and Manisha wanted to attend. So, the next day, we went and were perplexed by the banner that was hung up. The hall was filled with students, teachers, and School Management Committee heads of many other schools. I thought that there was training that day, but instead, it was an orientation program where discussion was on the need for a girls' empowerment program.

After a few days of the orientation, my teacher called me and asked me to fill out a form. I filled it out without a word. After a few days, we were told that there was a training program for those who had filled out the form. We went to the training venue. There were already a lot of people when we reached. I thought this would be like all the other training we had received so far and we just had to sit down and listen. From some other older girls, I learned that it was a five days program. I was someone who never raised my hand in class even when I knew the answer to the questions asked in class, and I was terrified thinking about if I would have to speak in this training.

When the training started, many participants shared their views. I was surprised at how others could just speak out. I thought this training was also something that was just for us, the participants, but I learned that we were supposed to internalize the learnings and also teach it to others in our schools and communities. After that, I became more attentive. At the end of the five days, we were given a certificate. My self-confidence got a major boost after the training. I felt like I was a changed person. Even the name of the training I had received was Self-Defense Training.

When I went back to school after the training, one of my classmates asked me, "Is that phony training of yours over?" If she had said this to me before I had received the training, I would have probably been provoked and tried to fight her. But, because of what I had learned, I controlled my anger, made a small remark saying, "Good things are phony, right?" and she kept quiet after that.

After that training, many other activities, and training were conducted. We conducted activities in our school. My self-confidence kept increasing with these. When I learned to balance my studies and training, my academic performance soared. Now, everyone says good things about me. When I see that the friend who called me phony is also now positively influenced by me, it gives me happiness.



■ Courage Built by the Girls' Campaign

Sudha Sunar

My name is Sudha Sunar. I live in Devchuli-4, Nawalpur. I have found massive changes in yesterday's Sudha and Sudha today. My journey from yesterday to today has been dynamic. When I compare yesterday's Sudha who was shy and scared to speak out to today's Sudha who is courageous, dauntless, and raises her voice, I see a humongous change.

I couldn't express myself. I used to shiver if I had to speak in front of two-three people. I used to stammer. I didn't know how to converse with different kinds of people. I couldn't express my opinions to anyone.

However, ever since I was little, I never stopped trying. The "Girls' Empowerment Program" came as a milestone in my life when I was in the ninth grade. This program was my chance to change my life. If I had given this chance up, it would probably have been the biggest mistake of my life.

First, we had a five-day-long self-defense training. That five-day training changed everything for me. After that, we kept learning about facilitation, making reusable sanitary pads, sustainable development, and even during the COVID-19 Pandemic, we learned through zoom online platform about life skills, sexual and reproductive health, and we were also given the Training for Trainers (ToT), advocacy workshops/training. I think, with all these trainings, we were probably trained for twenty-five days in total.

The most important impact of being engaged in these training sessions and this campaign is that it built my capacity, and I started thinking critically. There was a difference in how I thought. I am now capable enough to conduct three to four awareness and orientation programs in a month. I can organize programs by myself. I help to empower other adolescent girls. I can teach people to make homemade sanitary pads. I can teach people to write their success stories. I can teach people about sexual and reproductive health. I can give life skills training to others. I have courage in me. I will not stop trying in any work.

Nowadays, I also work to generate awareness against various forms of discrimination based on caste, ethnicity, and gender through my poems and writings. Even today, when I see that our society is still not aware enough, I am even more determined to conduct more programs and I truly believe that through these programs, people's mindsets will definitely change for the better. We can now advocate for ourselves, and our rights to the school management, people's representatives, political leaders, and relevant stakeholders, and I will forever strive to make this sustainable.

I want to thank everyone who continuously supported me in this; my parents, friends, school, Devchuli municipality, Jagriti Child and Youth Concern Nepal (JCYCN), KANALLAN, and everyone else in this journey. I promise that I will apply what I have learned in these three years, throughout my life.



Our Wish, A Girls-Friendly World

The municipality is child-friendly, how wonderful

Still, girls keep wondering where to go.

All we want is a girls-friendly space

Girls-friendly school, village, and city

Even infants have been raped,

Without strict laws, the guilty walk free,

Every month, there are 21 victims.

There is nothing more worrying than that

Why such inhumanity towards girls?

Neither the murders go down, nor the violence, or the rape,

Many have died like Nirmala

Why is the government still silent?

When will our country be girls friendly?

When will the tradition that oppresses girls end?

The municipality is child-friendly, how wonderful

Still, girls keep wondering where to go.

■ An Opportunity to Learn and Teach

Manisha Kumari Sunari Magar

My name is Manisha Kumari Sunari Magar. I was born on the 28th of Magh, 2060 BS in India though I am from Nepal. My parents left Nepal to find work in India. During their stay in India I and my sister were born. Even though we didn't have money, our parents left no stones unturned to raise us comfortably. This is why, despite everything, my childhood was a happy one.

We came to Nepal when we were young. I don't know if it was the weather or something else, I and my sister got allergies all over our bodies. They wouldn't go away no matter what we tried. So, we were taken back to India, where we recovered. When I was ten years old, my parents decided to leave us in Nepal, so we can study here. They left us with our youngest aunt on my mother's side. We got enrolled in a nearby school, and my parents left us to earn money in India.

I and my sister used to cry every day and night missing our parents. Our aunt got very sad looking at us. Learning in school was difficult as it was an entirely different language. Since I got enrolled in the school late, I started studying late, and that, combined with the fact that I was not very familiar with the language, meant that I failed the first term exams. I was disheartened, and I cried a lot. Teachers, friends, my uncle, and my aunt consoled me and motivated me. They told me that although I failed this exam, I would excel in others. In the second terminal examination, I stood third in the class. With time, I was able to improve my studies, make friends, and be happy. Time passed, and things were better at home too. When I was in the eighth grade, I got an opportunity to be engaged in training through my school. That was training under the Girls Empowerment Program, conducted by Jagriti Child and Youth Concern Nepal (JCYCN). That opportunity changed my life. I didn't just get a good education, but I got life skills, skills to defend myself, boost my self-confidence, and advocate for my rights too.

On top of the learning, I also got to teach all of it to others. I am happy that someone who couldn't speak in Nepali properly can now teach others about such important subjects. I reflect and think that if I had told my parents that I didn't want to stay in Nepal, or if I had lost hope after failing that first examination, I would never be where I am today. I would have never seen this huge change in myself. With the effort of our schools, organizations, and municipalities to enrich our lives, the strife for ensuring a better life for everyone is relentless. I think this will all add to making a better tomorrow.



■ Emotional Strength through Opportunities

Somiya Sinjali

My name is Somiya Sinjali. I live in Devchuli-5, Kadampur. I am a campaigner in the girls' empowerment program. Ever since I was a child, I was a quiet kid, who didn't speak to others or was scared to do so. If I ever had to talk to a group of people, I would always forget what I had to say. After my twelfth-grade examinations, I got the opportunity to receive self-defense training. This was followed by others, at current times, when women aren't safe, I'm glad I got to take the self-defense training, a Training of Trainers, making homemade sanitary pads, child rights, conflict and violence, leadership development, and much other training. Credits to these, I am now capable and self-reliant. I have been able to teach all this to other adolescent boys and girls in our society as well. The best thing about these training sessions is that it doesn't just focus on our learning, but encourages us to share these learnings with other adolescents in our communities.

In a program conducted by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN, I have realized a shift in my personality. Honestly, I was a little snobby, and self-centered. I was lazy, and I didn't have faith in myself to do anything. Now, after actively participating in this program, I have a newfound self-confidence, and thoughtfulness for others. I help out at home and help my family. It gives me immense satisfaction when I see adolescents whom I have trained, walking on a righteous path. I feel like it is the fruit of my hard work.

For all of this, I want to thank (JCYCN) and KANALLAN. Because of the training, I received through them, and the programs I have participated in, I have been able to work to bring positive change to my family, and community.



■ A Peer Educators' Experience on Politics

Laxmi Chapagain

My name is Laxmi Chapagain. I have been living in Devchuli Municipality -5, Nawalpur. I study in grade twelve in Madhyabindu Multiple Campus, Kawasoti. I am a girl campaigner and peer educator of Jagriti Child and Youth Concern Nepal's Girls' Empowerment Program, and I also am a member of the Devchuli Municipal Child Club Network.

While I was active in my school and village's child club, there was a two-day leadership training in our school, Sakala Secondary School. When I saw my friends and juniors participating in the program, I also wanted to join the training, and our school principal, Laxmi Shiwakoti Ma'am, let me, and two other friends attend the program. I really enjoyed the program. After a while, I found out that the forms were open for the second phase of Girls' Empowerment Program by JCYCN, and in coordination with Sabita Didi and the school, I filled out the forms and participated in the program.

After participating in this program, I, and other friends who joined in the second batch of peer educators received various training on leadership development, Sakchhin Chhori; Self-defense, conflict, and violence making homemade sanitary pads, cyber abuse, and the sort. We have been conducting similar training in our community and schools to train others, instead of just keeping it to ourselves.

In conducting training and programs in our schools and communities, we have been coordinating with local stakeholders and the municipality. We have been conducting training on self-defense, leadership, conflict, and violence, training against child marriage, cyber crime in schools and villages. Local people also participate in the program and help to make it successful. The municipality has even committed to allocate a budget in the area of adolescent girls.

We went to Pokhara for a visit under the Girls Empowerment Program. There we met the Minister of Social Development, Deputy Speaker of Gandaki Pradesh, Chief Minister of Gandaki Pradesh Prithivi Subba Gurung, Minister of Tourism Bikash Lamsal, and people from Children Nepal, an organization, and discussed what is being done in the field of girls and children in Gandaki province and Pokhara. We also handed over a 25- point memorandum to the Chief Minister of Gandaki Province Prithvi Subba Gurung, demanding to make Gandaki the first child-friendly province in Nepal. During the Pokhara visit, I came to know that the province has set aside a budget of Rs. 42,50,000 to stop child marriage. I used to think that politics is a dirty game but after listening to the Chief Minister, I felt that politics is not dirty but people have made politics a dirty game. I got a second chance to see tourist sites in Pokhara. During the visit, we visited places that are attractions to national and international tourists like Fewa Lake, the international Museum, David Fall, etc. as much as possible. After I came back, I shared things I learned from the visit at my home, in my family, and at various events too.



I got the opportunity to learn many things by engaging in girl's empowerment training. Even during the lockdown, we had the opportunity to participate in many training over zoom online platform. Girls empowerment training has made me interested in social work. I want to thank everyone for giving us such a great opportunity. I have even got the opportunity to be known as an activist in the ward, village, and colleges. I also learned various subjects from this training which helped me to make a list of things I can do and move ahead in my life. My involvement at home as well as in other social activities has proved that if the opportunity is given, girls can prove themselves. Everyone's love and regular support is important to move forward. I want to express my sincere commitment to continue the campaign.

■ Talent blossomed by adolescent empowerment

Preeti Bhusal

Having just sat for the Class 10 (SEE) exam, I was thinking about what to do in the next 3 months of vacation. As I was a student of technical education, I had to do practical even during 3 months leave. I and a friend of mine, we used to go to the ward office for O.J.T. As usual we were at the ward office, we found out something new there. There was talk of conducting a girls' empowerment program in Devchuli municipality and a gathering of girls was organized. I also got a chance to participate in it. It was only after visiting there that I came to know that the organization conducting the campaign was Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. I came to know out of everyone who participated in the gathering, only 30 could participate in the campaign. Since I was not busy with any studies at that time, I really wished to be one of the participants. About 15 days later, as per my expectation, I found out that I was also selected.

My On the Job Training (OJT) was finished by the time the training started. I entered the first day of training thinking that I would make good use of my free time. But that day I realized that the training was worth making the time for it rather than taking it only in my free time. Our first training was self-defense. On the same day, I changed my mind that daughters can't work physically like sons. We were taught how to stay physically fit as well as easy ways to cope with the happenings in the society. I was very happy that the 5 days of training had changed me so much.

Our second training was about to start again. The second training was also decided to be residential. Even during the first training of 5 days, people around the house used to ask, "Where do you always go?" and I told them I was going for training, they would have something negative to say. But when your family supports you, you don't seem to care what others think. But this time, when it comes to being more residential, how can I say this at home? I came home in the evening and told my family. Firstly they told me I should stay at home and they'd rather pick up and drop me every day. But later, I could able to convince them to get training being the residential participant. I had the opportunity to learn many things in that training. Moreover, after that training, we were able to conduct training in fields by ourselves. Now we had to conduct these training sessions at schools and communities. Turns out it is not easy to teach others. We used to do training and programs in groups. We were the trainers, managers and the organizers of the programs. In the beginning, it was very difficult to teach our friends and younger brothers and sisters as they wouldn't listen or concentrate, manage time and sometimes no one would show up. But we did not give up and continued the work. Later, mayors, deputy mayors and people's representatives also came to our program that gave me more confidence. Probably because everyone responded well, we got more energy. I even ran the program alone at times. I also had the opportunity to run my college program in recent days. It gradually became easier.



Being a girl, let alone working for a teenage girl in a village, imagining a changed society was not a small thing. Stigmas about menstruation, the idea that men and women are not equal, daughters should be inferior to sons, are deep rooted in villages. To a viewer or a listener, it may seem like a small thing but from my personal assessment it is like a big issue. With the determination to bring some change in such a society, it seems that a lot has come to me saying they would like to enroll their children too.

Me, who used to be scared to give a presentation in school at first, have dared to speak in various media today. I used to be ashamed to show my songs and poems, surprisingly I'm able to compose and sing songs in any program today. When I look at the changes in me from this campaign, I see that JCYCN and KANALLAN have invested heavily in me. In addition, I had the opportunity to join the city's children's network. Today, for some reason, I prefer to call myself a teenage activist. If I had taken a step back when people first made fun of me for participating in this campaign, I would not have reached here. I am proud to be a girl today because of the support I received from those who helped me move forward. I am grateful to my family, school, JCYCN, KANALLAN and my friends for encouraging my personality and social development. We hope that there will be more opportunities to learn and teach.

■ Success from opportunity

Astha Anirjit Bastakoti

I am Astha Anirjit Bastakoti, from Devchuli Municipality Ward no.3. I participated in a variety of events during the lockdown caused by COVID-19 pandemic. I had the opportunity to learn different things while having virtual discussions on different topics with different people. During this time, I also learned new things by participating in many programs.

I had received life skills training organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. In the program, one learns to adapt to the situation around them. Changes can be both positive and negative, but you must always follow the right path. People face different kinds of problems in life and they need to recognize them and use their talents and abilities properly. We should be able to solve those problems with positive thinking. I have learned that only positive thinking and conversations can solve the problem. I also participated in training on writing and telling health, hygiene and success stories. Before participating in that training, I didn't know how to write my own success story. After taking the training, I have been able to find a proper definition of success on my own. There is an understanding that every happy and satisfied person succeeds because the purpose of expecting success is to live a contented and happy life. So if someone is happy with the change they brought, they are successful.

At the same time, from Reproductive Health and Hygiene Training I learned that we should develop positive thinking and avoid focusing on unnecessary things as we tend to focus more on negative things in adolescence. The issue like changing and cleaning the pads every 2 to 3 hours during menstruation was also discussed. I also participated in the Asian Girls Power Camp 2020. Adolescents from different Asian countries participated in the camp. The camp was divided into different groups. My group included adolescent girls from Japan, Philippines, Taiwan, and Nepal. At the camp, groups were asked to give presentations on their subject. The subject of our group was Physical Abuse. We became third and entered the second round. Then we decided to make an app on that subject. On the app, one can press the SOS button and their information reaches the concerned body and they can be rescued immediately. We were able to win the Social Innovation Award through this project.

Similarly, I was also a speaker on a Virtual Interaction Program against Gender Based Violence, Child Marriage, Untouchability, Dowry and Discrimination organized by JCYCN, Dalit Human Rights Organization, S.D.G and National Youth Council on the occasion of International Youth Day. Representatives of the Ministry of Youth and Sports, National Youth Council and various other organizations were present on the occasion. While participating in the program, I was taught how to eradicate the problem of gender based violence and discrimination. A municipal child club network program was also organized on the occasion of Children's Day where the problems of children within Devchuli municipality and its solutions were discussed. I participated in a high-level virtual program on the status of child-friendly local governance in Nepal and how to promote child-friendly local governance in the coming days with the support and coordination of JCYCN and World Vision Nepal, organized by the National Forum for Child-Friendly Local Governance.



Participating in the program provided an opportunity to learn a lot about child-friendly local governance. I also had the opportunity to meet the Chief Minister and exchange knowledge and skills with the girls of Pokhara and Kapilvastu.

In this way, I got an opportunity to learn new things while participating in various programs during lockdown. After studying for about three years and being involved in the GEP, I became the acting chairperson of the municipal level child's club network. I have had the opportunity to participate in interviews on Nepal Television in presence of people's representatives and subject experts, FM's teenage dialogues, and participate in discussions with representatives of municipalities and federal governments. I have learned that change is possible if the right environment is created for adolescent girls, actions can be taken to end inequality against them. We have also been able to plan our programs in consultation with local people's representatives. As a chairperson of the Municipal level Children's Network, I have been able to raise my voice for the rights of adolescents by participating in various programs and discussions.

■ Opportunity and success

Sarala Tiwari

My name is Sarala Tiwari, I live in Devchuli 5, Kadampur. I am a peer educator of Girls Empowerment Program.

I wanted to be a social worker from my young age. But I was afraid to speak in public. I used to wonder how to speak in front of others. Before I came to the training on adolescent rights, I was the vice president of the child's club of my village. After that, I became a member of the Devchuli municipal level child's network. From there I had the opportunity to learn about things such as child marriage, attending child rights trainings and developing ideas on child rights issues.

After the Class 12 examination, I had the opportunity to participate in the Girls Empowerment Program as a peer educator and through that program I also had the opportunity to participate in various trainings. I received training on self-defense for adolescents against violence, abuse and exploitation, as well as training on making reusable pads that can be used at home during menstruation, conflict and violence, leadership development, and training on how to protect adolescents too. I was happy to participate in this five-day training. I had the opportunity to get to know many friends and mentors from municipal child club networks. I also shared what I had learned with my family, friends and everyone in the society. I first taught the girls in my village and the other students in the school.

My family used to believe that daughters can't do what sons can. Before, if I had to go somewhere, my brother would always come along but after the training, I was able to show in practice that sons and daughters are equal. I started representing myself in social work on behalf of my family. I saved Rs. 2500 per month from the coordination and stationery expenses given by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN for the program and bought 5 chickens. Later I sold those chickens and bought 20 more chickens. By selling chickens, I was able to save money for my education and personal expenses. In this way, I had the opportunity to learn how to do small business at home and save money. I got a chance to speak on behalf of the adolescent girls in my municipality on a TV program "Sakchhin Chhori" under this program. Coming from a small village, to be able to speak with national level television was a very important moment of my life. I got to play the role of a character in the documentary called Asmita, which was made under this program, on how to solve the violence and online abuse against adolescent girls. It also gave me the opportunity to reach out to many other people, and it also developed the idea that I should raise my voice for adolescent girls who have been subjected to violence and exploitation.

In the same way, within 3 years of this program, I got to learn a lot by participating in various programs from local level to international level. I not only changed myself but also my home, society and friends. We are not alone in facing any problems, the government has given priority to us which motivates us to set our own goals and objectives and continue working for them. We have learned from Sabita Pangeni Didi and Deepak Sharma Daju that adolescent girls can do a lot if they have someone who can teach/guide or mentor them. Thanks to their constant motivation, contact, attachment, in-house



discussions and pre-teaching habits of some programs, we have been able to bring about real changes. I sincerely thank to JCYCN and KANALLAN who helped to decide to become an entrepreneur and apply the skills and knowledge I have learned in the social sector. Today, I feel that the opportunity to join the GEP has led me to great success.

■ A society without gender discrimination

Prerana Arjel

My name is Prerana Arjel and was born in a place called Bishaltar on January 19, 2006. I live in Devchuli 12, Gaidi. I received my primary education from Nursery to Class 5 at Manakamana School.

I was good at studies from my early age. I was diligent in my studies. I grew up in a middle class family. I have 2 sisters, father and mother in my family. My parents turned all my childhood sorrows into happiness. My mother became a member of a local cooperative when I was young. She used to take me to all the different programs she conducted. Watching my mother conduct these programs made me want to give speeches and work like her.

I was enrolled in Bhimsen Adarsh Secondary School to study from class 6 to class 10. I was initially scared of teachers when I was studying at Bhimsen School. Even when I was studying at Bhimsen School, my education was the same as before. Growing up, everyone in the society used to humiliate, despise and say that girls can't do anything. Since our relatives used to say the same things, I told myself that I must prove the society wrong by doing great things even if I am a daughter. I believed I could create a situation where daughters could live as respected people in our society. As a result, I continued to pay close attention to my studies. My studies are getting better than before. When I was in 8th grade, the assistant Principal called me to the office. When I went to the office, I was scared. The Principal informed me about the Girls Empowerment Program (GEP) which was going to be implemented in Devchuli Municipality. School wanted to send me and some other girls from the school to be the part of the GEP which could help to develop our personality and become an activist for the rights of the girl children. He gave me a form to fill and asked to come back with the permission of my parents.

I reached home thinking that my dream had come true. My parents easily got convinced with the idea and I got permission to attend the programme. Upon their worries on my studies, I promised in front of them that I would balance my study and the campaign.

We were initially trained in physical and theoretical aspects of self-defense on adolescent girls' safety. Why should not I be proud of being a daughter? Menstruation is a matter of my pride. I learned a lot about how the state has acted to help adolescent girls with some problems. Another important thing for us was not only to take training but also to provide information on the subject in the schools and community where we were studying. Thus, we learned responsibly and began to discuss the issues of learning and unknown things with other friends in the monthly meeting which was held every month. I learned a lot from the training. After that I changed a lot within myself. Even at home and at school, I could speak confidently in front of others. I work hard to raise my voice about menstruation, violence, abuse and exploitation. Nowadays, even in school, I run programs for children. School teachers, parents, and people from the villages are also convinced that the investment made on the daughters will have a positive impact. In my home, my father, mother and even relatives ask about my campaign and offer their help if I need any. Many thanks to Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN for providing good trainings for us.



■ Change after opportunity

Aarati B.K.

My name is Aarati B.K. My house is in Devchuli-1, Divyapuri. I am studying in class 10 in Nepal Secondary School. I have my father, mother and a brother in my family. I didn't really participate in any outdoor activities except coming and going from school. I used to read and write things in the book. I used to have a hard time hanging out with other friends.

I joined the Girls Empowerment Program run by Jagriti Child and Youth Concern Nepal (JCYCN), KANALLAN from the second year. First of all, our teacher came to the classroom and informed us about the program. They asked interested students to come forward and introduce themselves and say something. I also participated in it and the school selected me. I had the opportunity to learn a lot from this institution. Seniors from our school, Astha and Sudha also participated in this program. It was very easy for me as they conducted various trainings on self-defense, leadership development and menstruation. After I took the training myself, with the help of the sisters, we conducted various awareness programs with all the classes of the school and also at the community level.

We merely learnt the topics of the book in school, but by participating in this campaign we had the opportunity to learn about the things that are necessary for our life. This program has helped me develop self-defense skills, self-confidence, positive thinking and I learned even daughters can do something in life. Before joining this programme, I was scared to say anything to my mother. I used to be very hesitant to speak in front of anyone. To be honest, I am surprised. I feel like a whole different person now. Now I can speak with anyone in the family without any hesitations. I also talk to my friends and share my thoughts. I used to be ashamed, hesitant to speak, but now I can say my things with confidence. I have explained the subjects we learned from various training sessions to my family, neighbors, school and my friends. I have received good responses from everyone. I consider myself very lucky to be able to learn and teach things that are needed and useful in my life along with my studies. As my mother is also a people's representative and she is also a woman, I have repeatedly told her that she should be a mother to thousands children in the municipality among whom many are associated with the child club networks including myself. I also had cordial discussion with my mother that daughters would only be successful if necessary investment is made on them today.

I really want to thank Jagriti Child and Youth Concern Nepal (JCYCN) from the bottom of my heart. I would like to thank my school and family from the bottom of my heart for providing us with educational training. We should always think positively. If we work hard, we will succeed and the fruit of hard work will be sweet. I have found a lot of changes in me. That's what makes me happy.

Thank you.



■ Self-confidence has increased

Aarati B.K.

My name is Aarati B.K. I study in class 10 at Janajyoti Namuna Secondary School. I live in Devchuli-11, Dharapani.

I am writing a short story of my life. It was five years ago, I was studying in class 5. My friend and I were sitting on the grass while eating lunch. A teacher came to me and told that I was weak in studies and I had a thick brain. His discouraging remarks hurt my feelings.

I came home that day and cried a lot. Then I thought I shouldn't cry too much. I started to read very hard and proved myself. Further, I managed to get good marks and was selected to participate in the Girls Empowerment Program. I felt self-empowered when I came to this program. By now, I can teach others what I have learned from this training at school and at home. I am very happy. I feel very proud when teachers give my example in the class. After taking this training, I got to know myself. I will continue to teaching that I learnt from the training at schools and my village. My confidence has increased a lot. I have been able to understand and explain about children and adolescents.



■ Daughter born in the hope of a son

Asha B.K

I am a daughter born in the hope of a son. After giving birth to three daughters, my parents were hoping they would have a son but I was a daughter again. My parents were disappointed but their love for me did not diminish. Everyone loved me like a son. So much so that my father called me son and did not allow me to grow long hair. Even the clothes I wore were like boys. Even at school, the teacher used to call me son. When I was eight years old, my brother was born. Then I began to feel less loved by everyone. I think everyone feels the same that when a younger member comes into the family, more attention goes to him/her than the previous child.

After my brother was born, my aunts asked me to grow my hair as my brother was already there. It was a very good message to me. I like long hair very much so I started growing it. I also started wearing frocks that I never had worn before. Gradually, as I got older, my grandparents began to abuse me. They told me since I'm a daughter, I should behave well like a girl. They lists of points what I should do and what I shouldn't. They have to say on my walking, speaking and behaving which made me feel very different. They said if we (sisters) were sons instead of daughters, we could've done so many things and achieved so much by now. These words came not only from the family but also from outsiders. These words used to hurt me a lot but they also gave me the courage to do something.

No matter how much I heard abuse or insults, I kept working hard. I was also good at my studies. I was afraid to speak especially with outsiders. However, I participated in some extracurricular activities at school though I wasn't very good. There was only cause behind that I was shy to speak in front of others.

In the mean time I got opportunity to join the Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN in the municipality. Joining this programme was really a turning point in my life. Gradually I started to develop self confidence as the GEP provided us training on various topics such as self-defense, conflict management, violence, leadership development. The interesting thing in this programme was that we were not only taking trainings but also going to schools, communities to teach others what I had learned. Due to which, I started conducting programs myself and teaching others what I knew. Due to which I became acquainted with many people. Gradually, programs had to be conducted in other municipalities too because we were invited by them seeing our actions in our working areas. Actually the programme was highly effective and impressive. I got an opportunity to get to know the people's representatives of the municipality and developed the ability to speak and discuss confidently with different people. I went to different places and had the opportunity to exchange experiences with the adolescent girls there. In the course of the program, there was an opportunity to meet the Gandaki Province Assembly Members, Province Tourism Minister, Women and Social Development Minister, Gandaki Province Chief Minister and hand over the memorandum raising the issues of we girl children. There was also an



opportunity to submit a letter of attention to the municipality. Similarly, had the opportunity to meet and submit letters of attention to Gandaki Province Assembly Members, District Coordinating Committee, Deputy Chief, and Chief District Officer.

During this period, I became the successful President of Nepal's first children's club, Jagriti Child Club Pragatinagar. During my tenure, I started not only talking about children's rights but also their duties and responsibilities in the child club.

My special achievement from this program was that I was able to decide what I want to do in the future or to choose my life goal, which is to be a good kick boxing player. During the event, I became the Asian Girls Ambassador 2019 in the Asian Girls Campaign organized by The Garden of Hope Foundation with the support of the Government of Taiwan and won the Asian Girls Community Development Award for Nepal. I succeeded in making Nepal's name known internationally. Similarly, we also won the Social Innovation Award 2020 by being in the international team at the Asian Girls Power Camp 2020. Most importantly, winning awards, receiving honors from the community, school, municipality, district, sports association, proved that the daughter can do anything they want. This confidence came in me and many other my friends because of programmes and contribution of JCYCN, KANALLAN, teachers, schools and families. Thank you all.

Asha, who wasn't known to her own village is now well known by many people all over the country and even internationally. I was able to prove to my family that their daughter can do a lot and this is an important success for me. These days, naturally, my parents are proud of me and keen to know my activities, to listen and watch my interviews in the media.

My message is very clear that we must continue to work, regardless of what others say. Continuous hard work surely brings the desired results.

■ Determination to change home, family and society

Babita Lungeli Magar

My name is Babita Lungeli Magar and I am from Devchuli-10, Prithvinagar. I have recently attended class 12 examinations from Prithvi Secondary School. I was born in a traditional middle class family where girls are not allowed to leave the house much.

I could not go out of the house to hang out with my friends wherever I wanted. I was only allowed to go from home to school and from school to home. However, my life began to change from the very day I had the opportunity to attend the Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN program.

The opportunity to attend and participate in the Girls Empowerment Program (GEP) has made me feel free to leave home. My active role in providing the trainings (out of knowledge that gained in GEP) in the community and in the schools, the attitude of the society to look at particularly me and girls in general has changed immensely. They started to believe that girls also can do as I have already proved. I used to be known by the name of not being able to speak, today I am known by the ability to speak in front of everyone. I am trying to change not only myself and my family but also the community as a whole. In my opinion, the illiterate people are to be taught to learn by providing adult education as adult illiteracy is one of the main problem of our municipality. I believe in the statement, ‘Where there is a problem, there is a solution’.

Through the skills and trainings which I acquired from the GEP, I was able to change myself and now I am in the process of changing my home, family and society as well. My adolescent campaign of 3 years has really contributed and inspired me for the development of talent and leadership to mould me into a capable woman.



■ The change in me

Binita Shrestha

I was born in a middle class family in Devchuli-9, Bishaltar. There are many successes, failures and changes in my life and who I am now is out of them. Today I am going to tell some of the life changing events that happened in my life.

One day, when I was attending a school program for the first time, I could not go ahead and say anything while I knew everything about the subject matter. At that time I was scared and ashamed. However, I realized that we must have the skill, the art, to communicate with people. After a few days, enrolment forms for Girls Empowerment from Jagriti Nepal arrived at my school. They wanted two participants from school for which one of my friends and I filled up the form in the presence of the Sita teacher.

We got the opportunity to participate representing ward No. 9 and Kalika Secondary School. In that program, we were taught from the very beginning the knowledge, skills and arts needed to empower adolescents for their rights and protection. In these things were completely new for us as they were not in the schools and were not available in our text books. At the beginning of the program, we had the opportunity to take a training course called Self-Defense, which taught me how to establish myself as an adolescent girl and even present my identity. We had a lot of training over the course of 3 years and the effect was that I learned how to deliver my message to people. My other friends also learnt a lot. I also got the opportunity to participate in various programs. I started to show the results of the learning that in the oratory competition in my school, I was able to go ahead and put forward my points even though there was no preparation about the subject matter. I was able to get second place. At first it seemed normal to me but later I was very happy seeing change within myself that gave a positive message to my family and school. Then I was never afraid to keep my word, which was a change in me. The economic situation in my house is weak. The organization used to give us Rs.2,500 per month for running programs from which I was able to make some savings for my books and stationery needs.

What I have learned from participating in the training and discussions on the rights of adolescents for about three years have made me able to know myself. Once you are strong enough, you will find many helping hands and success in life happens. I have proved the same. I want the change that came to me to come for everyone. When an organization works in coordination with the school, so many things change. I am convinced that a lot can be changed about girls and adolescents if all three levels of government and family make appropriate efforts,



■ Change must begin within myself

Motisara Thapa Magar

My house is in Devchuli-10, Pragatinagar and I am studying in Madhyabindu Multiple Campus in class 11, science faculty. I am also a peer educator for the Girls Empowerment Program (GEP) organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN.

I am writing a short story about what it was like before I started this campaign and what changes I saw after it. It has been 3 years since I joined this campaign. When I was in 5th grade, I was not very good at studying. My friends all passed the exams but I failed. I thought I must work hard and started to give priority to my studies. Positive result started to come. In class 6, I came first in the class which me surprise that I never thought I was a bright student. I was congratulated by my friends and all the teachers on my success. My parents were more than happy. Out of all these encouragement, I kept trying my best on my studies and became successful in the same way.

In class 9, I got an opportunity to participate in the Girls Empowerment Program (GEP) organized by Jagriti Child and Youth Concern Nepal (JCYCN). I would like to thank my teachers from the bottom of my heart for giving me the opportunity to be a part of this campaign.

I took 5 days of self-defense training for the first time in my life. And I feel that the very training changed my life and made me confident. In fact being confident is as important to be good at studies. Though I was very good at studying, I could not speak in front of the class. I was afraid to go in front and speak. I was afraid that someone would say something. I could not put my words in front of everyone. But after I took self-defense training, I changed a lot. These days, not only I could go ahead and speak in the classroom but I could also conduct programs. And I consider myself very lucky to have such an important training in my life.

In this way, I was able to get acquainted with everyone while organizing trainings out of my knowledge that we acquired from the GEP. I also got support from my family. If I want to change the society, the country, the world, I have to start from me. As the saying goes, “One who speaks sells the flour, one who doesn’t can’t even sell rice.” We, the adolescent girls, need to raise our voices for our growth. I would like to express my heartfelt thanks to all the teachers, trainers, chairperson and general secretary of this organization and everyone who made this training possible for me. I would like to thank the entire JCYCN team for their support in bringing me to this point. Thanks!



■ The fruit of struggle is sweet

Pratima Acharya

Sometime ago, there was a village where 45 families lived. In one of those families, there was a father, mother and 3 daughters. This story is mainly related to the second daughter of the family. Her father died when she was in 5th grade. After father's death, her mother became depressed and other sisters also felt weak. They were in a critical condition. After that, situations of grief and crisis came arose in their family. Due to financial constraints in the family, the two daughters started living with their relatives for studies. The second daughter stayed with her mother and looked after the house. After 4 years, they moved from Beldiha to the farm. Living closer to relatives proved to be helpful to them. Now 3 of them live together. Eldest daughter is married and the youngest and the middle daughter are at home. Time passed as they took care of their mother while studying and working to financially support the family. One day, while studying in class 9, she got an opportunity to learn something and work in an institution. She was very happy. She told this to her friends and relatives. Everyone was happy. She felt comfortable entering the institution.



She used to be the first in poetry, singing and drama in school. She was good with her studies as well. But all night she used to worry about running the house and meeting the needs of the family and she got to work as a fellow teacher at Jagriti Child and Youth Concern Nepal (JCYCN). She also gave 10 days training in her own village sharing the things she had learned before. She started doing programs in schools and other places too. In this connection, she received Rs 2,500 per month for stationery and food expenses. She would save that money and use it to run the house and support her studies. People from different places started knowing her because of her work. Like it is said that the fruits of struggle are sweet, she had been struggling from a very young age. And now the villagers and her relatives support her a lot. She dreams of becoming a good citizen and an example to others. She also wants to keep her family happy. She is currently studying as well as working as the joint secretary of Nepal's first children's club Jagriti Children's Club (JCYCN).

Actually the second daughter of the story is myself, Pratima Acharya and I very thankful to the Girls Empowerment Programme by JCYCN.

Now we are happy family and I am one of the 45 fellow teachers of Devchuli who are working with the school, ward office, Jagriti and KANALLAN to fight against violence against girls through various training, studies, and exchange of travel experiences. I feel I am a positive thinking girl and fond of poem to express myself. One of poems goes like this,

Have to work

Working in my own country

Having fun with our families.

A country devastated by an earthquake

We all have to build it together.

All the houses are in ruins

All Nepalis have cried over the death of thousands of people.

We all must unite to get rid of these obstacles

We all have to unite to eradicate the misery of our nation.

Our ancestors were great; we have to earn the same respect

Country devastated by earthquakes

We all have to build it together.

■ A new turn taken by opportunity

Rabina K.C.

I am the eldest daughter born in a simple family. My name is Rabina K.C. I am studying in class 11. I am also a teenage activist. I am also the responsible daughter and sister of the house. Both of my parents were employed and could not give us enough time because of their business. They used to work for the Nepal Police and were keep on transferring here and there. They were transferred to different districts and places like Myagdi, Pokhara and so on.

I was doing good in my studies but did not know about the outside world which had been equally important. About 3 years ago, I was in class 9, I got a great opportunity to join the “Girls Empowerment Program GEP organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN, as a peer educator. That opportunity brought a new turn in my life.

In order to attend the programme, form came to our school which I filled up as an interested candidate. I was more than happy when I came to know that I was selected. I used to be someone who could not express feelings in front of anyone. When I was asked to make speeches, my hands and feet would start shaking and speech would start to stutter. I was thinking that how could that shy person go to such a place and participate in the program?

When I went to the event as a peer educator, I had the opportunity to learn various topics from training and study, going for observation visits and monthly meetings. After we received physical and theoretical training on self-defense at an early stage, it helped us to know and learn how to be proud of being a daughter, that menstruation is a process that runs the world and what’s like being a teenage girl and how to be proud of being one. As it is said that the right things happen at the right time, this campaign came as an important milestone for us. In this campaign, we have been able to gain knowledge online and physically on many topics ranging from menstruation, violence in society, abuse, inequality, leadership, hygiene about menstruation, sexual and reproductive health as well as writing our success stories. I didnot limit the learnings within myself but shared with my friends in school and in the community through training and other means. I and my friends were experiencing positive changes within ourselves.

Through these activities and programmes, my confidence level has increased and now I can speak out my mind confidently in front of others while doing any work. As I have been providing different trainings to brothers and sisters in my village, the neighbors, brothers and sisters-in-law and cousins are happy and encouraging meto bring more such trainings. It brings me joy to teach others and to see them changed.

I am very happy that I am a peer educator in this Girls Empowerment Training (GEP) and I would like to express my heartfelt thanks to JCYCN family, teachers and my family from the bottom of my heart. I have become a successful adolescent girl because of the love, support and encouragement you have given me.



■ My steps against untouchability

Ranju Nepali

I am Ranju Nepali. I am studying in class 10. My house is in Devchuli 10, Prithvinagar, Nawalparasi. I study in Prithivi Secondary School. I am also a peer educator of the Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN.

There are 7 members in my family. There are 4 sisters, one brother and parents in my house. I represent the Dalit community, the so called lowest caste. My family lives in such a community where people of different castes, religions and cultures live. Despite all, we are the deprived community though we are culturally bound together. We are considered as untouchables.

Belonging to the so called lower caste and untouchable community, we are not allowed to enter the so called higher caste people. I am now 18 and I have never been to higher caste people's home in the village. Neighbors help us when we are in problems, but they don't include us in the local religious events. Living in the same village and community, it hurts when everyone else is invited except us. When there are such celebrations in our neighborhood, we close the doors and stay inside the house. I am afraid that if I step outside, something bad might happen and I might get scolded. I often think that if my family is not hurting and discriminating others why why people in the society treat us like this.

Poet Laxmi Prasad Devkota used to say that "Heart makes a man great, not the caste". This word makes my mind and soul cry. I feel bad when people discriminate on the basis of caste when we all have the same red blood. It is ridiculous that even educated people discriminate on the basis of caste.

Jagriti Child and Youth Concern Nepal (JCYCN) gave me a place where I managed to develop my identity. The girl who couldn't answer when someone came to my house and looked upon my caste, now I can open my mind without any fear and hesitation and discuss. I can feel that I have changed myself a lot after joining this organization. By participating in this program, I learned to be self-reliant, fearless and fight for my well-being and my rights. I will also play a significant role in removing such bad traditions, and social problems like untouchability from this society in future.

I would like to express my heartfelt gratitude to all of my family members, JCYCN, KANALLAN and my friends for their support.



■ Me and My Society

Chanchal Dumre

My name is Chanchal Dumre. I am 19 years old. Growing up in a family with a modest and low income, I used to sit quietly and not talk to anyone till 3-4 years ago. I did not participate in any program. My habit of sitting quietly and not mingling made me feel left behind.

In the mean time, I gradually moved on to social work that provided me an opportunity to work as a peer educator. Joining as a peer educator, it became very easy for me to mix with others. I got acquainted with different people and I became popular. By now, I am able to run many programs. I know the true meaning of life today.

My parents are also very happy with me. My parents are proud of me. I am trying my best in removing the misconceptions about menstruation in society. Many adolescent girls have also become aware of cybercrime. Adolescents are now able to raise their voices against child rights and child marriage. I am happy that my society is changing in the right direction. I have invested 3 years of my life to make this happen. For this achievement I am thankful to Jagriti Child and Youth Concern Nepal (JCYCN), my family, school and my community.



■ My Desire and Opportunity

Chinmaya Saru

I am a teenage girl who grew up in a small family. I love to laugh, play, dance and talk. One day an opportunity to understand our goal and learn how to achieve it, came from an organization called Jagriti Child and Youth Concern Nepal (JCYCN). If this opportunity would not come on time, my dream of playing volleyball would be unfulfilled. There was a teenage girls' volleyball tournament in our Devchuli ward and I was playing from the organizing team which remained the first runner up. This achievement encouraged me to continue playing.

I wouldn't be in this position where I am now if my parents hadn't helped me. Jagriti Child and Youth Concern Nepal (JCYCN) supported me immensely in this regard. If I hadn't had this golden opportunity, maybe I would have spent my time cooking at home. If daughters are given a chance, they can do anything. They can fight against violence, discrimination, child marriage, etc. The 3-year-old Girls Empowerment Program has taught me that I can be successful if I continue to engage in social work along with sports.



■ My Ambition is to be a Doctor

Puja Thapa Magar

My name is Puja Thapa Magar. Born in Devchuli 10, Prithvinagar, I am currently studying in class 10 at Shree Prithvi Secondary School.

Three years ago when I was studying in class 8, I failed in the third exam in science because of a change in subject teacher. This really affected my studies. From then on, my teachers began to pay less attention on me. Their discouraging words hurt me a lot. I reacted positively and started to give more time on my readings. In fact, I wanted to become something. I easily passed the subjects in which I was weak and gradual success in my study boost up my self confidence. I was in class 9, Jagriti Child and Youth Concern Nepal (JCYCN) sent some forms to join the Girls Empowerment Programme (GEP) as peer educator. As this programme for girls, I filled out the form and got selected.

Joining the programme, I had the opportunity to gain knowledge on many topics through the self-defense training, leadership development training, understanding menstruation training, conflict management training and so on. Adolescent girls like me from other schools have also come to learn something from this programme. It was because of these trainings and empowerment programmes I gained self confidence and started to move forward in other programs such as quiz contest, running and other sports. This programme supported not only the extra activities curricular but also supported me in my studies. Coming to the grade ten, I concentrated more on the studies rather than the GEP activities as it was the final year of the high school. I wanted to score A plus in my final examinations. I passed SEE (Secondary Education Examination) with good score and now I am studying science in class 11 in the same school with the ambition to be a doctor. Being doctor, I will serve the people running a small hospital. Thanks to this campaign that has inspired me to become a doctor and be more involved in activism.



■ Girls' Football Campaign and Girls Empowerment

Rejina Gharti Magar

I am the eldest daughter of an ordinary tribal family. When I was 6, my mother, a person who is the most important to a child in the entire world, passed away and I was deprived of my mother's love and affection in my entire childhood.

In the absence of my mom, I had to endure gender discrimination from the family and the community as a girl child. I didn't understand at that time but now I can recall the situation which definitely was discriminatory. In this way from my early age, I faced the financial problems and gender discrimination in the family. In this situation, I began to keep myself busy in my studies and extracurricular activities. I became one of the members of the local child club in the village.

While I was studying in class 9, I had a great opportunity to be involved as a peer educator in the Girls Empowerment Program (GEP) organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. This opportunity turned out to be a turning point in my life. While working on the Girls Empowerment Program (GEP), I succeeded in becoming the Chairperson of Ward Child Network of Devchuli Ward No. 17. As I saw and understood the social environment very closely, I began to raise my voice against social evils and gender discrimination through sharing my knowledge that I gained in the programme. . In order to change the social perception on the girls, I became the catalyst for a new beginning by organizing a girls' football competition through a ward-led children's network. Girls empowerment through the sports has been a successful initiative.

In order to prove that girls can advance the world of sports like boys, and also for my personal interest in football, I decided to start "the city level inter-school girls football tournament" for which I joined hands with many for help. This initiative made me develop the skill how to ask for financial support and advocate for the rights of the girls. Like it's said "It's harder to wake up a person who pretends to be sleeping than a person who is actually asleep", it was sad that rich and educated people were not interested in my girls' football campaign. I made that rejection into my source of energy and kept moving forward. As a result of this, other organizations also started to include girls' football while organizing children's football. Because of the success of the sport campaign, the position of the girls improved in the society. In the course of time, Barchuli Secondary School girl's football team managed to win district level football competition under my leadership. At the same time, we also won the state level football by representing the city and district with many supportive hands. We played in the national level also and managed to reach the quarter and semifinals in our first attempt.

In this way, my suffering from an early age of 6 came to an end. Girls's football became the one of the major instruments of the campaign against gender inequality. . We girls have proved in the society that we can empower ourselves if we get the favourable environment. Now many of the girls are constantly campaigning for their goals like boys. With my entrance to Nepal's first children's club Jagriti Children's Club and the participation in different national and international programmes for children's rights in general and girls' rights in particular, I have turned to be empowered girl and a campaigner for our own rights.



■ The change in me

Rita Rai

I'm Rita Rai from a middle class family. My house is in a remote ward of Devchuli, Devchuli-6, and Kumsot. I have 5 members in my family. I am a child of Prem Maya and Dal Bahadur Rai. My childhood was spent in the village. Since there was no school after the 6th standard near my house, I had to be far away from my family for my further study.

In those days, I used to have trouble talking to many others and participating in extracurricular activities. I didn't even know how to talk to teachers until the 8th grade. I was very shy in nature. I couldn't even tell my problems. But in the 9th grade, I got a golden opportunity to join the Girls Empowerment Programme (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) through my school. .

A lot has changed in my life since I started the GEP and changes are there in family too. Participating in the program, I have got opportunities to learn many things that helped me to change my life. I now can run the training myself to cater the knowledge that acquired in the programmes.

The training I took was especially needed for the municipal level child's club network. In these training sessions, we learned about conflict and violence, life skills, leadership development, child rights, self-protection, online safety, sexual and reproductive health as well as how to conduct programs, how to facilitate, and what preparations are required to participate in programs at school and elsewhere. I became confident enough to speak in front of others, run various programs, participate in various activities, my studies also improved a lot and now I'm able to teach what I have learned among my friends and younger sisters. I also learned behaviours how to treat elderly people and younger than myself. Today, I am able to talk about violence against women and adolescent girls in the society and explain it to everyone. My family has also started supporting my campaign. After participating in this campaign, this organization has been a guardian to me in every field. For this reason, I would like to express my gratitude to JCYCN and KANALLAN.



■ Those Seven Days in My Life

Ritika Pokhrel

I am a daughter of the middle class family. My father and mother work in the Chaudhary Udyog village nearby. From a very young age, I was afraid to speak and hesitant to do anything. Even when my friends participated in many programs, I did not think that I could do it and as a result I used to refuse to participate.

One day I found out at the school that the girls were being selected for the Girls Empowerment Program (GEP) run by Jagriti Child Youth Concern Nepal (JCYCN) for which I filled up the form. I got selected. Now I feel like I finally got to know myself after participating in this campaign. The changes within me were possible because of the various programs conducted in the programme and credit goes to the school, parents, Jagriti family and Sabita Didi whom we love and is like a parent to us.

Here, I'm mentioning the important changes that have taken place since I started the campaign. Like all children, I also woke up to the rays of the morning sun. That day I woke up enjoying a golden morning at my mama's house. I rolled my eyes and went to the toilet. When I sat down on the seat and looked down, I saw big red spots and blinked my eyes again and I realized that I had my first period (menstruation). I quickly ran to my mother to tell but she asked me to go back to the toilet to hide myself there for a while. She locked both my brothers in one room and locked me in another. Mother rode on my aunt's scooter. She stopped in front of another aunt's house and hid me in that house for 7 days even when I was refusing to stay there. My mother was carrying the tradition that in the first menstruation, I was not supposed to see my brothers. From second time I was allowed to be at home and keep separate for first four days.

In those painful seven days, I kept on repeating in my mind that I must change this tradition which had no scientific base. I am determined to start from my family itself.

During my menstruation, I used to sit in a corner of the house. I broke the silence on the menstruation taboo, talking to my mother and demonstrating practically. During the lockdown, my mother and I went to bring flowers plants to plant in front of our house. Being the second day of the menstruation, my mother refused to plant the flowers guided by the belief that plant won't be good if the plant is planted during the menstruation period. I was very upset by what my mother said. To change this misconception I suggested we both would pick a corner and plant the flowers. A few weeks later, the flower I planted died, but the flower my mother planted blossomed. I told this to my mother and by giving a similar example; I have earned my freedom in my house. I started putting tikas during festivals even when I'm in menstruation period. The GEP inspired me to be bold and change oneself and community perception as a whole. I am currently working as a peer educator and have succeeded in establishing an identity in the school and in the community.

It is because of my involvement in the GEP run by JCYCN made me able to speak, listen, advocate and take a lead for the change.



■ Golden Dream for My Future

Sabina Sharma

My name is Sabina Sharma. My house is in Devchuli Municipality Ward no. 5, Kadampur. I am a peer educator for the Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN.

I come from an ordinary family. From the day I joined this organization, I started dreaming for my golden future. Born and raised in an ordinary family, this organization has taken me much further. I have changed a lot now comparing to the previous days. I am now able to analyze things like what is good, what is bad, what is a crime, our rights inside and outside of the house? I have learned how to fulfill my duties and responsibilities.

Today, I am not afraid of anyone. I am determined to move forward in life by embracing the truth. Today, I am able to fight for my rights by myself. I can present my talent in front of the people without any hesitation. So far I have successfully organized various assemblies and training to eradicate the social evils including child marriage from my village and society. I wish this organization may grow and develop many children like me and help them build a bright future. I am more capable now than ever before.



■ Social Evils and the Sufferings of a Daughter

Sangam Bhusal

My name is Sangam Bhusal studying in class 12. The main reason behind I am here here today, is the inspiration and love of my parents and the trainings provided by Jagriti Child and Youth Concern Nepal (JCYCN). I had the opportunity to learn a lot.

I am the second child, born in a middle-class family. I had my first menstrual period when I was in the 6th grade. At that time I was very scared and needed emotional support but I was forced to isolate myself because of the social taboo that brothers are not supposed to be seen in one's first menstrual. I was kept in the house of an old woman far from my home. I was in a closed room without sunlight. According to tradition, you should not see the rays of the sun when you are menstruating for the first time.

As soon as I gave my SEE, I came to know about the program of Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. I filled out a form to participate in it and got selected to be its part. Joining Girls Empowerment Programme (GEP), I got various opportunities to takepart in trainings and campaigns. From the trainings, I learned about empowerment, menstruation, self-defense, leadership of the adolescent girls.

As a change in my family, the tradition of isolating during menstruation has stopped in my house. I along with my friends are trying to stop child marriage in our village providing trainings at community and school. My learnings in the GEP that I have been applying in the trainings are working well as many girls have changed their way of thinking. My parents feel pride because of my work in the community. I feel proud to say that I am a capable daughter.



■ Happiness in a small family

Sarita Rana

I was born in a small and middle class happy family. My house is at Devchuli-9, Bishaltar. At the same time, I am a peer educator for the Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN.

About two years ago, while I was studying in the classroom, my school teacher Sita Ma'am informed us about the form related to the Girls Empowerment Programme (GEP) by Jagriti Child and Youth Concern Nepal (JCYCN). I became interested to join the programme and I filled up the form. Fortunately I was selected and got chance to participate in different programmes and activities. For first time I joined in a five days training. It was a girls empowerment training where I learnt about self-defense techniques. Then I got the opportunity to take personality development training. This training changed my life a lot. The first change was that I started to talk in front of others which not possible before this training. I didn't speak much in my class and couldn't share what I knew with others. But after taking this training, I got the opportunity to participate in various school activities. One day I took part in an oratory competition at school. I had already learned about the subject from the training provided by Jagriti Child and Youth Concern Nepal (JCYCN) which made it easier for me to understand the subject and speak about it. I stood first in the competition. It was the happiest moment for me. It was a happy day for me as I had never participated in any program before and now I had won the first prize in the competition.

Gradually I started to give trainings and organize programmes at schools and at community. Because of my efforts I brought some changes within my family. I got a lot of opportunities when I was involved in this municipal child club network empowerment campaign. I would like to thank my school teacher Sita Ma'am, my family and other supportive friends as well as people of this organization for bringing this opportunity in my life. This campaign has brought happiness to my family and has inspired me to contribute for social change.



■ Development of Self-Confidence

Shraddha Aryal

I grew up in a patriarchal society. In our society, it is considered a curse to be born as a daughter. Despite the adverse social value, I got encouraging environment in family as it was an supportive educative family. There was no discrimination between daughter and son in my family. I am the first child of the family. From my early age, I developed that a daughter can change society and can be the pillar of the family, society and nation. I used to join the children's club and talk about the rights of children and adolescents. Meanwhile, I had the opportunity to participate in training conducted by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. Participating in the campaign, I got ample of opportunities to takepart many different trainings. For example, I had the opportunity to participate in self-defense, leadership development, team building, facilitation skills and other necessary training. I also had the opportunity to go to my ward and school to teach the things I learned in these training sessions. I have come to realize today that before the training, my voice was confined to my home, family and the school clubs where I was studying, but now the voice of change in my thinking is heard among the people's representatives, parliamentarians, ministers and other district and international people.



My confidence has developed as I continue to engage in this campaign and engage in various training sessions. Walking on this path, I feel that I have been able to face other challenges in life. I also had the opportunity to work as the secretary of Nepal's first children's club, Jagriti Children's Club for two-year tenure. It is a great honor to see children being encouraged by my example in the community. Our society hates having a daughter and this campaign have inspired me that we can make this society accept that sons and daughters are equal by doing good deeds, empowering the daughters.

Capable Daughter

Given an opportunity, daughter become capable,

Fearless and can reach the top of Mt. Everest doing good deeds.

If you give her a chance that her brothers have,

She will serve the country serving the society.

She will only get behind if she doesn't get opportunities.

The development of the city is not only to make roads,

Enabling the girl child is also the part of development.

Developing a consciousness within ourselves
The girl grows up and becomes a mother tomorrow
She would definitely say her children they should be capable.
She will be able to fill her child's stomach.
She can make improvements in the family.
A society that abandons embryos after gender identity
Now they plan giving birth to a daughter
Doctors, pilots, lawyers are also our daughters
We advocate for those who have been wronged
We are advocating for the empowerment of daughters.

■ The joy of learning and teaching

Srijana Aryal

I am an adolescent girl born in a middle class ordinary family. My name is Srijana Aryal. I am a girls' rights activist. While studying in class 9 about 3 years ago, I had the great opportunity to join the Girls Empowerment Program (GEP) organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN as a peer educator. This opportunity became a turning point in my life. I could not openly express my thoughts to anyone before. If I had to go to the front stage and hold the mic and say something, my legs used to tremble with fear. But with the help of the trainings that I got in the programme, I gradually began to overcome my weaknesses. After taking part in this campaign, I have overcome my fears and now I go to my school and teach my brothers and sisters what I have learned.

It brings me a lot of joy to teach my learnings to my friends and younger brothers and sisters in school as a peer educator. When I see sisters who used to be ashamed to ask for pads during their menstruation now come to me and ask for pads without any hesitation. It makes me feel very happy to see this change in them. We are making girl-friendly school. Nowadays, municipal child club network participate in extracurricular activities in schools and school programs are also conducted in girls-friendly manner. If we all work together to build the infrastructure needed to build a safe and clean school, the violence, abuse and exploitation of adolescent girls will surely come to an end.

The school teachers are also very happy to see the change in me and sisters (girls younger than me). In the same way, all my family members are very proud of my progress and my work. I have been able to put our issues before our people's representatives. I participated in the memorandum handover programme in Pokhara, the provincial capital. We met provincial ministers and Assembly Members there. These participation was really motivating for me to continue my involvement in campaigns like GEP. I feel very happy that I get to learn and teach others.



■ When I failed for a month

Sumina Kumal

After my SEE I best used my 3 months studying computer. I was very happy that I was going to college completing the highschool.

The scheduled result day arrived. I was very nervous as well as eager to hear the results. I was also anxious thinking about my further study. I had the fear that I will be separated from my friends circle. I had the confidence that I would secure A-grade. But SEE is like crossing an iron gate and your papers are checked by unknown teachers. I had even heard that some teachers check your papers while they are drunk and mess up your result. I did not have a mobile phone then. Only my father had a mobile phone in my family which had only 30 rupees mobile balance that day. I spent 30 rupees taking updates on the result publication. Finally I got the information that the results would not be public on the scheduled day.

Postponing of the result made me more anxious and fear started in me that I might be failed in the examination. However, the result day came. My sister called me the news that result was published and she would check if I give her my symbol number along with my date of birth. I overwhelmed when I got the information that I secured A-grade as per my expectation. I screamed with excitement.

I had to tell my good news to all my friends in the computer class the next day. My happiness and excitement shattered when I saw the result sheet. I was failed in favourite subject mathematics which made me upset and cry. I asked myself, “How did I fail after trying so hard?”

I did not tell this to my family. How could I say I was fail in a subject after I told them that I nailed every exam? I went to school the next day and told everything to my Principal. Principal Sir was stunned. He advised me to do re-totaling of my paper. I cried a lot that night . There was also anger over how could they (examiner) be so careless to check our answer sheet. The exam results were so shocking to many students that they might take fatal decision of taking own life.

I told my mother about the right thing of my exam at home who shared with my father. Believing not on the published result my family and school family decided to go to Kathmandu for re totaling of the given marks in my answer sheet. Though it was financially expensive joiny from village and Kathmandu, it gave me good news that it was an error from their side and I was passed. My score again turned to be A for which I got congratulations by all.

Actually, I failed SEE in mathematics for a month. It made me think that this kind hasty results must have been troubleming many students and there must be correction in the system. Sometimes I filled with anger.



Meanwhile, I had joined the Girls Empowerment Programme (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN). Joining this programme, I got opportunities to take part in the training and campaigns which made me confident and able to ask questions about my own problems, endure pain and be patient. I had opportunity not only to learn but also to teach on various issues including protection of the rights of girls and adolescents. My active participation in each programme had empowered me and made me capable of contributing to empower others.

Teachers' advice and suggestions, my father's encouragement, support and my mother's love taught me that we should not overreact or freak out in times of crisis.

I am a daughter raised in an ordinary family. I who was limited to general reading and book knowledge, got the opportunity to be a peer educator for this GEP with the support of my school and family. The first day of the campaign was a very happy moment for me. All the new friends, new places made me feel why I even come here, but that day is an important day of my life, which is why today I am able to put my arguments so openly. Even though I had full support from my family, the neighbors say daughters are supposed to do household chores and not step out of the house. They used to say these things to my family and speak against this campaign too. Hearing all this I got more energy to prove that I can do something being a daughter. I got the opportunity to give training not only in the school in my own municipality but also in other municipalities. On the day of International Girls' Day, I got the opportunity to participate in a live program on Kwasoti Madhyabindu Radio as the voice of municipal child club network. That voice of mine was broadcasted live on radio and social media. Everyone started praising me and even those who spoke against me started saying that this campaign was really good. I was overjoyed to hear that.

Now the goal of my life is to be an exemplary adolescent girl. My goal is to become an engineer so that I can challenge the traditional thinking that girls are weak. I want to prove if the environment is given, girls can do everything that boys can do. I would like to thank my family, local governments and organizations who have shown me the way to move forward, and have always encouraged me to work hard to achieve the goal.

■ Support and success in the midst of opposition

Swastika Bhandari

I am a teenage girl living in an ordinary family, studying with my brother and grandmother. I am currently studying in class 11. I have been separated from my mother since I was a one year old baby. Even though I was not with my mother, my dear grandmother was taking good care of me and supporting for my studies. But in our society, no matter how much you are loved at home, if you are not with your parents, you will have to listen to different things. I had to listen to a lot of things like back biting, gender discrimination and various other forms of discrimination. This used to make me upset and cry. But my grandmother was always kind to me encouraging to ignore such things and reminded me that I should continue my studies.

One day, when I was in 9th grade, my teachers suggested to participate in Girls Empowerment Programme (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN). I was curious on it and felt that I should join. The next day Sabita Didi came to the school and talked to me, gave me some information about this programme and on Saturday she came home and talked to my grandmother and also asked permission to involve me in this training. It was the rainy season. Joining the programme, I was able to participate in a 5 day training. There were a lot of awareness sessions on facilitation, menstruation and violence against women in society and gender based violence. I have been teaching others what I had learned from this programme for about a year and a half. We run training sessions in schools and communities to share knowledge of good things to younger brothers and sisters.

I learned about menstruation, gender discrimination, facilitation, skills in society, how to aware the adolescents, how to be benefited from the Internet, sexual and reproductive health, success, life skills and many things from this programme. This programme has led me to a better path. As I was active in this training in my society, my grandmother and my teachers were very happy on my deeds.

In our society, a daughter without a mother has to listen to a lot of bad things. I couldn't say anything when I used to hear those things myself. Now I'm able to give 10 days of training to brothers and sisters of my village in the morning- evening without disturbing their studies. Many aunties and uncles from my society are encouraging while I give this training to my own siblings as well. They tell me I should keep giving similar training in their village and spread awareness among the children. They tell me to continue doing this work as well as focus on my studies. I am thankful to JCYCN that has helped me in many things through this Girls Empowerment Trainings and has taught me many things in my life. Thank you.



■ Me and my little change

Tulsa Gharti

A few years ago, when I menstruated for the first time at school, my mother asked me to hide myself. It was the harmful tradition that one should not see the rays of sun and own brothers during the first menstruation. I was not ready to hide myself as my exams were approaching. I told my mom that I had to continue my school and prepare my examination. But my mother was strict and asked me not to be too stubborn and go for hiding. Debate went for hours and finally I got successes to convince my mother. She agreed with me and let me stay at home. I was very happy though I was not allowed to go to the place of worship and the kitchen for those 7-8 days. It was the matter of satisfaction that something has changed within my family. Not everything can be changed at once, but small changes can bring about very big changes. This change was possible because of the Girls Empowerment Programme (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) where I got practical knowledge of menstruation and so many other social issues including child marriage. Programme made me able to distinguish between right and wrong. Not only that I have become a social activist for the rights of the adolescent girls. I have started teaching what I have learned to other brothers and sisters and friends like me. Time has changed me. The various opportunities provided by Jagriti have boosted my self-confidence. Positive thinking has developed. I have been able to move forward as a capable daughter to change society.



■ Opportunity to gain knowledge

Deepa B.K.

I am Deepa B.K, a resident of Devchuli Municipality Ward no. 8, Aaptari. I am one of the peer educators of Girl Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) . Here, I would like to share my experiences before and after join the GEP.

Joining the programme, I got various opportunities like trainings and campaigns to take part. Before being a part of this training, I had no knowledge about self-confidence and self-defense. It is normal to participate in any program but I was a little behind in presenting my arguments with confidence and fearlessness in any program but after becoming a peer educator of this program I become more confident. I got trainings on self-defense, sustainable development, conflict, violence, writing success stories, why empowerment is needed, and many more. After participating in all these training sessions, I not only limited the skills and knowledge within myself but also imparted it to my family, neighbors and other school friends.

While educating others, I learnt the practical skills to deal with difficulties and find solution. Through knowledge sharing sessions, I was able to teach homemade sanitary pad making skills to two mothers' groups. I was able to make my parents happy with my work. I feel proud that some years ago nobody knew me in my own village, but today everyone greets me when they see me. Everyone is very happy with me and my work. Now my goal is to improve my family's financial situation. It would bring me a lot of joy if I could help my father to some extent. Thus I am determined and working hard in my studies to keep my parents happy. The opportunity provided by Jagriti has made me and placed me where I am right now. One of most important learning so far is that girls can do everything if they are given opportunities.



■ Adolescent Girl Empowerment Program and Me

Niruta Khatri

It's almost the end of our Girls Empowerment Program (GEP) which was conducted in Devchuli Municipality by Jagriti Child and Youth Concern Nepal (JCYCN) from 2018 BS. At the end of the project and as a peer educators, we were asked to write success stories about our experiences and I am writing it now .

The purpose of my involvement in this program as a peer educator was to end gender discrimination in the society. The idea of gender discrimination flashed through my mind when I saw and felt my friend's brother's behavior towards her when I was a little kid. While my friend and I were playing, her brother would call her to wash his tea cups and I wondered why? Why did her brother ask his sister to wash the dishes? Why himself could not wash or clean? At that moment, I used to get angry with her brother as I didn't get to play with my friend. Gradually I realized that we are living in the patriarchal society where male domination over the female is normal. Everywhere from politics to the social field I could see the male dominations. Then I figured out what is right and what is wrong. Only men are considered to have the ability to lead but as I grew up, my family raised me to believe I could and should do anything like everyone else. This made me aware of the difference between men and women in the society and this made me think that women should also take the lead and my interest in leadership learning began to grow in the children's club. My journey as a child rights activist started at the age of 13 from the village children's club called Hariyali Children's Club. Similarly I got opportunity to participate in various programs and trainings under Girls Empowerment Programme (GEP) as a peer educator.

We handed over a letter of attention to the child-friendly Devchuli Municipality Chief Purna Kumar Shrestha in 2076 BS demanding a juvenile resource center. In January 2020, I had the opportunity to take part in Generation Equality National Youth Conference, which was attended by participants from all 77 districts. In that program, issues related to violence against women were discussed. The participants were of different genres and abilities, which gave us the opportunity to learn about the problems in different areas and environments. That program helped me to broaden my horizons as well as my ability to communicate. Shortly afterwards, on January 27, 2020, I had the opportunity to give an interview to the President of Child Nepal in the program called "Sakchhin Chhori". There I talked about my work as a child and adolescent rights activist.

Under the exposure visits programmes, we had the opportunity to interact with various stakeholders of Gandaki province at Pokhara which lasted from 2076-01-27 to 2076-01-29. Among the people we met were Social Development Minister Naradevi Pun Magar, Deputy Speaker Srijana Sharma, Tourism and Environment Development Minister Bikash Lamsal and Gandaki Chief Minister Prithvi Subba Gurung.



At the same time, I and other adolescent friends of the GEP submitted a letter to the Chief Minister urging him to make Gandaki a child-friendly and adolescent girls-friendly province as soon as possible. In 2020, I received the National Volunteer Award for my work in the field of adolescents and children. That award made me feel happy, excited and even more responsible.

On 2077-05-29, we, three different generations working in the field of children, first generation state assembly member, Vishnu Lamichhane, second generation, journalist Birdie Giri and third generation, I, Niruta Khatri interacted in the changed environment in the field of children yesterday and today on Radio Kawasoti and Darpan FM.

Similarly, my teenage empowerment program fellows along with Priya *Bahini*, Regina Gharti Magar and I had a discussion on the role of adolescents in reducing violence against women in a FM program called Law and Justice. Advocate Bhupendra Khanal was the moderator of the show.

The GEP encouraged me and helped me develop leadership as well as personality. The event made me feel more empowered to build a network with teenage friends like me who are willing and eager to end gender discrimination in society.

After participating in this program, I felt that the public sentiment that 'leadership and politics are for men, has changed and more girls' participation in leadership and sports programs is seen in our Devchuli municipality nowadays. Similarly, the general perception on menstruation as a curse is also gradually changing.

I would like to thank JCYCN, KANALLAN team, representatives of our Devchuli Municipality, schools from the bottom of my heart for organizing this event and for showing the way for many adolescent girls like me and our families for having faith in us and letting us work outside.

I am pretty confident that if such Girls Empowerment programs are conducted in different parts of Nepal like in Devchuli Municipality, they can help to end discrimination from the society. As a peer educator for the 3 years, I learned that this peer-to-peer practice helps the new generation to pass the knowledge to each other and understand different perspectives in the community.

■ Opportunity brought success after

Prabha Wagle

My name is Prabha Wagle from Devchuli 13, Daldale. Born in an ordinary family, I used to go to school and do my homework in a normal way. In class 9, I got an opportunity to participate in the training under the Girls Empowerment Programme (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. I, who couldn't put my thoughts in front of my teachers, after taking self-defense training, leadership development, child rights, girl's rights, various menstrual trainings, I was able to go to schools, toll and clubs and teach everything I learned.

I still didn't know how to talk openly about menstruation, but after the training, I got skills to share my knowledge. So far I have trained many friends from school and community to make sanitary pads from homemade clothes. This initiative was given such an importance that the training was shown in television too. Participation in this kind of trainings and workshops helped me to improve my studies also.

Now I can conduct the trainings based on my learning. I can express what I feel in front of others, to distinguish right from wrong and avoid violence. I am currently studying Plant Science. I would like to express my heartfelt thanks to JCYCN and KANALLAN for providing all these training sessions that empowered me.



■ My society and me

Sapana Poudel

Why does our community people who worships daughters as goddess Laxmi failed to realize that daughters are the future of the nation too? Is it a sin to be born as a daughter? Why can't we live our lives in our own happiness? I am from a small family where 2 daughters were born already and I was born as a third daughter where my parents gave birth to me in the hope of having a son. I grew up with time. I was involved in a children's club from an early age and used to participate in various programs and I was never told not to go somewhere by my family. I have always had the support from my family. Walking in children's clubs from an early age, I have participated in many training sessions too.

In the meantime I got an opportunity to participate as a peer educator in Girls Empowerment training organized by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN in our municipality. I participated first the self-defense training under this program. It was of 5 days of training that taught us the technique on self defence. Although I was involved in many trainings before, I found it different from other trainings. It has been practice.

Through the empowerment program, changes have come within me. A teenage girl from a small village like me was given the opportunity to go to a program called "Sakchhin Chhori", a television programme for the interview along with renowned women rights activist Bandana Rana. Short acquaintance with Mrs. Rana, I got inspiration to go to the field of journalism and I am now determined to be. I have started to write the articles and so far I have completed the three.

Under the empowerment program, we got opportunity to go to our municipality as a friend of the adolescent peer educators and submit a letter drawing attention to budget allocation in the adolescent sector. I also had the opportunity to provide training not only in my own municipality but also in neighboring municipalities.

Many of my well wishers had the fear that I would ruin my studies if I engaged much in the community work under the empowerment programme. Now everyone has the answer and answer is my academic performance as well as my work in the social field. It happened only because of the support from my family and teachers. If they wouldn't support me, I couldn't have come this far.

We participated in many training sessions under this program and learned many new things. Not only have I changed myself but I contributed to change my family, friends and society also. Through this program, I received training such as self-defense, trainer training, violence and abuse, menstrual training, good touch and bad touch, good writing. I participated in many events too.



One of the new aspects of this program was that I had to go to go our home, community and school to teach what we learnt in the programmes. It was difficult at the beginning to teach others but gradually I became used to. After participating in our programs, I saw the positive changes in many adolescent girls. All of them have become smart and confident to speak in front of others. Girls, who were ashamed of even saying menstruation, are now able to talk about menstruation in front of their friends and brothers.

I don't think there's anything more proud for an adolescent girl like me than to be known as a peer educator in the community. It's a pleasure to be a new, change-seeking adolescent girl in front of everyone today. JCYCN and KANALLAN have shown us the way and made it possible for us to make a difference in the society. We girls are thankful to you.

■ The dream of becoming a competent engineer

Sushma Pokhrel

I am a daughter raised in an ordinary family. In the time of limiting myself in the book knowledge, I got the opportunity to be a peer educator for this Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) with support of my school and family. The first day experience of the program was not very encouraging. Seeing the new place and new friends made me confused and felt why I was there. However, it was an important turning point of my life. Actually my journey of change began from that very day. Once I a shy girl have changed to be a confident peer educator for the girls' rights. Even though I had full support from home to join the campaign, our neighbors had always to say that girls were not supposed to do all these things as they were to made ready for household work too. They used to say these things in front of my family and speak out against this campaign. After hearing that, instead of being discouraged, I developed energy within to prove that I can be something as a daughter.

As the part of the campaign, I got the opportunity to train not only in the school and my own municipality but also in other municipalities. On the occasion of International Girls' Day, I got the opportunity to be a speaker in a live program on the voice of adolescent girls at Kawasoti Midpoint Radio. My voice was broadcast live on radio and social media. Everyone started praising me and even those who spoke against me started saying that this campaign was really good. My happiness knew no bounds.

Now the goal of my life is to become an exemplary girl. I have carried the goal and dream of becoming an engineer so that I can prove my villagers who think daughter cannot become an engineer, wrong. The 3-year girl's empowerment program has given me inspiration to dream and move forward. It has inspired the girls of the country and abroad to become capable daughters. Such campaigns should be carried out by the local level governments in the every corner of the country. I will carry out such a campaign along with my dream of becoming an engineer.



■ Changes in me

Santoshi Bhurtel

My name is Santoshi Bhurtel and I am studying in class 10 in Janajyoti Namuna Secondary School. My house is in good condition and everyone understands to each other. The Girls Empowerment Program (GEP) has started in our town and programs have been conducted by older sisters before us and I was very happy to participate in it.

After participating in the campaign, I got opportunity to participate in various trainings, which helped me to improve my personal abilities. I understand that it will only be better if we can move forward by believing in ourselves and accordingly we should also focus on programs targeted at adolescent girls.

The program was for a municipal level child's club network like us, the training that was given there and the topics were something we have never heard or seen before. We were in a condition where we can't even set a goal in our life, such programs have helped us to set goals of the life. All these activities have helped me to balance the school studies and the campaign as well as family. It was very difficult for me at the beginning of the training but after going to that training I found many teenage friends like me. It was very easy for me to speak. There were many other training sessions in that program. I went to new places and got training with new people. I taught everything I learned from these training sessions to my school and community friends. Girls Empowerment training also changed me a lot. My confidence and self-esteem has also increased.

As a peer educator, I am known to the people at ward, town and even in college. My learning is that if the girls get the opportunity in society, they can do anything that boys can do, just we need the supportive environment and cooperation by the family and community.



■ Capacity enhanced by opportunity

Nisha Sunar

My name is Nisha Sunar and I come from Devchuli-13, Devchuli. I am a peer educator of the Girls Empowerment Program (GEP) run by Jagriti Child and Youth Concern Nepal (JCYCN) and KANALLAN. I am 18 year old girl from a middle class family who grew up in a Dalit community. Being the first child in the family, the entire responsibility was on my shoulders. My parents had high hopes and expectations from me.

I have never been able to tell anyone what was in my mind or share my problems before. And after participating in the Girls Empowerment Program (GEP), I gained self-confidence to speak in front of others and do something in my life. I had just graduated from Plus 2 and started studying for graduation. Due to my keen interest in reading, my studies were good in class.

One day, while returning home from college, my cell phone started to ring. The call was from an unknown number. At first I was afraid to pick up the phone. After a while, I picked up the phone and said hello. The answer came from the other side, “Is Nisha speaking?” “You had filled out a peer educator form last week. Your name has been chosen. You have to attend school tomorrow.” After hearing the short message I filled with joy and came out from my mouth “Yes”. My happiness and joy knew no bounds. I felt like my life had taken a new turn and I had a new sense of responsibility.

I have been able to win the trust of fellow teachers and peers, that has made easier and simpler to run various programs with their help and support. This is how I became self-reliant and fearless through this program. I would like to express my heartfelt thanks to my parents, school teachers, Jagriti Child and Youth Concern Nepal (JCYCN) for this great opportunity to join GEP.





