

सफलताको कथा

Success Narritive

तोडिएका मौनताहरू

Shattering the Quiet



महिला तथा किशोरी
माथि हुने
हिंसा विरुद्ध लडाईं



प्रकाशन मिति

२०२४

प्रकाशक

दलित महिला केन्द्र नेपाल

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अन्यथा उल्लेख गरिएका बाहेक यस प्रकाशनमा प्रयोग भएका सम्पूर्ण तस्वीर तथा सामग्री दलित महिला केन्द्र नेपालका सामग्री हुन् र यसमा दलित महिला केन्द्र नेपालको हक लाग्नेछ ।

लेखक

अभिमन्यु मगराती (निरवी)

सम्पादन

साभना तोलाङ्गे

डिस्क्लेमर :

यो प्रकाशन युनाइटेड नेसनस ट्रस्ट फन्डको आर्थिक सहयोगमा गरिएको हो । यहाँ प्रतिबिम्बित सूचना तथा विचारहरूले यस संस्थाको आधिकारिक धारणालाई प्रतिबिम्बित गर्ने छैन र यसरी लिनु हुँदैन ।

बिषय-सूची

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प्राक्कथन



“दलित र सीमान्तकृत महिला र किशोरीहरूमाथि हुने हिंसा विरुद्ध लड्नको लागि संयन्त्र स्थापना गर्ने र स्थानीय सरकारका नीतिहरूको सुदृढीकरण गर्ने परियोजना ” जसलाई हामीले छोटकरीमा “महिला तथा किशोरीमाथि हुने हिंसा विरुद्धको लडाईं” परियोजना पनि भन्छौं, यो परियोजना दलित महिला केन्द्र नेपालले, युनाइटेड नेसन्स ट्रष्ट फन्डको आर्थिक र प्राविधिक सहयोगमा २०२१ जुनदेखि २०२४ जुलाईसम्म कार्यान्वयन गरेको थियो । यो परियोजना मधेश प्रदेशको बारा, पर्सा र सिरहा जिल्लाको १० वटा स्थानीय तहहरूमा दलित तथा सिमान्तकृत महिला तथा बालिकाहरूले आफूमाथि हुने सबै किसिमको लैंगिक हिंसा विरुद्ध सुरक्षाको अनुभव गरेको हुनेछन् भन्ने मुख्य लक्ष्यका साथ सञ्चालन भएको हो ।

यो तीन वर्षको अवधिमा दलित महिला केन्द्र नेपालले विभिन्न कार्यक्रमहरू सञ्चालन गरेको थियो । जसले आदिवासी, मधेशी, दलित समुदाय लगायत

अरु पछाडि परेका समुदायका महिलाहरूको आवाज वृद्धि भयो र सेवा खोज्ने व्यवहारमा परिवर्तन भयो । यो कुराको पुष्टी यस कार्यक्रममा सहभागी भएका महिला र किशोरीमा वृद्धि भएको आत्मविश्वास र चेतनाको आधारमा व्याख्या गर्न सकिन्छ । परियोजना अन्तर्गत कार्यक्रममा, स्वास्थ्यकर्मी, कलाकार, पत्रकार, स्थानीय तहका कर्मचारी, जनप्रतिनिधि, शिक्षक, प्रहरी, सांसद, राजनैतिक पार्टीका स्थानीय नेताहरू जोडिनुभएको थियो ।

यो पुस्तकमा हामीले यस परियोजनाबाट परिवर्तन महसुस गर्नुहुने केही प्रतिनिधी कथाहरूलाई समेटेका छौं । यी कथाहरूले परियोजनाको प्रभाव तथा सफलतालाई सही अर्थमा प्रतिबिम्बित गर्न सहयोग गर्नेछ भन्ने हामीले विश्वास लिएका छौं । आर्थिक र सामाजिक रूपमा उनीहरूलाई सशक्त बनाउन तथा उनीहरूलाई हिंसामुक्त बनाउन परियोजनाको भूमिका र महिला तथा किशोरीहरूले गरेको मिहेनेत नै यी सफलताका कथाका मुख्य कडी हुन् । मलाई विश्वास छ, यो पुस्तक स्थानीय तहका प्रतिनिधी तथा कर्मचारी, राजनितीज्ञ, महिला अधिकारकर्मी, सामाजिक अभियन्ता, अनुसन्धानकर्ता तथा नीति निर्माणकर्ताको लागि उपयोगी दस्तावेज हुनेछ ।

अन्त्यमा प्रकाशकको तर्फबाट यो परियोजना सम्पन्न गर्नको लागि सहयोगी भूमिका खेल्नुहुने दलित महिला केन्द्र नेपालका साथीहरू, स्थानीय सरकार, स्थानीय वासिन्दा, स्थानीय संघ संस्थाहरू तथा आर्थिक सहयोग प्रदान गर्नुहुने युएनटिएफलाई हार्दिक धन्यवाद व्यक्त गर्न चाहान्छु । यी कथाहरू बताएर हामीलाई सहयोग गर्नुहुने सम्पूर्ण लाभार्थीहरूलाई पनि हामी हृदयदेखि नै आभार व्यक्त गर्न चाहान्छौं ।

तेजेन्द्र लामा

कार्यकारी निर्देशक,
दलित महिला केन्द्र नेपाल
शंखमुल, काठमाण्डौ

संक्षिप्त शब्दावलीहरू

सिडिडब्लुएन	दलित महिला केन्द्र नेपाल
जेसी	लैंगिक समानता तथा सामाजिक समोवेशीकरण
जिबिभी	लैंगिकतामा आधारित हिसा
आरएम	गाउँ पालिका
युएनटिएफ	युनाइटेड नेसन्स ट्रस्ट फन्ड
भिडब्लु/जी	महिला तथा किशोरीहरूमाथि हुने हिसा

हिंसादेखि परामर्शदातासम्मको यात्रा



१. ज्योती चौधरी (३३), (नाम परिवर्तन गरिएको)
बारा

गा उँमा एकजना महिला थिइन, जो हिंसा पिडित भएर आत्महत्याको बाटो रोज्ने स्थितीसम्म पुगेकी थिइन । उक्त महिलाको अवस्थाको बारेमा ज्योतीलाई थाहा भयो । उनी ती महिलाको घरमा गइन । घरमा भएका हातहतियार, डोरी लगायतका सामानहरु बाहिर राखियो । त्यो राती ज्योती तिनै महिलाको घरमा बसिन् र श्रीमानको उपस्थितीमा ती महिलालाई सम्झाइरहिन् । हिंसाले हुने शारिरीक र मानसिक क्षति, पारिवारिक कलह, कानूनले दिने दण्ड आदि सबै बारे बुझाइसकेपछि ती महिलाका श्रीमानले आफ्नो गल्ती स्वीकारे र माफी मागे ।

यो त एउटा प्रतिनिधी घटना मात्र हो, ज्योतीले यस्ता २५ जति

घटनाहरूलाई सके मिलाउने, नसके न्यायिक समिति र प्रहरीमा पठाउने काम गरिसकिन् । तर ज्योती आफै पनि हिंसाबाट गुञ्जर परिवर्तनको लागि लडिरहेकी एक सामाजिक मनोपरामर्शदाता हुन् ।

आइ.ए. पढ्दै गर्दा २०६६ सालमा उनको विवाह भयो । पर्साबाट उनी बारा आइपुगिन् । विवाहपछि सबै कुरा परिवर्तन भयो । माइतीमा केहि कुराको जिम्मेवारी नलिएकी उनले बिहे गर्ने बित्तिकै परिवारको जिम्मेवारी लिनुपथ्यो । ससुराको दुईजना श्रीमती भएकै कारण उनी आफू चाहिँ चपेटामा परिन् । त्यति मात्र कहाँ हो र, श्रीमानले पनि दाइजोमा बाइक नलिइ आएको भनेर दिनहुँ कलह गर्न थाले । उनी घर व्यवहार चलाउनको लागि प्रौढ शिक्षा पढाउन थालेकी थिइन । र बेला बेलामा माइतीबाट पनि पैसा मागिरहेकी थिइन । हुन त बिहेमा केहि कोसेली, भाँडाकुँडा तथा तीस हजार रुपैयाँ पनि उनको बुबाले दिनुभएको थियो तर पनि परिवारमा दाइजोको कुरालाई लिएर कलह यथावत नै थियो ।

त्यहि बीचमा उनका दुई जना सन्तानहरु पनि जन्मिए । तर पनि हिंसा कम भएन । यसरी दशवर्ष बित्यो । एक दिन उनले छिमेकीहरुबाट थाहा पाइन कि गाउँमा दलित महिला केन्द्र नेपालको कार्यक्रम शुरु हुँदैछ । त्यसपछि उनको भेट भयो, शान्ति पासवानसँग । शान्ति पासवान कोल्हवी २ मा किशोरी युवा समूह गठन गर्ने तयारीमा थिइन । ज्योती उक्त युवा समूहको अध्यक्षमा चुनिइन् । त्यसपछि शुरु भयो उनको मनोसामाजिक परामर्शदाता बन्ने तालिम । दलित महिला केन्द्र नेपालले दिएको दश दिने तालिममा सहभागी भएर आएपछि उनले गाउँमा परामर्शदाता बनेर काम शुरु गरिन् । एक त आफैले भोगेको तितो अनुभव, अर्को सिकाइ । दुवै कुरालाई मिलाएर उनले महिलाहरुको मुद्दामा सहजीकरण गर्न थालिन् । उनकै घरमा पनि सासु र श्रीमानसँग छलफल गर्दै सहज

वातावरण बनाउने कोशिस गरिन् ।

बिस्तारै गाउँमा सबैले उनलाई चिन्न थाले । हिजोसम्म को हो को हो ठान्नेहरुले पनि उनलाई हेर्ने दृष्टिकोण बदलियो । श्रीमानले पनि उनको कुरालाई बुझ्न थाले । परिणाम स्वरूप उनको घरमा हुने कलह लगभग ठप्प भयो ।

दलित महिला केन्द्र नेपालमा आबद्ध भएपछि उनको व्यक्तिगत जीवनमा पनि निकै परिवर्तनहरु भए । पहिले महिला हिंसा हुँदा १०० मा फोन गर्ने कुरा मात्र थाहा भएकी उनलाई तालिमपछि महिला तथा बालिका हिंसा भित्र के के पर्छन् , त्यसको कानूनी बाटाहरु के के हुन, सब कुराको जानकारी भयो । उनले आत्मसुरक्षा, सूचनाको हक तथा प्रहरी र न्यायिक समितिसँग कसरी समन्वय गर्ने भन्ने विषयको तालिमहरु लिइन र ती सपहरू गाउँमा लागू गरिन् ।

उनी अहिले पनि किशोरी युवा समूहको अध्यक्षमा बसेर काम गरिन्छन् र युवाहरुलाई घर घरमै पुगेर काम गर्नका लागि पनि प्रेरित गरिन्छन् । उनले परियोजनाको अवधिभर मनोपरामर्शदाता को भूमिका त निभाइन् नै महिला तथा बालिका हिंसा विरुद्ध विभिन्न कार्यक्रम मार्फत पैरवी पनि गरिन् ।

उनी भन्छिन्, “म एकदम खुशी छु किनकी दलित महिला केन्द्रको कार्यक्रममा सहभागी भएर मैले म जस्ता धेरै महिलाहरुको समस्यामा मल्हम लगाउन सकें र यहाँ काम गर्दागर्दै मैले स्नातक पास गरें । अब म भविष्यमा पनि आफ्नो पढाइलाई अगाडि बढाउँदै महिला तथा बालिकामाथि हुने कुनै पनि खालका भेदभाव अन्त्य गर्न यो अभियानमा जोडिइरहेको हुनेछु ।”

महिला हिंसा अन्त्य गर्नको लागि पुरुषको भूमिका



२. गजेन्द्र चौधरी (४०)
करैयामाई गाउँपालिका-५, बारा

मा न्छेहरु गजेन्द्रलाई भन्ने गर्थे, “आफ्नो छोराछोरी छैन, अरुको छोराछोरीलाई चाहिँ सिकाउँदै हिँड्छ ।” यस्तो कुरा सुन्दा गजेन्द्रलाई निकै दुख लाग्थ्यो । उनले बिहे गरेको बीस वर्ष भयो । तर अहिलेसम्म पनि उनको सन्तान छैनन । गजेन्द्रलाई भन्दा पनि सन्तान नभएकोमा उनकी श्रीमतीलाई परिवार र समाजबाट अपहेलना हुन्थ्यो । श्रीमतीलाई भएको अपहेलना उनलाई मन परिरहेको थिएन । बीरगंजको ठाकुराराम क्याम्पसबाट आई.कम. पास गरेका उनलाई आफ्नो श्रीमती जस्तै अन्य धेरै महिलाहरु पनि हिंसामा परेका होलान् भन्ने लागिरहन्थ्यो । तर त्यसको समाधानको उपाय भेटिरहेका थिएनन् । बरु उल्टै उनी श्रीमतीलाई भन्थे , “चुपलागेर बस, सबैसाँग लडेर

सकिदैन ।” उनी गाउँपालिकाको न्यायीक समितिमा कार्यालय सहायकको रूपमा काम गर्छन् । उनले आउने मुद्धाहरु दर्ता गर्ने देखि छलफलको लागी समय मिलाइदिने काम गर्छन् । तर उनी आफै पनि कहिकतै हिंसाबाट पिडित थिए ।

त्यस्तैमा एकदिन उनलाई गाउँमा दलित महिला केन्द्र नेपालको कार्यक्रम आएको कुरा थाहा भयो । महिला तथा किशोरीमाथि हुने हिंसा विरुद्धको लडाइँ नामक उक्त परियोजनाको बारेमा सुनेपछि गजेन्द्र यसै यसै पुलकित बने । किनकी उनलाई गाउँमा जनचेतना कार्यक्रम जरुरी छ भन्ने लागेको थियो र त्यतिखेर गाउँमा कुनै कार्यक्रमहरु थिएनन् । कार्यक्रम आएपछि श्रृंगार सामग्रीको पसल चलाइरहेका गजेन्द्रले महिलालाई राम्रो बनाउने सामग्री बेच्नेमात्र हैन सचेत र शिक्षित बनाउने कार्यमा पनि पाइला अघि सारे । आर्थिक अवस्थाको कारण आइकमभन्दा बढी पढ्न नसकेका गजेन्द्र अब समाज पढ्न खोज्दै थिए ।

उनले लैंगिक समानता तथा सामाजिक समावेशीकरण, सूचनाको हकसम्बन्धि तालिम र लैङ्गिक हिंसा विरुद्ध जनचेतनामूलक न्यालीहरुमा मा सहभागिता जनाए । त्यसपछि गजेन्द्रलाई महिला हिंसाको बिषयमा अभ्र बढी थाहा भयो । विद्यालयमा हुने हाजिर जवाफ प्रतियोगिता, वादविवाद प्रतियोगिता देखि नारी दिवसमा न्यालीमा सहभागी हुने, कुनै कार्यक्रम गर्नुपन्थो भने सबै महिलाहरुलाई खबर गरेर जम्मा पार्ने कार्यमा गजेन्द्र अग्रसर हुँदै गए । गाउँमा भएका महिला हिंसा सम्बन्धी विवादहरुलाई मनोसामाजिक परामर्शदातासम्म पुर्‍याउन पनि उनले सहयोग गरे ।

गाउँमा किशोरी समूह गठन भएको छ । जसमा गजेन्द्रले सहयोगीको भूमिका निभाइरहेका छन् । पोस्टर पम्प्लेट टाँस्न होस् या अरु केही कार्यक्रम गर्न, गजेन्द्र किशोरी समूहमा पुगिहाल्छन् । उनी भन्छन्, “गाउँमा सूचना दिएर कामहरु गरिरहनुपर्छ । जानकारी परिवर्तनको एक हतियार हो । साथमा सीपमूलक तालिमको पनि आवश्यकता छ ।” उनलाई आज गाउँ समाजमा फरक तरिकाले हेरिन्छ । किशोरी, महिलाहरुले साथी सहयोगीको रुपमा हेर्छन् भने अन्यले एक जुभार पुरषको रुपमा ।

उनी थप्छन्, “गाउँघरमा भएको भेदभाव देख्दा मलाइ नराम्रो लाग्छ । मेरो बिचारमा महिला पुरुष बराबर हो । म एकजना पुरुष, मैले मेरो ठाउँबाट सहयोग गर्दा महिलामाथि भएको हिंसा अन्त्य गर्न सकुंला कि भनेर म यो सत्कार्यमा लागिरेको छु ।”



गाउँघरमा भएको
भेदभाव देख्दा मलाइ
नराम्रो लाग्छ । मेरो
बिचारमा महिला पुरुष
बराबर हो । म एकजना
पुरुष, मैले मेरो
ठाउँबाट सहयोग गर्दा
महिलामाथि भएको
हिंसा अन्त्य गर्न
सकुंला कि भनेर म यो
सत्कार्यमा
लागिरहेको छु ।

धकलाई हटाएर शहरमा काम गरिरहेकी पुनम



३. पुनम मण्डल

अध्यक्ष, धनगढीमाई किशोरी समूह, धनगढीमाई नगरपालिका, सिरहा

के हि बर्ष पहिले पुनम मण्डल घरबाट निस्कँदैन थिइन् । निक्लीहाले पनि उनलाई डरले सताइरहन्थ्यो । कसैसँग बोल्ने र आफ्नो कुरा राख्ने आँट थिएन । एक दिदी, एक दाइ र आफू गरेर तीनजना छोराछोरी तथा बुबा र आमा भएको परिवारमा पुनम मण्डल जेनतेन पढिरहेकी थिइन । परिवारको अवस्था सुधार्न बुबा वैदेशिक रोजगारीमा गएका थिए । परिवारको आर्थिक कारणले पनि पुनमलाई पढाइ छाड्ने कि अगाडि बढाउने भन्ने दुविधा भइरह्यो । एक त पुनमलाई परिवारबाटै छोरी भएकै कारण अब धेरै पढ्न हुन्न र बाहिर पनि निस्कनुहुन्न भन्ने दबाब थियो । त्यसमाथि उनी आफैँमा पनि आँटको कमी थियो ।

त्यसैबीच उनको दिदीको विवाह भयो । दिदीको विवाहपछि उनलाई पनि

विवाहको कुराहरु आए । तर त्यहि समयमा गाउँमा दलित महिला केन्द्र नेपाल र युनाइटेड नेसनस ट्रस्ट फन्डले गठन गरेको किशोरी समूहमा उनी अध्यक्षको जिम्मेवारी सम्हाल्न आइपुगिन् । त्यसपछि पुनमको यात्रा किशोरी तथा महिलाहरुको मुद्धा बुझ्नातिर र उनीहरुले भोग्नुपरेको समस्या अन्त्य गर्नातिर मोडियो ।

उनले संस्थाले आयोजना गरेको आत्मसुरक्षा, लैंगिक समानताको तालिमहरु लिइन् । त्यहाँ उपस्थित सर तथा म्यामहरुको कुरा सुनेपछि, अरुको सफलताको कथाहरु सुनेपछि पुनम मण्डलमा पनि म केहि गर्न सक्छु भन्ने आत्मविश्वास पलाएर आयो । उनी भन्छिन्, “तालिमपछि महिला तथा किशोरीमाथि हुने हिंसा रोक्नु पर्छ र रोक्न सक्छु भन्ने लाग्यो । ”

उनले गाउँमामात्र हैन आफ्नो घरमा पनि छोरी भएकै कारण फरक व्यवहार भोगिरहेकी थिइन । परिवारमा, विशेषगरी बुबाले उनलाई अब छोरीले नपढे हुन्छ, छोरी भएर घरबाहिर निकल्न हुँदैन भनेर समाजमा चलेको चलनको निरन्तरता दिइरहेका थिए । तर पुनमलाई तालिम सिकाउने म्यामहरु जस्तै अगाडि बढ्नु थियो । समाजका अन्य दिदीबहिनी र दाजुभाइजस्तै प्रगती गर्नु थियो ।

त्यसैले उनले बिस्तारै घरको सदस्यहरुलाई सम्झाईन् र घरको चौकट नाघेर केही गर्न थालेकी थिइन ।

अहिले किशोरी समूहका सदस्यहरु सँग सँगै उनी पनि गाउँगाउँ जान्छिन् । मानिसहरुलाई भेला गर्छन् । लैंगिक हिंसा, बालविवाहको बारेमा किशोर किशोरी तथा अभिभावकहरुलाई सम्झाई बुझाई गर्छन् । त्यसका साथै जानकारीमुलक पोस्टर पम्प्लेट टाँस्ने, पढ्न विद्यालय नजाने किशोरीहरु र उनका अभिभावकलाई सम्झाउने काम पनि पुनम मण्डल तथा उनको समूहले गरिरहेको छ ।

अहिले उनको काम हेरेर, उनमा बढेको आँट देखेर उनको परिवार उनी प्रतिनिकै सकारात्मक भएको छ । ब्याचलर गरिरहेकी उनलाई हेरेर उनका बुबाआमा पनि गर्व गर्छन् । उनी भन्छिन्, “म पाहुना आउँदा पनि डराएर बोल्दीनथें तर आज किशोरी तथा महिलाको आवाज सुनिरहेको छु र विभेद विरुद्ध लडिरहेको छु । म आफैं ट्राभल तथा टुरको अफिसमा काम गरेर पढिरहेको छु र भविष्यमा पनि यो समाजसेवाको काम छोर्दिन । किशोरी तथा महिलामाथि हुने विभेद विरुद्ध आवाज उठाइरहन्छु ।”



सासु बुहारी नै तालिममा सहभागि भएपछिको परिवर्तन



४. निरु (२६), (नाम परिवर्तन गरिएको)
पर्स

पर्स जिल्ला स्थित पटेर्वा सुगौलीकी निरु, सासु ससुरा, श्रीमान, आफ्ना दुई छोरा छोरीका साथमा बस्छिन् । उनको नौ कक्षामा पढ्दा पढ्दै बिहे भयो । बुबाआमाको आर्थिक स्थिती कमजोर हुनाको कारणले उनले त्यसभन्दा अघि पढ्न सकिनन् ।

विवाहपछिको जिन्दगी सोचेजस्तो भएन । सासुले दाइजो किन ल्याइनस भन्दै विवाद भिक्न थालिन् । र दिनप्रतिदिन यो कुरा निकै बढ्दै गयो र भगडा हुन थाल्यो । निरुलाई घरमा बस्नसम्म अप्ठ्यारो हुन थाल्यो । यहि कुरा उनले आफ्नो श्रीमानलाई भन्दा उनीचुपचाप बस्थे । भलै उनको श्रीमानले मुख खोलेर दाइजो चाहियो भनेर कहिल्यै भनेनन् ।

निरु गाउँकै बोर्डिङ स्कूलमा पढाउँथिन । त्यहाँ उनले नर्सरी तथा के.जी.का बच्चाहरूलाई पढाइन् । अलिअलि पैसा कमाएपनि जुन हिंसा उनीमाथि भएको थियो त्यो निरन्तर जारी थियो । छोराछोरी पाएपछि उनी पढाउन जान सकिनन् । छोराछोरीलाई हुर्काउने क्रममा पनि उनले दाइजो नल्याएको निउँमा निकै गालीगलौजहरु सहनुप्यो ।

एकदिन उनको परिवारमा हुने कलहको बारेमा दलितमहिला केन्द्र नेपालको कार्यक्रममा सहभागी भएर सामाजिक मनोपरामर्शदाता बनेकी गुड्डी चौधरीले थाहा पाइन् । गुड्डीले निरुलाई गएर भेटिन् र उनको बारेमा सबै कुरा बुझिन् । त्यसपछि निरु र उनको सासु दुवै जनालाई दलित महिला केन्द्र नेपालले दिएको लैंगिक सम्बेदनशिलता सम्बन्धी तालिममा सहभागी गराइन् । निरुको सासुलाई परामर्श पनि दिइन् । निरुले त आत्मरक्षा सम्बन्धी तालिम पनि लिएकी छिन् ।

तालिमपश्चात निरु र सासुबीच कुराकानी हुन थाल्यो । उनले सासुलाई सम्झाइन् भने सासुले पनि कुरा बुझ्दै गइन् । दाइजोको कारणले धेरैका घरबार उजाडिएको घटनाहरूको उदाहरणले सासुलाई पनि आफ्नी बुहारीलाई किन मैले यतिका वर्ष कचकच गरें हुँला भन्ने महसुस भयो । त्यसपछि उनको जीवनमा बिस्तारै खुशीको आगमन भयो । अहिले उनी निकै खुशी छिन् र गाउँमा महिला दिदीबहिनीहरूलाई आफ्नो कथा सुनाउँछिन् । महिला हिंसाको बारेमा छलफल गर्नुपर्छ र बोल्नुपर्छ भन्ने कुरा सुनाउँछिन् । हाल उनको श्रीमान काठमान्डुमा कपडा सिलाएर बस्छन् । त्यहाँबाट पठाएको पैसाले निरुले घर व्यवहार चलाउँछिन् र आफ्ना बच्चाहरूलाई पढाउँछिन् । उनी भन्छिन्, “छोराछोरी बढे, अब म आयआर्जनको केहि काम गर्छु र महिला दिदीबहिनीको न्यायको लागि काम गरिरहन्छु”



हिंसामा परेका महिलाहरूको सहारा बन्न सकुं



५. सविता (३५), (नाम परिवर्तन गरिएको)
पर्स

सवितालाई मकैखेतमा भेटिँदा उनी मकैका पातहरू बाख्राको लागि काट्दै थिइन् । उनले सानोमा पढ्न पाइनन् । अहिले उनी यस्तै खेतीपातीको काममा व्यस्त रहन्छिन् र सँगै ३ छोरी र एक छोरालाई पनि हुर्काउँदैछिन् । उनका श्रीमान बीरगंजमा मजदुरी गर्छन् । अहिले उनी आफ्ना सासुससुराको भन्दा फरक घरमा छुट्टीएर बस्छिन् र दुई छोरीहरूलाई राष्ट्रिय माध्यमिक विद्यालयमा पढाइरहेकी छिन् । उनी जीवनको यो मोडमा आएर खुशी छिन् तर यस अधिका आठ वर्ष उनका दिनहरू दुखमै बिते ।

विवाहपछि सबितालाई दाइजो नल्याएको निहुँमा सासुससुराबाट हिंसाको शुरुवात भयो । जब उनले दुई छोरीहरू लगातार पाइन, त्यतिखेर त भन्नु छोरो

नभएकोमा उनले निकै पिडादायक दिनहरू भोग्नुपऱ्यो । गाउँका मानिसहरूले पनि छोरी(छोरी जन्माएकोमा सबिताको मजाक उडाए । सासु ससुराले पनि दुर्व्यवहार गरिरहे । उनका श्रीमान चुपचाप नै रहे । त्यसपछि एक छोरोको जन्म भयो र तत्पश्चात फेरि एक छोरीको । तर त्यसपछि पनि छोरीहरू बढि पाएको बाहानामा उनीमाथि दुर्व्यवहार भइरह्यो ।

त्यस यता गाउँमा २०२१ मा दलित महिला केन्द्र नेपालको कार्यक्रम शुरु भयो । गाउँमा किशोरी समूह गठन भयो । उक्त समूह गुड्डी चौधरीको नेतृत्वमा थियो । त्यहाँ समूह गठन गर्ने क्रममा सबिता पनि पुगिन् । त्यतिखेरसम्म साबरा सासुससुरासँग छुट्टीएर बसिसकेकी थिइन् । समूहमा रहने क्रममा सबिता एकदिन दलित महिला केन्द्र नेपाललले दिएको तालिममा सहभागी हुन पुगिन् । उक्त तालिम उनको लागि एउटा मोड साबित भयो जसले उनलाई आफू हिंसामा परेकी रहेछु भनेर महसुस मात्र गराएन अब अगाडि कसरी पाइला चाल्ने र समुदायमा भएको हिंसा र अन्य खालका भेदभावहरू कसरी अन्त्य गर्ने भन्ने कुरा पनि सिकायो ।

तालिमपछि उनले आफ्नो श्रीमानसँग समस्याको बारेमा मुख खोलिन् । सासुससुरा र केहि आफन्तहरूले आफूलाई हेपेर छोरीहरू पाएको निहुँमा, दाइजो नल्याएको निहुँमा हिंसा गरेको बताइन । तर श्रीमानले त्यो समस्याको कुनै उपाय निकालेनन् बरु बुढा भएको बाउआमासँग चुप लागेर बस्न सुझाए । त्यही बीचमा उनले गुड्डी चौधरीलाई समस्याको बारेमा खुलेरै भनिन् र उनकै सहयोगमा सासु ससुरा र श्रीमानसँग छलफल भयो । गुड्डीले छोरा र छोरीमा भेदभाव गर्न नहुने भन्दै छोरीहरूले छोरा भन्दा राम्रो कामहरू गरिरहेको उदाहरण दिदै सबैलाई सम्झाइन् । त्यसपछि सासु ससुराले केहि भनेनन् ।

अहिले सबिता आफ्ना साना छोरा र छोरीलाई विद्यालय पठाउने तयारीमा छिन् । उनी गाउँमा कसैले छोरा छोरीबीच विभेद गरे भने सम्झाउन सक्ने भएकी छिन् । उनी भन्छिन्, “म आजभोली गाउँमा छोरा र छोरीलाई समान व्यवहार, समान शिक्षा दिनुपर्छ भनेर अभियानमा लागेकी छु । म जस्तै अरु पनि हिंसामा परेका महिलाहरूको सहारा बन्न सक्छु, यही मेरो चाहना छ ।”



म आजभोली गाउँमा
छोरा र छोरीलाई
समान व्यवहार, समान
शिक्षा दिनुपर्छ भनेर
अभियानमा लागे
की छु । म जस्तै अरु
पनि हिंसामा परेका
महिलाहरूको सहारा
बन्न सक्छु, यही मेरो
चाहना छ ।

नागरिकता बनेपछिको खुशी



६.देवी (२५), (नाम परिवर्तन गरिएको)
पर्सो

देवी प्रायः जसो घरको काममा व्यस्त हुन्छिन् । कहिलेकाहीँ मेलापात जान्छिन् । उनीहरूको खासै जग्गा छैन । एक धुर जग्गामा टाउको ओत्तको लागि सिर्फ एउटा सानो छाप्रो घर मात्रै छ । उनको श्रीमान जंगलबाट दाउरा ल्याएर गाउँमा बेच्छन् र त्यहीँबाट आएको पैसाले उनीहरूको घर चल्छ ।

बिहे हुँदा उनी केवल १७ वर्षको थिइन् । उनी कहिल्यै पनि विद्यालय गएकी छैनन् । परिवारको न्यून आर्थिक अवस्थाको कारण काम गरेर जिविकोपार्जन गर्नमा नै समय बित्थ्यो । बिहे भएर आउँदा घरमा सासु, ससुरा, दुई नन्द, एक देवर थिए । सासुले तेरो श्रीमानले कमाउँदैन त हामी कसरी तैलाइ खुवाउने भनेर गाली गरिरहन्थिन् । श्रीमानले पनि रक्सी खाएर

आएर कुटिरहन्थे । देवी सम्झीन्छीन्, “मेरो नागरिकता थिएन, गाउँमा केहि सहयोग लिनुपन्थो भने नागरिकता चाहिन्थ्यो तर कसैले पनि मेरो नागरिकता बनाइदिएन । बिहे भएर आइसकेको थिएँ । एक छोरी र छोरा भइसकेको थियो । तैपनि नागरिकता बनिरहेको थिएन । बालबच्चाको जन्मदर्ता थिएन । एकदम बिजोग थियो हाम्रो । ”

गाउँमा दलित महिला केन्द्र नेपालको किशोरी र महिलामाथि हुने हिंसा बिरुद्धको लडाइँ परियोजना लागू भइसकेको थियो । त्यसमा गीता चौधरीको अध्यक्षतामा किशोरी समूह गठन भई काम शुरू भइसकेको थियो । उक्त कुरा थाहापाएकी देवी रुँदै(रुँदै गीताको घरमा पुगिन् र आफ्नो दुखेसो पोखिन् । उनको कुरा सुनेपछि गीता साँच्चै भावविह्वल बनिन् र देवीको घरमा पुगिन् । देवीको श्रीमान भेटिएनन् । सासु ससुराले देवीको नागरिकता बनाउने कुरालाई बेवास्ता गरिरहे । तर गीताले हार मानिनन् ।

उनले देवीको बुबा, सासससुरा र श्रीमानलाई सँगै राखेर छलफल गरिन् । त्यस छलफलमा उनले नागरिकता बनाउँदा फाइदा के हुन्छ भनेर सोध्दा सासु ससुरा र श्रीमान केहि बोल्न सकेनन् । गीताले नागरिकता बनाउँदा गाउँमा आउने सरसहयोग पाइने, सहकारी लगायत ब्यांकमा खाता खोल्न सकिने , गाउँपालिकाले दिने तालिममा सहभागि हुन पाइने जस्ता अनगिन्ती फाइदाहरु बताइदिइन । उक्त कुराले देवीका सासु ससुरा र श्रीमान सकारात्मक भए । त्यसको दुई दिनमै देवीको नागरिकता बन्यो । नागरिकता बनेपछि बच्चाबच्चीको जन्मदर्ता भयो । देवी आज भोलि निकै खुशी छिन् । उनको छोराछोरी दुवै कक्षा १ मा पढ्छन् । उनी भन्छिन्, “मेरो छोराछोरी राम्रोसँग पढिरहेका छन् उनीहरुको लागि सहज जीवन जिउने वातावरण बनाउन म यस परियोजनाको उद्देश्य सँगसँगै अगाडि बढिरहेकी छु”

देवी थप्छिन् , “पहिला मलाइ धेरै गाह्रो भएको थियो । अहिले मलाई जिन्दगीप्रति अलि आशा छ, खुशी पनि छु । श्रीमानले पनि हिंसा गर्नुहुन्न भन्ने बुझेका छन् र मलाइ हिंसा गर्न छाडेका छन् । । दलित महिला केन्द्र नेपालको कार्यक्रम निरन्तर चलोस् र हामीजस्ता महिलाहरुको स्थितीमा सुधार ल्याओस् , मैले चाहेको यति मात्रै हो ।



मेरो नागरिकता थिएन,
गाउँमा केहि सहयोग
लिनुपन्थो भने नागरि
कता चाहिन्थ्यो तर
कसैले पनि मेरो नागरि
कता बनाइदिएन ।
बिहे भएर आइसके
को थिएँ । एक छोरी र
छोरा भइसकेको थियो
। तैपनि नागरिकता
बनिरहेको थिएन ।
बालबच्चाको जन्मदर्ता
थिएन । एकदम बिजोग
थियो हाम्रो ।

उमेरले नछेकेको समाजसेवा



७. गीता चौधरी (२५)

मनोसामाजिक परामर्शदाता, पटेर्वा सुगौली, पर्सा

गीता चौधरी २५ वर्षकी भइन् तर उमेरले सानै भएपनि उनी योगदान र अनुभवले पाको बनि सकिन् । उनले ब्याचलरसम्मको पढाइ सकाइन् र अहिले उनी शिक्षक सेवा आयोगको तयारीमा लागेकी छिन् । उनी सानै उमेरदेखि सामाजिक सेवामा लागि रहिन् र भविष्यमा शिक्षक बने पनि सामाजिक सेवालार्इ निरन्तरता दिने सोच बनाएकी छिन् ।

गीताले पहिले गाउँमा आफु पनि पढ्दै र दिव्य युवा क्लवमार्फत किशोरीहरुलाई पढाउने काम गर्थिन् । त्यहि क्रममा उनी सानो तिनो विवादहरु मिलाउने काम गर्थिन् । यही क्रममा गाउँमा दलित महिला केन्द्र नेपालको कार्यक्रम लागू भयो र त्यसको लागि पटेरवा सुगौली गाउँपालिकाको

उपाध्यक्षको नजरमा परेकी गीताको नाम सिफारिश भयो । गीताले पनि जब कार्यक्रमको बारेमा बुझिन् तब महिला तथा किशोरी हिंसा विरुद्धको अभियानमा जुट्ने सोच राखिन् । उनलाई संस्थाले गर्न लागेको समाजसेवाको हिस्सेदार बन्ने रहर पलायो । उनी प्रगतीको लागि एकता किशोरी तथा महिला समूहको अध्यक्ष बनिन् र दलित महिला केन्द्र नेपालले संचालन गरेको विविध तालिमहरूमा सहभागी बनिन् । उनी संस्थाले सञ्चालन गरेको दश दिने मनोपरामर्शकर्ताको तालिममा पनि सहभागी भईन् । त्यस तालिममा गीताले पिडित महिलाहरूलाई कसरी सहयोग गर्ने, उनीहरूसँग कसरी व्यवहार गर्ने, कसरी बोल्ने ? उनीहरूको मनको कुरा कसरी सुन्ने भनेर सिक्किन् । जसले गर्दा रक्सी खाएर श्रीमानले पिट्ने, घरबाहिर निकलन नदिने, परिवारले आर्थिक अधिकार नदिने महिलाहरूको मुद्दाहरू मिलाउन उनलाई सजिलो भयो । उनले हालसम्म ३० भन्दा बढि केशहरू मिलाएकी छिन् । समूहमा भएका किशोरीहरूलाई उनीहरूका बुबाआमाले दलित महिला केन्द्र नेपालले आयोजना गरेको आत्मसुरक्षासम्बन्धी तालिममा जान दिइरहेका थिएनन् । त्यसबेला हरेक किशोरीको घरमा पुगेर गीताले उनीहरूको परिवारलाई सम्झाइन् र छोरीहरू बाहिर पठाउनको लागि विश्वस्त बनाइन । तालिममा पुगेका किशोरीहरूले महिला हिंसाको विषयमा जानकारी र आत्मसुरक्षासम्बन्धी सीप सिके । उनीहरूले घरमा आएर अरुलाई तथा आमालाई पनि उक्त कुरा सिकाए ।

उनले समाजमा काम गर्दै जाँदा एकजना बहिनी आएर आफूलाई बुबाले पढ्न जान नदिएको बारे गुनासो पोखिन् । उनले ती बहिनीको अभिभावकलाई भेटेर सम्झाइन् । बहिनीले पढ्दा उनकै भविष्य उज्यालो हुने र बुढेसकालमा अभिभावकको सहयोगी बन्न सक्ने बताउँदै गीताले निकै दिन धाएर सम्झाएपछि ती बहिनी फेरि विद्यालय जान लागिन् । अहिले उनी कक्षा सातमा अध्ययन गर्दैछिन् । अहिले पनि गीता ती बहिनीलाई भेट्छिन् र खुशीहरू साटासाट गर्छिन् ।



**सानै उमेरदेखि सामाजिक से
वामा लागि रहिन् र भविष्यमा
शिक्षक बने पनि सामाजिक से
वालाई निरन्तरता दिने सोच
बनाएकी छिन् ।**

गीता सधैं जसो अरुको कुरा सुन्न र उनीहरूका समस्या समाधान गर्न व्यस्त रहन्छिन् । यस्तैमा, एकदिन उनलाई भेट्न सीतादेवी आइन् र आफ्नो नागरिकता नभएको र बच्चाहरूको जन्मदर्ता पनि बनाउन नपाएको गुनासो पोखिन् । उक्त कुराले शुरुमा त गीता दुखी भइन् र कसरी मिलाउने होला भन्ने चिन्ताले उनलाई सताइरह्यो । त्यसपछि उनले सीतादेवीको बाउ, सासुससुरा र श्रीमानलाई सँगै राखेर निकै दिन सम्झाइन् । उनले भनिन्, “नागरिकताले सीतादेवीलाई राज्यले दिने हरेक सहयोग पाउन सजिलो हुन्छ, छोराछोरीको जन्मदर्ता बनाउन सजिलो हुन्छ, तपाईंहरूको केहि जाँदैन, आजै बनाइदिनुस् ।” त्यसको भोलिपल्टै परिवारले सीतादेवीको नागरिकता बनाइदियो । गीता त्यो दिनको खुशी शब्दमा बयान गर्न सक्दिनन् ।

उनी थप्छिन्, “म यो समाजसेवा कहिल्यै पनि छोड्दिन । शिक्षक बनेपनि समाजमा मेरो यो काम निरन्तर भइरहन्छ । मेरेपछि पनि केहि मान्छेहरूले मलाई सम्झीरहुन् ।

महिला हिंसा बिरुद्धको अभियानमा सक्रिय मधेशकी बूहारी



द. शर्मिला बिष्ट महतो (३२)
उपाध्यक्ष, सखुवा प्रसौनी गाउँपालिका

“लैंगिक हिंसा अबै पनि हाम्रो गाउँमा व्याप्त छ । यसको लागि द्रुत गतिमा काम गर्न ढिला भइसकेको छ ।” यति भनेपछि शर्मिला एकछिन घोरिइन् र दलित महिला केन्द्र नेपालको सहयोगमा बनेको लैंगिक समानता र सामाजिक समावेशीकरण (जेसी) नीति पल्टाइन्, जुन नीति गाउँपालिकाले उनकै पहलमा पास गरेको थियो । यो नीतिले गाउँपालिकालाई महिला सशक्तिकरण कसरी गर्ने भन्ने कुराको मार्गदर्शन गरेको छ । सो अन्तर्गत बजेट छुट्याइएको छ । शर्मिलाको एउटा पहलले हाल गाउँपालिकाको कार्यक्रमहरु महिलामैत्री देखिएका छन् । गाउँपालिकाको यो निर्णायक तहसम्म पुग्न र यो पदमा बसेर लैंगिक हिंसा रोक्ने काम गर्नका लागि उनले तय गरेको यात्रा

निकै उल्लेखनीय छ ।

सर्लाहीको नवलपुरमा जन्मीएकी शर्मिला पढाइको सिलसिलामा वीरगंज पुगिन् । त्यहाँ उनले व्यवस्थापन संकायमा स्नातक पास गरिन् र कम्पनीमा जागिर शुरु गरिन् । पढाइको सिलसिलामा भेटिएका एक साथीसँग बिहे गरिन् । पहाडी समुदायकी शर्मिला र मधेशी समुदायका उनका श्रीमानबीचको विवाहले दुई समुदायलाई जोड्न एउटा कोशेढुंगाको काम गर्‍यो । उनीहरूको एउटा छोरो जन्मिए । हाँसी खुशी वीरगंजमा जीवन चल्दै थियो , ससुराका तर्फबाट घरमा बोलावट आयो । जब उनी सखुवा परसौनी पुगिन तब थाहा भयो कि ससुरा आफ्नो बुहारी शर्मिलालाई उपाध्यक्ष पदबाट चुनावमा उठाउन चाहान्थे । शर्मिलाको माइतीमा कहिल्यै कसैले राजनीति गरेनन् । र शर्मिलालाई पनि राजनीतिबारे थाहा थिएन । तर पढेलेखेकी बुहारीबाट यो गाउँमा केहि परिवर्तन होस् भन्ने ससुराको चाहाना थियो । शर्मिलालाई पनि पैसा कमाएर खानु मात्र जीवन हैन , केहि गर्न पाए हुन्थ्यो भन्ने लागेर ससुराको कुरालाई मानिन् । उनको श्रीमानले पनि शर्मिलालाई सघाए । चुनाव आउनु २ महिना अघिबाट शर्मिला वीरगंज छोडेर गाउँ बसिन र सबैको समस्या बुझ्न थालिन् । चुनाव भयो र जनता समाजवादी पार्टीबाट शर्मिलाले उपाध्यक्ष पदमा बाजी मारिन् ।

त्यस यता शर्मिलाले गाउँमा महिला हिंसा रोक्नको लागि काम गरिरहेका र महिला सशक्तिकरणको लागि काम गरिरहेका संस्थाहरूसँग सहकार्य गर्दै महिलाको हितमा कार्यहरूलाई अगाडि बढाइन् । दलित महिला केन्द्र नेपालसँगको सहकार्यमा विविध कार्यक्रमहरू आयोजना गरिन् । नारी दिवसमा विद्यार्थी, शिक्षक शिक्षिका, गाउँपालिकाको परिवार, अगुवाहरूसहित

गाउँगाउँ घुम्ने र छलफल गर्ने कार्यक्रम भइरहेको छ । संस्थाले गाउँपालिकालाई महिला हिंसा न्यूनीकरणको लागि गर्नुपर्ने कार्यहरूको बारेमा बोध गराएको छ ।

गाउँपालिकाको अन्य काम र कर्तव्यहरूसँगै महिला हिंसा न्यूनीकरणको अभियानमा अग्रसर रहेकी शर्मिला गाउँपालिकाको न्यायिक समितीको अध्यक्ष छिन् । महिला हिंसा सम्बन्धी मुद्दा कमै आउने भएपनि आएका मुद्दाहरूलाई कि त त्यहिँ कि त प्रहरीमा पठाएर मिलाउने काम हुन्छ । अहिले दलित महिलाकेन्द्र नेपालले कानूनी सल्लाहकार उपलब्ध गराएपछि उनलाई आउने मुद्दाहरू किनारा लगाउन निकै सहज भएको छ । उनी खुशी हुँदै सुनाउँछिन् , “हामीलाई कानूनको बारेमा निकै कम जानकारी हुन्छ । कानूनी सल्लाहकार उपलब्ध हुँदा हामीलाई मुद्दाको छलफल गर्न निकै सजिलो भएको छ । अहिले मैले चार पाँच वटा मुद्दाको सवालमा कानूनी सल्लाहकारसँग छलफल गरिसकेँ । गाउँपालिकासँग बजेट नभएको अवस्थामा संस्थाले गरेको यो सहयोग निकै उल्लेख्य छ । उहाँहरूलाई धन्यवाद । ”

हाल गाउँपालिकाका पुरुष तथा महिलाहरूले शर्मिलालाई हेर्ने दृष्टिकोण नै फरक भएको छ । कहाँ कहाँबाट आएकी बुहारीले के समाज बुझेकी होली भन्ने सोचमा परिवर्तन आएको छ । शर्मिलाको अन्य काम र घुम्तोभित्रका महिलाहरूको जीवनस्तर उठाउन उनले गरेको प्रयासले उनको छवीलाई भनै उज्यालो बनाइदिएको छ । उनी भन्छिन् “मेरो यात्रामा धेरै खालका सहयोग गरेर यो तहसम्म मलाई ल्याइपुऱ्याउन भुमिका खेलेकोमा दलित महिला केन्द्रलाई हृदय देखि नै धन्यवाद व्यक्त गर्न चाहान्छु ।”

सेवा दिँदादिँदै व्यक्तिगत जीवनमा आएको परिवर्तन

९. महानन्द प्रसाद साह

प्रहरी हवलदार, ईलाका प्रहरी कार्यालय, धनगढीमाई नगरपालिका, सिरहा

महानन्द साहको घर पर्सा जिल्लाको पोखरिया नगरपालिका वडा नम्बर १० मा पर्छ । हाल उनी ईलाका प्रहरी कार्यालय धनगढीमाई, सिरहामा कार्यरत छन् । उनी सुरुवा भएर यस कार्यालयमा आएको एक वर्ष भइसकेको छ । यस बीचमा महिला हिंसाका विभिन्न समस्याहरु प्रहरीमा आइसकेका छन् । निवेदन दिन चाहने तर लेख्न नजान्नेहरुलाई पनि प्रहरीहरुले सहयोग गरेका छन् । उनी भन्छन्, “प्रहरीको नियम अनुसार प्रहरीले मुस्कान सहितको सेवा दिन्छ र घटनाको वास्तविकता बुझ्न थाल्छ । आजकल महिलाका मुद्दाहरु निकै गहिरीर अध्ययन हुने पनि गरेको छ । म पनि यस्ता खालका घटनाहरुको गहिरीर अध्ययन गर्ने भएको छु । तर यो अवस्था त्यतिकै भन्ने आएको हैन । दलित महिला केन्द्र नेपालद्वारा दिएको तालिम यसको एक प्रमुख कारण हो । म सँगसँगै मेरा सहकर्मी साथीहरुले पनि



यो तालिम लिएर व्यवहारमा उतारेको मैले पाएको छु ।”

दलितमहिला केन्द्र नेपालले दिएको लैंगिक समानता तालिममा सहभागिता जनाइसकेपछि महानन्द साहको महिलाहरूको मुद्धा हेर्ने दृष्टिकोण नै बदलियो । उनले तालिममा महिला हिंसा, महिला हिंसाका परिणामहरू, लैंगिक समानता जस्ता विषयमा बुझ्ने मौका पाए । हाम्रो समाजमा महिलाहरूलाई कुन(कुन) रूपमा हिंसा भइरहेको छ र महिलाहरू किन बोल्न सकिरहेका छैनन् भन्ने कुरा पनि महानन्दले पहिल्याउने मौका पाए । यसको फलस्वरूप अहिले जति पनि पिडित महिलाहरू आउँछन्, ती सबलाई आरामसँग राखेर उनीहरूको प्राथमिक उपचार गर्नुपर्ने भए गरेर, घटनाको बारेमा बिस्तृत रूपमा बुझेर र विशेष प्राथमिकतामा राखेर कारबाही प्रक्रिया शुरु गरिन्छ ।

उनको विचारमा, यस कार्यले गर्दा उजुरी दिन आउने महिलाहरूले पनि निकै सहज महसुस गर्छन् भने प्रहरीसामु आफ्नो कुरा निर्धक्क भएर भन्न सक्छन् । महिलाको तर्फबाट स्पष्ट कुरा आइसकेपछि प्रहरीलाई आफ्नो प्रक्रिया अघि बढाउन पनि सहज भइरहेको छ । महानन्द भन्छन्

“यो तालिमले प्रहरीमा धेरै प्रभाव पारेको छ । यस्तो तालिमहरू सबै जनप्रतिनिधीहरूलाई दिइनु जरुरी छ । उहाँहरूकोमा न्यायको लागि उजुरीहरू पनि धेरै नै पर्छन् । अब धेरै स्थानीय तहहरूमा त वकिलहरू पनि छन् । यो तालिमको खाँचो उहाँहरूलाई पनि छ ।”

महानन्द महिलाहरूको मुद्दालाई समाधान गर्न पाउँदा निकै खुशी देखिन्छन् । उनले दर्जन बढी मुद्दाहरूलाई आफ्नो हिसाबले मिलाउने वा अदालत पुर्‍याउने काम गरिसकेका छन् । यो बीचमा उनी आफ्नो पनि बानी व्यवहार परिवर्तन भएको स्वीकार्छन् । उनी अनुहार हँसिलो पाउँथे, “ मैले तालिम लिएपछि उक्त तालिममा सिकेको कुराहरू घरमा पनि लागू गरिरहेको छु । श्रीमतीसँग मिलेर खाना बनाउने, कपडा धुने काम गर्छु जुन काम म पहिले श्रीमतीको मात्रै हो भन्ने ठान्थे । त्यसैगरि मेशमा खाना बनाउने सिपाहीलाई पनि सम्मानका साथ व्यवहार गर्छु र उनीहरूलाई प्याज काट्न, लशुन केलाउन, तरकारी काट्न र अन्य काममा पनि सघाउँछु । मेरो व्यक्तिगत परिवर्तन र काम गर्ने शैलीमा भएको परिवर्तनको लागि म दलित महिला केन्द्र नेपालको सबै टिमलाई धन्यवाद दिन चाहन्छु ।”



सडक नाटकको प्रभाव

१०. सुदिक्षा यादव

विद्यार्थी, जनता मा.वि., धनगढीमाई नगरपालिका, सिरहा

सुदिक्षा यादव अहिले १६ वर्षकी भइन् । उनको घर धनगढीमाई नगरपालिका, सिरहामा पर्छ भने उनी त्यहीँको जनता माध्यमिक विद्यालयमा कक्षा १० मा अध्ययनरत छिन् । उनको घरमा बुबा आमा भाइ र बहिनी छन् । बुबा आमा खेती किसानी गर्छन् भने भाइ बहिनी पनि पढिरहेका छन् ।

उनी जबदेखि बुझ्ने भइन, भाइ र आफूमा बुबाआमाले केहि फरक व्यवहार गरेको देखिरहेकी थिइन । भाइलाई राती अबेरसम्म बाहिर खेल्न दिँदा उनलाई दिइँदैन थियो । उनलाई अरुको घर जाने मान्छे भनेर भाइलाई भन्दा फरक व्यवहार गरिन्थ्यो, कतै जानुपथ्यो भने पनि भाइलाई भन्दा बढी सोधपुछ हुन्थ्यो । यस्तो कार्य उनले समाजमा अरुको घरमा पनि देखेकी थिइन । उनी भन्छिन्, “मैले मेरो समाजमा छोरालाई बोर्डिङ र छोरीलाई सरकारी विद्यालयमा



पढाएको पनि देखेको छु । छोरीले दिनभर काम गरेर आउँदा साँझमा एक गिलास दुध माग्दा, भाइलाई वा दाइलाई देउ, तिमी नखाउ भनेर भन्ने घरपरिवार पनि देखेको छु । तर यो के हो भन्ने कुरा बुझेको थिइन ।”

यही क्रममा एकदिन विद्यालयमा दलित महिला केन्द्र नेपालको कार्यक्रम पुग्यो र उक्त कार्यक्रम अन्तर्गत विद्यालय र केहि ठाउँहरूमा सडक नाटक देखाउनुपर्ने थियो । उक्त सडक नाटकको लागि विद्यार्थीहरूबाटै पात्रहरू चयन गर्ने निर्णय भयो तर उपयुक्त र खेलन इच्छुक पात्रहरू पाइएको थिएन । त्यस्तैमा सुदिक्षा यादव नाटक टोली भएको ठाउँमा पुगेर आफू नाटक खेलन इच्छुक रहेको बताइन् । नाटकका संयोजकले सुदिक्षाको इच्छाशक्ति देखेर बिना हिचकिचाहट नाटक खेलाउन राजी भए । त्यस नाटकको लागि सुदिक्षाले निकै दिन रिहर्सल पनि गरिन् ।

जब नाटक देखाइयो , तब सुदिक्षाले साथीहरू र गाउँका मानिसहरूबाट प्रशंसा बढुलिन् । नाटकमा उनले दुई पात्रको भूमिका निभाएकी थिइन् । एउटा शिक्षिका र अर्को सानै

उमेरमा भागी विवाह गर्ने केटीको । भागी विवाह गर्ने केटीको कथा चाहिँ बालविवाह गरेपछि त्यसले पारेको असरमाथि केन्द्रित थियो । उनले नाटकमा गरेको अभिनयले धेरैले शिक्षा पाए भने उनी स्वयंले पनि धेरै कुरा सिकिन् । उनी भन्छिन् , “मलाइ महिला हिंसा , बालविवाहको असरबारे खासै थाहा थिएन तर जब नाटक खेलें तब महिला हिंसाको बारेमा जान्ने र अरुलाई पनि बुझाउने अवसर पाएँ । बालविवाह गर्नुहुन्न भनेर सिकें ।”

अहिले उनी मानिसहरूलाई छोरा छोरीबीच भेदभाव नगर्न सुझाव दिन्छिन् भने आफ्ना साथीहरूलाई बुबाआमाको इच्छा पूरा गर्न विद्यालयमा तडकभडक गर्ने भन्दापनि पढ्ने भावनाले आउन पर्छ भन्ने सल्लाह दिन्छिन् । भविष्यमा पनि महिलाहरूको हक अधिकार र सम्मानको लागि लड्ने र महिलाहरूलाई जनचेतना जगाउनको लागि कार्य गर्ने लक्ष्य बोकेकी सुदिक्षा दलित महिला केन्द्रले सञ्चालन गरेका यस्ता कार्यक्रमहरू विद्यालय र गाउँमा आइरहँदा आफूहरूलाई निकै फाइदा पुगे र आइरहनु पर्ने बताउँछिन् ।



सिकाईद्वारा सहज जीवन



११. ज्ञानमायाँ (३२), (नाम परिवर्तन गरिएको)
बारा

ज्ञा

नमायाँ माभूमी १४ वर्षकी थिइन जब उनको विवाह भयो । उनी विवाह गरेर सासु, ससुरा, देवर, जेठाजु जेठानी लगायत आठजना भएको परिवारमा गइन् । त्यहाँ उनले सकेको काम गरिन् । खाना बनाउँदा भात गीलो वा सारो भयो भने पनि मायाँको शरिरमा सासु, ससुरा, जेठानी वा श्रीमानको हात बज्रिन्थ्यो । भैंसी, बाख्रालाई घाँस काट्न जाँदा अलिकति ढिला भयो भने पनि उनलाई गालीको वर्षात हुन्थ्यो । यस्तो अवस्थाबाट उनको जीवन गुज्रिरह्यो । उनलाई सानोमा विवाह गर्न मन त थिएन तर गाउँले, समाजले उनको बाउआमालाई छोरी जवान भइसकी, फेरि भाग्ली भनेर यति दबाव दिए कि उनले बिहे नगरी सुखै पाइनन् । बिहे गरेपछि उनले दुखको पहाडलाई

सहनुपय्यो । श्रीमानले हप्तैपिच्छे कुटिरहे । देउरानी जेठानीले पनि हात हाले । पछि उनले दुईजना छोराहरु जन्माइन् । जो अहिले ११ कक्षा र दश कक्षामा अध्ययनरत छन् ।

उनको सासुससुराको मृत्युपछि उनी देउरानी जेठानीसँग छुट्टिएर बसिन् । अनि भने उनले केहि चैनको सास फेरिन् तर श्रीमानसँगको भगडा सकिएको थिएन् । प्राय श्रीमानको रिसको शिकार बनिरहन्थिन् उनी । त्यही क्रममा एकदिन उनको भेट मनोसामाजिक परामर्शदाता शान्ति पासवानसँग भयो । उनी त्यतिखेर दलित महिला केन्द्र नेपालको महिला तथा किशोरीमाथि हुने हिंसा विरुद्धको परियोजना अन्तर्गत गाउँमा महिला समूह बनाइरहेकी थिइन् जसमा हिंसाबाट प्रभावित महिलाहरु सहभागी भइरहेका थिए । त्यसको खबर एकाएक ज्ञानमायाँले पाइन् र समूहमा सहभागिता जनाइन् । समूहमा सहभागी भए लगत्तै ज्ञानमायाँले दलित महिला केन्द्र नेपालले आयोजना गरेको आत्मसुरक्षा तालिममा भाग लिइन् । त्यस तालिमले उनले कसरी ज्यानको सुरक्षा गर्ने लगायत महिला हिंसा भनेको के हो ? बालविवाह भनेको के हो ? यसका असर के(के हुन् भन्ने जस्ता कुराहरु सिक्ने मौका पाइन् ।

त्यसपछि ज्ञानमायाँले गाउँकै काउन्सिलर चाँदज्योती

चौधरीको परामर्शमा आफ्नो श्रीमानलाई छलफलमा ल्याइन् । छलफलबाट उनको श्रीमानले पनि आफूले गरेको गल्तीको महसुस गर्दै अबदेखि भै(भगडा नगर्ने प्रण गरे । अहिले दुई वर्षदेखि मायाँ हाँसीखुशी जीवन बिताइरहेकी छिन् । उनी आजकल निकै खुशी देखिन्छिन् ।

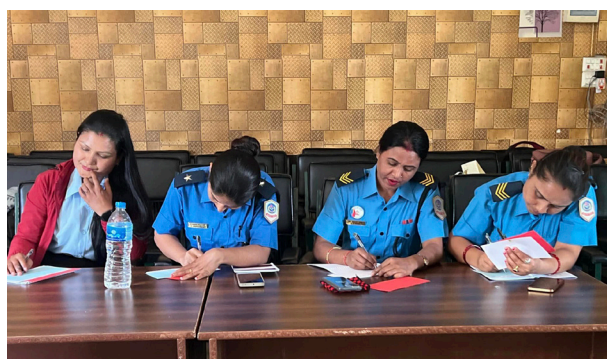
उनी अहिले संस्थाले आयोजना गरेको हरेक कार्यक्रममा सहभागी हुन्छिन् । नारी दिवस र मानव अधिकार दिवस लगायत अन्य कार्यक्रमहरुमा भाग लिने, च्यालीमा भाग लिने जस्ता कार्यहरु गर्दै आइरहेकी छिन् । उनले भैसी पालेकी छिन् । बाख्रा पालेकी छिन् । उनी खेतबारीमा काम गर्छिन् । शरिर त थाक्छ तर उनको मन थाकेको छैन किनकी आजकल उनको श्रीमान काठमान्डुमा फर्निचर कारखानामा काम गर्छन् र महिनैपिच्छे घरखर्च पनि पठाउँछन् । उनी भन्छिन् , “दलित महिला केन्द्र नेपालको कर्मचारीहरु भेटेर खुशी लाग्यो , जसको कारणले म अहिले पहिले भन्दा फरक जीवन बाँचिरहेको छु । आजकल म गाउँलेहरुलाई भै(भगडा नगर्न र छोरीहरुलाई आफूलाई जस्तै सानोमा बिहे नगरिदिन सल्लाह दिन्छु । ” ज्ञानमायाँ अहिले जीवनको यो घडीमा धेरै कुरा सिकेको र आफ्नो जीवन सहज भएको महसुस गर्छिन् ।



कार्यक्रममा केही भलकहरू



सूचनाको हक सम्बन्धी तालिमका सहभागीहरू ।



लैंगिक संवेदनशिलता तालिममा सहभागी महिला प्रहरीहरू ।



सूचनाको हक सम्बन्धी तालिममा सहभागी भएर आफ्नो कुरा राख्दै नरहा गा.पा.का उपाध्यक्ष गुलावदेवी चौधरी ।



महिला तथा बालिका माथि हुने हिंसा विरुद्धको सडक नाटक ।



लैंगिक संवेदनशीलता तालिममा सहभागी प्रहरीहरु ।



महिला तथा बालिका माथि हुने हिंसाविरुद्ध शुन्य सहनशीलता विषयक छलफलका सहभागीहरु ।



महिला तथा बालिका माथि हुने हिंसा अन्त्यका लागि पुरुषहरुको भूमिका विषयक अन्तरक्रियाका सहभागीहरु ।



महिला तथा बालिका माथि हुने हिंसाको बहुआयामिक प्रभाव अन्त्य गर्न स्थानीय तहका राजनीतिज्ञहरुको भूमिका विषयक कार्यक्रमका सहभागीहरु ।



महिला तथा बालिका माथि हुने हिंसा न्यूनीकरणमा पुरुषहरुसँगको सहकार्यबारे अन्तरक्रिया कार्यक्रमलाई सहजीकरण गर्दै जेसी विशेषज्ञ सर जोशी श्रेष्ठ ।



महिला तथा बालिका माथि हुने हिंसाको बहुआयामिक प्रभाव अन्त्य गर्न सांसद् हरूको भूमिका विषयक कार्यक्रमका सहभागीहरु ।

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FOREWORD



I am pleased to share that the Centre for Dalit Women Nepal (CDWN) has successfully completed the project titled “Establish Mechanisms and Strengthen Sub-National Policies to Combat Violence Against Dalit and Marginalized Women and Girls (combat VAW/G).” This project, which took place in the Siraha, Bara, and Parsa districts of Madhesh Province, played a key role to uplift the women's social, mental and emotional state by aiming to emancipate the women and girls from violence.

The project started in June of 2021 and ended in July of 2024. This project was implemented by Centre for Dalit Women Nepal (CDWN) with the financial and technical support of United Nations Trust Fund (UNTF). It has led to a noticeable increase in the voices

raised and service-seeking behavior among women and girls from indigenous groups, Madheshi communities, ethnic minorities, and Dalit communities. This is evidenced by the improved confidence and awareness of girls, boys, women, and men leading to the reporting of incidents of violence and abuses.

Throughout the project, CDWN successfully sensitized health workers, artists, journalists, government officials, local representatives, teachers, police professionals, and community leaders. Additionally, psycho-social counselors across the three districts provided counseling to approximately 300 survivors of violence, assisting them in accessing social justice and overcoming mental and emotional challenges.

This publication serves as evidence of the project's success, showcasing the firsthand experiences of how it has strengthened the capacities, knowledge, and lives of marginalized women and girls at the local level. I believe this publication will be a valuable resource for women, activists, local level representatives and officials, politicians, academicians, researchers and policy makers.

Finally, on behalf of the publisher, I extend my heartfelt appreciation and gratitude to the CDWN team, UNTF, community members, beneficiaries, local governments, and all contributors for their invaluable support and commitment to the successful execution of this project.

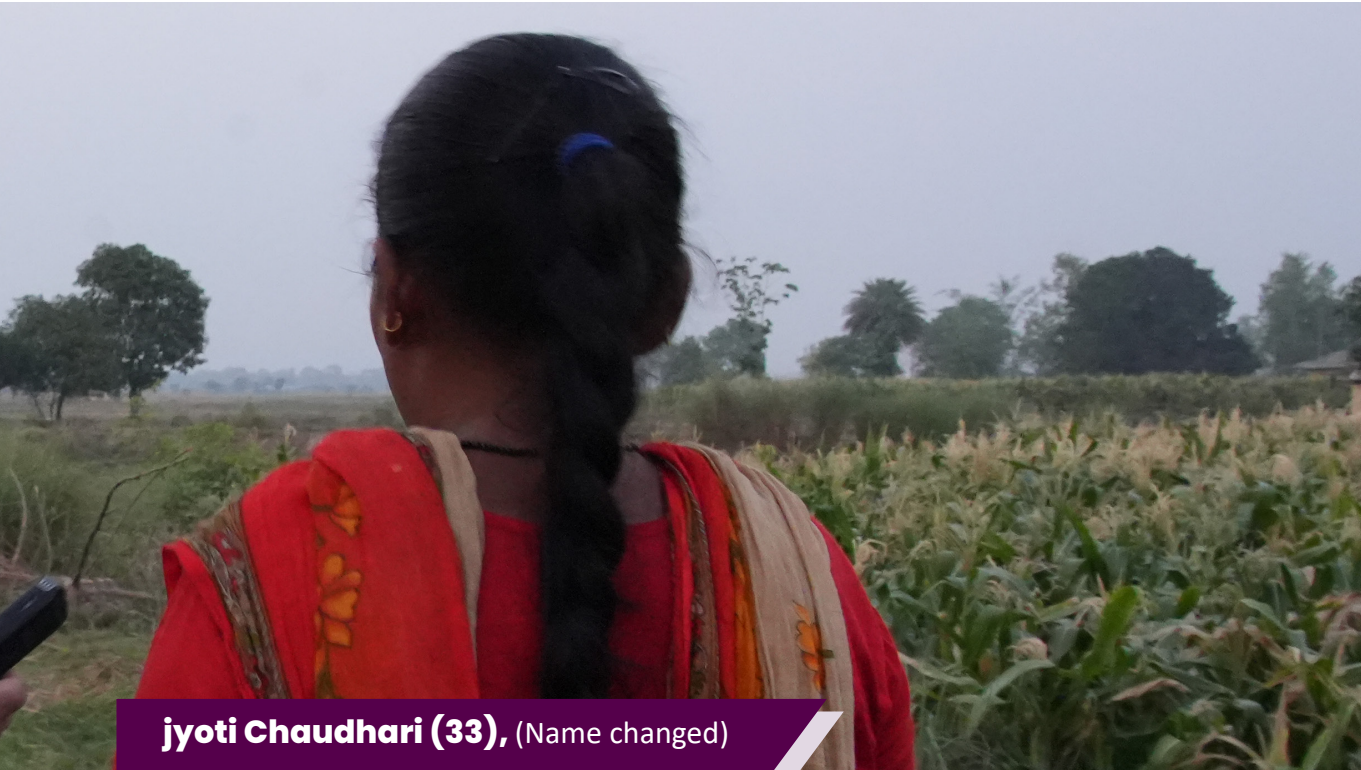
Tejendra Lama

Executive Director,
Centre for Dalit Women Nepal (CDWN)

ABBREVIATIONS

CDWN	Centre For Dalit Women Nepal
DV	Domestic Violence
GESI	Gender Equality and Social Inclusion
GBV	Gender Based Violence
RM	Rural Municipality
UNTF	United Nations Trust Fund
VAW/G	Violence Against Women and Girls

TRANSFORMING PAIN INTO PURPOSE: HER JOURNEY FROM VIOLENCE TO PSYCHO-SOCIAL COUNSELOR



jyoti Chaudhari (33), (Name changed)

Bara

Jyoti witnessed a serious incident, where a woman in her village had been severely victim of violence and was about to contemplating suicide. Jyoti went to the victim's house and removed potentially harmful items, including a rope and domestic weapons. She stayed overnight in the woman's place providing continuous counseling to both the woman and her husband. She explained the impact of violence on physical and mental health, conflict arises in family relationships, and the legal consequences of such actions. As a result, the woman's husband realized his mistakes and apologize.

That was just a representative incident, meanwhile, she

handled over 25 cases. Moreover, she supported violence survivors to choose a legal way that includes arbitration, going to the local judicial committee or to the police station. Despite going through a long hard journey as a violence survivor, she continued her voyage towards the change which led her to become a psycho-social counselor.

She was a high school student when she got married and moved from Parsa to her husband's home in Bara district, where she has since lived in Kolhawi. Everything changed after her marriage; she suddenly faced unfamiliar household responsibilities that were far different from what she experienced at her mother's home. Compounding her challenges were the dynamics of living with her father-in-law's two wives. She endured verbal accusations from her husband about the dowry, which created further tension. In response to these difficulties and to help manage household expenses, she began teaching adult literacy classes in her community. Despite receiving kitchen utensils and 30,000 rupees as dowry from her father, disputes over the dowry continued to create discord within her family.

In the meantime, she gave birth to two children, but violence persisted in her life. After ten years, she learned from a neighbor about a project initiated by the Centre for Dalit Women Nepal (CDWN). She then met Shanti Paswan, a psycho-social counselor from CDWN, who was forming a female youth group in Kolhawi. Jyoti seized the opportunity to become the group's chairperson, a pivotal step that set her on the path to becoming a psycho-social counselor. She completed a ten-day training program in psycho-social counseling, gaining the skills necessary to begin counseling in her village. Drawing from

her personal experiences and her formal training, she effectively addressed women's issues, starting with counseling sessions for her own family members, including her husband and mother-in-law. This marked the foundation of her professional journey. Gradually, everybody knew in her village and started seeking her help to resolve the problems in their family. The perspective of her family members towards her also changed. Her husband also began to understand her. As a result, conflict within her family almost came to an end.

After engaging at CDWN, there were various changes in her life. Previously, she only knew that, somebody must call at 100 to report gender-based violence. After the training, she knew a lot about violence against women and girls including definition, and the legal provisions. She also received training on self-defense, the right to information, and the judicial committee training to address VAW/G and implemented the skills.

She still continues to serve as the chairperson of the female youth group, and reach out to youth visiting door steps to motivate them to fight against violence. Throughout the duration of the project, she became generous counsellor. Together with her counselling services, she also advocated against violence against women and girls through various programs. Reflecting on her own experience, she said, "I am extremely happy because by engaging at various programs of CDWN, I have been able to solve the problems of many women like me. I have passed my bachelor degree while working here. In the future, I will continue my higher study and this noble campaign with the aim to elimination all kinds of discrimination against women and girls. Moreover, I will turn my pain into purpose."

GAJENDRA: A BEACON OF HOPE AGAINST GENDER BASED VIOLENCE



2. Gajendra Chaudhari (40)

Karaiyamai Rural Municipality, 5

People use to say to Gajendra, "He doesn't have his own children, but he walks around teaching children of other's". Gajendra felt hearbroke to hear this. He has been married for 20 years, but still they are not blessed with the child. His wife was dispised by the members of family and society for not having children. He did not like the violence done to his wife. While studying I.Com. degree at Thakur Ram Campus at Birgunj, Gajendra use to think, "how many of women like my wife face discrimination? Though he couldn't find an appropriate solution. Instead, he advised his wife to remain silent-"You cannot fight with everyone" Gajendra works as an office assistant for the Judicial Committee of the

Rural Municipality. He supports to register the different cases and makes schedules for arbitration. But, he himself been a victim of violence in a way.

Gajendra learned that CDWN had launched a "Combat Violence Against Dalit and Marginalized Women and Girls (combat VAW/G)" project. He was extremely happy to hear this initiation, because he always knew that there is urgent need for awareness-raising programs in his village. At the time, he was running a cosmetic shop too. He didn't just sell beauty products to women and girls; he also took steps to educate them to fight for gender inequality which was deeply pervasive in the society. Gajendra could not continue his education after high school due to financial situation, but now, he is trying to study society. Gajendra participated in training on gender equality, social inclusion, the right to information, and judicial mobilization, significantly enhancing his understanding of violence against women and girls (VAW/G). He became actively involved in various awareness-raising events, such as rallies, quiz contests, and speech competitions in the community and local schools. In addition, Gajendra played a crucial role in informing the community about these events and mobilizing women and other residents to participate. He has also been assisting survivors of violence in accessing services provided by judicial committee, psycho-social counselors and police department.

The situation of the village has been improved with the formation of an adolescent girls' group, and Gajendra is playing a supportive role to mobilize them. He actively participates in their programs and helps paste posters and notices in public places. He stated, "Information is a powerful weapon for change, so I work to spread it throughout the village. Along with information, skill-based training is also essential." Nowadays,

he is perceived differently in the village: women and adolescent girls see him as their supporter, and others acknowledge him as a fighter for justice.

He added, "It saddens me to witness discrimination in the village. I strongly believe that, men and women are equal. I wish to be a beacon of hope against Gender-based Violence."



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PUNAM: BREAKING HESITATION FOR VIOLENCE FREE SOCIETY



3. Punam Mandal

Chairperson, Dhangadhiimai Adolescent Girls' Group, Dhangadhiimai Municipality Siraha

A few years back, Punam rarely left the house due to her fear of stepping outside. When she did venture out, she felt scared and lacked the confidence to speak with others or share her feelings. As an average student, she lived with her brother, sister, and parents in a modest household. Her father worked abroad to support the family, as they faced economic difficulties. Punam often felt torn between quitting or continuing her education due to the financial strain at home. Within her family, she encountered many challenges, as they believed a daughter

shouldn't venture outside or pursue further studies. This environment contributed to her struggles with low self-esteem and confidence. Meanwhile, her sister got married. After wards, Punam received several marriage proposals. Around the same time, she had a significant opportunity to join an adolescent girls' group as a chairperson established by CDWN and funded by the United Nations Trust Fund. From this defining moment, her journey shifted towards understanding the issues faced by women and adolescent girls in the village.

Punam actively engaged in self-defense and gender equality training organized by CDWN. She felt confidence, after hearing the session from trainers and similar story from other adolescent girls. Reflecting on her experience, she expressed, 'The training enlightened me on the urgency of stopping violence against women and adolescent girls and I felt empowered to take action accordingly.

She faced inequality not only in the neighbors but also from the family member. Her father kept saying "girls must stop going outside and discontinue the education." He wanted to maintain the social legacy and behavior


towards daughters. But Punam had great aspirations to become a respected person like her female training facilitators who empowered her. She gradually started stepping out from household chores and from the walls of house to start a journey of change.

Nowadays, members of the adolescent girls' group visit communities and bring people together. They educate them about gender-based violence and child marriage. They also share insightful information, distribute posters and pamphlets about violence and harmful social practices. Moreover, they orient the dropout adolescent girls and her family to resume the school.

With her enhanced self-esteem, Punam's family has changed their attitude and become more supportive. Her parents take pride in her educational journey toward earning a bachelor's degree. Punam shared, "I used to feel afraid when guests came to my home, but now I'm speaking out against violence toward women and girls. I'm balancing work and studies, and I want to continue supporting society through volunteer efforts in the future. I will keep raising my voice against all forms of discrimination faced by women and girls."



WE STAND UNITED FOR CHANGE



4. Niru (26), (Name changed)

Parsa

Niru lives in Paterawa Sugauli Rural Municipality of Parsa district of Madhesh Province with her in-laws, husband, and two children. She got married while she was studying in grade 9. She couldn't continue her education due to her family's poor economic situation. After marriage, her life was fraught with challenges. Her mother-in-law caused disputes, accusing her of bringing insufficient dowry. These tensions with her mother-in-law had escalated into fighting, which created a very difficult situation for her to live at home. Though she shared her pains

with her husband, he always remained silent. Nevertheless, he never demanded dowry from his own words.

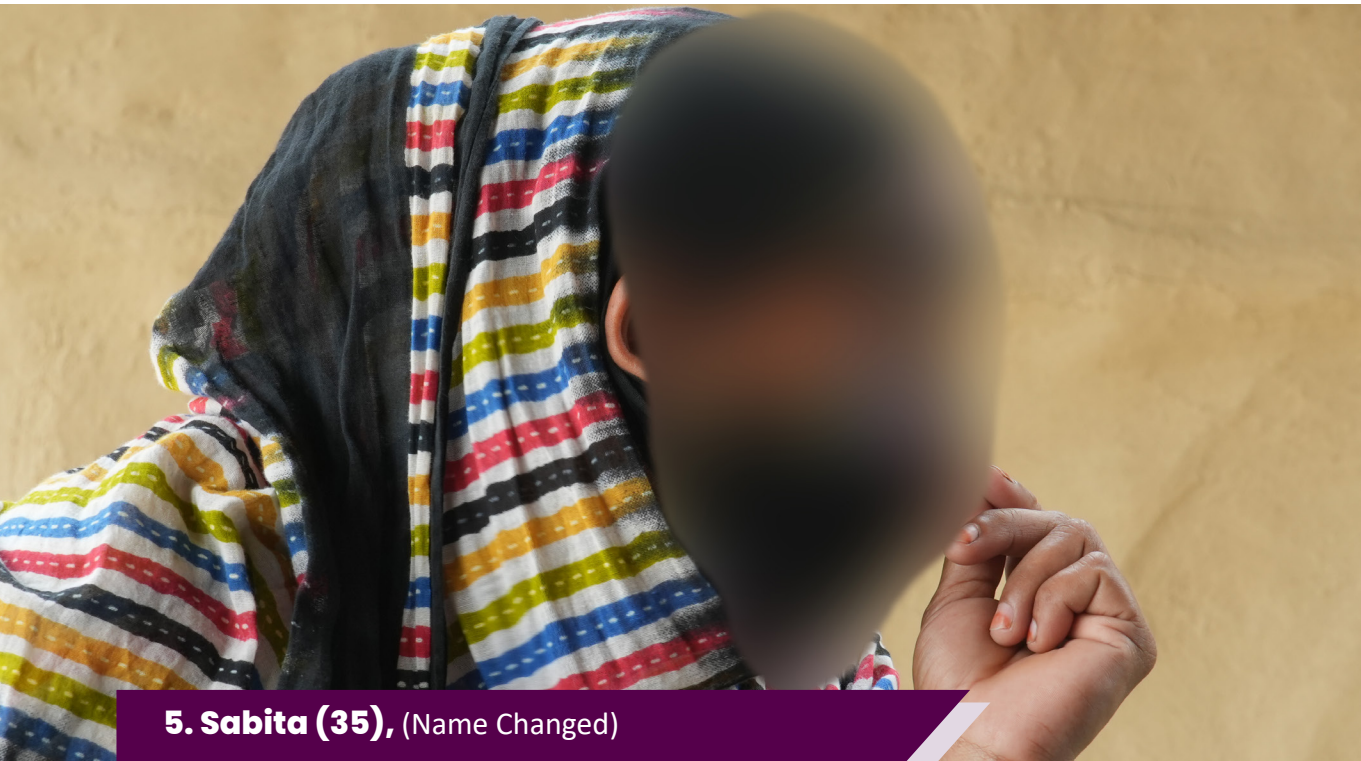
Niru worked as a Montessori teacher in her community, playing a crucial role in the growth and development of children. Although she earned some income, she continued to face violence in her life. After giving birth, she had to leave her job to care for her children, which unfortunately led to an increase in the violence she experienced. Guddi Chaudhary, a psycho-social counselor trained by CDWN, learned about Niru's situation and decided to visit her to gather more information. After assessing the situation, Guddi arranged for both Niru and her mother-in-law to participate in gender sensitivity training. Additionally, Niru took part in self-defense training to empower herself further.

After participating in the training, Nirmala's relationship with her mother-in-law improved

as they began to communicate more openly. Nirmala counselled her mother-in-law why dowry is taken as a form of violence and how it is affecting their family relationship. Her mother-in-law realized her misbehavior to her and apologized as well. Gradually, Niru's life has been changed, and she became happier. Nowadays, she is happy and shares her story with her peers, encouraging them to discuss and find solutions to gender-based violence in the village. Her mother in law and shed decided to stand together to change the society. Currently, her husband lives in Kathmandu, running a tailoring shop and sending money for household expenses. Niru manages the household expenditure and invests in their children's education with this money. Regarding her children's education, she expressed, "I will start a new income-generating activity after my children grow up. I will continue supporting women and girls in their quest for justice in the future as well."



STANDING TOGETHER WITH SURVIVORS OF VIOLENCE



5. Sabita (35), (Name Changed)

Parsa

When I met Sabita, she was busy cutting maize leaves in the field for her goats. She never had the chance to go to school and spends her days working the land while raising her four children—three daughters and one son. Her husband works as a laborer in Birgunj, and Sabita lives separately with her in-laws. Despite the challenges, she tirelessly works to support her children’s education at the local school. Though the past eight years have been filled with struggle and pain, she is now finding moments of happiness.

After getting married, Sabita faced violence from her father-in-law because of not having dowry from her parents. She

was also particularly victimized for not giving birth to a son, after having two daughters. The villagers also insulted and dominated her for this reason. Her in-laws regularly committed violence against her, at the situation her husband remained silent, never intervening. A few years later, she gave birth to a son and another daughter, but she continued to suffer violence for having three daughters.

In 2021, Center for Dalit Women Nepal (CDWN) initiated a project in the village and established an adolescent girls' group led by Guddi Chaudhari. Leaders from local level reach out to her to engage in project activity. She also became a member of self-help group. Her involvement in the group provided her with opportunities to attend training such as gender-based violence and self-defense organized by CDWN. This training became a turning point in her life, helping her recognizing the severe violence she had faced and gained insights for future actions against to combat against the violence and other kind of social discriminations prevalence in society.

After receiving the training, Sabita opened up to her husband about the violence she had faced from her in-laws and relatives due to not giving birth to a son and for bringing less dowry. Instead of offering a solution, her husband suggested that she stay silent. Feeling frustrated, Sabita reached out to Guddi Chaudhari, the leader of her group, and shared her struggles. Guddi arranged a discussion with Sabita's in-laws and husband to address the issues. During the conversation, Guddi emphasized the importance of treating sons and daughters equally, sharing inspiring stories of daughters who had achieved great success. This dialogue led to a positive shift in Sabita's in-laws' attitudes toward her.

Nowadays, Sabita is planning to send her children to school and has become empowered to counsel others about treating sons and daughters equally. She shared, "I'm actively working to raise awareness about the importance of equal treatment and education for both boys and girls. Furthermore, I aspire to be a support for other survivors of violence like myself."



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THE HAPPINESS OF GETTING CITIZENSHIP



6. Devi (25), (name changed)

Parsa

Sometimes, Devi works as a laborer, but she spends most of her time on housekeeping tasks as she only has a small house and no land. Her husband collects firewood from the jungle and sells it at the nearby market. Together, they manage their livelihood from these sources of income.

She was just 17 years old when she got married. Having been born into an extremely poor family, she never had the opportunity to go to school. When she moved to her husband's home, she joined a large family that included her mother-in-law, father-in-law, two sisters-in-law, and one brother-in-law. Her mother-in-law frequently insulted and scolded her. "Your

husband doesn't earn, how could we provide you food and clothing." Her husband, who was an alcoholic, also abused her. The situation was further compounded by her lack of citizenship, which made her life even more difficult. Devi recalls, 'I did not have citizenship, which was necessary to receive any support in the village. No one helped me obtain citizenship. I married at a young age and had children, but I still couldn't get citizenship. As a result, I was unable to create birth certificates for my children. It was an extremely hard and painful situation for me.'

CDWN launched a project entitled "Combat Violence Against Dalit and Marginalized Women and Girls (Combat VAW/G)." As part of this initiative, an adolescent girls' group was formed under the leadership of Gita Chaudhari. Hearing about the project, Devi visited Gita's home, overwhelmed with pain and sobbing. She shared her struggles with Gita, who was deeply moved and decided to visit Devi's home.

Initially, Gita was unable to meet Devi's husband, but she later arranged a meeting with the family. Devi's in-laws were initially uninterested in helping her to obtain a citizenship. Despite this difficult moment, Gita remained hopeful and organized a thorough discussion with them. She counselled them about the rights and benefits of having citizenship, which the family was unable to understand and refuse. Gita explained the benefits, such as the ability to open a bank account, access social security services, register births, and own and sell property. Convinced by this information, Devi's husband and in-laws agreed to provide her a citizenship.

Two days after the discussion, Devi received her citizenship and was able to receive the birth certificate of her children's. Now, Devi is living her life happily, witnessing her kids obtaining education in grade 1. "My children are performing better at school, and I have a strong desire to create an enabling environment that supports their comfort, aligning with the objectives of



My children are performing better at school, and I have a strong desire to create an enabling environment that supports their comfort, aligning with the objectives of the project."

the project."

Devi shares, "My life was very difficult in the past, but now I am very optimistic and truly happy. Moreover, my husband has come to understand the consequences of violence, and his behavior has changed. I sincerely hope that CDWN continues its invaluable work in empowering women like me to transform our lives."

NO AGE LIMIT FOR SOCIAL SERVICE



7. Gita Chaudhari (25)

Psycho-social Counsellor, Paterawa Sugauli, Parsa

Gita Chaudhari is 25 years old, is notably mature for her age due to her contributions and experiences. Having completed her bachelor's degree, she is now preparing for the teachers' service commission. Her passion for social service began in her late childhood, and she plans to continue her commitment to social work even after securing a teaching position.

While in high school, Gita taught adolescent girls through the Dibya Youth Club and helped resolve community disputes. When CDWN began implementing projects in the area, the

vice-chairperson of Paterwa Sugauli rural municipality recommended Gita for a role, recognizing her contributions to the social sector. Gita, after understanding the project, committed to campaigning against gender-based violence and aimed to align with the project's objectives. Subsequently, she was elected chairperson of the "Pragatiko Lagi Yakata" adolescent group. She participated in various training sessions on gender-based violence and discrimination and completed a 10-day psycho-social counseling training organized by CDWN. Through this training, she acquired skills and techniques for supporting and listening to women who have experienced violence and gained knowledge in handling cases of domestic abuse, economic deprivation, and social neglect. To date, she has successfully resolved over 30 cases.

Initially, adolescent girls were not permitted by their parents to participate in self-defense training. To address this, Gita personally visited each household of the group members, counseling their parents and reassuring them about their daughters' safety. As a result, the parents allowed their daughters to join the training, where they acquired self-defense skills. The girls then shared their newly gained knowledge with their peers and mothers.

While Gita was working, a girl shared

to her that her father had forbidden her from attending the school. Gita made several visits to the girl's parents, counseling them on how an educated daughter could be a valuable support in their old age. As a result of her efforts, the girl was allowed to return to school and is now studying in grade 7. Gita continues to visit her frequently, and they share their happiness together.

Gita is usually occupied with listening to and solving people's problems. One day, Devi came to her with an issue: she was unable to obtain her citizenship certificate and, as a result, could not register her children's births. Concerned for Devi, Gita made several visits to her parents and husband, counseling them on how obtaining citizenship would allow Devi to access government services, social security, and register her children's births. Gita urged them to support Devi in securing her citizenship. Eventually, they agreed, and Devi was overjoyed when she received her certificate. Gita found it hard to put her own happiness into words.

She added, "I will never give up my passion for social service. Even after becoming a teacher, I will continue my efforts to serve people because I want to be remembered for my good deeds even after my death."

A DAUGHTER-IN-LAW OF MADHESH: CHAMPIONING AGAINST GENDER-BASED VIOLENCE



8. Sharmila Bista Mahto (32)

Vice-chairperson, Sakhuwa Parsauni Rural Municipality

"Gender-based violence still exists in our village. It is extremely overdue to take action for its eradication," Sharmila said thoughtfully. She then looked at the Gender Equality and Social Inclusion policy of the Rural Municipality (RM), which was drafted by the technical support of Center for Dalit Women Nepal and passed the policy in her leadership. This policy guides the RM in designing and implementing gender friendly programs. By securing a budget for gender-friendly programs and spearheading initiatives to ensure their effectiveness implementation, Sharmila has made significant strides in promoting gender equality and social justice within

her community in the local level. Sharmila's journey to a decision-making position and her subsequent actions highlight both her dedication and the tangible impact that leadership and policy can have on eradicating gender-based violence.

Sharmila, originally from Nawalpur in Sarlahi, pursued her studies in Birgunj, where she completed a bachelor's degree in management and began working for a company. During her time there, she met and married a boy from a different caste, bridging the cultural divide between the hilly and Terai regions. Together, they had a son and enjoyed a fulfilling life in the city. However, their life took a turn when Sharmila's father-in-law called them back to Sakhuwa Parsauni. Upon arrival, Sharmila discovered that her father-in-law wanted her to run for the position of vice-chairperson of the Rural Municipality (RM) in the local elections. Despite having no prior interest in politics and her maternal family's lack of political involvement, Sharmila's father-in-law was convinced that her education and leadership potential made her an ideal candidate to drive positive change in the community. Embracing his vision and recognizing that contributing to society was more than just earning a living, Sharmila, with her husband's support, moved to Sakhuwa Parsauni. She immersed herself in understanding the community's needs and concerns. Her dedication paid off when she won the election and became the vice-chairperson of the RM, representing the People's Socialist Party.

After she elected as a Vice-chairperson, Sharmila dedicated herself to advancing women's empowerment by collaborating closely with organizations committed to combating gender-based violence. She actively participated in all events organized by the Center for Dalit Women Nepal (CDWN), including GESI policy orientation, GBV guidelines orientation, community visits

and discussions with students, teachers, and social leaders, particularly during significant events like International Women's Day/Human Rights Day. Through these engagements, CDWN provided Sharmila with crucial knowledge, strategies, and ideas for enhancing women's lives and addressing violence against women and girls (VAW/G).

Sharmila serves as the coordinator of the Judicial Committee for the Rural Municipality (RM) and also acts as the focal point for Gender Equality and Social Inclusion (GESI) and women's empowerment. In these roles, she handles numerous cases of violence, referring sensitive matters to the police for further investigation. Despite often feeling overwhelmed by her responsibilities, Sharmila has found relief through the support of a legal advisor provided by the Center for Dalit Women Nepal (CDWN).

"Although my workload was very heavy, the assistance from CDWN has significantly eased the process since our understanding of the law and legal procedures is generally limited, so having a legal advisor has been incredibly valuable. To date, I have sought their help with five cases. Given the RM's limited budget, the support from CDWN is crucial, and I am deeply grateful for their assistance," Sharmila remarked.

Recently, the attitude of both men and women in the Rural Municipality (RM) toward Sharmila has notably improved. Initially, some residents underestimated her, referring to her as a "tourist leader" who lacked knowledge of their cultures, issues and language. However, through her dedicated efforts to empower women and address local issues, Sharmila has transformed her image. Her rigorous work and commitment have significantly enhanced her reputation within the community. "I am sincerely thankful to CDWN for helping me to stand in this level."

EMPOWERED THROUGH TRAINING: EMBRACING GENDER SENSITIVITY

9. Mahananda Prasad Sah

Police Constable, Area Police Office, Dhangadhimai Municipality, Siraha

Mahananda, a resident of Ward No. 10 in Pokhariya Municipality, Parsa District, has been working at the area police office in Dhangadimai, Siraha District, for the past year. In his role, he assists women and girls who come to him with cases of gender-based violence and discrimination. He helps survivors, especially those unable to write their applications, by registering their cases with the police, who then take further action towards justice. In line with police protocols, Mahananda ensures that services are delivered with politeness and a smile. Additionally, there has been a recent emphasis on thorough and confidential



investigations of violence against women and girls. "I have become more gender-sensitive thanks to the gender equality training organized by the Center for Dalit Women Nepal (CDWN). This supportive environment has been fostered through such training, and my colleagues and I have all benefited from it," Mahananda noted.

After receiving Gender Equality and Social Inclusion (GESI) training organized by the Center for Dalit Women Nepal (CDWN), Mahananda's approach to handling gender-based violence cases underwent a significant transformation. The training deepened his understanding of gender-based violence, its impacts and a components of gender equality. Furthermore, he also gained an understanding of how women become violence survivors and the barriers they face in speaking out against it. As a result of this comprehensive knowledge, Mahananda now supports survivors more effectively by ensuring that they receive primary treatment and conducts investigations with great compassion and sensitivity.

In his opinion, due to the changes in police

behavior, women who come to register violence cases feel comfortable and share their experiences more easily. This also makes it easier for the police to proceed with the cases. Regarding this, Mahananda said, "This training has significantly impacted the working pattern of the police. It is essential to provide this training to all representatives of local government since they are budget planners and have the authority to respond to cases as well. Some local governments have advocates who also need this training."

Mahananda is joyfully pleased with his progress in resolving cases of violence against women and girls (VAW/G). To date, he has handled over a dozens of cases. Some are resolved by the police and others are referred to the court. In addition to his professional success, Mahananda has observed significant personal growth. "Since participating in the training, I've applied what I learned at home as well. I now support my wife with household chores like cooking, washing, chopping vegetables, and caring for our children. I am truly grateful to CDWN for fostering these positive changes in my attitude and behavior," he shared.



VOICES IN ACTION: SPREADING AWARENESS THROUGH STREET DRAMA

10. Sudikshya Yadab

Student, Janata Secondary School, Dhangadhimai Municipality Siraha

Sudikshya Yadav is a 16-year-old girl, living in Dhangadhimai municipality of Siraha District. She is currently studying in Grade 10 at Janata Secondary School in Dhangadhimai Municipality. She resides with her parents and two siblings. Her parents are engaged in farming, and her siblings also attend the same school.

As Sudikshya has grown up, she has observed a discrimination between herself and her brother from their parents. For instance, her brother is allowed to play outside late into the night, whereas she is not given the same freedom. Additionally, her parents often remind her that she needs permission for every activity she does. They



say "you have to be different because she is going to someone else's home after marriage." Sudikshya has also noticed similar inequalities in neighboring households as well. "I've observed that sons are sent to private schools while daughters attend public ones. Daughters are expected to work throughout the day, while boys come home and are served milk. When I ask for milk, my parents often say, 'You don't need it; give it to your brothers.' I don't understand why they treat us this way."

As time passed, CDWN initiated a project in the school that involved performing street dramas. The project team decided to cast actors from the school for these dramas, but finding suitable candidates proved challenging. In the midst of this, Sudikshya was informed about the plan and expressed her interest in playing a role. She was given the opportunity and dedicated many days to rehearsals, eventually mastering her assigned role.

When the drama was performed, Sudikshya was appreciated by the audience as she has performed best. She played two roles: a teacher and an adolescent girl who elopes with a boy at

a young age. The story about the adolescent girl highlighted the impact of child marriage. Due to her performance, many people gained a better understanding of child marriage and its effects. Sudikshya herself also learned a lot from the experience. Reflecting on this, she said, "I was not aware of the impact of child marriage and gender-based violence, but after performing in the drama, I had the opportunity to learn and share that child marriage is harmful as well."

Sudikshya is now actively educating people about the importance of equality between sons and daughters and advocating against gender-based discrimination. She encourages her peers to support their parents by studying diligently and continuing their education. In the future, the future, Sudikshya aspires to be an advocate in the fight against violence against women and girls (VAW/G). She aims to raise awareness about gender equality and women's rights within her community. She firmly believes that such programs which were initiated by CDWN are crucial for women's empowerment and will be beneficial for the community, hence, these kinds of activity are required in future as well.



LEARNINGS LED TOWARDS GOOD LIFE



11. Gyanmaya (32), (name changed)

Bara

Gyanmaya was only around 14 years old when she got married. After her marriage, she moved into a joint family of eight members, including her parents-in-law, sister-in-law, brother-in-law, and her husband. In this household, Gyanmaya faced frequent physical abuse by her in-laws for minor issues, such as if the rice she prepared was too soft or hard, or if the food did not meet their expectations. Additionally, if she returned late from collecting fodder for the buffaloes and goats, she would be subjected to severe scolding or physical punishment. She endured these hardships daily, despite having no desire to marry at such a young age. She felt pressured by

the community, which insisted that she was old enough to marry. "I was told by neighbours, if my parents do not arrange my marriage, I might elope with a boy."

After her marriage, Gyanmaya faced relentless pain and adversity. Her in-laws and husband frequently subjected her to physical abuse. Despite these harsh conditions, she gave birth to two sons, who are now in grades 10 and 11. Following the deaths of her mother-in-law and father-in-law, Gyanmaya began living separately from the extended family, which reduced the violence she experienced. However, her husband continued to be abusive. One day, Gyanmaya met Shanti Paswan, a psycho-social counselor of CDWN who was forming women's groups through a project called "Combat Violence Against Dalit and Marginalized Women and Girls (combat VAW/G)," This initiative was aimed at supporting women who had experienced violence. Gyanmaya learned about this project and expressed her interest in joining. Upon joining the group, Gyanmaya participated in self-defense training, where she learned essential skills to protect herself from violence. She also gained valuable knowledge about the nature of violence, its impacts, and issues like child marriage and its effects on women's lives.

Gyanmaya then came into contact with Chandjyoti Chaudhari, a psycho-social counselor. Chand Jyoti arranged a series of meetings with her husband. In the meeting they had in-depth discussions about his behavior toward her wife. After the counselling, her husband was convinced and committed not to repeat such behavior in the future. As a result, Gyanmaya has not experienced any violence for the past two years and is now living a happy life with her family.

Nowadays, she actively participates in

every program of the CDWN. She engages in awareness raising rallies in the occasion of International Women's Day/Human Rights Day. She spends most of her time in livestock and farming. While working in the fields, she often feels physically exhausted, but her spirit remains strong. A significant improvement in her life is that her husband now works at a furniture company in Kathmandu, earning a good income. He sends money for household expenses each month. She said, "I am so happy that I met the staff of CDWN; who counselled me and my husband. This is not helping me to live a better life compared to the past. I am also motivated to work for community to avoid conflict and stopping early marriages."

Today, Gyanmaya actively participates in all programs organized by the Center for Dalit Women Nepal (CDWN). She engages in awareness-raising rallies, particularly on International Women's Day and Human Rights Day. Though she spends much of her time working in livestock and farming, which often leaves her physically exhausted, her determination remains unwavering. A significant improvement in her life has been the change in her husband's behavior. He now works at a furniture company in Kathmandu, earning a good income and sending money home for household expenses each month. Reflecting on these positive changes, Gyanmayashared, "I am so happy that I met the staff of CDWN, who provided counseling for me and my husband. This support has greatly improved my life compared to the past. I am now motivated to work for the community, aiming to prevent conflicts and stop early marriages." Gyanmaya believes that she is learning a great stuff at this moment of life, and these insights have significantly enhanced the quality of her life.



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