

1. SOCIAL CAMPAIGNER; DHAMI-JHANKRI

Hudi Nepali 62-year-old, living in Budhiganga Municipality Ward No. 3, Tapra, has been changing her lifestyle on menstruation. After participating in the traditional healers' workshop at local and provincial levels, she is being a campaigner for decreasing menstruation discrimination. She said "During my childhood, it was a custom. Once, I was touched by an adolescent who had menstruation and became ill. After seeing Dhami-Jhakri, menstruating women used to leave the path and walk as soon as they saw Dhami-Jhakri". But now I learnt many things form project and workshop. She explained



Hudi Nepali, Participated at Traditional Healers workshop at Dhangadhi

again about the discriminative costume like; When menstruating women asked for food, they would throw it from away like an animal, had to go outside to open places in the river and the jungle, problem of having to go to the river to bathe without using the public tap. Again added, when I was menstruating, if my little baby slept in the Chaughoth with me, the other family members would take the baby in the morning and let them go inside the house only after bathing the baby. It was habitual for Dhami-Jhakri to take a bath when they go in a public place or in a public travel, they had to drink cow's urine to be pure before entering house.

During this program, I learnt that menstruation is natural, I have participated in various pieces of training, conferences and campaigns during the program, and in health mothers' groups and other women's network meetings. I am now raising awareness among the community people on nutritional and healthy behaviors like; you should eat nutritious food, stay in a safe place, pay special attention to physical hygiene, use a safe sanitary pad, use the toilet, do not do very heavy or difficult work. If someone menstruating girls go to school, Office and Meetings during menstruation time, Dhami-Jhakri or god will not be angry. I am more impressed by the program participated in Dhangadhi THs Conclave. I knew about the legal provisions too; I changed my household behaviors first, changed the sleeping room for myself and family members at the same place, and let them eat milk products and messages delivered to all over the community.

After seeing the changes at my own home, other community households are embarrassed and easing discrimination.

2. FOCAL TEACHER: SUMITRA THAPA

Mrs. Sumitra Thapa, a teacher of Shree Bhanodaya Model Secondary School located in Budhiganga Municipality, has been working as a focal teacher for the adolescent club that formed by Health Rights Improvement Project. Because of the many changes in her school, she is happy about her work and role provided by HRI Project. She says that if we are talking about the changes in this school, she herself did not pay attention to the management of menstrual hygiene in the school before. Added again, even though I was a teacher, it was difficult for me to come to school when I was menstruating because I was a woman tied by social regulations. There was no proper place for sanitary pads disposal around the school, so the girls were forced to throw them wherever they could. If menstruation occurred, there.



Sumitra Thapa's photo after the meeting adolescents Club members

Before the project implementation, there was a problem of having to leave the school and go home without a pad and no pad management mechanism were established. Even if there was a pad that was used at home, girls had to wear the same pad all day due to the proper space for management. If there was menstruation, female students would skip class and would not attend school, so there would be a lot of problems in their studies. Girls used to come to school using old clothes during the menstruation period. Due to the use of old clothes, one had to suffer from infection in the genitals. There was a problem with girls having lower abdominal pain during menstruation and having to leave class and want home. The toilets of the school were dirty and we couldn't sit for even 1 second, we had to use the toilet with our nose closed, and when we used the toilet, we had to use the toilet without closing the door.

Now, with the support and construction of the Health Rights Improvement Project in our school, menstrual hygiene management activities, and menstrual-friendly toilet infrastructure, sanitary pads used in school for menstrual management are easy to forget, and it was easy to change the pad on time, and those with back and lower stomach problems during menstruation can relax.

The female students have been taking classes continuously while resting in the MHM corner room. With the construction of female-friendly MHM corner rooms in schools, ease of use has been maintained, school attendance rates of girls have increased in schools, an atmosphere has been created for them to study independently in schools, and education has improved. By starting an adolescent club in the school, I am working as the focal teacher for menstrual management and we are advancing the menstrual management campaign at the community level as well. In the coming days, we will commit to applying the material provided by the project, the skills and knowledge learned by protecting and promoting material assets, and applies them to the girls who come to the new school sustainably



MHM corner room at Bhanoday SS

3. AUTO RICKSHAW IS AN INNOVATION FOR BAJURA ROUTE

1. Introduction:

The rickshaw, invented in Japan in 1869, helped to produce a revolution in mobility for millions of people in Asia and Africa. By the 1930s, the everyday mobility offered by the hand-pulled rickshaw gave way to several of its offspring; the cycle-rickshaw, trishaw, pedicab, cyclo, becak, and auto-rickshaw. The popularity of the human-pulled vehicle invented in Japan in 1869, spread rapidly. By 1872, three years after its first appearance, there were 40,000 and by 1875 over 100,000 rickshaws were on the streets of Tokyo. The number reached a peak in 1896 with 210,000 countrywide. Rickshaws appeared in Shanghai and Hong Kong in 1874, in Singapore in 1880, in Beijing in 1886 and then in other parts of Southeast and South Asia and Africa. Auto rickshaws were a popular mode of transport in Nepal during the 1980s and 1990s, until the government banned the movement of 600 such vehicles in the early 2000s. The earliest auto rickshaws running in Kathmandu were manufactured by Bajaj Auto. Thus, while the development of Auto-Rickshaw was going on, it was practiced only in the developed cities of Nepal. Modern autorickshaws that had been run on oil and petrol used to run only towards the Terai and town areas of Nepal. At the same time, the Youth Empowerment Bulgari Project implemented by PeaceWin with the financial support of Save the Children, took the initiative to operate Auto Rickshaw by training the youth to operate Auto Rickshaw in Martadi.

2. Objectives:

- To provide employment to unemployed youth through Auto Rickshaw.
- To empower youth economically through education and skill development.

3. Process:

In collaboration with Save the Children Youth Empowerment Bulgari project, PeaceWin



Figure 1. During the training Chakra

Bajura had started to operate Auto Rickshaws with the aim of providing service on the pitch road from Bamka Bazar to the headquarters Martadi in Bajura district. Before the operation of the Auto Rickshaw, PeaceWin provided 3 months of Auto Rickshaw driving training to 2 unemployed youths in Dhangadhi of Kailali district in coordination with the Cottage and Small Industries Development

Board and Badimalika Municipality. After the training, Ward No. 2 office and

Peacewin provided financial support to 2 participating youths to buy Auto Rickshaw. 2 auto rickshaws have been provided to 2 youths at a total amount of 8 lakhs. After completion of basic training, they have got a driving license and continued their service. Before starting the service, permission was not given for Auto Rickshaw operations in Bajura. But Badimalika municipality in collaboration with the District Administration office Bajura has prepared an Auto Rickshaw operation procedure and brought it into operation.

4. Achievement :

Chakra Mahat (20) from Badimalika Municipality-2, Ghagar, Jugada, Bajura has eight family members (His Father, Mother, Wife, brother, sister, and one son). His family status was very poor so his father went to India every year for income. He studied until class 8 (Eight) but he couldn't succeed to pass the class eight examination, and then he left the school on BS 2074. Then he was wondering about daily ways to work in his village and sometimes he also went to India for income. After successfully completing the 3-month driving license training, the office of Badimalika Municipality Ward No. 2 and PeaceWin Bajura helped him to purchase an auto rickshaw. Based on his business plan, he has



Figure 2. After the training Chakra is doing his business.

invested a total cost of Rs 650,000 (only 6 lakh fifty thousand) in his auto rickshaw. He is earning around NPR 4500-5000 per day after driving an auto-rickshaw at Martadi Bazar. He has also bought another Auto Rickshaw with the remaining budget after deducting all the expenses from the total profit. At present, 2 cycle autorickshaws are operating on the said road. He is now able to bear all his household expenses while also supporting his sisters, brothers and his own child's education from this business. This profession is an innovation for Bajura because the local jeeps and other vehicles are more expensive than Auto rickshaws. Local vehicles and jeeps require more than 10 to 15 passengers, but auto rickshaws are serviced even if there are only 2-3 passengers. Therefore, they have become the favorite travel of many people of Bajura for short-distance travel. During the rainy season, many people travel from Martadi to Birekhola by riding a rickshaw. Birekhola Falls has also become a popular destination for auto rickshaws.

5. Conclusion:

This is an example for those youth who have the mentality that they have to go abroad to earn. This is learning as well as an innovation for those who do not run auto-rickshaws in

the hilly area. As a result, thousands of young people will be inspired to do business in their own villages by this successful story.