



YoSHAN

Youth Led SRHR Advocacy Nepal

QUARTERLY REPORT

YOSHAN

OCT-DEC 2020



FEATURE: HUMAN OF KATHMANDU



“While I was waiting for my S.L.C results, I got this opportunity to attend a session regarding SRHR (Sexual & Reproductive Health) organized by FPAN, a leading national NGO in the field. That particular Saturday had such an everlasting impact on me, I never missed any other weekly sessions. I eventually began advocating as I felt the need to help people escape their oblivion towards this matter.

My journey of being an SRHR activist was quite challenging as sexual & reproductive health can be a sensitive topic because of its taboo nature in the society. Getting hate comments was an everyday routine for me, especially by people I was close to & looked up to. Nevertheless, in the spirit of persistence, I didn't give up. I soon learned I needed to grow a thick skin to be able to take a lot of criticism, & just let it roll away from me at times. As I began to reflect on why I was here, what I advocated, & whose voices were not heard, it helped me to put things into perspective.

Fast forward 10 years, I currently am involved in an organization (yo SHAN) that helps people from different age groups-from young unaware teenagers to concerned adults regarding safe abortion, sexual & reproductive health, & family planning. Many people were initially skeptical about my work, but now they come to me looking for support & advice. These changes give me hope & make me think my efforts haven't gone to waste.

Even though we have a long way to go, there surely has been changes, from reluctant & over-conservative people to people who are confident to speak boldly about SRHR on social media & friend circles. Similarly, from a small group of people conversing in a secretive manner to organizing large scale awareness programs.

Safe abortion is every woman's choice & right. It's a common procedure & should be treated as such, with constant effort & proper advocacy. I believe that we can create a community that practices healthier & sustainable measures which are better for women's health & rights.”

Shreejana Bajracharya





PERSPECTIVE

Adolescent and youth responses to the Global Gag Rule in Nepal

Shreejana Bajracharya

After the reinstatement and expansion of the Global Gag Rule in 2017, many Nepali organizations working in SRHR, including abortion, are experiencing negative impacts on their services. This disproportionately affects young people in Nepal.

Our co-founder Shreejana Bajracharya wrote a commentary on her perspective on adolescent and youth responses to the Global Gag Rule in Nepal. She mentioned "When it comes to abortion care, we live in an increasingly hostile climate, and have seen that access to safe abortion services is shrinking. Despite the progress the Government of Nepal has made to address adolescent and youth SRH programs, the GGR has undermined or reversed the progress Nepal has made. It has cut off the funding for safe abortion services, affecting the availability of essential equipment and medicines. The extended GGR has impacted adolescent and youth movements for advocacy and awareness raising on rights to safe and free abortion services, as granted by the country's law. We demand that the Government of Nepal become economically self-reliant and not depend upon the US Government funds any more, particularly if such funds have strings tied, as in the GGR. It is high time the government allocates adequate internal funding and resources for the implementation of national SRHR programs and discusses foreign policies that are affecting national programs with high-level government officials and in the parliament. Now is the time to identify ways to mitigate the long term impacts of the extended Global Gag Rule.

YOUTH CHAMPIONS



Our Youth Champions Shivani Rayamajhi and Niharika Khanal a two-day workshop on Gender Sensitization and Introduction to Safe Abortion Advocacy in collaboration with Nepalese Medical Students' Organization.

Nepal Medical Students' Society is a representative organization of Nepalese bachelor level medical students established with the aim of providing rightful and timely guidance to the education activities, providing adequate knowledge and skills to the concerned students for serving mankind by the prevention and treatment of diseases and elevation of general health status (NMSS constitution; published on 22nd March 1987). NMSS is an internationally recognized, non-profit making, non-political and purely professional organization of medical students of Nepal. It is guided in its action by two main principles student welfare and social service. Since its establishment in 1985, NMSS has not only played an important role in uplifting academic environment but also conducted various activities like blood donation, rural health camps, student exchange, cultural programs and celebration of various international days.

Target Group for the workshop: Undergraduates in MBBS, BDS, BPH, BPharm, and BSc Nursing

Objectives:

- To teach the basic concepts regarding gender, sexuality, and other aspects of SRHR
- To inculcate the fundamental ideas about abortion including its definition, types, causes, and comprehensive abortion care
- To discuss global and national abortion scenario
- To clarify the difference between a need-based and rights-based approach in safe abortion advocacy
- To understand the legal provisions of safe abortion in Nepal

The entire two-day workshop was conducted via zoom. The call for applications was announced 2 weeks before the main event. 86 applications were received from healthcare students all over Nepal. 30 applicants were selected based on their motivation alone and pre-evaluation questionnaires were sent via email to each of them.

YOUTH CHAMPIONS



Our Youth Champion Suprina Bajracharya is a Teach for Nepal (TFN) fellow who has been posted in Sindhupalchowk for her two year service to teach English subject students from the government school. She organized two sessions for the students from grades 6-10 on menstrual health and hygiene management. Total 81 students were provided MHM session in Shree Thangpal Valley Secondary School, Raithane Sindhupalchowk.



One of the students beautifully presented menstruation as natural process in a picture.

NOMINATION HIGHLIGHTS

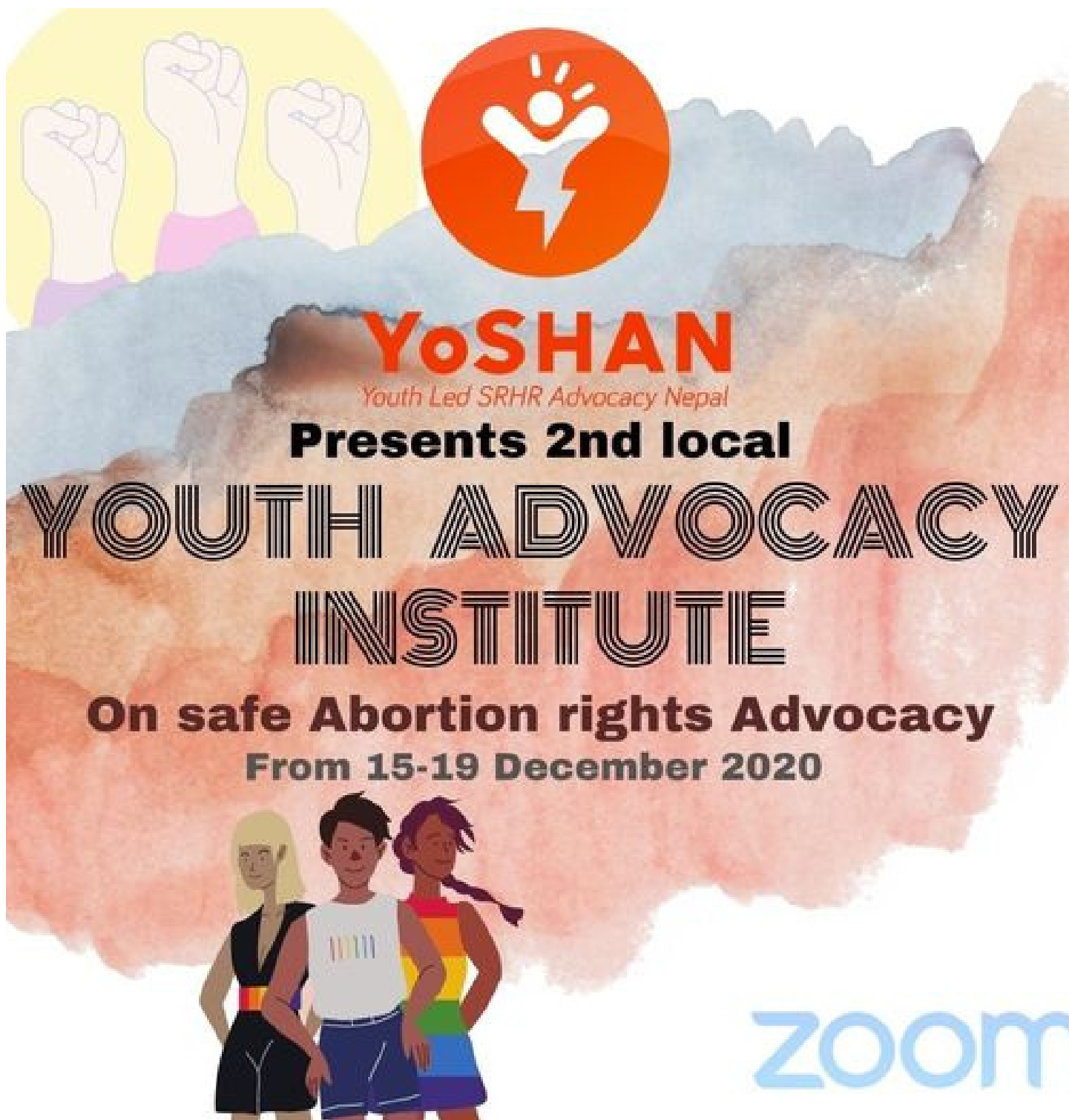
NURSE

ights:

h health advocate with more than nine years of experience in both the clinical and public health aspects of maternal, neonatal and adolescent health. Durga Sapkota is passionate about promoting gender equality by training on reproductive health and rights. She has been involved in research, advocacy and activism in emerging nurse leader. She is the focal person for the Asia Safe Abortion Partnership in Nepal, and leads a reproductive rights advocacy organization. Durga is studying for a bachelor's Law degree and Masters in organization in women's health and development . She has collaborated with South Asian Regional Justice with champion for reproductive rights. She has also been nominated as a young leader for Women Deliver, person health ambassador for Nepal.

Congratulations to one of our co-founders Durga Sapkota for being selected as one of the 100 OUTSTANDING WOMEN NURSE AND MIDWIFE LEADERS collectively selected by WHO, UNFPA, NURSING NOW, INTERNATIONAL COUNCIL OF NURSES and INTERNATIONAL CONFEDERATION OF MIDWIVES on the occasion of International year of the nurses and midwives 2020. We are proud to have a team member like you in YOSHAN.





We organized our second Local Youth Advocacy Institute on Safe Abortion Advocacy in Dec 2020. This is our first virtual Youth Advocacy Institute. We received overwhelming applicants for young people with diverse background. There were total 40 applicants and we had selected 18 participants to be part of our second Local Youth Advocacy Institute. This time we had also received applicants who were visually impaired. We have tried our best to be inclusive and make the materials disability friendly.

POLICY DIALOGUE

सुरक्षित मातृत्व तथा प्रजनन
स्वास्थ्य अधिकार नियमावली, २०७५

CENTER for
REPRODUCTIVE
RIGHTS

ipas

CENTER for
REPRODUCTIVE
RIGHTS

Policy Dialogue on Integrating safe abortion services with OCMC from Right Based Approach, organized by Family Welfare Division and Ipas Nepal. YoSHAN presented case of adolescent pregnancy due to incest where she was forced to continue pregnancy due to denial of services at OCMC and different level of health facility. Denial of service is a crime according to Safe Motherhood and Reproductive Health Right act 2075. Let's unite together to end every form of violence.

Application Open for

ONLINE DIGITAL STORYTELLING WORKSHOP

21-28 December



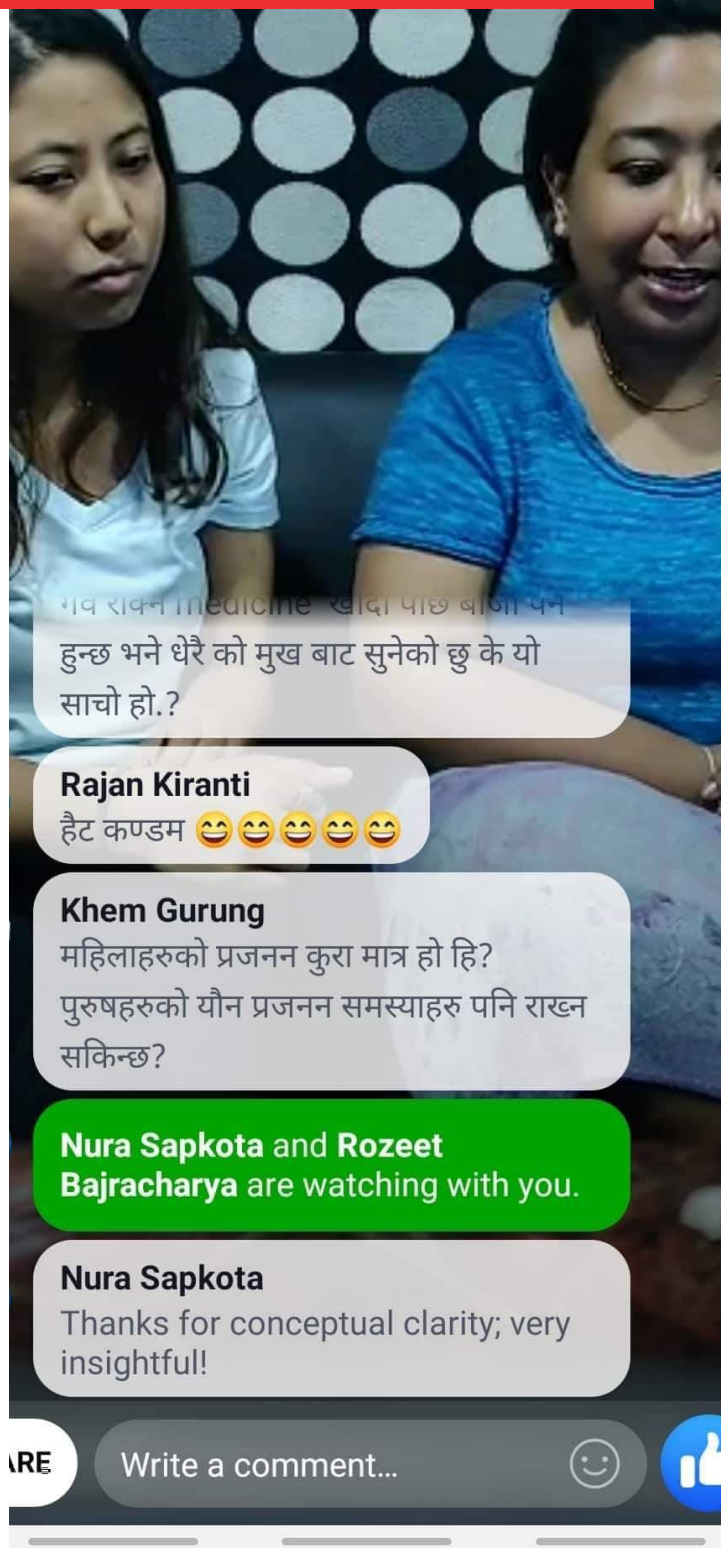
Digital stories are a powerful tool to address attitudes and behaviors. Digital stories are a way to document local, authentic and innovative content that reflects real lives, and which can be used for change and healing.

Objectives:

- To clearly communicate the values of Digital Storytelling as an effective advocacy tool on local, regional and international level and to demonstrate how Digital Stories can be effectively used in our advocacy and public engagement efforts.
- To provide YoSHAN youth champions necessary skills to facilitate a process in which they enable others to share their stories and digitalize them as to be used in their advocacy efforts.

We had received 24 applicants to participate in digital story telling workshop. However, we selected 13 participants.

YOSHAN STATISTICS



This report is a comprehensive report on a YoSHAN's activities throughout this quarter.

79% FB ENGAGEMENT

Young people are active in social media and they generally interact with in facebook.

209% PAGE LIKES

This quarter there is 209% increase in the page likes.

200 DIRECT BENEFICIARIES

Able to reach 200 young people directly through various activities like youth champions' work, YAI, story telling and more.