

**Report on
Capacity Building Training to Single Women
at Dharmasthali**

5th August to 9th August, 2010



**Submitted by:
Women for Human Rights, single women group**

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Introduction

Women for Human Rights, single women group (WHR), with support from Friedrich Ebert Stiftung (FES) Nepal, organized *5 days Capacity Building Training at Helping Hand Building at Dharmasthali VDC from 5th August to 9th August, 2010.*

There were **44 participants from Dharmasthali, Kavresthali, Jeetpur, Jorpati VDCs and Mahottari district.** The facilitators were Lily Thapa (Founder President), Srijana Kafle (Regional Coordinator), Bal Krishna Adhikari (Administrative Officer), Kunda Sharma (Treasurer), Rajin Rayamajhi (Assistant Legal Officer), Srijana Lohani who took classes on different topics. Sachita Karki (Program Assistant) and Maki Miyahara (JICA volunteer) were also presented there.

Objectives

- To sensitize single women on social, cultural, economic and legal rights of single women;
- To inform single women about mobilizing and strengthening single women groups in their respective VDCs and community.

Inauguration Session

The program started with the welcome speech from Sashi Devi Bhatta, Secretary of Dharmasthali single women group. Chandrika Bhattarai, Chairperson of WHR lighted a candle on the occasion and wished best regards for the success of the five days Capacity Building Training. She also highlighted some of the major issues of single women. Similarly, Chandra Dev Bhatta, Program Officer of FES Nepal, shared the importance of Capacity Building Training for single women and added that in present situation women should be economically independent so that women can step forward and become able to stand as competitor with males. He added some of the examples of Far Western Development Region, from some districts where women could not even buy cloths to use during the menstruation period. He shared that women are backward due to economic dependency. Finally, he wished best regards for five days training.

Introduction session

There was an activity, during the introduction session, where the participants were given half portion of idiom and were asked to find another half of it. Bal Krishna Adhikari told them to introduce their partners. There was sharing on rules and regulations during the training. Srijana Kafle collected the participants' expectations which are as follows:

- To be able to teach others not to discriminate men and women on gender basis
- To learn about important tool to mobilise the organization and affiliate other single women into group
- Training should open opportunity to uplift the backward women who are only involved in household activities.
- To be clear on the process of saving and giving loan and legal issues of single women.

Then from among the participants, responsibility of report writing, time management, and entertainer for each day were selected.

In order to know the actual situation of the groups and their necessities, participants were divided into three groups on the basis of the VDCs they belong to: Dharmasthali, Kavresthali and Jeetpur. They were given a group work to evaluate their work, challenges faced by them and what they have achieved till now (outcomes of their work). The details of the discussions is attached in the Annex 3

It was found out that there is 1 primary and 1 higher secondary school where single women are sending their children for education. There are numerous taps but most of them were without water service; so single women are facing problem due to lack of water resources in their villages. Regarding health center, there is only one health post, which is only opened once a week, so single women are not having access to health facility in the VDC.

At the end of the first day of the training, the participants shared the learnings of the day. All the participants were very pleased to attend the training and they were confident that they could enhance their capacity in five days training.

Second Day

The session began with welcome speech by Lily Thapa, Founder President of WHR. Then Sashi Devi Bhatta recapitulated the activities of the previous day. After that Lily Thapa enquired to know the appropriate location to place the local tap in Dharmasthali. All the participants after discussion concluded that it should be located near to the WHR office.

From the discussion, it was understood that most of them were illiterate and there were only 7 single women who were literate out of which five of them had passed Grade 8 and two of them had passed Grade 6. They all came to the conclusion most of the single women Dharmasthali VDC are illiterate. The participants were asked their age which showed that most of the participants were above 30 years and others were in their 40s or 50s.

Dev Raj Dahal, Head of FES highlighted on gender discrimination prevalent in the society, which has adverse effect on women. He mentioned that FES is always ready to support such needy women and committed that the organization will be working for the welfare of single women. There was a group work where the participants were divided into seven groups and were given a question. They had to give the presentation on where they want to see Dharmasthali after 5 years.

The highlights of the presentation are as follows:

Dharmasthali single women want to see Dharmasthali after 5 years as follows:

- Groups will include all single women of the VDCs.
- Free education policy being implemented for single women and their children
- Society based on equality and equity
- Micro Saving and Credit Program being run for the long run
- Employment opportunity to all women
- Run a skill training program for single women and provide income generating job
- Single women being elected in the line agencies of the government.
- *Chhahari* being constructed
- Cooperative being registered and established
- Provision for travel allowances
- Free legal counseling and free processing of legal cases
- Increase in literacy rate of single women
- Provision of health facility to single women and their children
- Provision of local taps with pure drinking water
- Availability of police headquarter, vehicle and road in the district
- Women advancing ahead of men
- Allowance for single women without age barrier
- Provision of local taps with pure drinking water
- Society based on equality
- Positive views of people regarding single women
- Participation of single women in cultural programs
- Peaceful and pure environment

The participants were then made to share the importance of group. Summary of their sharing is as follows:

- Group is strong where single women can share their feelings and understand the suffering of other single women.
- Group has been a support in times of need
- It has provided opportunity to learn many things
- Group is a place where single women can express themselves freely.

Srijana Kafle then shed light on the poster that showed the process to mobilize single women group. She discussed briefly about the processes of door to door campaign, saving and credit program, legal process and counseling, networking, income generating activities, *Chhahari*, Opportunity Fund and how to work together with group, district, region and central office. There was a discussion on how *Chhahari* should be and the participants came with the following components:

- Health post
- Office
- Guest room
- Saving and Credit program
- RAAHAT program
- Training hall

- Kitchen
- Bed room

At the end of the day, Lily Thapa came up with gender analysis. The participants had to tell the first thing that comes in their mind when we talk about male and female.

Summary of the discussions were as follows:

- Male are strong
- They usually work outside visiting foreign countries
- They have the responsibility for the funeral rites when a father or a mother or someone in the house dies
- They are successor of his father, and head of the family

Whereas

- Females are weak and unintelligent
- They work in the house
- They are shy and insecure
- They bear children and breastfeed them.

After this, the participants opined that except biological differences, women are not different to men and they can be strong if they are given opportunity. They shared that they were very content with the gender training and learning new things.

Third day

Third day began with a recap of the previous day. Kunda Sharma, Treasurer of WHR discussed with the participants regarding how the group members were doing saving and credit within the group. There was floor discussion on how the money was being utilized among the group and how they have been regulating the micro credit. In order to give brief information about the process of saving credit, keeping record of the members, process of loan disbursement, she practically showed the participants how to do these.

After lunch, all the participants were divided into three groups for a group work. Each of the participants was given a question. Followings are the questions and presentation made by the groups.

Group one

What kind of people should not be given loan?

- Those who are not a member of single women group.
- Those who is not doing monthly saving.
- Those whose information is lacking.
- Those who doesn't take part in any program.

Group two

Important things to be considered before providing loan:

- Must be a member of the group
- Must do the saving regularly.
- Must be an active member of the group.
- Must be clear on the purpose of loan.

Group three

Important things that should be considered after providing loan by single women group:

- Regular monitoring of the loan receiver.
- Timely payment of interest

Fourth day

The session began with the recap of the previous day facilitated by Sashi Devi Bhatta. The major objective of the fourth day was to make participants aware on different legal rights of single women. The session was taken by Rajin Rayamajhi, Assistant Legal Officer.

She questioned the participants what law is and what it was for. Participants shared that they knew about law but have problem in exercising it. She explained about following topics.

1. Fundamental human rights
2. Constitution
3. Registration of birth, death, marriage
4. Women's property rights

Participants discussed about whether the single women or women whose husbands have disappeared can remarry. Since social custom is strongly penetrated in their life than law, they were not sure whether there was any provision or law related to remarriage of single women. Rajin Rayamajhi told them differences between social custom and law.

Participants shared about their legal problems. Since most of them could not finish their schooling, they said that they were not aware on the legal provisions for single women. Owing to lack of legal knowledge, they didn't know the need to register their marriage, birth of children, and death of husband. Moreover, they were also unaware of the fundamental human rights. To build up the consciousness of human rights is a matter of great urgency.

In the training, one single woman couldn't speak Nepali and spoke Newari language. Wearing white sari and shoes, she was taking training. She didn't know about "Red color movement" well and didn't have access to services and information WHR is providing.

Fifth day

The day started with a recapitulation of an earlier day by Rupa Ghimire. Srijana Lohani, Senior Program Manager, WHR facilitated the last session. She asked which topics were interesting

during the training period. Participants learned many new things and they opined that all the topics were useful to them particularly the following topics impressed them more

- Rights for women (particularly single women)
- Gender
- Fundamental human rights
- How to manage women groups
- Saving and Credit Program
- Mobilization of single women group

After that, the participants were divided into three groups and were told to make their one year and 5 year action plan. In each group, participants considering the knowledge and information that they had known in this five days training discussed well for making action plans.

The collective short term (one year) action plan made by the group members are as follows

- Group formation in other near VDCs
Single women formed at present are not enough, so immediately need to organize single women.
- Group accounting (Saving and Credit)
Single women groups are having some problems about booking group accounting. Single women need accounting classes and wish to get have accounting training.
- Skill development Classes
For the income generation, single women need appropriate skill for sewing and knitting and are expecting skill enhancement trainings particularly on sewing and knitting.
- Regular running of **Sahayogi class**

The long-term (Five-year) action plan prepared by the group members are follows.

- Establish cooperative by single women group in Dharmasthali VDC.
- Build *Chhahari* in a VDC.
- Start single women entrepreneur group

Closing session

Closing session was attended by the local stakeholder of the VDC such as VDC leaders from seven political parties, members of Aama samuha. The chief of the session was Lily Thapa, where as Chairperson of the session was a President of Dharmasthali single women group. During the session, each of the representatives expressed their heartfelt gratitude for organizing the capacity building program in Dharmasthali. Similarly, they expressed their commitment to support single women group from their level. The program ended with a lot of enthusiasm of single women to work for the single women in future.

**Annex 1
Photos**



Inauguration Session



Participant presenting the group work



Group Work



Participants attending the session



Social Map



Facilitator taking a class



Closing session

Annex 2 Case Study

Name: **Shanta Maya Maharjan**

Age: 28

No. of Children: 3

District: Kathmandu

VDC: Dharmasthali

Cause of Husband's death: Sickness

Affiliated to Single women group to change her life!



Shanta Maya Maharjan, 28, is a young single woman. Her husband died six month earlier due to sickness. She is from a Newar Community and she cannot neither speak nor understand Nepali language. She has three children, two sons and a daughter. She doesn't have any property in her name. She didn't get any support from her family member. When she shared her legal problem with the team of WHR, the Dharmasthali VDC member has committed to support her for justice. Due to inadequate source of income, her son was compelled to leave the school. WHR Central Office, assured to pay school fee for her child so that he could continue his further education.

Annex 3

i) Single women group from Kavresthali VDC

Activities

- Mobilizing single women group. Currently they have 150 members.
- Saving of Rs. 20 per month from each member and providing loan to the needy single women of the group.
- Conducting meeting on the second week of every month
- Running *Sahayogi class* every week for single women.

Challenges

- Social problems such as single women are treated badly if they put on red clothes. Due to lack of understanding, few people are against the *Sahayogi Class*
- Some of the members are leaving from the group due to misunderstanding.
- Problems related to Passbook to keep records of saving and credit program
- Lack of space for meeting and for running *Sahayogi Class*.
- Lack of stationeries for office.

Outcomes

- Gathering on the second week of every month is very effective as they get to share their feelings
- Saving and Credit program has helped the single women economically
- *Sahayogi Class* has helped the single women learn many things and enhance their capacity

ii) Single women group Dharmasthali VDC

Activities

- Group formation. There are 150 Members at present.
- Saving of Rs. 20 per month from each members and deposited in the bank
- Goat rearing and pig rearing from the monthly saving
- Running of *Sahayogi Class*.
- Conducting monthly meeting in every first week of each month.

Challenges

- Due to the traditional thoughts of society, the single women are the most marginalized and discriminated of all women and they are given mental pressure and are not allowed to participate in auspicious programs which has caused mental pressure
- They have to face with protest against the colorful clothes they wear and against the places where they conduct the meetings
- Lack of understanding about Saving and Credit Program which has created difficulties in running the program.
- Some of the single women are threatening to leave the group due to misunderstanding among themselves

Outcome

- Single women are able to organize in the group leading to strengthening of the group
- The support received for animal husbandry such as rearing goat and pig has been successful to help single women economically.
- Been able to empathize with one another in the group
- The presence of group and their activities have resulted in willingness of the VDC to provide land for the construction of *Chhahari*
- Micro Saving and Credit Program in the group has helped them to be economically independent.

iii) Jeetpur single women group

Activities

- Group formation
- Monthly saving
- Conducting *Sahayogi Class* for single women
- Activities such as animal husbandry particularly goat rearing

Challenges

- Mental pressure due to the stigma attached to widowhood
- It has been difficult to run the single women group of Jorpati due to unavailability of passbook

Outcomes

- Single women organized
- Amount saved
- Economically independent

Since most of the participants were from Dharmasthali VDC, in the next session, the participants were asked to identify the available public properties of Dharmasthali VDC on the basis of ward number. The session was facilitated by Bal Krishna Adhikari by preparing social map. The main objective of this task was to know about available public properties and access of single women to those resources.

S.N	Public properties	Ward no 1	Ward No-2	Ward No-3	Ward No-4	Ward No-5	Ward No-6	Ward No-7	Ward No-8	Ward No-9
1	Number of Tap	2	1	8	3	2		1	3	
2	Number of community forest			3	1	1		1	1	
3	Number of Temple	1	1 (Monastery)	3	3	2		4	3	
4	Number of House of Single Women	8	15	25	19	25		9	18	
5	Number of Health post			1						
6	Number of School			1 (Higher Secondary)					1	
7	Number of pond			1	1	1				
8	Number of Stone tap									
9	Number of Shed								3	
10	Number of well			2				4	4	

Annex 4

List of the participants

S.N	Name	Address	Designation
1.	Rupa Bhandari	Kavresthali	Sahayogi Sathi
2.	Ishwari Bhandari	Kavresthali	President
3.	Saru Aryal	Jeetpur	Sahayogi Sathi
4.	Nareyani Karki	Dharmasthali	Member
5.	Laxmi Khatei	Dharmasthali	Member
6.	Usha Nepal	Jorpati	Member
7.	Pushpa Subba	Jorpati	President
8.	Nuchchhe maya Maharjan	Dharmasthali	Treasure
9.	Durga Aryal	Jeetpur	Member
10.	Bimu Shrestha	Dharmasthali	Member
11.	Charan Prava Basnet	Dharmasthali	Member
12.	Saili Shrestha	Dharmasthali	Member
13.	Sukumaya Maharjan	Dharmasthali	Member
14.	Goma Bhandari	Kavresthali	Member
15.	Shova Maharjan	Dharmasthali	Advisor
16.	Aashamaya Maharjan	Dharmasthali	Member
17.	Radhika Timsina	Dharmasthali	Vice President
18.	Sharada Ghimire	Dharmasthali	Member
19.	Parbati Baniya	Dharmasthali	Member
20.	Purnamaya Shrestha	Bhaktapur	Treasure
21.	Sashi Bhatta	Dharmasthali	Secretary
22.	Battisha Maharjan	Dharmasthali	President
23.	Pabitra Ghimire	Dharmasthali	Member and Helping hand staff
24.	Rupa Ghimire	Dharmasthali	President, Helping Hand Nepal
25.	Ishwari Timsina	Dharmasthali	Member
26.	Aashamaya Bindukar	Dharmasthali	Dharmasthali

27.	Kalpana Ghimire	Dharmasthali	Member
28.	Dil Kumari Lamichhane	Jeetpur	President
29.	Vibha Jha	Mahottari	President
30.	Kamala Ghimire	Dharmasthali	Member
31.	Sabitri Lamichhane	Dharmasthali	Member
32.	Januka Bhatta	Dharmasthali	Member
33.	Sabitri Lamichhane	Dharmasthali	Member
34.	Goma Rooka	Dharmasthali	Member
35.	Sabitri Ghimire	Dharmasthali	Member
36.	Ramita Karki	Bhaktapur	President
37.	Deueti Ghimire	Dharmasthali	Member
38.	Nanda Kumari Khemal	Dharmasthali	Member
39.	Maiya Khaneel	Dharmasthali	Member
40.	Mananmenya Shrestha	Dharmasthali	Member
41.	Nakali Shai	Dharmasthali	Member
42.	Antano Bindikar	Dharmasthali	Member
43.	Ramita Karki	Bhaktapur	Member
44.	Pratira Yilit	Dharmasthali	Member