

TOT on Capacity building program for single women

Introduction

With the support of FES, Women for Human Rights, single women group, WHR organized Training of Trainers program for capacity development of single women group leaders of Kathmandu district for 5 days. The program was organized at Chhahari services, Gairidhara from March 13th to 17th, 2011. About 30 participants from different single women groups of Jorpati, Bhaktapur, Thimi, Jitpur, Kavre, Banepa, and members of Army Single Women and Injured family group participated during the program.

Objectives:

- Develop Social Mobilisers for the single women groups who can take classes and actively mobilize single women groups.
- Inform the ways of mobilisation of single women groups: Sahayogi Saathi classes, saving and credit, Skill development programs, Network build up and link up with the different organisations.

Methodology:

During the training program, the participatory methods were used where the facilitators ensured that the participants could provide input as much as possible and share the problems and challenges that they have been facing in the single women groups during their tenure.

There were group works, presentations and sharing among one another.

First Day

The first day of the training took place at the training hall of WHR office. There was participation of single women members from the nearby VDCs of Kathmandu, central office staff, board members and office secretary of FES, Samira Paudel. Kunda Sharma, Treasurer of WHR, warmly welcomed all the participants. Then there was a round of introduction of the participants where they were asked to provide brief background of themselves. Each participant mentioned their names, where they are from, in which group they belong to, the number of children, the reason for their husbands' death and their status at present.

During the introduction session, it was found out that most of the participants were very young, with an average of two children. All of the participants were dependent on either their maternal homes or their in-laws. Then their expectations from the training were also collected where the participants shared that they expected to know about legal rights of single women, issues to be solved among the group members, social mobiliser class, the activities of the central office among many others.

Kopila Rijal, from WHR took a session on Gender. During the session participants were introduced to different proverbs and idioms which are in practice related to the discriminatory attitude towards women. Further she shared about the discrimination prevalent in family, society towards women. Few of the women shared about violence existing in their community. Then, the participants were informed about the biological differences in male and female, the division of work for male and female based on their biological differences was also discussed. In this way she briefed about the societal terms set for male and female because of which is gender discrimination.

Then Bal Krishna Adhikari took over the session where he informed participants which all women are incorporated within the framework of Single Women. Those women who are widowed; whose husband are missing; living separately; who is unmarried till 35 years of age; divorced women are considered as single women.

Further, the participants were briefed about the necessity of single women groups, importance of group and the major role that the group plays in solving the problems that arises among the group members and even the personal problems.

Second day

The session began with the recap of the previous day. The session was facilitated by Lily Thapa, Executive Director. She facilitated on the necessity of economic aspects for single women. Regarding this, she shared some of the experiences of other districts where single women have been carrying out some activities for the financial independence of the group. Single Women from Khokana had cultivated potatoes in the joint land. With the potatoes from the farm, they make potato chips and they have been earning by selling these potato chips in the local market. Similarly the groups are also being sustainable by taking candle making training and producing candles and selling in the market. Likewise, single women of Kavre are engaged in vegetable farming, sewing for sustainability of the group. These examples helped participants to identify locally available resources and use them to earn income for the sustainability of their respective groups. Thus, Lily Thapa encouraged participants to use their innovative ideas for sustainability of the group.

Then, Kunda Sharma, from WHR shared information regarding situation of saving and credit among the group members in each VDC. The participants also shared about the current status on their savings, how the group members are keeping record of the group, the issues raised while doing saving and credit in the group among others.

Kunda Sharma further elaborated on saving, importance of saving and methods of keeping record of saving, procedure of saving, and rules of providing loan. These explanations clarified the participants on many challenges they faced and also helped them to resolve the problems in their groups regarding saving and credit. Participants also shared that the monthly saving within

the group has developed saving habit in them which has relieved them a lot in times of their need. Kunda Sharma also explained what a cooperative is and why single women should also think of opening a cooperative in their areas.

Third Day

On the third day, legal rights of single women were discussed. The session was facilitated by Rajin Rayamajhi, from WHR. She explained what law is and its importance in maintaining order in the society and in exercising one's own rights. Further, Rajin Rayamajhi informed participants about Human Rights, Constitution, Interim constitution and its importance, citizenship, its importance, Property Rights and measures to have access in properties helping them in their day to day life.

In the next session Rajin Rayamajhi informed about the discriminatory legal provisions that the government has had against the single women, and legal reforms that WHR has brought with regard to different single women issues. Further she also informed the participants regarding the progress of a few advocacy issues such as Developing National Action Plan for Single Women, Guidelines for providing widows' allowances, and establishment of Emergency Fund by government and collection of single women's data in upcoming National Census. The participants were happy knowing about the different initiatives taken by the central office for the upliftment of single women. They also expressed their gratitude towards the government for incorporating single women in the Interim National Development Plan of Nepal and in various policies.

The participants also shared about their personal legal problems where Rajin Rayamajhi provided legal advices and the processes to solve their legal problems. Most of the cases that were shared were related to properties such as no control over properties (land and assets).

Fourth Day

On the fourth day, Rojina Shrestha, from WHR, briefed about procedure of mobilizing single women group including roles and responsibilities of Executive Committee of single women groups, social mobilisers, para legal counselor and psychosocial counselor. This session helped participants to be aware on their responsibilities and also about measures of mobilizing the group.

After the lunch, Nirmala Dhungana, from WHR took over where she emphasized on the importance of networking with the local government and non governmental agencies. She briefly mentioned about the functions of District Administrative office, District Development Office, Village Development Committee, District Court, Police Station, Women Development Office and others. Similarly, she also mentioned about procedure of building network with the local

stakeholders and also the working procedure and the coordination between local single women members, Single Women District Committee, Regional Offices and the Central Office.

Fifth Day

On the fifth day, the participants made an action plan for their own group and presented. The presentations are as follows:

Action plan of Bihani single women group, Jorpati

S.N	Activities	Date	Outcome	Challenges	Resource	Responsibilities
1	Group Formation	2068/1/10	A platform for sharing the problems will be created	All the single women won't join the group	Group Members	Members of the group: 1) Seti Lama 2) Jhuma Lama 3) Yashoda Dahal
2	Saving and loan	2068/3/20	Able to get the loan	Illiteracy	Single women group	Executive Members
3	Run Sahoyogi Class	2068/3/21	Single women will be able to learn many new things related to their rights and their responsibilities	Illiteracy	VDC and central office	Working committee
4	Selling the products made by single women	2068/1/3	Single women become financially independent	Single women have not received the training	VDC and central office	Working committee
5	Make pickles	2068/2/22	Increase in income	Single women have not received the training	VDC and central office	Working committee
6	Make <i>Papad</i>	2068/3/6	Increase in income	Single women have not received training	VDC and central office	Working committee
7	Mobile	2068/4/8	Increase in	Single	VDC and	Working

	repairing and doll making		income	women have not received training	central office	committee
8	Adult education	2068/5/10	Women would be able to read and write	Have to raise children by earning	VDC and District	Working committee

Action Plan of Kavre Single women group

S.N	Program	Time	Outcome	Challenges	Resource	Responsibility
1.	Group formation and Saving	2068-1-13	A platform to share feelings and sorrows will be created	High Expectation of the group members	Group members	Group Members
2.	Health and Sanitation program	2068-1-9	Clean and healthy environment	It is hard to convince everyone	District Development Committee and municipality	Executive Committee
3.	Open a guest house	2068-3-26	Income generation	might go in loss	District Development Committee and Village Development Committee	Single Women Group
4.	Organize a Sahayogi Class	2068-5-30	Everyone can be aware on important issues. Single women can read and learn	everyone may not attend the class everyday	Central Office	Single Women Group
5.	Produce and supply local products	2068-7-29	Increase in income	lack of market	Single women members	Executive Committee
6.	Sewing and Stitching	2068-9-30	Increase in income	limited resources	Different stakeholder organizations	Committee
7.	Open a child care center	2068-12-1	Single women can work and get engaged	Lack of place	Different stakeholder organization	Single Women Group member

Action Plan of Bhaktapur single women group

S.N	Program	Time	Outcomes	Challenges	Resources	Responsibility
1	Group Formation	2068/2/1	Assembling all the single women from different development village	Only few single women want to come	Sahayogi classes	Members of group
2	Run Saving and Credit	2068/4/5	The revolving fund will be created.	No proper collateral system	Group members	Executive Committee
3	Networking	2068/6/12	A good relationship with the other organisations will be established	Lack of concern by Stakeholders	Executive Members	Executive Members
4	Organize Program at: Ward., Municipality, District Development and other Organization	On Going	Single women issues will be taken seriously	Not given priority	Executive Members	Members
5	Conduct Sahayogi Class	2068/3/5	Single women will have knowledge in various aspects	Only few single women participate	Group members	Social Mobiliser
6	Adult Literacy Class	2068/4/1	Single women will be educated	old age single women	VDC	Social Mobiliser
7	Deusi-Bhailo Program	2068/7	Fund will be raised	No	Group members	Executive members
8	Vegetable and Potato Farming	2068/1/6	Increase in income	Increase in price of seeds	Members	Members
9	Conduct Skill Development	2068/5/10	Skills of single women will be enhanced	Lack of training	Central office	

	training					
10	Conduct health programs related to women	2068/7/14	Better health	Poor economic condition	Central office	Central office, group
11	Conduct awareness program on single women's human rights.	2068/9/10	Single Women's Knowledge on Rights will be enhanced.	Illiteracy	Executive members	Executive members

Work plan of Jitpur single women group

S.N	Program	Time	Outcome	Challenges	Resource	Responsibility
1.	Group formation	2065 B.S	A platform to share feelings and sorrows will be created	Everyone do not want to come	Central office	members
2.	Saving and loan	2065 B.S	The revolving fund will be created.	lack of literacy	Central office	members
3.	Conduct Sahayogi class	2065 Baisakh	Become able to get knowledge on different important issues	Everyone do not attend in time	Central office	Members
4.	Conduct skill development training	2068 Baisakh	Skills of single women will be enhanced	Lack of materials	Central office	Members
5.	Organise Teej Program	2068 Bhadra	Funds will be raised	Limited money	Central office	Members
6.	Deusi Bhailo program	2068 Kartik	Participation of single women in the festival occasions accepted	Everyone does not get involved	Central office	Members
7.	Conduct adult Literacy class	From 2068	Every women will get the opportunity to read and write	Participation	Central office	Members
8.	Crops and	From	Income generation	Limited or		Members

	vegetables framing	2068		no availability of seeds, fertilizers		
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Action Plan of Army single women and Injured Family Groups

S.N	Program	Time	Outcome	Challenges	Resource	Responsibility
1.	Group formation	2068/1	A platform for sharing their sorrows and feelings will be created.	Every single women does not want to be the part of the group	Single women group	Single women group
2.	Saving by the single women groups members	2068/1	A revolving fund will be created.	Cannot decide themselves	Municipality, ward, District Development committee	Single Women group
3.	Conduct awareness program on single women.	2068/2	People will be aware on single women's issues	Create a non discriminated society	Village Development committee, District Development Committee	Single Women Group
4.	Adult Literacy Class	2068/3	Single women will be able to read and write	Cannot come out of their house and family wont allow	Village Development committee, Regional and central office	Single Women Group
5.	Conduct Health Related Program	2068/6	Single women will know better about their health.	Single Women cannot express openly about their body organs	Village Development committee, Regional and central office	Single Women Group
6.	Organize a single women related program along with district representative	2068/7	All the organization in the district will know about Single women's issues	Not coming in time just because it is the program related to single women	Village Development committee, Regional and central office	Single Women Group
7.	Conduct Single	2068/8	Single women	Due to	Village	Village

	Women training of trainers		will be able to advocate and fight for their rights	political influence, they cannot conduct the program in time	Development committee, Regional and central office	Development Committee and Central Office
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Action Plan of Goldhunga single women group

S.N	Program	Time	Outcome	Challenges	Resource	Responsibility
1	Group formation	2067 Poush	All the single women of the village will be united in the group	Every single women does not want to be the part of the group	Single women group	Members of the group
2	Saving and Credit	2067 within Poush	Saving habit of members will be developed, single women can also get loan without any collateral.	Lack of finance training	Single women group	Members of the group
3	Conduct Sahayogi Class	2068 from Baishak	Single women's knowledge on their rights will be enhanced.	Everyone cannot attend the program due to the timeframe, and also due to lack of trainers	Central office	Members of the group
4	Conduct Skill Development Training	2068 Jestha	Skills of single women will be enhanced.	Lack of trainings	Central office Group Members	Members of the group
5	Conduct Adult Literacy class	2068 Ashad	Will be able to write their names, sign and can run the group	Everyone does not want to be part of it and lack of trainers	Central Office and village development committee	Central office
6	Coordination	2068	Better	Lack of	Organization	Members

	with village development committee	from Ashad	relationship with the other organisations will be established	knowledge	of village development committee	of the group
7	Organise <i>Deusi Bhailo</i> program	2068 Kartik	Single women's participation in the festivities will increase	Everyone does not attend	Group	Members of the group
8	Conduct <i>Teej</i> program	2068 Bhadra	All the single women come together and entertain themselves	Necessary instruments and equipments for program	Central Office and Regional office	Members of the group
9	Crops and vegetable farming	2068 Baishak	Increase in income	Lack of fertilizers, seed and medicines	Central Office, government and group	Members of the group

Closing Session

The closing session of the program was held on 17th of March. During the closing program the Chairperson of FES Dev Raj Dahal and Program Officer Chandra Dev Bhatta were also present. Dev Raj Dahal congratulated participants for making the program successful and also committed to support single women in future. Similarly, Lily Thapa also requested participants to disseminate the information of the training to other members of the group. From these participants, a few single women will be selected as social mobilisers.

WHR would like to thank FES for supporting us for the capacity development program for single women group and anticipate receiving the support in the near future in more capacity.