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REPORT  
2002 - 2003**

तालवा फालाई  
दुहरा गवनाउं



**Together for Social Justice**

# Together for Social Justice

Annual Report 2002-2003



**Women's Rehabilitation Centre**

**Kathmandu, Nepal**

# Together for Social Justice

WOREC Annual Report 2002-2003

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# ACRONYMS

AATWIN	Alliance Against Traffic in Women and Children in Nepal
AEI	Aide a 'l' Enfance de l' Inde, Luxemburg
AGG	Adolescent Girls' Group/ WOREC
AIDS	Acquired Immuno-Deficiency Syndrome
ANM	Assistant Nurse Midwives
BAS	Bal Adalat Samitee (ICC)/ WOREC
BIF	Bio-Intensive Farming
CBO	Community-Based Organization
CCC	Child Care Centre
CCDP	Community-Based Child Development Programme
CDW	Child Domestic Worker
CEDAW	Convention for the Elimination of all forms of Discrimination against Women
CG	Children's Group/WOREC
CHP	Community-Based Health Programme
CHV	Community Health Volunteers
CHW	Community Health Worker
CIDO	Community-based Independent democratic Organization
CMC	Community Mediation Committee
CMP	Community Mediation Programme
CNW	Community Nutrition Worker
CRAG	Child Rights Awareness Group/ WOREC
CRC	Child Rights Convention
CSG	Civil Society Group
DCIDC	District Cottage Industry Development Committee/HMG
DCWB	District Child Welfare Board
DDC	District Development Committee
DEC	Development Education Class
ENWWR	Elected and Nominated Women Ward Representative
FG	Farmer's Group/WOREC
FP	Family Planning
FS	Farmer's Scholar
GO	Governmental Organization
HIV	Human Immuno-Deficiency Virus
HMG	His Majesty's Government of Nepal
ICC	Informal Child Court/WOREC



ICCO	Interchurch Organisation for Development Cooperation, Holland
IEC	Information, Education and Communication
INGO	International Non-Governmental Organization
IPM	Integrated Pest Management
KZE	Katholische Zentralstelle für Entwicklungshilfe e.V. Germany
LAP	Lower Abdominal Pain
MCH	Maternal Child Health
MG	Men's Group/WOREC
MGEP	Mainstreaming Gender Equity Programme
MPP	Micro-Enterprise Promotion Programme
MWCSW	Ministry of Women, Children and Social Welfare
MWRs	Male Ward Representatives
NFE	Non-Formal Education
NGO	Non-Governmental Organization
PGR	Plant Genetic Resources
PLWA	People Living With AIDS
PO	People's Organization
SARD	Sustainable Agriculture & Rural Development
SCN	Save the Children-Norway
SID	Society for International Development
SS	Shakti Samuha
STD	Sexually Transmitted Disease
TAF	The Asia Foundation
TBA	Traditional Birth Attendeeds
TOT	Training of Trainers
TU	Tribhuvan University
UNDP	United Nation Development Programme
VDC	Village Development Committee
WG	Women's Group/WOREC
WHC	Women's Health Counselor
WHN	Women's Health Network/WOREC
WHP	Women's Health Programme
WHRCC	Women's Health Resource Centre/WOREC
WOREC	Women's Rehabilitation Centre
WTI	Women's Training Institute/ WOREC
YG	Youth Group/WOREC

## Foreword

WOREC a national non-governmental organization has been working in the field of women's and children's rights, women's empowerment, women's health, local human resource development and sustainable rural development. The mission of WOREC is to empower and mobilize community-based social organizations to bring about positive change in the human rights status of both women and children as well as in the livelihood of grassroots people from the perspective of social justice. WOREC has been strengthening and mobilizing hundreds of local women's groups and youth clubs with more than 21000 members. The major emphasis has been given on advocacy against trafficking, basic human rights, women's reproductive and sexual rights, as for the rights and access of the farming communities on their seeds, crop, land, plant genetic resources and other productive natural resources.



We hope that the experience gained by WOREC in the field of collective empowerment, social mobilization, sustainable livelihoods and integrated rural development will be better shared through its annual report. On behalf of WOREC, I would like to express sincere thanks to all of the national and international development agencies, governmental organizations and individuals who provided and have been providing active support to WOREC in combating subordination, discrimination, exploitation and injustice prevalent in this country.

Gaurighat, Kathmandu  
20 January, 2004

A handwritten signature in black ink, appearing to read 'Renu Rajbhandari'. The signature is stylized and includes a large, sweeping flourish.

Dr. Renu Rajbhandari  
Chairperson

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# I. Introduction

In Nepal, the inequities in the access and ownership of natural productive resources and basic human rights, and the discrimination and exploitation based on ethnicity, caste, age, sex, gender, religion and class have been eroding the human rights of Nepali people. The same factors are also



New building of WOREC

responsible for the forced migration of economically poor and marginalized people into towns and cities to earn their livelihood. The socio-cultural and economic injustice and the discriminatory patriarchal socio-political structure has led to increasing unemployment, and violence against women and children. Migration of rural youth away from their native villages; the depletion of productivity of croplands, forests, and pastures; and socio-economic crimes like traffic in and violence against women and children have thus emerged as intricate socio-economic, cultural, and political phenomena in this Himalayan kingdom. Globalization of open market economic policies and the exploitation-based model of development, on the other hand, have further aggravated discrimination and social injustice, simultaneously widening the gap between the "haves" and "have-nots". These phenomena are also elevating the levels of poverty and nutritional insecurity. To address these issues, Women's Rehabilitation Centre (WOREC), a non-governmental social organization, was established on April 1, 1991.

WOREC has been working in partnership with grassroots people and organisations in order to resolve the major socio-economic, cultural and human rights problems prevalent in the communities and for the attainment of social justice and protection of human rights at the community level. This report presents a glimpse of the centre's programmes and activities conducted during the years 2002 and 2003.

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## **Vision**

WOREC envisages a Nepali society with social justice, equal human rights and opportunities for all.

## **Mission**

WOREC's mission is to bring about positive changes in the human rights of women, children and marginalised groups; and in the social justice system at the grassroots level. To achieve this mission, WOREC has been working in partnership with the local people and their independent democratic organizations.

## **Strategy**

WOREC's main goal is to prevent the trafficking of persons from a human rights perspective. Accordingly, all of WOREC's programmes work towards achieving this goal with an understanding that only a multi-dimensional and integrated approach will be effective in changing the unequal power relationships and in achieving human rights for all.

**WOREC's programmes focus on the following three broad strategic directions:**

- I. Collective empowerment and social mobilization;
- II. Human rights and social justice; and
- III. Sustainable livelihood and development.

## **Objectives**

The objectives of the centre within the framework of its strategic directions (SD) are as follows:

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## **SD I. Collective Empowerment and Social Mobilization**

- To animate, empower, mobilize and strengthen the local community-based organizations and population groups for planning, implementing and monitoring development programmes;
- To improve and consolidate the organizational structures and leadership qualities of local community-based independent democratic organizations (CIDOs) and leaders;
- To implement the integrated programme of development education and advocacy on the issues of traffic in and violence against women and children, women's health, women's human rights and social justice.

## **SD-II. Human Rights and Social Justice**

- To make grassroots people, particularly women children and marginalised groups, aware of their human rights:
- To work for preventing traffic in women and children;
- To launch community-based rehabilitation or reintegration programmes for socially rejected, discriminated, and marginalized rural women, including the survivors of trafficking or HIV/SIDS; and
- Strengthen functional networking on women's and child rights at various levels.

## **SD-III. Sustainable Livelihood & Development**

- To improve the technical skills and competency of the members of local CIDOs and the staff members of WOREC.
- To improve the nutritional and livelihood security of rural women, children and disadvantaged population groups; and make their security sustainable by networking with and mobilizing the local women's groups, CIDOs, other civil society groups and local governance bodies.
- To improve the health status of women, children and other members of the community through its self-help approach and the promotion of traditional knowledge about herbal remedies.

- 
- To bring about substantial changes in the skill, household income and livelihood of rural communities through small farmer-centered bio-intensive farming system programmes.
  - To facilitate the exploration of location-specific, off-farm income generation opportunities through skill training and the promotion of micro-enterprises.

## Targeted Districts and VDCs/municipalities

WOREC has been implementing various community-based programmes in the following districts and VDCs/municipalities:

### Targeted districts & VDCs of WOREC

Districts	Municipalities/VDCs
-----------	---------------------

<b>Udayapur:</b>	Triyuga Municipality, Rauta, Jogidaha, Jalpa-Chilaune, Triveni, Bhalayadanda, Saune, Khanbu, Handiya, Risku, Katari, Panchawati, Sunderpur, Beltar,
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<b>Mustang:</b>	Lete, Kobang, Kunjo
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<b>Siraha:</b>	Govindpur, Padariya, Bastipur
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<b>Morang:</b>	Letang, Uralbari, Sanischare, Rajghat, Pathari, Aamgachi, Rangeli, Dainiya, Buddhanagar, Bhatigach, Sijuwa, Jhurkiya, Mahadeva, Kadmaha, Nocha, Dadarbairiya, Sorabhad, Sisbani Jhoda, Majhare, Pokhariya, Darbesha, Takura, Amahi Bariyati, Govindapur, Hasandaha, Amardaha, Babiabirta, Dardanga, Itahara.
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<b>Sunsari:</b>	Jhumka, Amahibela, Ramganj, Debanganj, Chittaha, Purba Kushaha, Chimdi, Ramjung Sinwari, Gautampur, Jalpur, Satterjhora, Madheharsahi and Hariganga
-----------------	---

<b>Dhanusha:</b>	Labtoli, Goddar, Yagyabhumi, Dhalkebar, Bharatpur, Naktajhis, Hariharpur, Puspapur, Mahendranagar, Dhanushadham, Bengadar, Shantipur, Bateshwor, Laxminiwas, Tulsi
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<b>Rupandehi:</b>	Devdaha, Kerwani, Siktahan, Makarahar, Karhaiya
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## Locations of WOREC offices

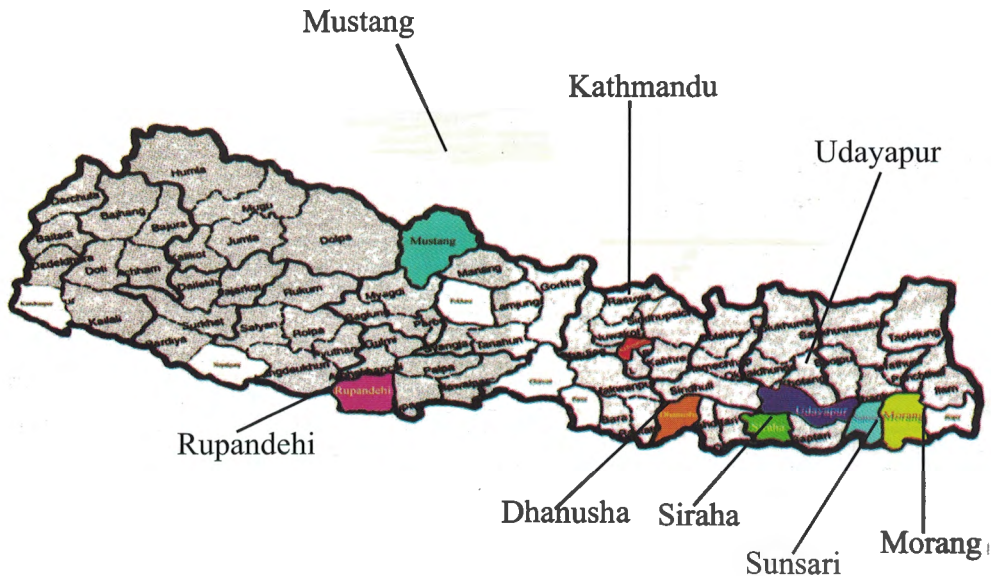
The Central Office of WOREC is located at Balkumari, Lalitpur.

The branch offices are located at the following places:

<b>Udayapur</b>	Rajabas, Triyuga municipality-16
<b>Mustang</b>	Chhyo, Lete VDC
<b>Siraha</b>	Bastipur, Bastipur VDC
<b>Morang &amp; Sunsari</b>	Bhrikuti Chowk, Biratnagar
<b>Dhanusha</b>	Pidarimai Sthan, Janakpur Municipality

WOREC's project in Baitadi, Salyan and Nuwakot districts have been phased out.

## Working Areas of WOREC



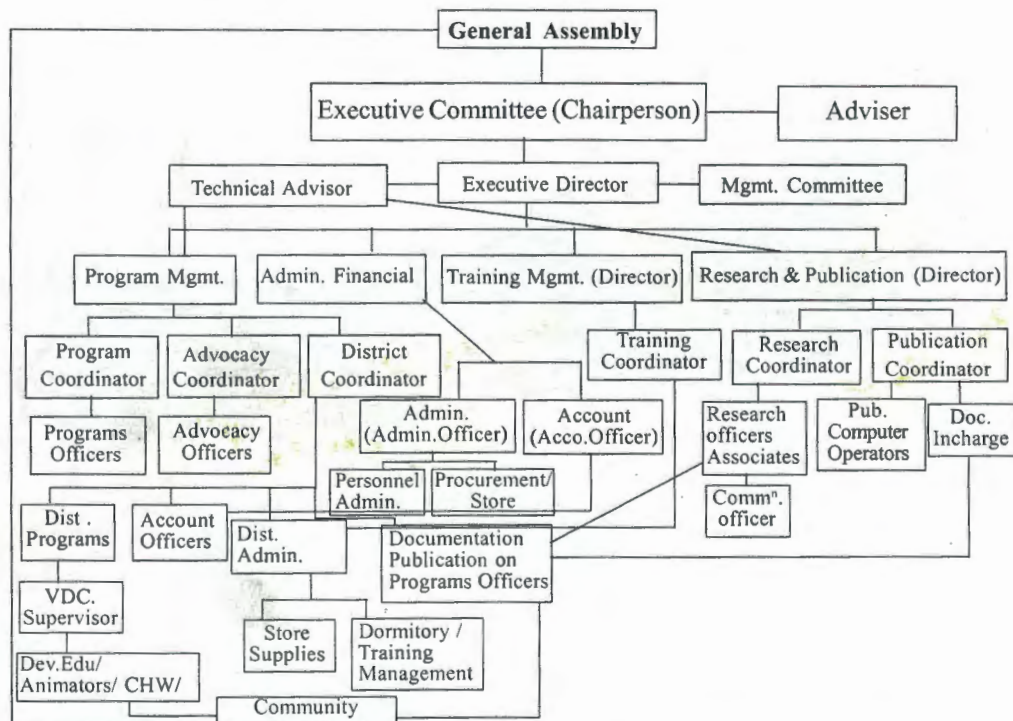
## The Executive Committee of WOREC

Dr. Renu Rajbhandari	Chairperson
Mr. Baburam Gautam	General Secretary
Ms. Saraj Gurung	Treasurer
Ms. Nirmala Pandey	Member
Ms. Neelam Paudel	Member
Ms. Menaka Niraula	Member
Ms. Ramwati Chaudhari	Member

## Advisors of WOREC

Dr. Binayak P. Rajbhandari  
 Dr. Kailash Nath Pyakurel  
 Prof. Harsha Narayan Dhaubhadel  
 Dr. Meena Acharya  
 Dr. Devendra Chapagain  
 Dr. Mohan Kharel  
 Ms. Pitambara Upadhyaya

Chart 1. The Organizational Structure of WOREC





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## II. Glimpses of Socio–Economic Change

### Background

In the course of its participatory intervention in rural areas, WOREC has facilitated the formation and strengthening of new social democratic institutions aimed at alleviating discrimination, violence, and injustice through collective empowerment and social mobilization. These institutions include people's organizations, community-based childcare centers, community mediation committees an informal child court, community-based health clinics, women's health resource and counseling centres, women's health networks, model demonstration farms, caucus of ENWWRs and women's cooperatives for the promotion of micro-enterprise. Mobilization of these institutions is broadly directed towards protecting the human rights of women and children as well as promoting production technologies. Social mobilization is directed towards mitigating the external economic and technological shocks and gaining self-reliance in basic resources and technologies required for the attainment of sustainable livelihoods.

Local institutions are the fundamental components of the innovations of WOREC for sustainable livelihood. The local



Focus group discussion in Udayapur



Participants of training on Safe Migration



Children in a Focus group discussion



Members of B|F farmer's group

institution has two primary and inter-related components: the organization as such and a set of links between the people's organizations and their environment. The important features of the organizations engaged in various stages of programme development and implementation include their leadership quality and strength, their resources, their activities and the internal structures including the patterns of authority, communication and control or in short, the level of democratization. The higher the level of democratization and commitments the higher is the effectiveness of an organization. We have observed this in Udayapur district, where WOREC has been working in partnership with the CBOs for the last eleven years. It is against such a perspective that the local organizations and the members, both female and male, elected to the local governance bodies are strengthened through appropriate training, orientation, and workshops. Types of community based organisations and the number of their members is presented in table 1.

**Table 1.** Types of CBOs and number of their members in all targeted districts of WOREC

District	Women group		Youth group		Male group		Child group	
	Number	Members	Number	Members	Number	Members	Number	Members
Morang	261	3 915	102	1500	-	-	-	-
Sunsari	107	1605	11	32	-	-	-	-
Udayapur	175	2856	118	1870	19	71	1131	
Dahanusha	90	1420	143	2395	-	-	1	17
Siraha	29	516	5	65	19	444	-	-
Mustang	13	334	9	300	-	-	9	300
Rupandehi	-	-	45	1000	-	-	-	-
Total	675	10646	433	7262				

These democratic infrastructures are gaining recognition and support from the local population and the local governments such as VDCs and DDCs. These institutions have been actively engaged in bringing about the anticipated change in the socio-cultural traditions which are based on gender-based discriminatory norms and values. Furthermore, these institutions are also engaged in the identification, conservation, and sustainable management of local natural resources for anticipated change in the rural household economy. The text that follows offers a look at social mobilization for socio-economic change in the targeted areas.

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## 1. Animation and Development Education

Nepali women, children, and the marginalized populace have to face subordination, exploitation, and discrimination each day. This situation calls for immediate action to make them aware of their basic human rights. First of all, they need to be animated to realize and analyze their basic needs, major problems, and resources, and then they need to be empowered to analyze and utilize their latent potential and



Meeting with women's group, Sunsari

resources for the development of their own personality, household economy and native villages. They, at the same time, also need to be made aware of the social environment they live in and work within, their sanitary and nutritional problems, and health hazards. Moreover, they need to be empowered to cope with all of these challenges. They need to be animated or made able to question themselves about worsening livelihood conditions, and to realize that these discriminatory conditions cannot be accepted for long and have to change. The question then is: who should and can change such a condition? The marginalized population groups and civil society groups committed to social justice should and can bring about a change in these inhumane situations and the discriminatory socio-political values. Being guided by this concept, WOREC has been conducting animation and development education programmes in its targeted districts in partnership with local women's groups, adolescent girl's groups, youth clubs, and farmer's groups.

The unequal access and ownership to natural productive resources, the discrimination and exploitation based on caste, sex, gender and class, are not only responsible for subordinate status of women leading to various women's health and nutritional problems, but have also forced the marginalised families to migrate into towns and cities to earn their livelihood. Such migrant people are involved in various occupations in the cities and towns. The adolescent girls,

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women and children who are “employed” in carpet factories, hotels, massage parlors and private houses have been physically, sexually and economically exploited and often abused. Some of them are even trafficked and sold into the international sex industry. The ever increasing rate and the trend of migration of rural youth, the prevailing social injustice, degradation of both the environment and fertility of crop lands, unemployment and social crimes including trafficking in women and children have thus become a serious problem. The globalization, open market economic policies and model of development based on discrimination and social injustice are responsible for increasing the gap between rich and poor. Thus WOREC envisages animation and development education as a comprehensive and continuous process of instilling into the marginalized populace a scientific outlook to understand and analyze their problems and the causes of their subordination and discrimination. This process enables them to identify the socio-economic, political, and patriarcha-cultural barriers to their development, and empowers them to find out the ways and means to change these situations from the perspective of social justice.

It should be noted that the sustainability of any development programme is a concern of all beneficiaries. As elsewhere, women occupy half of the Nepali population, and enhancing women’s social, economic, and political status is critical for the sustainable development of this Himalayan country. Special efforts are therefore imperative for animation, capacity building, strengthening, and mobilization of the local community groups, particularly women’s groups. This would result in women’s and women leaders’ increased participation in decision-making and development endeavors at the grassroots level. The community-based organizations (CBOs) are the potential change agents and therefore need to be paid due consideration by both the governmental and non-governmental organizations. With this understanding, WOREC has been facilitating the formation of local community groups like women’s groups, adolescent girl’s groups, children’s groups, and men’s groups in all of its targeted areas. These groups are strengthened and mobilized to plan and implement various projects/programmes in their native villages. WOREC has been conducting community meetings/workshops and providing training and technical assistance to the leaders and members of the community groups.

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## Various activities of animation and development education include:

- Group formation, strengthening and mobilization
- Animation and leadership training
- Development education and skill / technical training
- Organizational planning
- Micro-enterprise promotion and
- Mobilization of local resources.

## Accomplishments

- In 2002-2003, WOREC continued working with 675 women groups, 433 youth/ adolescent groups, 38 farmers groups, 81 child groups in all its targeted districts. Moreover 4 VDC level women groups in Udayapur were registered as CBOs and initiated implementing community-based activities on different issues. Similarly, WOREC has been facilitating the strengthening and registering VDC of level women groups as CBOs in other district as well.
- In 2002 and 2003, various trainings were provided to the members of community groups in all targeted districts in order to strengthen their capacity and conceptual understanding in different subject. In 2002 and 2003, WOREC has formed and strengthened 76 groups of marginalized communities in Siraha and Udayapur districts. Those groups were provided with orientation/training on different issues with a special focus on “*dalit*” rights.
- A household survey of marginalized communities of Bastipur, Govindapur and Padariya VDCs of Siraha and Triyuga municipality, Hadiya, Jogidaha and Triveni VDCs of Udayapur was conducted. Based on the information WOREC has been developing strategies to work with marginalized communities in the future.
- In 2003, WOREC provided a 3-month long training to 23 social mobilizers of Siraha and Udayapur districts. The Participants were selected from the

marginalized communities. These social mobilizers were actively engaged in facilitating the process of animation and collective empowerment in their respective community groups.

- ☛ In 2003, refresher training on development education was provided to 20 Development Educators and Supervisors. The participants were provided with the skill, in the facilitation of development education classes, the process of conducting development education, and the issues to be discussed there in. WOREC has been conducting development education classes (DECs) in all of the targeted VDCs at Udayapur. Altogether 1226 community members benefited from this programme (Table 2).

**Table 2.** Number of participants in different development education classes in Udayapur,

VDC/Municipality	Number of participants		
	Female	Male	Total
Triyuga Municipality	190	-	190
Khanbu	80	20	100
Jalpachilaune	66	-	66
Saune	75	-	75
Triveni	80	45	125
Jogidaha	72	30	102
Hadiya	220	60	280
Rauta	85	15	100
Bhalayadanda	103	-	103
Beltar	60	25	85
<b>Total</b>	<b>1031</b>	<b>195</b>	<b>1226</b>

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## 2. Human Resource Management

Realizing human resource management as the first prerequisite for the successful implementation of any development programme WOREC has been placing a special focus on capacity building and mobilization of local human resource in the targeted communities. We visualize human resource management as a process of liberation of a person from her/his subhuman or subordinate existence and sense of alienation, simultaneously developing and building her/his personality, dignity, creativity, capability and technical skills. Accordingly, WOREC has been conducting special training programmes for the local NGOs/CBOs as well as the local field workers and staff members of WOREC. More than 90 percent of its staff are local youths, particularly girls in the targeted districts. Keeping in mind the need of a community-based training institution to serve the purpose of local human resource management, WOREC has established a Women's Training Institute (WTI) at Rajabas, Udayapur. The training institute has basic physical facilities with an accommodation capacity of 50 trainees at a time.

The WTI has been offering training courses on the following topics:

- Animation and People's Organization
- Leadership Development and Management
- Women's Health and Gender
- Women's Reproductive/Sexual Rights and Social Justice
- Management of Women's Health Resource Centre
- Trafficking and Safe Migration
- Advocacy for Human Rights
- Community-Based HIV/AIDS Prevention
- Traditional Healer's Training
- Paramedical Clinical Training
- Women's Health Counselor's Training
- Sustainable Bio-Intensive Farming System and Livelihood
- Organic Kitchen Gardening and Livelihood

➤ Community-Based Mediation and Conflict Management

➤ Micro-Enterprise Skill Training

## Accomplishments

➤ In 2002/2003, WTI/WOREC conducted a number of short-term training and orientation courses. During this period, 8399 members and leaders of local women's groups, farmer's groups, adolescent girls' groups, child groups, field workers/staffs of WOREC and other NGOs and VDC/DDCs benefited from those training and orientation activities.

➤ In 2002/2003, in all working districts of WOREC, different training and were organized on trafficking, safe migration and advocacy. Altogether 3332 members of the women's groups, youth and adolescent groups, VDC/DDC taskforce, WOREC's and other NGO's staffs participated in those training (Table 3).

**Table 3.** Number of participants of the trafficking and safe migration training conducted by WOREC (cumulative number of 2002 and 2003)

Name of training	Number of participants		
	Female	Male	Total
TOT on trafficking to staffs	32	24	56
TOT on trafficking to community leaders	16	19	35
TOT on safe migration to NGO staffs	29	16	45
Training on safe migration to field staffs	23	21	44
Advocacy training to NGO staffs	27	8	35
Training on trafficking to women and VDC leaders	510	436	946
Training on safe migration to youth	32	39	71
Training/workshop on trafficking to VDC/DDC task force and teachers	657	1030	1687
Training on trafficking to youth	208	64	279
Advocacy training to staff	27	13	40
CRC training to child group	87	85	162



➤ The ward-level community mediation committees (CMC) were provided with refresher training on community mediation. Altogether 347 members of CMC (197 female and 150 male) benefited from that training. Similarly, 237 legal activists were



Focus group discussion in Udayapur

provided with para-legal training. One member from each mediation committee was selected as a legal activist.

➤ In 2002/2003, TOT, refresher and basic training and orientation activities were conducted on women's health, violence, gender and reproductive health. Altogether 1408 community women and men benefited from those trainings. Details of trainings conducted during this period are presented in Table 4.

**Table 4.** Number of participants of the women's reproductive health training, 2002 and 2003

Name of Training	Number of participants		
	Female	Male	Total
TOT on women's health to counselor	20	-	20
Adolescent health training	337	-	337
Reproductive health training to male	-	124	124
Women's health training to women group	144	-	144
Counseling training	30	3	33
Training on gender and violence	588	182	770

- Similarly, orientation on the women's health and gender was organized for 1260 members of local women's groups, youth and adolescent girls' groups and farmers' groups.
- In 2002/2003, different training like leadership and institutional development and group management, strategic planning and animation for capacity building and empowerment of the NGOs, community people, and local CBOs were organized. A total of 1143 members of the community were benefited from those training ( Table 5)

**Table 5.** Number of participants of the capacity building and empowerment training (2002 and 2003)

Name of Training	Number of participants		
	Female	Male	Total
Leadership and management training to NGO staffs	29	9	38
Team building training to NGO staffs	16	9	25
Leadership and group management training to WG	654	-	654
Development education training to staffs	19	5	24
Animation and people's organisation training	195	87	282
Peer education training to youth	37	23	60
Strategic planning training to CBOs	60	-	60
<b>Total</b>	<b>1010</b>	<b>133</b>	<b>1143</b>

➤ For the last six years, WOREC has been implementing the bio-intensive farming (BIF) system, a participatory approach of agricultural resource management based on the principle of agro-ecology. In 2002/2003, short-term training



Participants discussing on advantage of sustainable livelihood

courses on various components of the bio-intensive farming system were conducted for the members of farmers' groups, farmers' scholars and members of women's groups. Information about the type of such training and the number of participants of each training course has been presented in table 6.

**Table 6. Number of participants of the training on BIF system (2002 and 2003)**

Name of Training	Number of participants		
	Female	Male	Total
BIF: vegetable and fruit production & processing	59	19	78
BIF: crop production & marketing	20	7	27
BIF: kitchen gardening	348	79	427
BIF: conceptual clarity	36	20	56
Training on low cost oven	19	-	19
Training on bee keeping	5	10	15
Animal health management	13	17	30
<b>Total</b>	<b>520</b>	<b>152</b>	<b>672</b>

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### 3. Community Mediation

In Nepal, violence against women is one of the major factors responsible for the poor health of women, livelihood insecurity, and inadequate social mobilization. With an aim of attaining social justice and peace through elimination of gender-based or caste-based



Participants of TOT

discrimination and violence at the grassroots level, WOREC has facilitated formation and strengthening of community mediation committees (CMC) in the targeted wards, VDCs/municipalities. It has started mobilizing local civil society groups (CSGs), new social democratic institutions (NSDIs), local elected governmental bodies, and local intellectuals for that purpose.

Each ward-level mediation committee consists of 7 members with: 4 female and 3 male. The composition of the ward-level mediation committee is as follows:

- |   |             |
|---|-------------|
| ⇒ ENWWR (1)                                     | Chairperson |
| ⇒ Elected chairperson of ward (1)               | Member      |
| ⇒ Representative of adolescent girls' group (1) | Member      |
| ⇒ Representative of women's group (2)           | Member      |
| ⇒ Local leaders / Teachers, etc. (2)            | Member      |

The VDC-level mediation committee is a federation of the ward-level mediation committees. Some of the VDCs in Udayapur have given formal recognition to the CMCs as per Decentralization Act. Each mediation committee conducts monthly meeting on a regular basis. The hearing of the registered cases of the disputes takes place as per need.

## Accomplishments

- During the last two years, 8 VDC-level and 86 ward-level community mediation committees were further strengthened in Udayapur. Location and number of CMCs and its member is presented in table 7.

**Table 7 : Number of community mediation committees (CMCs), number of members in CMCs and the number of resolved cases, Udayapur, 2002 and 2003**

VDC/Municipality	No. of Mediation Committees		No. of members in the ward level mediation committees		
	VDC Level	Ward Level	Women	Men	Total
Triyuga Municipality.	-	14	62	36	98
Rauta	1	9	36	27	63
Saune	1	9	36	27	63
Khanbu	1	9	36	27	63
Jalpachilaune	1	9	36	27	63
Hadiya	1	9	36	27	63
Jogidaha	1	9	36	27	63
Triveni	1	9	36	27	63
Bhalayadanda	1	9	36	27	63
<b>Total</b>	<b>8</b>	<b>86</b>	<b>350</b>	<b>252</b>	<b>602</b>

- In 2002/2003, altogether 119 cases were registered in the ward-level mediation committees in Udayapur. The mediation committees resolved 117 of the total registered cases and 2 cases were referred to the police office. Number of dispute registered and resolved by the mediation committee in 2002 and 2003 is presented in table 3.2.
- Among 119 cases registered in mediation committees in 2002-2003, 30 cases (about 25%) were found to be related to violence against women (Table 8) where as in the year of 2001/2002 it was 62 percent (WOREC, 2002). These figures clearly showed a remarkable decline in the cases of domestic violence against women as an impact of community mediation programme.

**Table 8 : Number of disputes registered at and resolved by the mediation committees in Udayapur, 2002 and 2003**

Municipality/VDCs	Number of conflicts			Related to violence against women
	Registered	Resolved	Referred	
Triyuga Municipality	10	10	0	2
Khanbu	14	14	0	3
Jalpachilaune	10	10	0	2
Saune	10	9	1	5
Triveni	10	9	1	3
Jogidaha	19	19	0	5
Hadiya	10	10	0	3
Rauta	23	23	0	4
Bhalayadanda	13	13	0	3
<b>Total</b>	<b>119</b>	<b>117</b>	<b>2</b>	<b>30 (25%)</b>

\* Referred to the police office, Udayapur

- In 2003 WOREC organized refresher training to the members of CMCs to further strengthen their capacity and skill on mediation. Altogether 347 members of CMCs benefited from that training. Similarly, 27 legal activists under went para-legal training during this period. Legal activists assisted mediation committee to document the cases and insensitizing community people on legal issues.

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## 4. Advocacy and Networking

### Advocacy

Women's right to health, education, nutrition, self-determination, employment, and equitable access to resources and opportunities are the elements of basic human rights. Assurance and protection of these rights are imperative for sustainable development of a society and that of a nation. That is why development is an issue of human rights. Each citizen, irrespective of ethnic origin,



Participants of Training on Safe Migration

caste, age, gender, religion, and class should have an equal opportunity to participate in the development process. Being guided by this concept, WOREC has been advocating for the abolition of servitude-like practices and all kinds of discrimination and exploitation. The centre has been addressing the issues of discrimination and exploitation of the people, particularly of women, children, and the economically poor and disadvantaged population groups. Traffic in women and children, bonded labour, domestic child work, and forced commercial sex work are some of the forms of such exploitation, servitude, and violation of human rights. The patriarchal socio-political structure and values are the major factors responsible for the existing discrimination and violence against women, children, and marginalized population groups in Nepal. Such structures and values must be transformed to socially just structures and values for uprooting the gender- or caste-based discrimination and exploitation. United effort of the grassroots people and civil society groups is the only force that can uproot such disparities and exploitation. Advocacy and capacity building activities may play a significant role in bringing about relevant change in the policy and legislation.

### The Concept and Approach

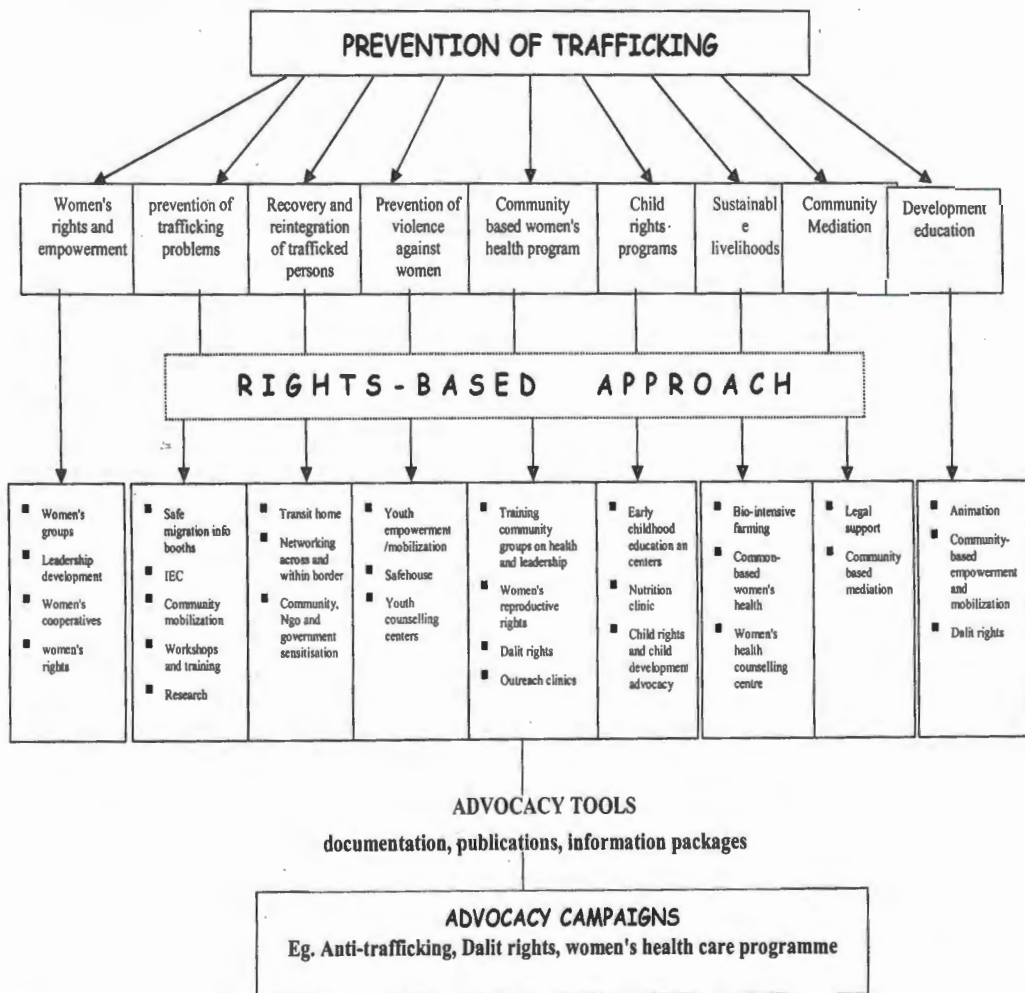
WOREC perceives advocacy as influencing policy by lobbying policy makers and power-holders as well as changing public opinion by raising awareness and education. WOREC determines the success of advocacy in its ability to change power relations. WOREC's integrated approach to advocacy has been presented in chart 2.

# WOREC's Integrated Prevention of Trafficking

Advocacy activities of WOREC address the issues of basic civil rights, women's human rights, child rights and women's right to property and resources. These activities also address the issues of social injustice prevalent in Nepal. WOREC, in cooperation with various international and national organizations, has been conducting these activities at the community and the central levels since its establishment.

Advocacy programme should go beyond public policy to the larger sphere of influencing societal attitudes and practices in order to transform the oppressive patriarchal value

Chart 2 : Approach to Advocacy





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system into a more just and humane one. Issues of deprivation, violence, injustice, and violation of rights precede the process of advocacy. Therefore advocacy activities cannot be effective and sustainable without empowering and mobilizing the local civil society groups to influence the local governance. Advocacy is just like a coin with ideological and political sides. WOREC has therefore been placing special emphasis on capacity building and mobilization of the grassroots civil society groups, local governance bodies as well as political organizations.

WOREC's central level advocacy has been targeted to parliamentarians, political leaders, ministry officials, and intellectuals for relevant changes in the governmental policies, programmes and legislation.

WOREC uses various means of advocacy like training, workshops, community meetings, rallies, signature campaign, street dramas, video show, and distribution of IEC materials. It has been publishing and distributing journals against trafficking and on women's health to make both the community level and central level organizations and civil society groups more aware of the issues of trafficking, human rights, livelihood, and social justice.

### **Accomplishments**

➤ In 2002, WOREC in partnership with SID organized South Asia Dialogue on "Political disruption, women empowerment and health." Delegates from South Asia and Europe participated in this dialogue. The purpose of this South Asia Dialogue was to discuss on the impact of political violence on women's health, promotion of reproductive rights and health in the region, identify way to support women's group and social movement networks that are fighting for social justice and equality and peace in the region. The following topics were discussed in this dialogue:

- Violence against women.
- Peace, human rights and women's autonomy.
- Gender justice, economic globalization, livelihoods, poverty and health.
- Human rights, conflict and health.

➤ During the reported period, the center conducted various activities for strengthening CSGs and local governance bodies in the targeted VDCs at Udayapur, Morang, Sunsari, Siraha, Dhanusha, Rupandehi and Mustang districts. Those activities included the following:

- Conceptual clarity on the issues of trafficking, migration and human rights of children, adolescents and women;
- Mobilization of CBOs, local NGOs, and local governance bodies in grassroots advocacy activities;

- 
- Design and implementation of community-based intervention programmes through local CSGs; and
  - The participatory monitoring and evaluation of the programmes.
- WOREC had prepared and submitted the shadow report in regard to CEDAW convention committee in January. WOREC has been pressuring the government to become accountable for the signed CEDAW convention.
- The CSGs in the targeted VDCs/districts actively participated in organizing various national and international days and utilized them for mass awareness against trafficking and violence against women and children, on women's and child rights, and social justice. Local women's groups and networks have been successful in preventing violence against women and in providing justice to the marginalized.
- In 2003, a two day Regional Workshop in the Central and Western region on "Conflict, Displacement and Migration - Challenges For Peace and Development" was organized in Janakpur and Butwal. Government officials, migrant workers, employment agencies, NGOs, community people participated in these workshops.
- In 2003, WOREC celebrated 16 Days of activism Against Gender Violence against women's day with different activities. The purpose of 16 Days of Activism Against Gender Violence was to create solidarity movement that raises awareness against gender-based violence as human rights abuse and calls for the elimination of all forms of violence against women. WOREC's advocacy programme planned various activities during 16 days from November 25<sup>th</sup> to December 10<sup>th</sup>, including rallies, poster competitions, workshops, information dissemination, open house and press conferences in the various districts.
- During the reported period WOREC was involved in a fact-finding mission on human rights violation in conflict areas of the country, jointly with other human rights organisations. Moreover WOREC conducted a study on the violation of human rights (focusing on women's human rights) in conflict areas in 2002. The finding of the report has been shared with other human rights organisation, concerned government officials, the National Human Rights Commission (NHRC) and other stakeholders.
- In November 2003, WOREC hosted a regional people's assembly, entitled **Conflict, Displacement and Migration - Challenges for Peace and Development**. The 2-day regional workshop in the eastern region of Nepal was an opportunity for communities to voice the ways in which they are being impacted by the armed conflict, as well as to empower communities to
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communicate their vision of peace. In the workshop, 575 people from different communities, NGOs and various levels of government came together to share their experiences, ideas and opinions on the inter-linkages between peace, development and displacement. Experience has indicated that sustainable development neither can be achieved in the absence of peace can nor be realized in the context of mass population displacement. At the People's Assembly, the participants were activity engaged in 5 issue-based symposiums addressing issues such as the impact of conflict on youth, women's health, challenges for safe migration, (Beijing +10) and CEDAW implementation and the role of the media in promoting peace. The People's assembly passed the **BIRAT Declaration** demanding urgent initiation for peace in the country.

- Other advocacy activities such of a childrens assembly and rally for peace interaction programme, impact of conflict on food security in Udayapur, as well as one day workshop, press conference, rally and press releases on current issues like campaign against Witchcraft in Kathmandu; and community meetings, rallies, National and International days celebration etc. were run throughout the year in all targeted districts.

## Coordination and Networking for Advocacy

Violence against women and children as well as various social crimes like trafficking, sexual and physical exploitation, and servitude-like practices imposed upon women and children are the problems of a national scale. It is therefore imperative to work jointly with various CBOs, NGOs, INGOs, and GOs for preventing social crimes and bringing about anticipated socio-economic and policy changes. Realizing this need, WOREC, along with other NGOs, initiated the formation of a national network against trafficking. As a result, "the Alliance Against Traffic in Women and Children in Nepal" (AATWIN) was formed on 25<sup>th</sup> June 1997. Since then AATWIN has been regularly conducting different activities aimed at creating mass awareness about traffic in women and children. WOREC has also formed district level networks against traffic in women in Udayapur, Morang and Sunsari. Likewise, community-based networks on women's health and sexual rights, VDC level women Federation were also formed in Udayapur, Morang, Sunsari and Dhanusha districts. Moreover, WOREC is also an active member of the national human rights network "Alliance for Human Rights and Social Justice in Nepal (Alliance, Nepal).

During the last two year period, WOREC developed coordination with different GOs like the Labor Ministry and Labor Department on the issues of safe migration for foreign employment and rights of migrant workers. A 3-day orientation package developed by WOREC for migrating youth was incorporated in the Labor Ministry's Training course for the workers who migrate for foreign employment.

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## 5. Traffic in Women and Children

Traffic in women and children is a serious violation of the human rights of women and children. It has been estimated that every year thousands of girls from the rural areas of Nepal are trafficked into sex industry in India and other countries. Around 20 percent of these girls are reported to be minors. Similarly a lot of children are trafficked inside the country and are forced to work under different kinds of servitude-like practices. In Nepal, people usually perceive trafficking as a synonym to the sex trade or migration. In fact, trafficking is synonymous neither with the sex trade nor with migration. These are only serving to be the reasons of trafficking.

*“Trafficking includes all acts involved in the recruitment and/or transportation of a woman or child or person within and across the national borders for forced labour or services by means of violence or threat of violence, abuse of authority or dominant position, debt bondage, deception, or other forms of coercion”.*

The patriarchal social structure and discriminatory values, illiteracy, ignorance, lack of women’s access to and control over productive resources, capital, and employment have caused the trafficking of women. Women’s work has not been regarded as productive and socio-economically valuable. Owing to the patriarchal social and power structures women have a subordinate status in Nepal. Girl children and women have also been exploited and discriminated against based on sex, caste, ethnicity, gender, and class. Furthermore, the open market economic policy and globalization have also increased subordination of and traffic in women and children. It is therefore imperative to make rural women aware of the socio-economic environment they have been operating in as well as of the discriminatory social values and tradition of their exploitation. They need to be empowered to question and to mobilize themselves to abolish these discriminatory values, norms, and traditions, and change the policies that marginalize them. WOREC has therefore been conducting advocacy and other support programmes to address the issues of human rights, particularly, of women’s and child rights, and social justice.

Social reintegration/rehabilitation of the survivors of trafficking or HIV/AIDS is a comprehensive process of animation and self-empowerment and does not merely mean the physical reunion of the survivors with their families or providing shelter and food to the survivors. The components of social reintegration of the girls affected by or at-risk for trafficking include: animation; empowerment (spiritual,

moral, social, economic, ideological and political); development education; support for housing, nutrition, health service; counseling; skill/professional training; identification of their family members, family reunion, and follow-up. WOREC's innovation in regard to rehabilitation of the survivors of trafficking/



Advocacy Training in Kathmandu

violence or HIV/AIDS is already a proven practice. Girls who underwent through this psycho-social process are now earning their livelihoods in an environment of social dignity. In 2002-2003, WOREC carried out different activities for prevention, capacity building, policy advocacy and rehabilitation/reintegration.

## Accomplishments

- In the year 2002-2003, WOREC conducted various training, orientation, workshop and cross-sectoral meetings to address issues of trafficking and migration at different level.
- WOREC also conducted various activities to raise awareness of the targeted population groups, the leaders of VDCs/municipalities, DDCs, and, leaders and members of women's groups, teachers, students, youth clubs as well as other civil society groups in the targeted districts. More than 10,000 community people were benefited from these activities.
- WOREC has continued its support through *a transit center* located at Janakpur to benefit the women at-risk and the survivors of trafficking. During the reported period 15 minors and 6 women were transit center.
- 2002-2003, WOREC formed and strengthened provided with support in the 62 VDC level taskforce and 4 district level task force in Morang, Sunsari, Udayapur and Dhanusha. All VDC and DDC level task force groups were provided with conceptual clarity training on trafficking and safe-migration. They were also mobilized to implement anti-trafficking activities at VDC and DDC level.
- Similarly different kinds of skill development training, e.g. knitting and sewing training were also conducted for the marginalized women who were at-risk for trafficking.

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## 6. Community-Based Child Development

In Nepal, the children of 0-6 years age group are usually neglected in the development programmes of both the governmental and non-governmental organizations. There are no facilities to bring out their hidden talents and creativity. They lack support for their overall development. Women, particularly mothers, have to take the responsibility for their care, nourishment and development, and in most cases they take their children with them to their work places. It is obvious that this situation has negative impacts on the life of the children as well as mothers. The child is not only deprived of the right to socialization and proper health and



Child Care Centre, Tribani-Udayapur, Taken  
Interview with CCC Teacher



Children in a Focus group discus-

nutritional care but s/he is also exposed to various infections or put at-risk for accidents. The mother, on the other side, is over burdened and the opportunity to generate extra income has been limited for her. When the children reach the age of 2-3 years they start cultivating the habit of roaming around and it becomes difficult to enroll them in the formal school. In order to develop good habits among the children and to provide them opportunities and support for their development as well as to provide pre-school counseling, socialization and other supports, the need for a child-centered programme was strongly felt.

Keeping these situations in mind, WOREC in partnership with AEI, Luxembourg and the local women's groups (WGs) and VDCs formed 10 community-based child development centres (CDC) in 1998 and 10 more centers were started in 2001. In 2002 and 2003 those CDCs were further strengthened. The local women's groups and VDCs made contributions in terms of land and labor for constructing the child centres. Major activities of this programme included the following:

- Regular health and nutritional assessment and care;
- Imparting knowledge and behavior about personal health and hygiene;
- Socialization of the children;
- Support for the development of creativity of children;
- Capacity building of teachers, management committee;
- Workshop on programme sustainability;
- Pre-school education to the elder children (3-6 years) for formal schooling; and
- Support for the admission of the children to local schools.

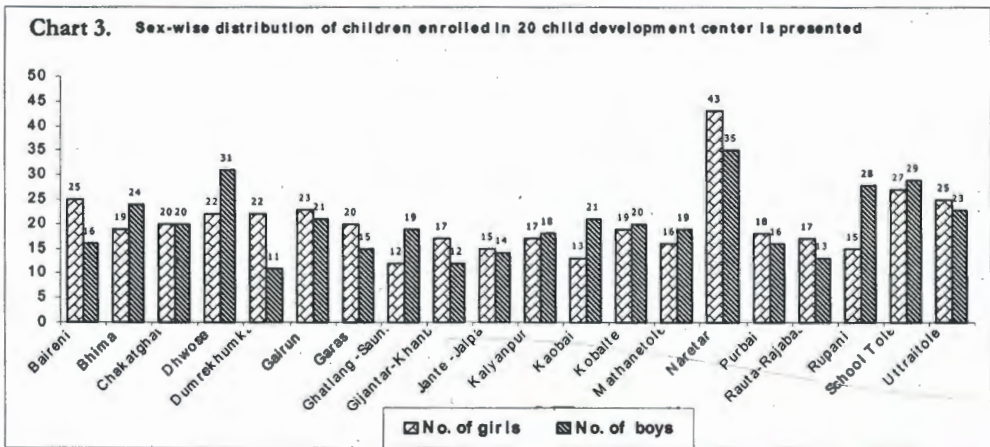
### Accomplishments

- 2002-2003, 812 children were enrolled in 20 child development centers of different VDCs and municipality. Location of centers with the total number of children is presented below in table 9.

**Table 9 : Location of child development centers and number of children enrolled, 2002 –2003**

VDC/Municipality	# of CDC	Total # of children
Triyuga municipality	6	242
Rauta VDC	4	138
Bhalayadanda	2	125
Jogidaha	2	99
Triveni	2	70
Hadiya	1	46
Saune	1	34
Jalpa	1	29
Khanbu	1	29
<b>Total</b>	<b>20</b>	<b>812</b>

Sex-wise distribution of children enrolled in 20 child development center is presented below in chart 3.

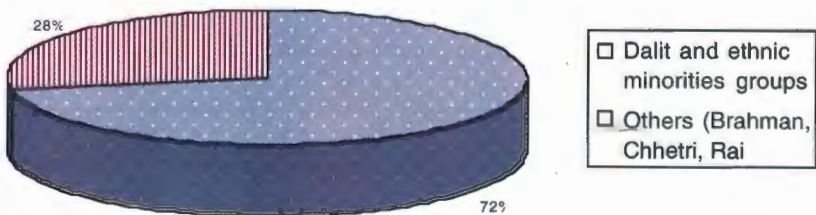


Analysing the ethnic composition of children it was found that about 72% of total children enrolled in CDCs were from “Dalit and ethnic minorities group”. Ethnicity-wise distribution of the children at CDC is presented in chart 4.



Child Care Centre, Tribeni-Udayapur

**Chart 4. Ethnicity-wise Distribution of the Children at the Child Care Center 2002 & 2003**



➔ In 2001, WOREC initiated a move for making the programme sustainable with the local people’s participation and mobilization. As a result Childcare Centre



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Management Committees were formed for each centre separately. The management committee is a group of main actors who have to play a catalytic role in collective empowerment and social mobilization for making the programme sustainable in the course of time. In 2002 and 2003, the management committees were provided with orientation and training on leadership development, child development center management.

- All teachers, assistant to teachers and supervisors were provided with refresher training on teaching skills and CDC management.
- A one-day workshop with VDC/DDC representatives, members of the management committee and women group was conducted in all centers for the sustainability of the centers. Local resource generation, fund raising strategies, coordination with other organization and contribution for parents were some of the strategies suggested by the participants of the workshop.
- 2002 and 2003, various means of information, education and communication like group singing, dancing, playing, video film and poster show, painting, excursion, etc. were used for child socialization and sensitization.
- The para-medicals visited CDCs on monthly basis and provided health care services to the children as well as health education to parents. Similarly the Community Nutrition Workers (CNW) regularly visited the households of the children enrolled in childcare centres and disseminated health and nutrition-related information to the family members.
- Under this programme, WOREC has been facilitating the birth registration of children in local VDCs. All children enrolled in CDCs have their birth registration. This is important for school admission and also necessary for acquisition of citizenship certificates by them in the course of time.
- During 2002-2003, 237 children were enrolled in primary schools. Out of 237 children enrolled in primary schools 123 were girls and 114 were boys. It is noteworthy that all together 667 children were admitted in primary schools for from CDCs after this programme was started in Udayapur. Regular follow up of children admitted to school has been conducted; and it was found that only 23 left the school due to various reasons including family migration. Details of children admitted to formal schooling is presented in table 10.

**Table 10 : Number of children enrolled in school for formal education during 2002-2003**

VDC/Municipality	Number of children enrolled at CDC		
	Boys	Girls	Total
Triyuga municipality	36	42	78
Rauta VDC	24	11	35
Bhalayadanda	10	16	26
Jogidaha	9	17	26
Triveni	15	19	34
Hadiya	6	5	11
Saune	5	4	9
Jalpa	6	5	11
Khanbu	3	4	7
<b>Total</b>	<b>114</b>	<b>123</b>	<b>237</b>
<b>Percent</b>	<b>48</b>	<b>52</b>	<b>100</b>

- WOREC has been facilitating the formation of child rights awareness groups (CRAGs) in its target VDCs. There are 105 such groups active in targeted areas in Udayapur. The school students as well as out of school children are organized to form such groups. They are provided with information and education on child rights as per the Child Right Convention (CRC). These groups are mobilized to share their knowledge about their rights with other local children and to present their voice in various community programmes organized by WOREC, local WGs, AGGs, WHNs, and other CBOs/schools.
- In triyuga municipality and Rauta VDC, 20 different ward level and VDC level ICCs each having 7 members were formed. Members of these groups were provided with orientation or training or CRC, para-legal. To enhance their capacity around child rights issues refresher trainings on child rights issues. These group were engaged in various social activities like influencing parents to send their children to school, cleaning their VDCs, avoiding alcohol use and gambling in their society.
- Community-based child groups have also been actively working to minimize sex- and age-based discrimination prevalent in their communities. Moreover, they are also addressing the issues of caste-based discrimination in their respective community. It has had risible impacts on the attitude and behaviours of parents and elderly populations towards chilren and particularly daughters.

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## 7. Youth Programme

Violence against women in any form is a worse form of violation of human rights. Various forms of violence including trafficking in women and children are rampant in Nepal. There is ample evidence which suggest that there are a large number of women and children who are being



Youth group in a meeting

trafficked each year in various sectors of work leading towards worse forms slavery. Similarly various community level research projects suggest that domestic violence against women is common in the country. Young women usually are the prime victims of such violence. There are different newspaper reports suggesting that adult women are also severely harassed and beaten and accused of being witches. One of the very strong reasons for this is that the family, community, society and even the state are discriminating against women and girl children in different spheres of their lives. Although the government of Nepal has ratified almost all of the international human rights Conventions, including CEDAW and CRC, which protect the rights of women and children, everyday thousands of women and children are being discriminated against and exploited. This kind of discrimination and violation of their human rights lead them to forced migration and trafficking.

As mentioned earlier, the majority of people who are being trafficked are youth, adolescents and children. The reason for this is that women's lives are constructed and located within the institution of marriage and the family, but it is not necessarily a safe and secure place. While marriage is the only option for women and girls, domestic violence, sexual abuse and incest occur with impunity. Social pressure forces girls to marry at a young age and to have early pregnancies. Suffering such pressure and abuse within the family at an early age is probably the worst abuse a girl child will ever have to face. Within the family, women take the major responsibility of subsistence agricultural production, domestic agro-based cottage

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industries, marketing at the village level as well as unpaid social reproduction, including domestic work. Rural women's workload is multiple, unrecognized, under-recovered and under-valued. All of these factors combine to minimize women's and girl's self-esteem and self-worth. Faced with daily discrimination, lacking protection and recognition, women and girls have little experience of negotiating for better condition and a few expectations of their rights being fulfilled. Combined with this discrimination imposed by the state to the extent that they even lack the right to citizenship and different in country and cross border situations make women vulnerable to trafficking. At the same time it gives power to the traffickers to work with impunity. WOREC has been addressing these situations through a right-based approach. WOREC believes that in order to prevent trafficking in women and girls from Nepal and to reduce the scale of violence against women it is necessary to empower and mobilize youth at the community level. Keeping this in mind, WOREC has been implementing youth programmes in its targeted districts.

Major activities under this programme were as follows:

- Formation and strengthening of youth group
- Capacity building of youth
- Skill and vocational training
- Psycho-social counseling
- Advocacy and awareness raising
- Mobilization of youth

### Accomplishments

- At present, WOREC has been mobilizing 350 youth groups in all targeted districts and more than 5000 youths are involved in this collective initiative. These groups have prepared their action plans and implemented them in their respective areas, addressing the issues like caste discrimination, the impact of violent conflict on youth and adolescents, gender discrimination, dowry, early marriage, quality education, reproductive health and youth participation etc. at the micro-level.
- During the reported period, different trainings were provided to the members of the youth groups. They were provided with training on leadership and team building, conceptual clarity on trafficking and safe-migration, gender-based violence and discrimination, peer education, advocacy etc.

- In 2002 and 2003, altogether 33 youth counselors were provided with 10-day basic and 18 day advance training on psychosocial counseling. Youth counselors were provided with counseling to youth and women through 20 counseling centers. Altogether 250 community people were provided with counseling services. Among them 41 cases were referred to mediation committees, women's federations and other governmental institutions. The number and types of cases registered in counseling centers are presented below in Table 11.

**Table 11.** Number and types of cases registered in youth counseling centers in 2002/2003

S.N	District	Types of cases	Number of cases registered
1.	Udayapur	Social violence	28
		Physical Violence	47
		Psychosocial violence	34
		TOTAL	109
2.	Morang	Social Violence	32
		Physical violence	33
		Psychosocial violence	76
		TOTAL	141

- Different youth groups are actively involved in income generating activities. During this period, WOREC supported more than 20 groups for income generation activities. Moreover, these groups were provided skill training prior to starting the activities.
- Coordination meetings with the participation of youth was organized in targeted districts. In this period, counselors, supervisors and youth organized coordination meetings with different stakeholders. The issues discussed in the meetings were on youth participation, quality education a good environment in the school and physical punishment by teachers to the students.
- A research report entitled "Adolescents and Youth Speak about Violence and its Impact" was published. For this, more than 2000 youth and adolescents were consulted to gather information about violence.

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## 8. Health Programme

In most of the rural areas in Nepal, people have very little knowledge about the causes and preventive measures of various health and nutritional problems. In the national health policy and programme, women's health issues remain inappropriately addressed. In



Women's Health Training

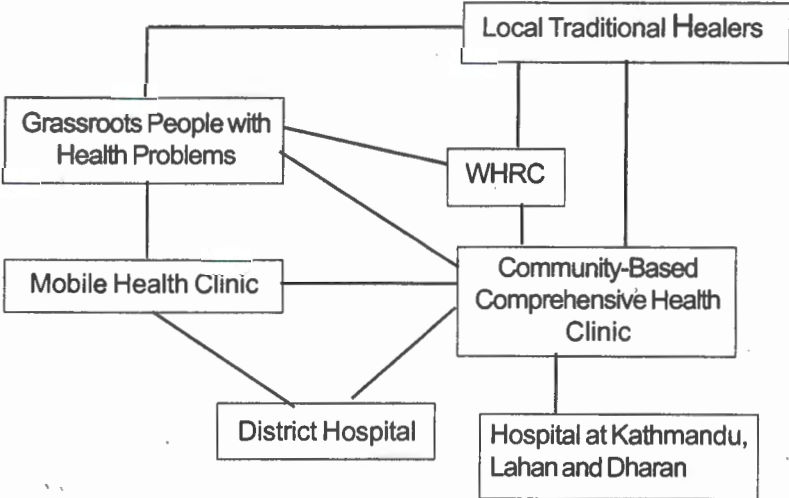
Nepal, women and children have been facing a number of health problems owing to social discrimination and religious-cultural traditions. These facts suggest that health-related information, education and service are not within the reach of most people. It is imperative to provide primary health care facilities to them irrespective of their gender status, and make them aware of the fact that health is their basic right. The national health system should be developed comprehensively from the perspective of the community and with the participation of the community, otherwise the system will not be sustainable. Keeping this in mind, WOREC has been implementing community based health programmes in Udayapur since 1992.

### 1. Community-based Health Programme

WOREC has been conducting a community-based health programme (CHP) in Udayapur for the last twelve years. This programme consists of clinical services, health education, immunization, counseling on and herbal remedies of women's health problems, training and IEC to the grassroots people.

Utilization of health service is a complicated behavioural process in Nepalese society and has been found to be very low. It is affected by many factors such as availability, distance, costs, quality of care, social structures, and health beliefs. Many of these factors are interrelated with gender inequality reflected in women's subordinate status in society. The status of women has been strongly affecting their access to health services. Most of the rural women cannot themselves decide to seek health service. Their husbands or senior male members of the household usually make the decision for them. Cost and distance considerations are also interrelated with this kind of gender inequality. Quite a large number of rural women do not go to health posts but instead go to traditional healers (*Dhami/Jhankri*). These were the findings of WOREC research conducted in 1997. WOREC has started providing training to the local traditional healers in Udayapur since 1998. The training has been conducted to impart knowledge about primary health care and the importance of a referral system. After undergoing training, the traditional healers have started to refer their patients to the WOREC clinic or local women's health resource centres. WOREC has also been strengthening local health resource centres and women's health networks simultaneously promoting the referral health system (Chart 5).

Chart 5. Referral Health System Promoted by WOREC, Udayapur



Major activities of this programme included the following:

- Health education;
- Health service through static and outreach clinic;
- Immunization
- ANC/PNC check up and follow up;
- Counselling; and
- Lab services

### Accomplishments

- WOREC has established community-based comprehensive health clinics at Rajabas of Udayapur district. The paramedical staffs, laboratory technician, site supervisors and field workers stationed in the field-based offices have been working both in the static clinic and mobile outreach clinic in the command areas.

The data presented in Table 12 show that 2629 people benefited from the service provided at the comprehensive health clinic at Rajabas, Udayapur and 968 community people benefited from mobile health services.

**Table 12.** Distribution of the patients by diseases, static clinic, Rajabas, dayapur, 2002/2003

Health Problems	No. of Beneficiaries	percentage
Reproductive health Problems	291	11
Circulatory Problems	14	1
Gastritis/ abdominal pain	173	7
Diarrhea/ Dysentery	143	5
Respiratory problems	165	6
Skin diseases	149	6
Anemia	124	5
Eye problem	37	1
Ear Problems	84	3
Fever /P.U.O	237	9
Wound / Cut injury /boil/ abscess	974	37
Throat Problems	93	4
Others	134	5
Tuberculosis	11	0
<b>Total number of patients</b>	<b>2629</b>	<b>100</b>



- During the year of 2002-2003 altogether 1345 children and women received immunization services from the static clinic and 188 from the mobile clinic. Table 13 show the number of women and children benefited from immunization programme from static clinic.

**Table 13.** Number of children and women benefited by immunization services, Udayapur, 2002/2003

Types of vaccine	Number
DPT and Polio	587
TT	296
Measles	216
BCG	246
Total	1345

- 591 women were benefited from ANC/PNC and delivery services provided by static clinic in Udayapur. Moreover more than 15,000 community people were benefited from counseling and health education. Similarly 253 people were benefited from family planning related counseling and services.
- In year 2002/2003 from static clinic 495 community people were benefited from lab services. The major services provided by laboratory are stool test, sputum test, pregnancy test, blood grouping etc.

## 2. Women's Health Programme

In Nepal, the gender-differentiated effects of patriarchy on women's health remain to be well researched. Morbidity and mortality among the women and children are increasing. New occupational health hazards and risks are also evident among workers in export-oriented industries like the carpet and garment factories, informal services, entertainment industries and agriculture.

Various research and workshops conducted by WOREC have revealed



Women's Health Training, Mustang

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that a number of socio-economic factors, religious-cultural traditions, and the patriarchal subordination of women are responsible for many health problems of women. Nepali women lack the right to self-determination (womanhood), are unaware of the fact that they are themselves the decision makers of their bodies (bodily integrity) and lack access to health services. Furthermore, there exist inequities among women of different classes, ethnicities, castes, ages, and marital status in access to health services or treatment by health service providers. There is diversity among women in terms of values, cultures, religion, family backgrounds, and medical conditions. This diversity should not, however, be the cause of discrimination and humiliation.

*The holistic concept of women's health consists of four ethical principles, viz., bodily integrity, healthy womanhood, equity and respect for diversity.*

A woman, to be healthy, first should have control over her body and should have the right to self-determination, e.g., in relation to having pregnancy, child bearing, abortion, and the use of contraception. It is clear that economic and/or policy changes should be there to create such conditions. It is not only a matter of development but also an issue of human rights, specifically women's reproductive and sexual rights. Development is an issue of human rights. Women's reproductive and sexual rights are therefore inseparable from development if the development is for social justice, equitable access to resources and opportunities with the freedom of self-determination. We have learned that without empowerment, rural women are not able to understand the real causes, magnitude and treatment measures for their health problems. A major cause of women's health problems lies within the patriarchal socio-political structure and attitude, which is supported by the religious-cultural traditions. WOREC, in cooperation with the Ford Foundation, has therefore been conducting women's health programmes with multiple directions for the last seven years. These include advocacy and empowerment, participatory research and monitoring, training from women's perspective, strengthening of local women/adolescent girl's groups, establishment and strengthening of women's health resource and counseling centres, women's health networks as well as the promotion of the conservation and use of locally available medicinal plants. WOREC is the only institution in Nepal that is successfully implementing women's health programmes with such a holistic approach.

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## Accomplishments

- In partnership with the local women's groups and VDCs, WOREC has established women's health resource and counseling centres (WHRCC) and women's health networks in the targeted VDCs in Udayapur (Table 14). These resource centres are the nodal points, where local women share their health problems and experiences and get relevant knowledge, information and counseling.

**Table 14.** The locations and number of women's health resource centres, Udayapur, 2002-2003

District	VDCs/municipality	#WHRCCs
Udayapur	Triyuga Municipality (Ward # 13 Chuhade, Ward # 16 Jhilketole), Rauta, Jogidaha, Bhalayadanda, Triveni, Saune, Khanbu, Handiya, Laxmipur, Jalpa Chilaune	11

- Women's health resource and counseling centres provided information, education, and counseling following a self-help approach. In the course of the last seven years, various medicinal plants were found to be quite effective in curing women's common health problems. Such problems included non-specific vaginal white discharge, burning urination, menstrual disorders, the first and second degree of prolapsed uterus, non-specific vaginitis, gastritis, joint pain etc. During 2002-2003, 1937 women visited and benefited from women health resource and counseling center. Among 1937 registered cases, 1058 women were found to be suffering from two or more health problems. Table 15 shows the distribution of patients visiting the WHRCs by health problems.

**Table 15.** Distribution of the women visiting the WHRCCs by health problems, Udayapur, 2002-2003

<b>Health problems</b>	<b># of patients</b>	<b>Percentage</b>
Unspecific Vaginitis	272	10
Uterus prolapsed	490	18
Irregular menstruation	245	9
Gastritis	218	8
Weaknesses	191	7
White discharge	299	11
Cervical erosion	272	10
Burning urination	109	4
Lower abdominal pain (LAP)	354	13
Infertility	82	3
Mental stress	27	1
Swelling	27	1
Others	137	5
<b>Total</b>	<b>2722</b>	<b>100</b>

Among the cases registered in WHRCC 88 percent patients were from lower and middle economic strata and only 12 percent from higher economic status. The lower and middle economic strata households include the households with income from their own farms just enough to cover the expenses of food and clothing for six months and one year, respectively. Households at high economic levels have adequate farm production and income to meet their annual needs and have some saving. This shows that the women's health programme of WOREC is highly accessible to economically marginalized group's of people. Patients visiting women's health resource and counseling centers by economic status of the household is presented in table 16.

**Table 16.** Distribution of patients visiting the WHRCCs by economic status of the household, 2002-2003

<b>Economic status</b>	<b># of patients</b>	<b>Percentage</b>
High	327	12
Middle	1143	42
Low	1252	46
Total	2722	100

Analyzing the ethnic distribution of patients visiting WHRC in Udayapur during 2002-2003, the percentage of Danuwar, Chaudhari and occupational Dalit caste comprised 39 percent, which is 18 percent higher than previous year. This indicates that marginalized and Dalit communities are becoming more conscious about their health problems. Table 17 shows the number and percentage of patients visiting WHRCC by ethnicity/caste during 2002-2003.

**Table 17.** Distribution of patients visiting the WHRCCs by ethnicity/caste, 2002 and 2003

<b>Ethnicity/caste</b>	<b># of patients</b>	<b>Percentage</b>
Brahmin/Chhetri	1034	38
Danuwar/Chaudhari	653	24
Tamang/Magar/Rai	436	16
Occupational caste	408	15
Newar	163	6
Others	28	1
Total	2722	100

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- Under the umbrella of these resource centres, 9 community-based women's health networks (WHNs) are active in Udayapur. Altogether, 172 members of local women's groups were organized in these networks. The members of WHNs have undergone training on women's health, management of WHNs and treatment of health problems with herbal remedies. Members of the WHNs meet regularly on a quarterly basis. The WHNs have been providing information, education and training on women's health issues at the ward and VDC levels. Moreover, each network has an annual action plan and is actively involved in sensitizing community people on the issues of women's health, violence and gender-based discrimination. Similarly, a district level network on women's health has been formed representing all 9 existing WHNs. The main purpose of this network is to enhance the coordination among WHNs and strengthen district level advocacy campaigns on women's health and rights issues.
  - Under the advocacy activities on women's reproductive health and rights, various types of meetings, interaction programmes, district level and ward level workshop and rallies were organized in various targeted areas during the this year. About 3000 community people and local leaders were sensitized on reproductive health and rights.
  - In 2002, WOREC has organized a women's health fair in its targeted area of Udayapur. About 1588 women and community people benefited from this activity. Such health fairs were found to be effective tools for mass information dissemination and sensitization to empower community people at the grass-roots level.
  - One of the focus areas of this programme is to enhance the capacity of community people to deal with the issues of women's health, gender based violence and discriminatory practices in the society. This year, WOREC has provided women's health training to 104 community women, reproductive health training to 124 male counterparts and adolescent health training to 277 adolescent girls. Similarly, more than 1250 members of women's and youth group were provided orientation on women's health and gender based violence.
  - WHCs conducted review meetings on a quarterly basis. During the last one-year period, altogether 32 review meetings were organized in the WHRCs in Udayapur. WHCs and members of WHNs participated in those meetings and reviewed activities of the previous quarter and made/improved their future work plans.

- Women's health counselors and the members of WHNs also conducted ward-level and tole-level meetings in their targeted areas. Dissemination of information about women's health networks, impact of violence on women's health, need for sending both son and daughter to school as well as conservation and use of medicinal herbs were the common agenda of such meeting. Participants of the meetings provided with positive feedback in regard to women's health programmes and interaction activities.
- In 2002 and 2003, the women health counselor regularly followed up the registered cases (including previous year's as per necessary) in each WHRC. Altogether 2298 cases were followed up. It was found that about 22.5% and 47% cases followed up cases were cured and improving respectively. Details of the followed up cases in each center is presented in table 18.

**Table 18. Distribution of patients followed up by their status, 2002/2003**

<b>Location</b>	<b>Total # of patients followed up</b>	<b>Improving cases</b>	<b>Improvement not remarkable</b>	<b>Cured cases</b>
Jhilke-tole	155	41	73	41
Murkuchi	200	32	90	78
Hadiya	221	33	123	65
Jsogidaha	138	21	51	66
Laxmipur	112	41	47	24
Chuhade	178	33	84	61
Khanbu	190	66	66	58
Triveni	386	79	221	86
Bhalayadanda	384	93	192	99
Jalpa	130	20	80	30
Saune	204	56	54	94
<b>Total</b>	<b>2298</b>	<b>515</b>	<b>1081</b>	<b>702</b>

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### 3. Community-Based Prevention of HIV/AIDS

HIV/AIDS poses a serious threat to human civilization and development. In Southeast and South Asia, it is reported to be spreading very fast. The situation is much more alarming in countries like Thailand, India and Myanmar. In Nepal, the number of people



Training home of WOREC at Janakpur

living with HIV/AIDS (PLWAs) is also reported to be increasing each year. The National STD/AIDS Control Programme of HMG, Nepal has reported (as per 30 September, 2003) that 3124 people have already contracted HIV including AIDS. There is no need to mention that the economically active population groups with fragile defense mechanism cannot accomplish developmental programmes effectively. Thus HIV/ AIDS has a direct impact on food security and livelihoods.

In Nepal, HIV/AIDS is most prevalent among the people indulging in the commercial sex business and people with sexually transmitted diseases (STDs). Men visiting brothels are the major agents or carriers of HIV. The risk for HIV transmission among housewives has therefore significantly increased. Obviously, HIV/AIDS is also a gender issue.

It has been widely accepted that one strategy towards effective prevention of HIV/AIDS in Nepal would be to minimize the sexual transmission of the virus. This strategy relies primarily on dissemination of health and STDs/AIDS related information and education among population groups to change their sexual behavior. Women's Rehabilitation Centre has been working to prevent STDs/ AIDS in rural communities being guided by this strategy. The concept of



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community-based STDs/AIDS prevention programme is to integrate STDs/ AIDS-related information and education with the development education, community-based health programmes and other activities, which are implemented with the active participation of community members or groups. This model is found to be cost effective and more productive because the members of community groups or the peer educators conduct it in their mother tongues along with other activities. WOREC emphasizes that STDs/AIDS education should focus not only one ethnicity or community in order to prevent stigmatization with the ethnicity or community.

### **Accomplishments**

- In 2002/2003, the centre conducted STDs/AIDS education programmes in all its targeted districts in an integrated way with the health and development education programmes. For the last eleven years, the centre has been conducting STDs/AIDS education and training activities targeting the following population groups:
  - students of high schools in the targeted areas in Udayapur, Morang, Sunsari, Dhanusha, Siraha, Rupandehi and Mustang districts.
  - rural communities in the targeted VDCs of the targeted districts.
- In co-operation with UNDP Delhi's HIV and Development Project for South and Southwest Asia, Women's Rehabilitation Centre implemented a project entitled "Integrated prevention of HIV/AIDS and trafficking through empowerment and mobilization of youth and adolescent girls in Nepal" in the districts of Rupandehi and Dhanusha from 2003. Under this project several activities like youth group formation, peer education training, training on HIV/AIDS to youth, women and community peoples, days celebration, mass meeting etc. were conducted in order to create awareness among the grassroots people against traffic in persons and HIV/AIDS.
- During this period more than 5000 community people, youth and adolescent girls and members of women's groups directly benefited from this programme.

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## 9. Agriculture and Micro-enterprise

### 1. Bio-Intensive Farming System

Being an agricultural country, the contribution of the agricultural sector in employment, livelihood and national economy is substantial. It has a significant bearing on the manufacturing and export sectors as well. However, there are a number of problems that needs to be addressed within the



Members of BIF farmer's group

conceptual framework of sustainable agriculture and rural development (SARD). Nearly 70 percent of croplands do not have irrigation facilities in Nepal. The availability of agricultural inputs and technology and the access of the small and marginalized farm households to food producing resources may contribute in raising agricultural productivity and attaining food security. Moreover, agricultural research and extension are not appropriately addressing the problems of small farmers, which, in fact, represent the mainstream agriculture in the country.

The following factors have been precipitating a deep sense of displacement among the rural communities in this country:

- The socio-economic and political processes of dispossession and disempowerment as well as concentration of resources in the hands of a few rich people and consequent erosion of the common property rights and privileges;
- Loss of indigenous crop varieties as well as plant and animal genetic resources;
- The persistently increasing insecurity of food and productive resources; and
- The increasing economic burdens in acquiring chemical inputs.

The success of modern agriculture has often masked significant externalities that affect ecosystem services and human health, as well as agriculture itself. The intensive farming system relies more on agroecological principles and organic approaches to food production. While any farmer or farming system with access to sufficient inputs, knowledge and skills can produce a large amount of food, most of the farmers in Nepal are not in such a position. The central issue-WOREC is addressing is to

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what extent farmers can improve food production with cheap, low cost, locally available technologies and inputs without causing environmental damage. Organization and empowerment of farming community groups have thus been the most important component of the approach for increased food production and sustainable livelihoods.

Guided by this concept, WOREC has been trying to translate the sustainable livelihood strategy into practice by animating, empowering and mobilizing the local farming community. WOREC has been implementing this programme in Udayapur and Siraha districts in cooperation with MISEREOR, Germany and ICCO, Holland.

#### **Major activities**

- Capacity building
- Group mobilization
- Model demonstration farms (Participatory action-research and extension)
- Technical assistance and support to community groups

#### **Accomplishments**

- In 2002/2003, twenty women's groups and six youth groups were provided with support grants from WOREC/ICCO for vegetable and fruit production. These groups were provided with orientation/training and other technical support to enhance their production.
- In 2002 and 2003, the members/leaders of the farmers and women's groups were provided with training on BIF system and other various pertinent topics.
- WOREC organized meetings and interaction programmes with farmers and other stakeholders to share the concept of bio-intensive farming system. Moreover, such a gathering provided a forum to farmers to share their experiences and best practices.
- WOREC has initiated the collection and documentation of local cultivars of various crops in Udayapur. Due to adoption of high yielding varieties and negligence of local varieties the possibility of extinction of well adapted varieties is increasing. Thus farmers are encouraged to adopt and cultivate such precious varieties in order to preserve bio-diversity.
- In 2002-2003, 6 model demonstration farms were established in Udayapur and WOREC provided training/orientation to the farmer's groups involved in this activity. These farms are the field laboratories for participatory learning, action research, extension, and production.
- At present, more than 50 farmers of Udayapur are preparing organic fertilizer by employing EM. Similarly, WOREC jointly with farmer communities is exploring possibilities for using botanical pesticides. So far 18 different botanical pesticides are being used by farmers.

## 2. Micro-Enterprise Promotion

Micro-enterprise development is the key factor that needs immediate attention for community development through optimum utilization of the existing local natural resources, human resources, and



Knitting Training in Udayapur

eco-friendly traditional technologies and experiences. Such activities include appropriate technical skill training and marketing management. WOREC has been implementing micro-enterprise development projects in Udayapur districts for the last ten years. Recently, the centre has started such activities in Dhanusha and Siraha districts as well. Knitting, tailoring, *Dhaka* cloth weaving, herbal garden management, production of medicinal herbs, etc. are the activities promoted by WOREC as micro-enterprise for rural women and girls who are at-risk for and who survived trafficking.

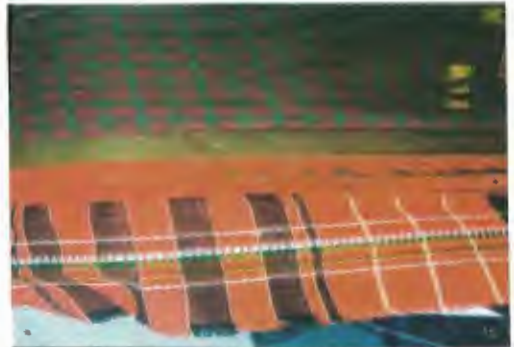
### Accomplishments

- The girls and youth who underwent knitting and tailoring training have adopted these enterprises as optional household income generation activities. Eighteen girls in Udayapur and 13 women in Dhanusha are continuing knitting work as an extra income generation activity.
- Now the enterprise promotion activity of WOREC is handed over to the Local Women's group named Srijanshil, a registered CBO, which is continuing the "*Dhaka*" weaving enterprise as source of income of its members.

- The adolescent girls and women's group member of Dhanusha, Morang, Sunsari and Udayapur were provided with different skill development training like file making, weaving, knitting, tailoring etc.
- The community groups in the targeted areas of WOREC have been continuing saving and credit schemes. In Udayapur alone, women's groups have been mobilizing a total saving amount of above Rs.1,800,000. Some of the groups have started cooperatives and village banks for income generation and micro-enterprise promotion.
- Srijanshil women group has been successful in expanding areas for herbal plantations, which is now about 2.5 hectare. The group has already planted more than 30 species of medicinal plants in that herbal garden. The group aims at producing medicinal herbs for local women and populations, simultaneously generating some income for the group.



Sweater's exhibition



Shawls made by women's group



Knitting Training in Jankapur



Sweater pattern

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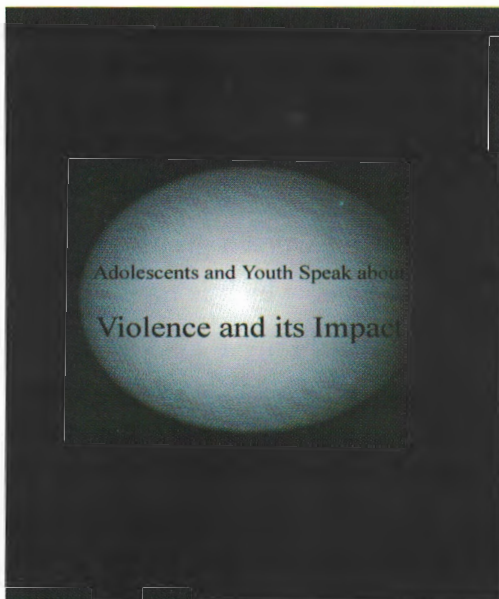
## III. Research, Publication and Documentation

### 1. Research/Studies

Participatory research/studies and publications are regular activities of WOREC. Local CBOs have been regularly involved in periodical monitoring of their activities.

In 2002 and 2003, WOREC conducted the following participatory research/studies:

1. PRA study on women's health and livelihood of marginalized communities at Udayapur
2. "Adolescent and Youth Speak about Violence and its Impact"
3. Situation Analysis of the Marginalized Communities in Siraha District
4. Evaluation of Community-based Women's Health Program in Udayapur



Copies of these research reports can be obtained from the Research, Publication and Documentation Division, WOREC, P.O.Box 13233, Kathmandu, Nepal. Summaries of the reports are also incorporated in the website: [www.worecnepal.org/](http://www.worecnepal.org/)

WOREC conducts impact assessments and evaluations of its programmes in close cooperation with the local women's groups and VDC leaders. Such evaluations are conducted on a half-yearly basis.

### 2. Publication

Publication, documentation, and dissemination of resource materials for strengthening grassroots level information, education, and communication constitute the major activities of WOREC. In 2001, WOREC established its

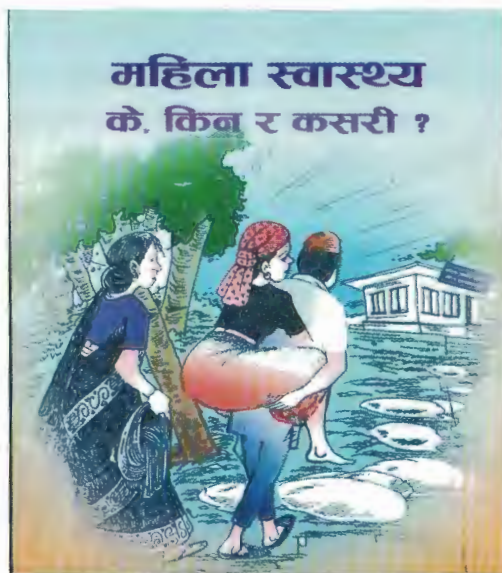
website, which has information in regard to its vision, mission, programmes, research findings, and publications.

In 2002 and 2003, the centre also published and disseminated a number of books, posters, flipcharts, leaflets, journals, and reports on various subjects and issues it has been addressing. A complete list of publications of WOREC has been presented below.

WOREC has strengthened its publication and documentation unit and has been placing emphasis on making ensuring information flows through mass communication, grassroots communication (street drama, rallies, meeting, video show) and website.

The cases of violence against women and life stories of the women having health problems have been documented at the WHRCs. Some of this information is also published in the quarterly journal on woman's health, *Sayapatri*, which has been published regularly for the last four years. This journal has become popular among the local women and other non-governmental organizations.

In order to facilitate communication between WOREC and the community members, other NGOs, INGOs, GOs, and intellectuals, the centre organized an Open House activity on 25<sup>th</sup> November in 2002 and on 1 December in 2003. On that occasion, information in relation to various programmes, the achievements, and the financial information were displayed. In addition to this, the publications of WOREC and the products of women's groups were sold and distributed. The open house has prove an excellent opportunity for sharing information, lessons learnt, and also for getting critical remarks from the visitors.



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## Major Publications of WOREC (2000-2003)

### Year 2003

1. **Cheli Ko Byatha**: Quarterly Magazine against Traffic in Women and Children, ed. Dr. Binayak P. Rajbhandari (Nepali)
2. **Sayapatri**: Quarterly Journal on Women's Health, ed. Dr. Binayak P. Rajbhandari (Nepali)
3. **Batika** : Quarterly Newsletter, ed. Dr. Binayak P. Rajbhandari & Omi Sharma (Nepali)
4. **Insight** Half Yearly Journal, ed., Dr. Binayak P. Rajbhandari (English)
5. **WOREC Newsletter** : Half Yearly, ed. Dr. Binayak P. Rajbhandari (English)
6. **Bhngalo Vol. 2**: Pictorial Book against Trafficking by Jyoti Paudel (Nepali)
7. **Resource Book for youth** : Prepared by Retika Rajbhadari, ed. Dr. Binayak P. Rajbhandari (Nepali)
8. **Adolescent and Youth Speak about Violence and its impact** : Research report of Eastern Nepal, Prepared by Dinesh Prasain & Soni Pradhan, ed. Dr. Binayak P. Rajbhandari (English)
9. **Koseli** : Information book.(The Migrating Women's Handbook, GAATW)Translated by Balaram Dawadi & Soni Pradhan, ed. Dr. Binayak P. Rajbhandari (Nepali)
10. **Paaur** : Safe Migration for counseling Training Manual, Prepared by Dilly Ram Upreti, Sujita Shakya, Pemba Lama & Sarita Neupane, ed. Menaka Pokharel (Nepali)
11. **Baideshik Rojagarisambandhi Kanuni Prabadhanharu** : (Legal provisions in regard to foreign employment) Prepared by Ramesh Badal, ed. Dr. Binayak Rajbhandari (Nepali)
12. **Brochure** :
  1. People's Assembly in Biratnagar (English)
  2. Lishnu Training Centre (Nepali)
  3. Geneva Maha Sandhi (Nepali)
  4. WOREC General Information (English)
  5. Right based Approach (English)
13. **Fact Sheets** :
  1. Migrant workers rights (Nepali)



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2. Citizenship Rights (Nepali)
  3. Youth mobilization (Nepali)
  4. Abortion Rights (Nepali)

14. **Different Posters :**

1. Birat Declaration (Peace building process)
2. Dang Declaration (Peace building process)
3. SAARC (Trafficking)
4. Shoshanamukta Shram hamro Adhikar.(Exploitation free labour our right)
5. Hami baideshik rojagarima jandai chhaun.(Migration for foreign employment)

**Year 2002**

1. **Cheli Ko Byatha:** Quarterly Magazine against Traffic in Women and Children, ed., Dr. Binayak P. Rajbhandari (Nepali)
2. **Sayapatri:** Quarterly Journal on Women's Health, ed., Dr. Binayak P. Rajbhandari (Nepali)
3. **Batika :** Quarterly Newsletter, ed., Dr. Binayak P. Rajbhandari & Omi Sharma (Nepali)
4. **Insight** Half Yearly Journal, ed., Dr. Binayak P. Rajbhandari (English)
5. **Reproductive Health for All - A Training Manual**, Prepared by Dr. Renu Rajbhandari & Dr. Balkrishna Subedi, (Nepali)
6. **Annotated Bibliography** (Reproductive Health for All),
7. **Perception of Grassroots People about Human Trafficking, Migration and HIV/AIDS** (A Situational Analysis Report), Prepared by Dr. Kishor P. Gajurel, Soni Pradhan & Saindra Rai, ed., Dr. Binayak P. Rajbhandari (English)
8. **Baideshik Rojgarima Janele Jannaiparne Kuraharu**, Reference Book, Prepared by Binda Pande, Umesh Upadhyay, Kabindra Shekhar Rimal, Budhdi Acharya, Ramesh Badal & Manju Thapa, ed. Bishma Upreti & Bishnu Rimal (Nepali)
9. **Human Rights & Human Trafficking :** Translated by Dr. Binayak Rajbhandari, ed. Omi Sharma (Nepali), (Human rights and Trafficking in Persons, A Handbook, GAATW/Bangkok)
10. **Manab Bechbikhan Biruddha Kanuni Byabastha Prasnotarmala:** Prepared by Nitu Gadtaula, ed. **Dr. Binayak P. Rajbhandari** (Nepali)
11. **Sandesh**, Training Manual, Prepared by Shila Yogi ed. Dr. Tarakant Pandey (Nepali)

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12. **Sambahak**, Training Manual, Prepared by Dr. Renu Rajbhandari & Sunita Chhatkuli, ed. Bhishm Upreti (Nepali)
  13. **Sambahak**, Reference Book 2, Prepared by Dr. Renu Rajbhandari & Sunita Chhatkuli, ed. Bhishm Upreti (Nepali)
  14. **Jyoti** (Anti Trafficking Reference Kit 1), Prepared by Dr. Renu Rajbhandari, ed. Dr. Tarakant Pandey (Nepali)
  15. **Sneha**, (Youth) Training Manual, Prepared by Dr. Renu Rajbhandari & Sunita Chhatkuli, ed. Bhishm Upreti (Nepali)
  16. **Manab Bechbikhan Biruddha Kanuni Byabastha** (A Reference Book 4), Prepared by Indu Tuladhar & Mohanamani Lamsal, ed. Bhishm Upreti (Nepali)
  17. **Pramavik Balbikas Karyakram - Karyagat Nirdesika** : Prepared by Pratima Sharma, ed. Dr. Binayak Rajbhandari (Nepali)
  18. **2059 Calendar + Anti Trafficking Information Kit**, 2002
  19. **Brochures** :
    1. WOREC General Information,
    2. Manab Bechbikhan Biruddhako Karyakram,
    3. Bikas Sichhya,
    4. Mahila Hinsa Biruddhako Abhiyan,
    5. Saghan Jaibik Kheti Pranali,
    6. Kose Tarkari Bariharuko Kheti Prabidhi,
    7. Samudaeek Madhesthata Karyakram,
  20. **Social Mobilization for Socio-Economic Change**. 2002. ed. Dr. Binayak Rajbhandari; WOREC Annual Report 2001
  21. **Poster** – “Another World is Not a Myth”, 2002

## Year 2001

1. **Violence Against Women and State Responsibility**: Report of Public Hearing Programme by Sangita Shrestha Singh, ed. Binayak P. Rajbhandari (English)
  2. **Bhangalo**: Pictorial Book against Trafficking by Sangita Shrestha Singh (Nepali)
  3. **Cheli ko Byatha**: Quarterly magazine against traffic in women and children, ed., Binayak P. Rajbhandari (Nepali)
  4. **Batika** : Quarterly Newsletter, ed. Binayak P. Rajbhandari (Nepali)
  5. **Sayapatri** : Quarterly Journal on Women’s Health, ed. Binayak P. Rajbhandari (Nepali)
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6. **Kiran** : Bulletin against Trafficking, ed. Binayak P. Rajbhandari (Nepali)
  7. **Indreni** : A Collection of articles against traffic in women, ed. Binayak P. Rajbhandari (Nepali)
  8. **Information KIT : About Traffic in Women**, written by Sangita Shrestha Singh, ed. Binayak P. Rajbhandari
  9. **Fact Sheets** :
    - a) Violence against women by Sangita Shrestha Singh
    - b) Women Employment and States Responsibility by Jyoti Poudel (Nepali)
    - c) Women's Reproductive Rights: Unsafe Abortion by Sangita Shrestha Singh (Nepali)
  10. **Information Pocket Book** : Basic Information about trafficking and migration, written by Sangita Shrestha Singh, ed. Binayak P. Rajbhandari (Nepali)
  11. **Annual Report of WOREC 2000** , ed. Binayak P. Rajbhandari (English)
  12. **Brochure** against Traffic in Women, developed by Sangita Shrestha Singh
  13. **Posters** against trafficking, developed by Renu Rajbhandari and Sangita Shrestha Singh (Nepali)

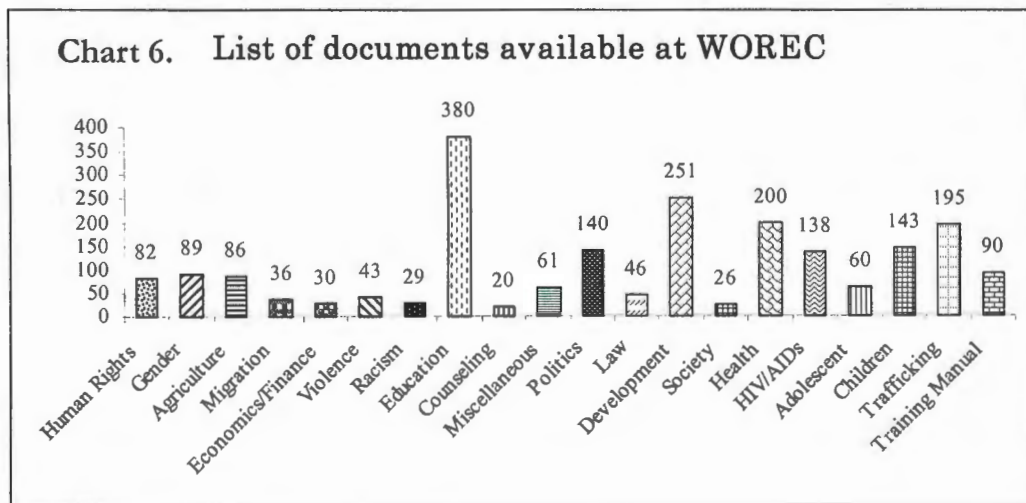
## Year 2000

1. **Adolescent rural girls speak of their reproductive health concerns** (a participatory research report written by Dr. Renu Rajbhandari et al (in English)
2. **Slavery of XX<sup>th</sup> Century** (a collection of article against traffic in women) ed. Binayak P. Rajbhandari (in Nepali)
3. **The cries swept away by the storm** (a collection of real stories of the survivors of trafficking, ed. Binayak P. Rajbhandari) (in Nepali)
4. **Advocacy against traffic in women** (a national workshop report written by Sony Pradhan) ed., Binayak P. Rajbhandari (in English)
5. **An integrated animation and bio-intensive farming system** (research report) written by Binayak P. Rajbhandari (in English)
6. **Situational analysis of trafficking in women and children in Morang and Sunsari districts** (research report written by Sangita Shrestha Singh, Renu Rajbhandari and Babu Ram Gautam) (in English)

7. **On the way to empowerment** (Video documentary against traffic in women)  
(in English and Nepali)
8. **Voice of Nepalese Farmers**-Video documentary on organic farming, Concept  
Dr.Binayak P. Rajbhandari (English and Nepali)
9. **Community-based Child Development**-Video documentary about community-  
based child development programme.
10. **Kiran**: Quarterly Journal against Trafficking- for Grassroots People. ed.,  
Binayak P. Rajbhandari (in Nepali)
11. **Sayapatri** : Quarterly Journal, ed., Binayak P. Rajbhandari (in Nepali)
12. **Batika** : Six Monthly Newsletter, ed. Binayak P. Rajbhandari (in Nepali)
13. **Cheliko Byatha**: Quarterly magazine against traffic in women and children,  
ed., Binayak P. Rajbhandari (in Nepali)
14. **Annual Report of WOREC**, ed. Binayak P. Rajbhandari (in English)

### 3. Documentation

WOREC has established documentation centres in its central and branch offices. Besides WOREC publications, the documentation centre has a collection of books, reports and journals on health, human rights, law, agriculture, etc. (Chart 6).



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**The following Programme Reports are available at WOREC Documentation Centre, Kathmandu:**

1. Integrated prevention of HIV/AIDS and trafficking in women and children in Nepal, Report, 2001
2. Participatory rural development programme, project proposal developed by Binayak P. Rajbhandari, 1995
3. Girl trafficking: present trends and intervention strategy, final report submitted to ICCO, Holland, 2002
4. Simtang water supply project- final report, 1996
5. Initiation of bamboo-based innovative enterprise at Sikharbeshi, Nuwakot, Annual report, 1993
6. Food security and sustainable livelihood: local innovations against hunger in Nepalese context by Binayak P.Rajbhandari, Research report submitted to SID, Rome, 1999
7. Strengthening Shakti Shamula to implement programme against traffic in women, 1999
8. An assessment of WOREC's projects in Udayapur, 1993
9. AIDS education programme for school student and youth working in carpet industries, Report, 1997
10. Animation and integrated kitchen garden promotion programme for women groups at Salyan, 1998
11. Strengthening of community-based STD clinic at Sikharbeshi, Nuwakot, 1997
12. Rehabilitation of girls returned from India, 1998
13. Participatory rural income generation programme, 1998
14. Community-based family planning programme at Rajabas, 1993
15. Community-based family planning and health service programme, 1995
15. A narrative report of comprehensive family planning and MCH clinic, 1997
17. Integrated animation and women's health programme in far-western region of Nepal, Report, 1999

# Financial Information

In this chapter, information about the financial status of WOREC during the FY 2001/2002-2002/003 has been presented in terms of the annual expenditure under various programmes/activities with a list of the International and national organization that provided financial assistance to implement specific programmes.

## 1. Programmes of WOREC and Funding Agencies

A number of International and national organization provided financial assistance to WOREC for implementing various programmes. A list of the programmes and the organizations that provided financial assistances during the FY 2001/2002-2002/003 is presented in Table 19

**Table 19.** Programmes of WOREC and Funding Agencies

S.N	Programmes/Activity	Districts	Funding Agencies
1.	Community Development Programme	Udayapur	ICCO (Holland)
2.	Community-Based Child Development Programme	Udayapur	AEI (Luxembourg)
3.	Combatting Trafficking of Women & Children	Dhanusha	TAF Nepal
4.	Animation and Women Health	Mustang	AEI (Luxembourg)
5.	Women Health Programme	Udayapur	Ford Foundation (Delhi)
6.	Assisted Return and Reintegration of Women and Children	Dhanusha	IOM (Bangladesh)
7.	Prevention of Violence Against Women through youth Mobilization & Emp.	Morang & Udayapur	WPF (Holland)
8.	Programme for Prevention and Intervention Against Trafficking & Sexual Exploitation	Morang Sunsari	Plan Nepal
9.	Prevention of Trafficking and HIV/AIDs through Empowerment & mobilization of youth and Adolescent girl in Nepal	Dhanusha & Rupandehi	UNDP Regional Office
10.	Collective Empowerment & Social Mobilization	Siraha	Missereor (Germany)

## 2. The Annual Expenditure of WOREC

WOREC has always been in favour of transparency of its policies and financial status. Therefore, it regularly publishes the audited annual expenditures in its annual report. The annual expenditure of WOREC in the fiscal year 2001/2002-2002/003 was NRs 21809200 and 25604600 (Table 20 & 21).

**Table 20.** Audited financial expenditure of WOREC in the FY 2001/2002.

S.N.	Programmes/Activities	Expenditures	Percentage
1.	Management Support	8,39,900.00	3.85
2.	Community Development programme,	29,90,700.00	13.71
3.	Women's health programme,	16,12,300.00	7.39
4.	Assisted return & Reintegration Reintegration of Women and Children	2,99,400.00	1.37
5.	Capacity building of Elected & Nominated ward Representatives	27,19,000.00	12.46
6.	Animation & Women health	3,37,000.00	1.54
7.	Income Generation & Community Development pro.	5,40,400.00	2.47
8.	Integrated Prevention of HIV/AIDS & trafficking in women and children in Nepal	11,07,200.00	5.07
9.	Combatting trafficking of women & children	38,31,100.00	17.56
10.	Community-based early child Development Programme	22,01,500.00	10.09
11.	Prevention of Violence Against Women through youth Mobilization and Empowerment	7,41,900.00	3.40
12.	Programme for Prevention and Intervention Against Trafficking & Sexual Exploitation of Children	29,90,700.00	13.71
13.	Community based child Centred Programme	4,25,800.00	1.95
14.	Head Office Programme. Exp.	10,36,000.00	4.75
<b>Total</b>		<b>2,18,09,200.00</b>	<b>100</b>

**Table 21 : Audited financial expenditure of WOREC in the FY 2002/2003.**

<b>S.N.</b>	<b>Programmes/Activities</b>	<b>Expenditures</b>	<b>Percentage</b>
1.	Management Support	8,11,800.00	3.17
2.	Women's health programme,	22,67,800.00	8.85
3.	Prevention of Voilence Against Women through youth Mobilization and Empowerment	25,29,200.00	9.87
4.	Assisted return & Reintegration Reintegration of Women and Children	12,38,800.00	4.83
5.	Community-based early child Development Programme	24,18,000.00	9.44
6.	Income Generation & Community Development prog.	1,54,700.00	0.60
7.	Capacity building of Elected & Nominated ward Representatives	1,98,300.00	0.77
8.	Integrated Preventionof HIV/AIDS & trafficking in women and children in Nepal	1,33,500.00	0.52
9.	Combatting trafficking of women & children	53,00,000.00	20.69
10.	Animation and Women health	11,22,200.00	4.38
11.	Programme for Prevention and Intervention Against Trafficking & Sexual Exploitation of Children	29,12,100.00	11.37
12.	Community Development programme	38,56,700.00	15.06
13.	Head Office Programme. Exp.	24,61,500.00	9.61
	<b>Total</b>	<b>2,56,04,600.00</b>	<b>100</b>



## About WOREC

Established in 1991, WOREC is a national Nepali non-governmental organization (NGO) that has been working towards the collective empowerment, social mobilization, human rights and social justice, sustainable livelihood and development of all Nepali people. Through the interplay of these strategic directions, WOREC's main goal is to prevent and eliminate the trafficking of persons from the women's rights perspective. In a broader term, WOREC aspires to achieving human rights for all. WOREC currently operates a number of anti-trafficking advocacy, HIV/AIDS, women's health, child's rights and community development programmes in various districts of the country. Accordingly, all of WOREC's projects work towards this goal with the understanding that only a multi-faceted approach which acknowledges the numerous and complex causes of trafficking will be effective in eliminating the unequal relations of power based on gender, class, caste, religion, etc. that predominate, and in achieving human rights for all Nepali girls, boys, women and marginalized groups.

### Vision

WOREC envisages a Nepali society with social justice, and equal human rights and opportunities for all.

### Mission and strategic directions

The mission of WOREC is to work towards the attainment of social justice and human rights for all, particularly for women, children and marginalized groups of people. To achieve this mission, WOREC has been working in partnership with communities and local as well as other governmental and non-governmental organizations focusing on the following three broad strategic directions:

- I. Collective empowerment and social mobilization;
- II. Human rights and social justice; and
- III. Sustainable livelihood and development.

### WOREC's programmes

- Trafficking and Migration
- Women's Health & HIV/AIDS
- Human rights & Social Justice
- Sustainable Livelihood
- Community Development