

Training on Domestic violence, Women's right and Leadership development



Community Background

From October 23rd to October 30th, Om Kumari Shrestha, Women Empowerment Officer, and Richa Ghimire, a local volunteer, participated to the “international training course” in Vietnam. The training was organized by the association “International Initiatives for Cooperation” (IIC). Ten different countries participated, with two representatives for each one. After the training, our Nepali team led a women empowerment workshop, named “Three days training on Domestic violence (gender based), Women's right and Leadership development". The participants were women of different age groups from Dadagaun village, in Jitpurphedi ward 3, Tarakeshwor Municipality.

Problem analysis

The women of this village were chosen because of their insecure and weak educational, financial and social situation, as found by a need assessment carried out before hand.

Our organization(VIN) has been working in Dadagaun for 11 years. The main issue of early age marriage, under age marriage, male dominated society. Every task is carried out by the women, no support for household work. A lot of violence, especially physical and emotional. Gender based violence starts from when the pregnancy and continue throughout their life, from foster age until the late in life. So we conducted this campaign/training in Dadagaun village.

Objectives of local training

1. Raise awareness to the local society, particularly to women, about different forms of violence against women - and especially domestic violence.
2. Raise awareness on women's rights and gender equality according to the UN Development Goals and the new Nepalese Constitution (2015).
3. Re-enforce the personal identity and awaken the self-awareness and self-esteem of participating women.
4. Teach women why it is important to be part of a group and how to improve the team Capacity. Exploring leadership skills in order to have a more effective input in the society.

Participants of Training

Activities	Domestic violence	Women right	Identity awareness and self esteem	Leadership development	Total
Beneficiaries	34	34	33	33	134

Major activities

The training was facilitated by Om Kumari Shrestha, Richha Ghimire, volunteers and also a specialized lawyer. The facilitator, Om Kumari Shrestha started asking questions like what is domestic violence in order to analysis their understanding about the domestic violence. From there, she emphasized definition, variation and laws of government on women. To have better understanding on effect and prevention, Richa talked about deteriorating effect and impact to the victim of domestic violence as well as explaining about the steps to prevent it. Furthermore, she also highlighted gender-based discrimination, talking about how the majority of female are facing this issue in everyday life either from society or family. At the middle of the session, volunteers presented chart paper indicating 4 domestic violence 's types, so that they can differentiate and identify variation of violence. Volunteers went through every section by explaining and asking whether they have experienced or encountered in their life. At last volunteers presented cycle phase of domestic violence in order to raise awareness on how this cycle keep repeating if victim don't identify the intention of perpetrator and keep allowing perpetrator's will instead of taking or seeking help. There were more focused on women leadership for reducing bad culture belong to women. leadership skills where we have presented definition and importance along with 5 essential points of the leadership skills. Furthermore, to compliment intensity of session another video has been displayed about female leaders of Nepal. The women's rights session was given by a lawyer, who gave a presentation about women rights in the context of Nepal. He explained the functioning of existing laws on inheritance rights where daughters are equally entitled as sons to the inheritance, restricted and punishable law on polygamy and law on child marriage that makes marriage illegal for boys and girls are under 20. And also he explained more about laws and punishment of domestic violence.

The three days training were delivered with discussion, brainstorming, question answer, games, and role play methods in an interactive way. We were more focused on practical ways so we addressed more related to their daily life, using as examples daughter in law and mother in law violence stories, husband and wife stories, videos etc. We used specially role play methods to present communication and leadership development skills.

Conclusion

The women were very happy from this training and they expressed their satisfaction and new awareness about how to protect themselves from violence. They expressed their commitment to do something in their community. They get new information on different topics of communication; how to do effective communication, how to defend from domestic violence, how to increase their self-esteem and how to be a leader, who are actual leaders, why we need leadership capacity. They felt that they had to balance their life and take time for themselves, to cultivate their social relations and health. They had a stronger background knowledge about women's rights and they were very active in the discussion. They committed that they will try to lead groups, community and co-operative: two of them candidate to become part of the Board Management Committee in Jitpurphedi Women Agriculture Cooperative. The evaluation of the project was ranked between of need of improvement, ok and good. Most of the participants stood in front of the good and some stood on ok. So we could tell the program was effective for women in the Dadagaun village.