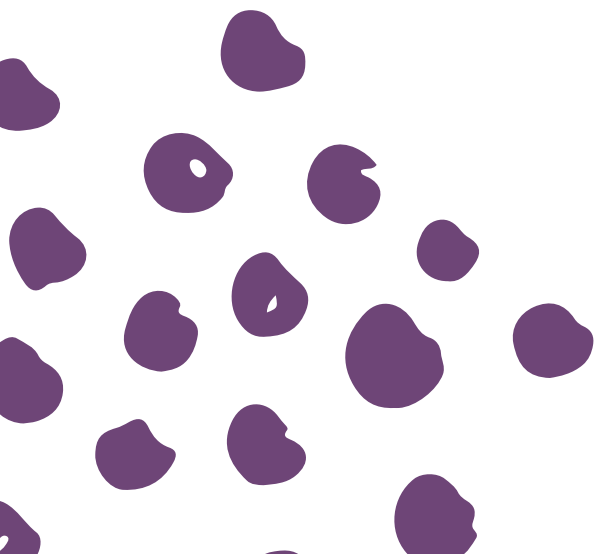




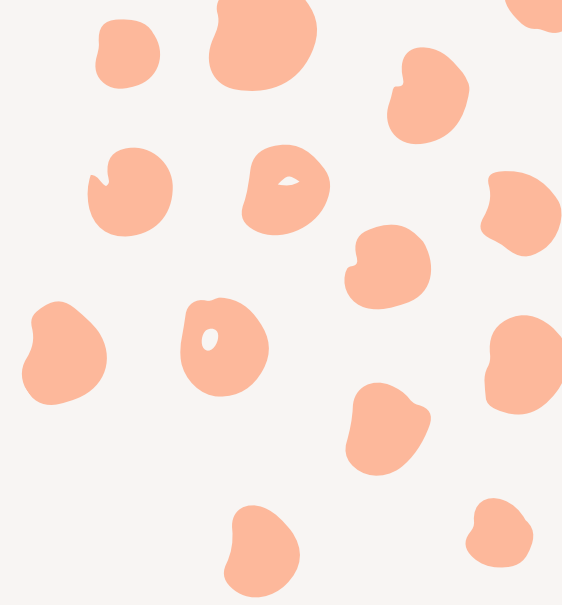
Hamro Bahini

Sexual and Reproductive Health and Rights



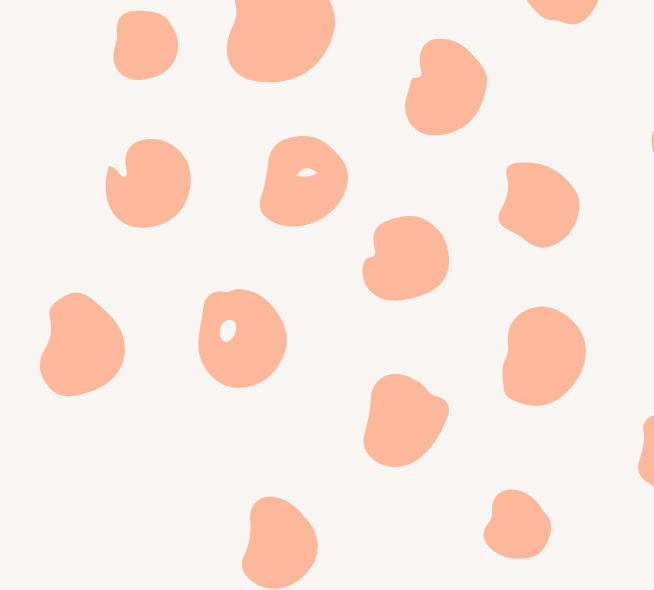
Problem Statement

Adolescents in South and Central Asia face significant challenges in accessing appropriate and comprehensive sexual and reproductive health information, which not only restricts their ability to make informed decisions concerning their health but also poses severe risks to their well-being. This Innovation Hub aims to improve access to sexual and reproductive health information, fostering informed decision-making and healthier societies.





Goals



01

Advocate

To develop a culturally appropriate advocacy toolkit on the need for improving access to sexual and reproductive health information for adolescents and to conduct a policy communication campaign in hub-countries in South and Central Asia by August 2024.

02

Innovate

To develop a needs-based, comprehensive, evidence-based and culturally appropriate knowledge product kit to promote sexual and reproductive health education in hub-countries in South and Central Asia by August 2024.

03

Disseminate

To disseminate comprehensive sexual and reproductive health information to over 5,000 youths across hub-countries in South and Central Asia, using a mix of in-person, online, and virtual methods by August 2024.

Goals

04

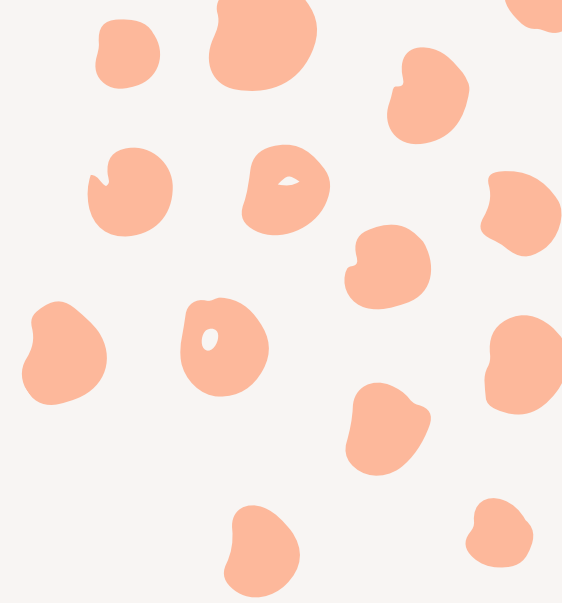
Collaborate

To strengthen five meaningful partnerships between the hub participants of each hub country in South and Central Asia and relevant Government authorities, UN agencies, INGOs, NGOs CBOs, the corporate sector, subject matter experts, and community members with a special focus on adolescents to create a supportive environment and mobilize resources.

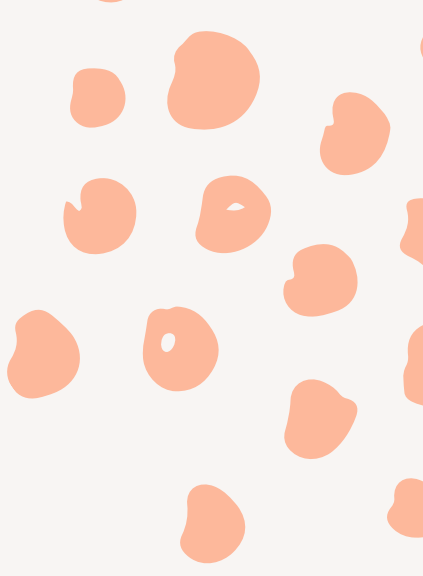
05

Showcase

To showcase 7 to 10 proven strategies and best practices among the hub-countries in South and Central Asia that enhance access to tailored sexual and reproductive health information, aiming to inspire broader regional adoption by August 2024.



Community Engagement Project Insights





A WORKSHOP ON
WOMEN ABUSE AND GENDER BASED VIOLENCE

CEP Project Highlight

HAMRO BAHINI:
*Mobilizing Communities
 for health literacy*

Prakriti Dhakal | CEE Alumni ('22) | Nepal

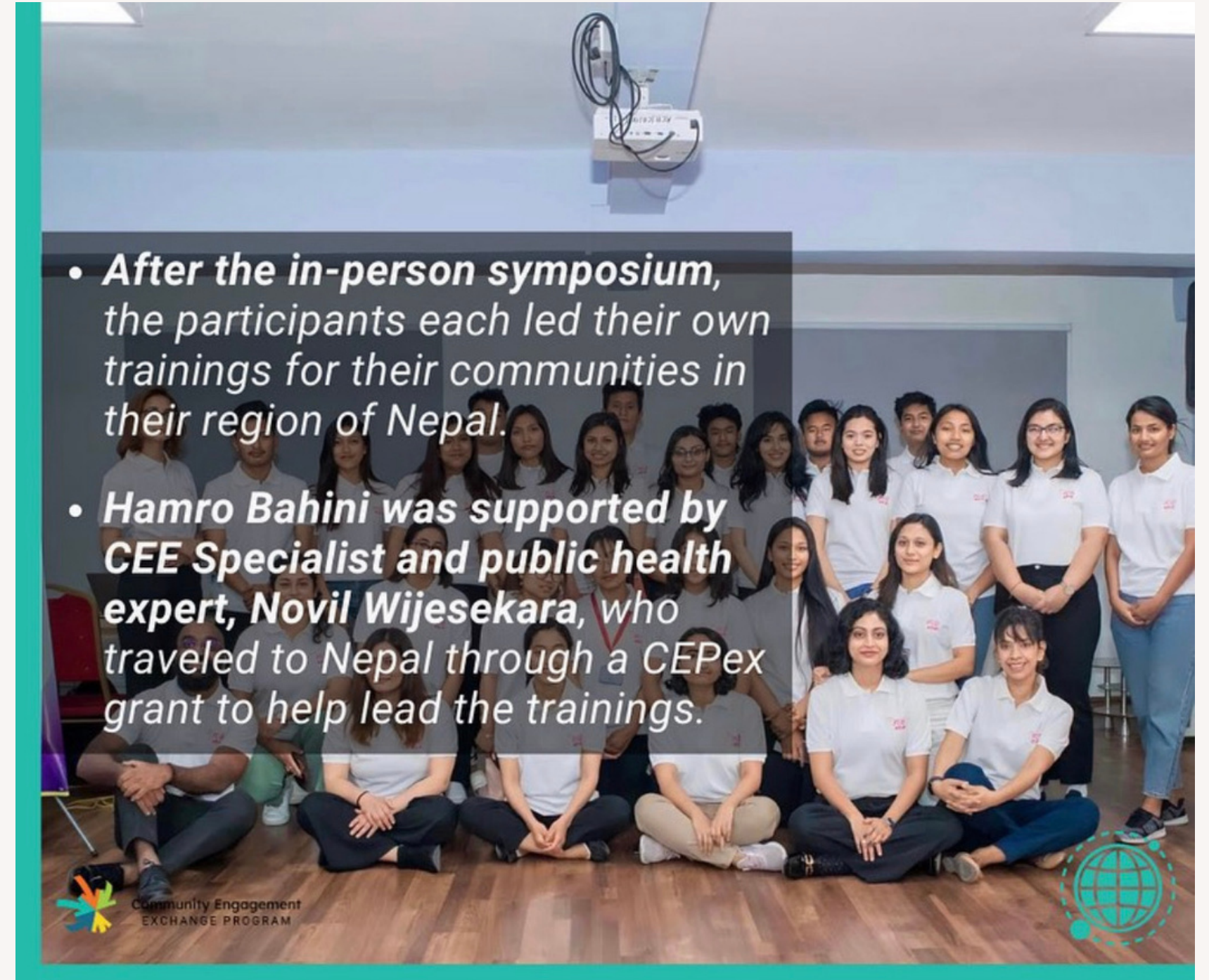


The Hamro Bahini project is the Community Engagement Project (CEP) by CEE 2022 Alumni, Prakriti Dhakal.

The project empowers adolescent girls from across Nepal, aged 10-19, through selected medical students known as "SRHR Champions", with knowledge and training on sexual and reproductive health and rights (SRHR).

Community Engagement
 EXCHANGE PROGRAM







Share your message or story with Nepali adolescent girls and post it on social media using the hashtag #HamroBahini to create a positive impact. Let's work together to transform communities and empower young girls to make informed decisions about their health and well-being.

WRITE YOUR MESSAGE HERE

#HamroBahini I remember that as a teenager I suddenly wondered "Who am I?" and "What do I truly like?" Up until then I was content with how others perceived me and what my family enjoyed. Not knowing the answers to these questions at first was scary and I wanted quick answers. But, now I realize that holding these questions and looking for answers led me on a rich, life long journey of self discovery, travel and connection with amazing people.

I hope you will use these questions as a constant meditation over the coming years; explore what brings you true joy, what inspires you, and how you might want to help make your world a bit better. Your voice, your dreams and your efforts matter.

REGARDS,

Dr. Deidre Combs

WRITE YOUR MESSAGE HERE

Hello, Everyone! Today, I want to talk about #HamroBahini and how we can work together to empower adolescent girls. No matter where we come from, we all have a role to play in creating positive change in our communities. By supporting organizations and initiatives that prioritize girls' education, healthcare, and equal opportunities, we can help young girls make informed decisions about their health and well-being. Together, we can break down barriers and build a brighter future for girls everywhere. Join me in supporting #HamroBahini and let's make a difference in the lives of adolescent girls around the world!

REGARDS,

Rousl AlSardi 🇯🇴 Jordan



Share your message or story with Nepali adolescent girls and post it on social media using the hashtag #HamroBahini to create a positive impact. Let's work together to transform communities and empower young girls to make informed decisions about their health and well-being.

WRITE YOUR MESSAGE HERE

Dear #HamroBahini Champions,
Access to quality sexual and reproductive health #SRH during disasters and emergencies is a human right.
Your voice and action matters!!!
Keep up your great work!



REGARDS,

Dr. Novil Wijesekara.



Share your message or story with Nepali adolescent girls and post it on social media using the hashtag #HamroBahini to create a positive impact. Let's work together to transform communities and empower young girls to make informed decisions about their health and well-being.

WRITE YOUR MESSAGE HERE

Hello!

My name is Alberto Tauzene. I am from a country called Mozambique in Africa. I am so happy to share my little story with you. When I started going to school, I could not read until I was 9 years-old in grade 3. I started reading when I was 10 years-old. I could always feel sad seeing my friends read. When I could read, I never wanted to stop reading. I could read any kind of piece of paper I could pick. Now that I am grown up, I am an English language teacher because I decided to help people of my community read and write when they are still young so that they don't pass through the same situation as mine in not knowing how to read when in lower grades. For me, education is first and very important to everyone. Everyone should have the right to education.

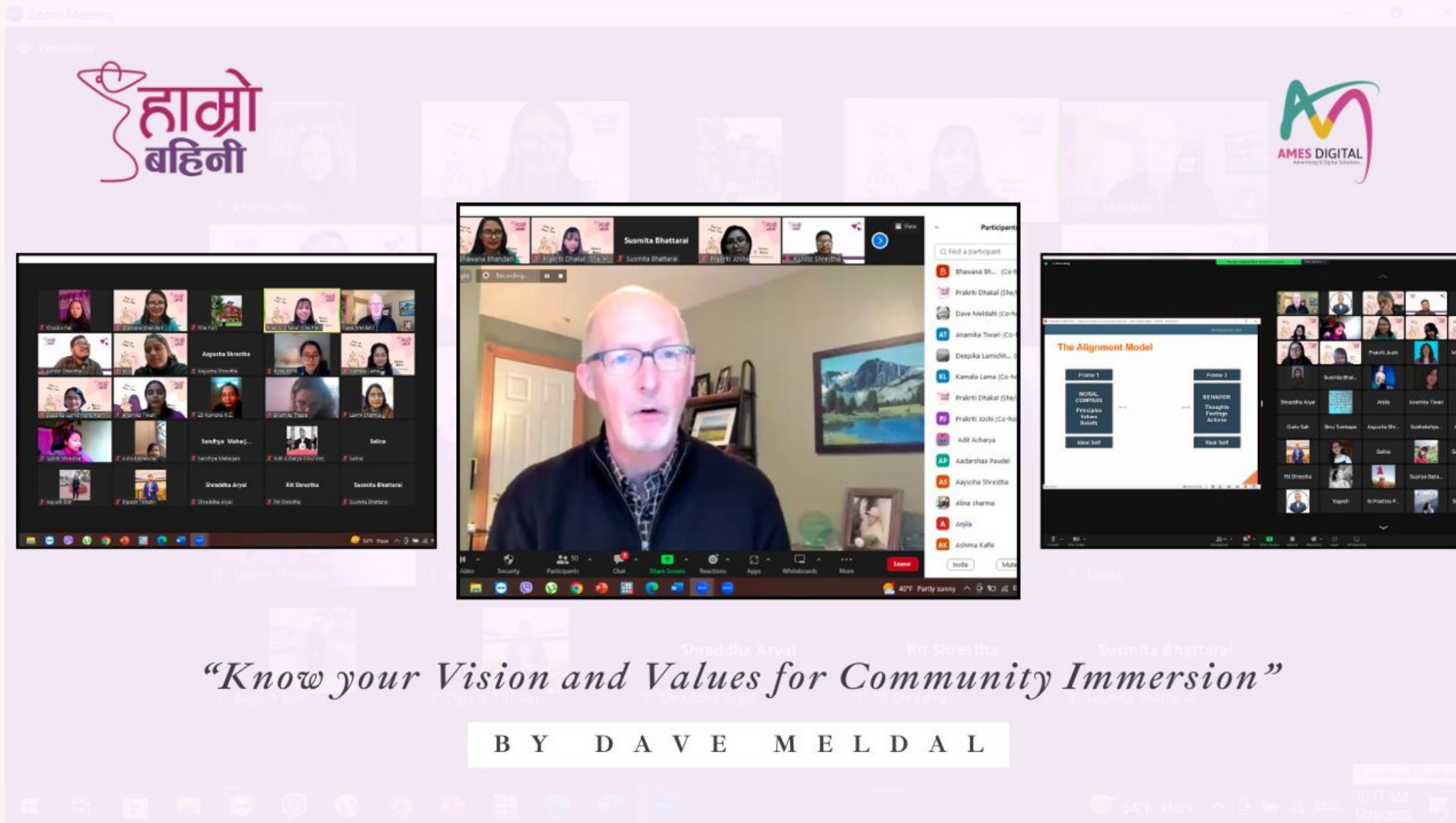
Believe in your potential. You can do and make this world a better place for all.
REGARDS,

Alberto Tauzene

Love
Hope
Faith

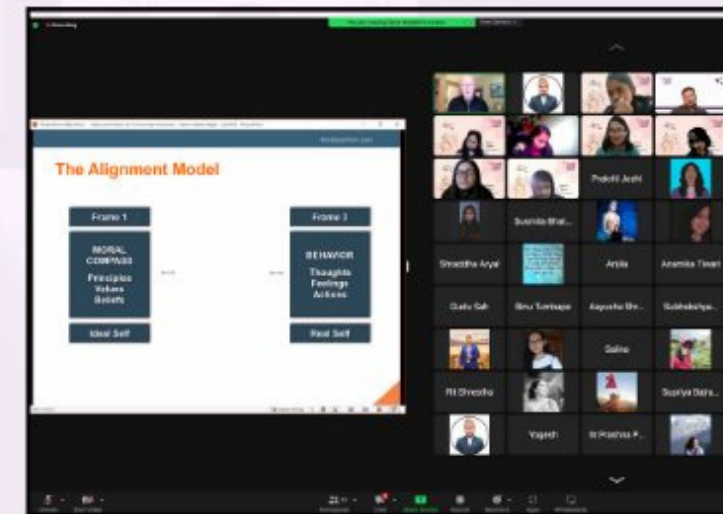
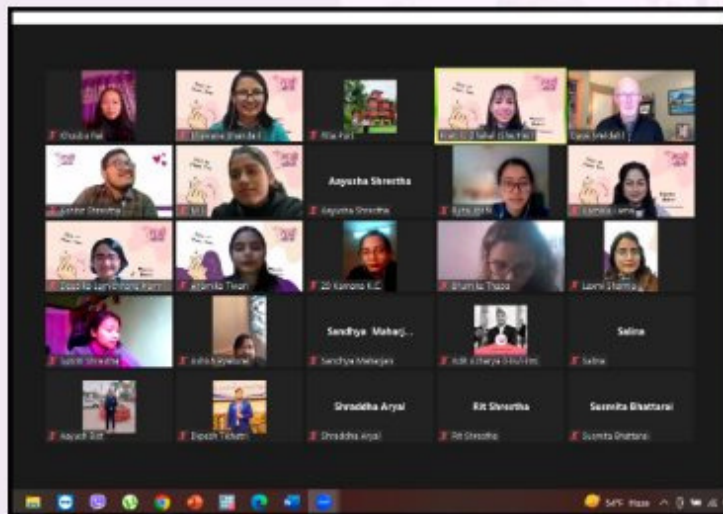
Leaders are readers!





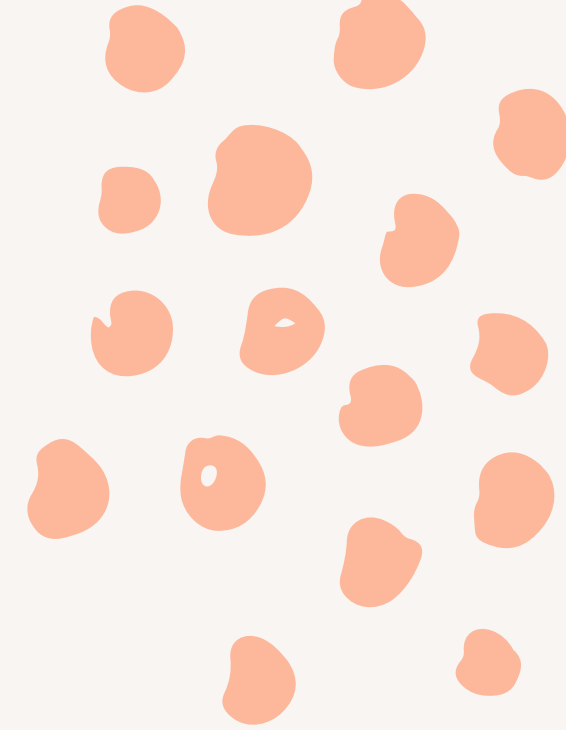
हाम्रो बहिनी

AMES DIGITAL
Accelerating Digital Success



“Know your Vision and Values for Community Immersion”

BY DAVE MELDAL



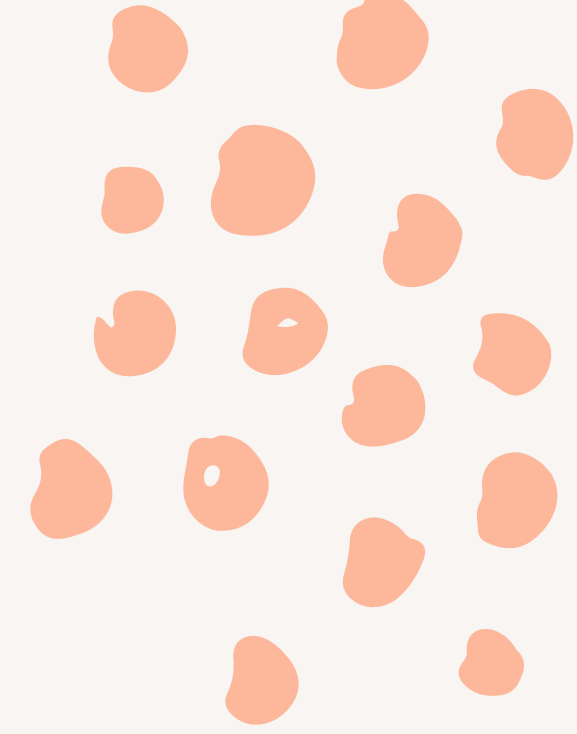


What do you expect to learn from this session?

- To understand Dignified Menstruation
- Identify the problems faced by girls during menstruation
- Identification of solutions to problems
- Learn the ways to empower adolescent girls
- Break the menstrual taboos and aware about the importance of menstrual hygiene and use of safe menstrual products
- How to communicate about menstrual health and hygiene effectively

“Dignified Menstruation”

BY AYESHA AMIN





Functions of reproductive system



Internal Reproductive organs

Consists of

- vagina
- uterus and cervix
- fallopian tubes and
- ovaries

Labels in diagram: FALLOPIAN TUBE, UTERINE TUBE, Ovary, ENDOMETRIUM, MYOMETRIUM, VAGINA, CERVIX

Basics of reproductive system:
Things to know for Adolescents

Dr Shreyashi Aryal
Associate Professor and Consultant,
Obstetrics and Gynecology

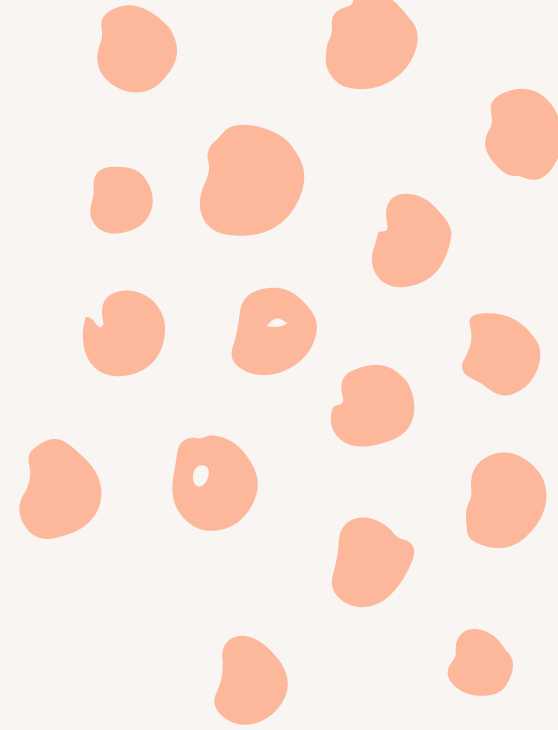
Functions of reproductive system

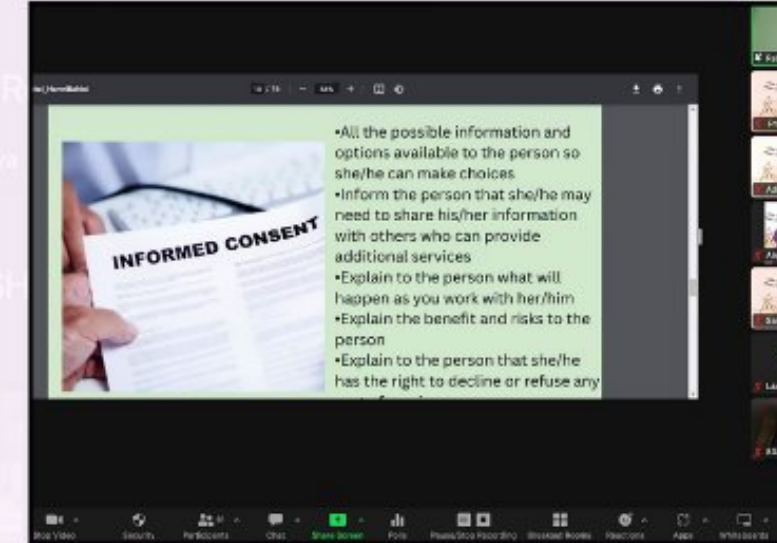
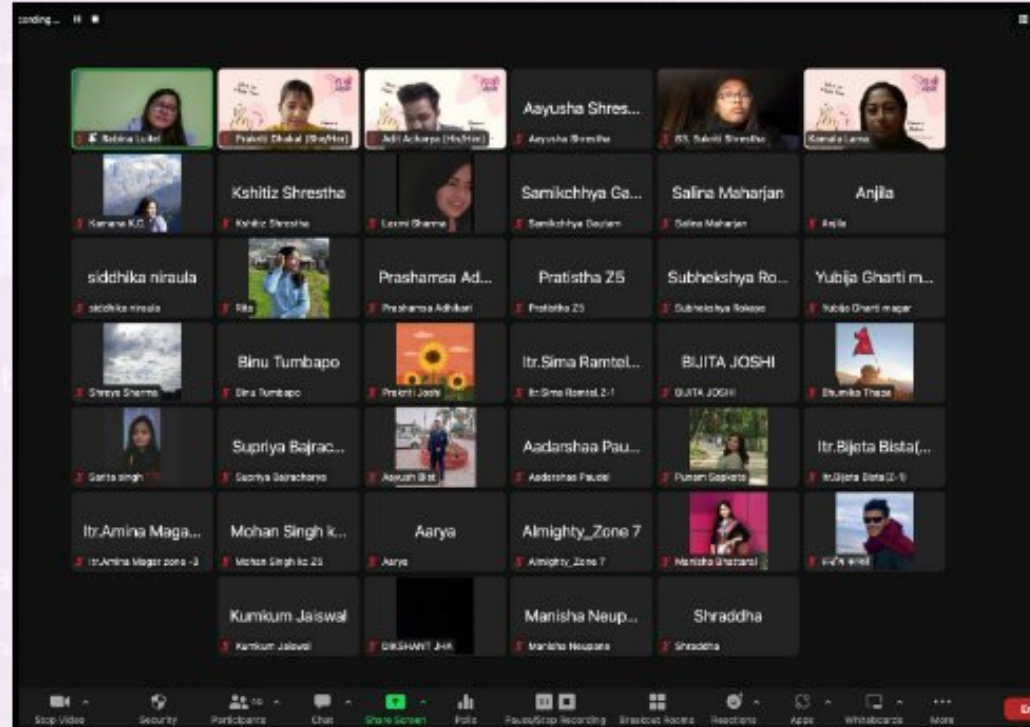
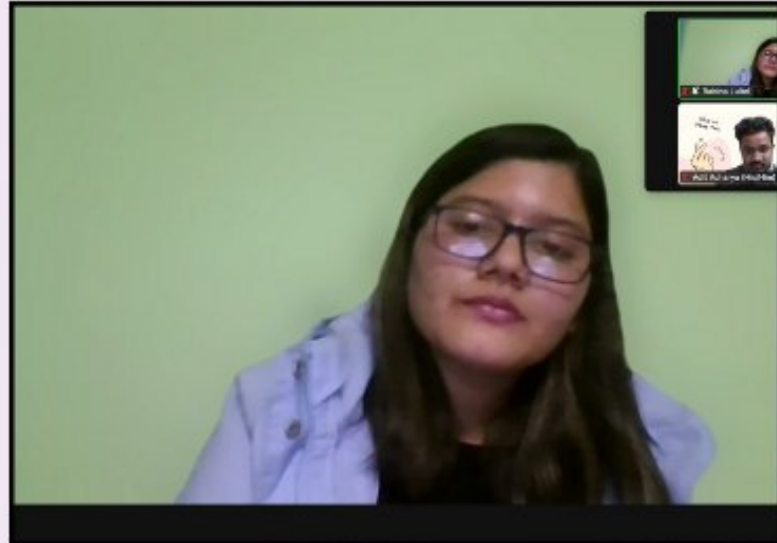
The female reproductive system enables a woman to:

- Produce eggs (ova)
- Have sexual intercourse
- Protect and nourish a fertilized egg until it is fully developed
- Give birth

“Reproductive System and Safe Abortion”

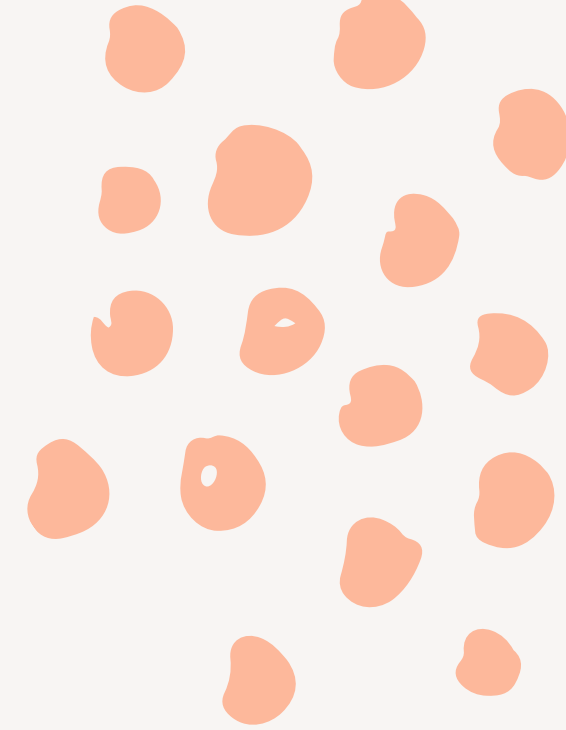
BY DR. SHREYASHI ARYAL



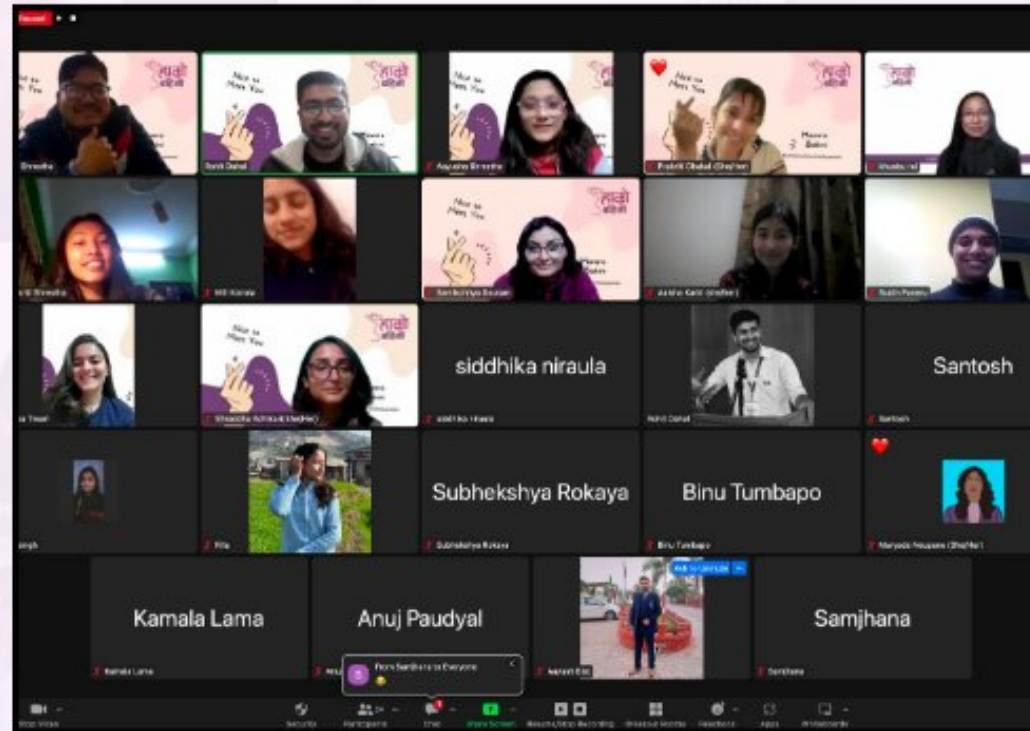


“Strategies For Maintaining Safety and Building Trust with the Community”

BY RABINA LUITEL



हाम्रो बहिनी

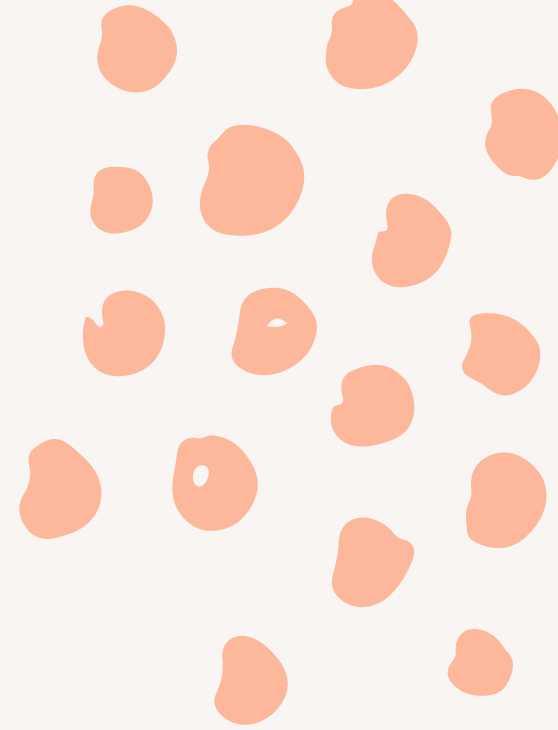


“Scale your impact with Personal Branding”

Kamala Lama

BY ROHIT DAHAL

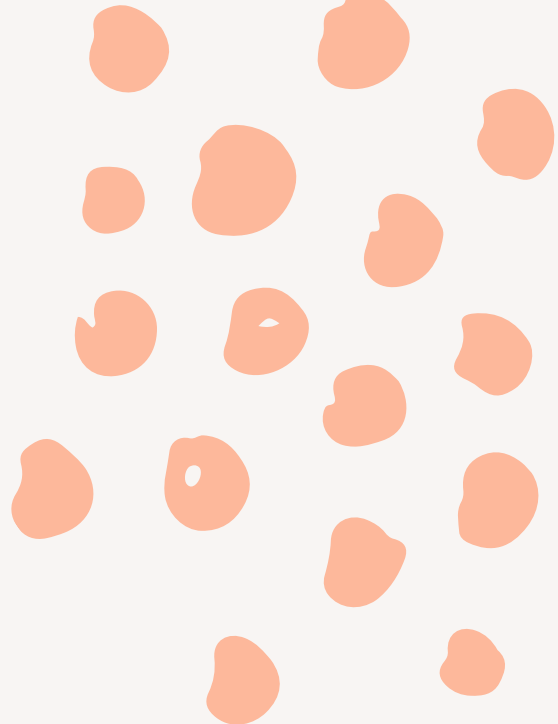
Samjhana





"Relationship Abuse and Gender-Based Violence Among Adolescent Girls"

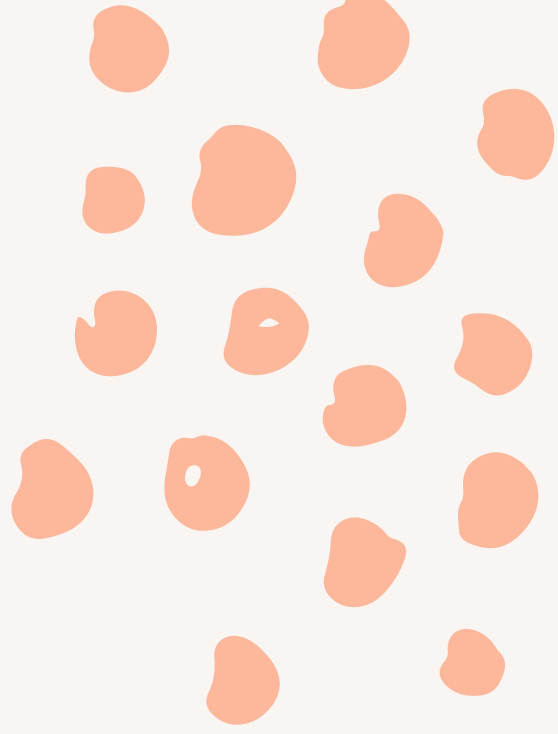
BY DR. NEETI ARYAL KHANAL





"SRHR Needs During Disasters for Adolescent Girls"

BY DR. NOVIL WIJESEKARA





1 Truth 2 Lies



DIGNIFIED MENSTRUATION

Prohibition
-Shoving a woman to a shed (Chhaupadi)
-Similar other discrimination
-Untouchability
-Inhuman treatment of any kind



Punishment
-Imprisonment up to three months
-A fine up to three thousand rupees
-Both the sentences
- Additional imprisonment for a term up to three months to a public servant who commits the offence

Muluki criminal code, 2074, sec. 152

Overview of Legal Dimension on Safe Sexual Relationship, Dignified Menstruation and Abortion

Mentor
Bhawana Bhandari
Legal and Compliance Officer

SAFE SEXUAL RELATIONSHIP

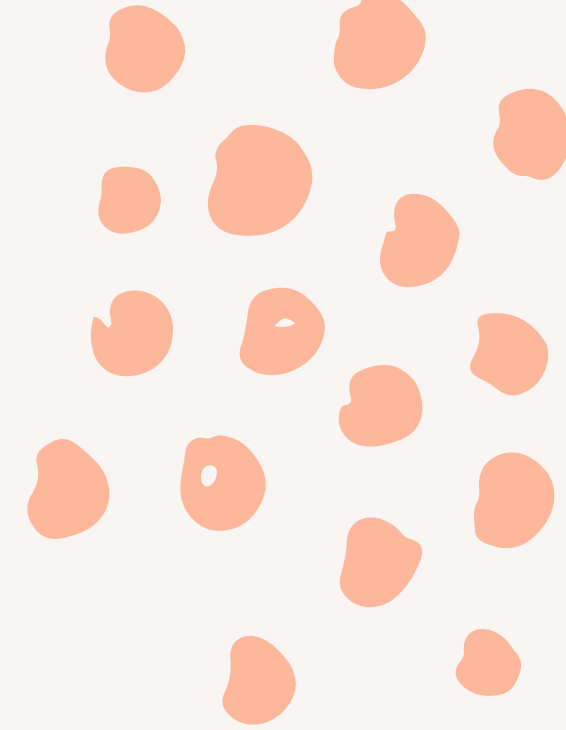
Consent
Criminal Code, 2074, Section 219

Concept of minor
Act relating to Children, 2074



“Overview of Legal Dimension on Safe Sexual Relationship, Dignified Menstruation and Abortion”

B Y B H A W A N A B H A N D A R I





गलत गर्नेहरूलाई समयमा रोक



बाल हेल्पलाइन संचालन कार्यविधि, २०६४

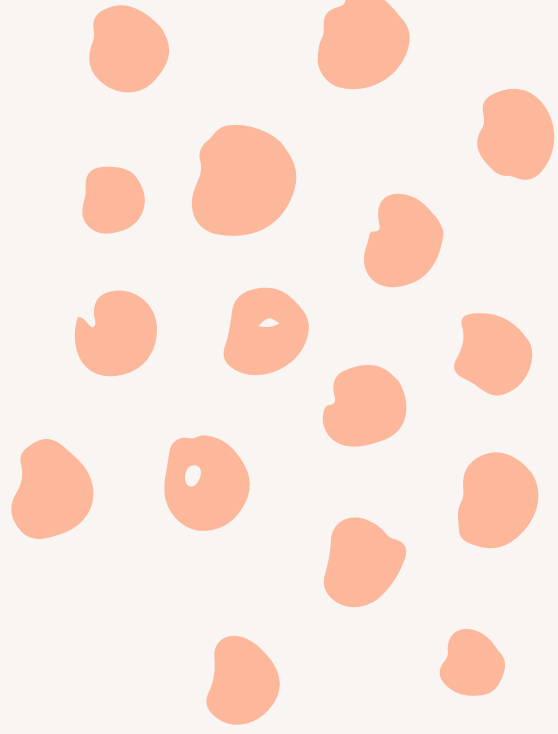
- जोखिमपूर्ण अवस्थामा रहेका बालबालिका
- शारीरिक तथा मानसिक यातना, भेदभाव, श्रमशोषण जस्ता दुर्व्यवहार पीडित बालबालिका
- यौनशोषण, यौनदुर्व्यवहार, बेचबिखन र औसारपसारमा परेका वा पर्ने सक्ने बालबालिका,

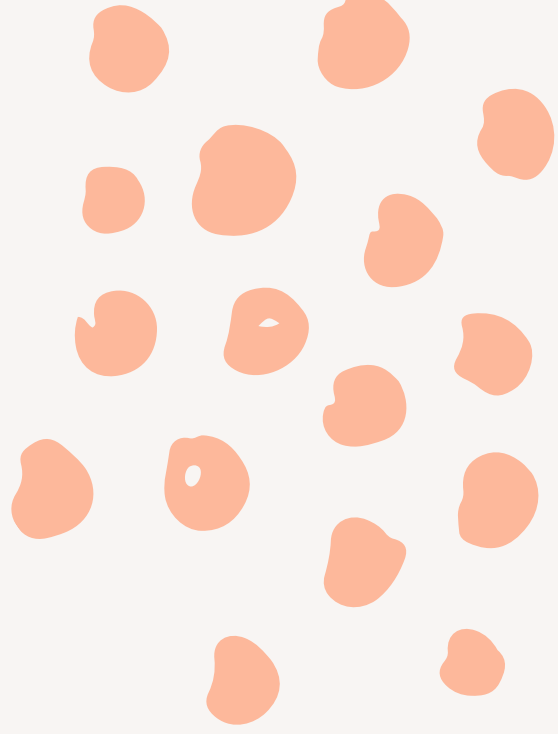


“Overview of Legal Dimension/Referral to Safety Net for Sexual Harassment and Child Sexual Abuse”

BY ADVOCATE BISHNU BASHYAL







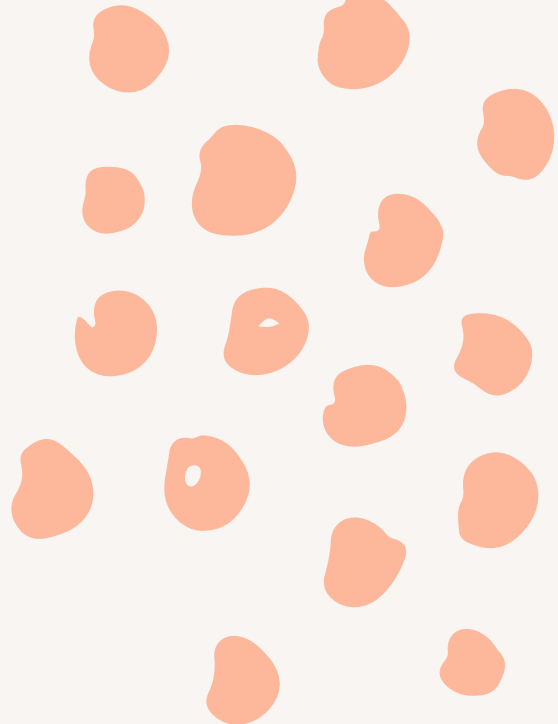
"Media and Peer Pressure"

BY PROF. UJJWAL ANU CHOWDHURY



"The Power of Story-Telling"

BY PRAKRITI JOSHI





Featuring Hamro Bahini SRHR Champions

Mili Koirala

MBBS at Nepalese Army Institute of Health Sciences

Embarking on a 7-week training journey in Sexual and Reproductive Health and Rights (SRHR) was a transformative experience that profoundly expanded my knowledge and perspective. However, it was during the community immersion phase that the true significance of SRHR for adolescents became vividly clear to me. As I stepped into the community with the intention of teaching young girls and boys about SRHR, I was met with a myriad of emotions—excitement, apprehension, and an overwhelming sense of responsibility. These young minds were eager to learn, and it was my duty to provide them with the knowledge and tools to navigate the complex world of sexual and reproductive health. Throughout the community immersion period, I witnessed a transformation in these young individuals. As they absorbed information and engaged in open discussions, I saw their confidence grow. They began to ask questions fearlessly, share personal experiences, and express their opinions. It was a testament to the power of education and open dialogue in empowering adolescents to make informed decisions about their sexual and reproductive health.

  @unitedforimpact



Featuring Hamro Bahini SRHR Champions

Shradha Adhikari

MBBS at Kathmandu Medical College

As an SRHR champion, I learned to build trust within a community and the importance of effective communication. I got a chance to explore my knowledge on various sensitive topics like sexual and reproductive health and rights along with their legal aspects in Nepal, how peer pressure and media are influencing the new generation, expanding the horizon of my knowledge on Gender-based Violence. Also, I learned about the silence that existed in a community in case of infertility and the power of storytelling through the whole journey of Hamro Bahini.

  @unitedforimpact





Featuring Hamro Bahini SRHR Champions

Sukriti Shrestha

MBBS at KIST Medical College

As a SRHR champion, the whole experience has been beautiful. The opportunity to meet and learn with like minded individuals from all across the country, working together to build a world well informed and safer one step at a time for our newer generation is something I will cherish forever. From the beginning of the journey, I have learnt the trust, within myself, within the team and within the community. Collaborating with the people from various organizations supporting the cause, I assure you this - Hamro Bahini will help you be the voice for the positive change you want in your world.

  @unitedforimpact



Featuring Hamro Bahini SRHR Champions

Dr. Sheetal Pathak

MBBS at Nepalgunj Medical College

As a Sexual and Reproductive Health Rights (SRHR) champion, I got to learn new things unlearn the taboos I had in my mind, and relearn what I already knew in a better and creative way. The sessions were enlightening and taught us about the ways to take community intervention in a healthy way and the unknown but necessary legal aspects regarding SRHR. It provided me an opportunity to represent myself as a speaker for advocating sexual and reproductive rights among teenagers at the District Interact Conference this year. I was not only happy to share my knowledge, it also boosted my confidence and developed a sense of accomplishment. Being SRHR champion I learned the value of patience, empathy, important leadership skills, and communication skills and I feel I have been better than what I was before.

  @unitedforimpact



**THANK
YOU**