

ANNUAL UPDATE

NEPAL

DHANUSHA



Together with your sponsorship, children and families are making positive changes in Dhanusha. Learn more about the valuable ways we work with children and communities.

Plan International started working in Dhanusha in 2021. This beautiful and subtropical area is said to be the birthplace of Sita, a central figure in Hindu mythology.

In this area, child marriage rates are high: more than half of girls under 18 are married, and many young people lack knowledge about sexual and reproductive health and rights. This year, our projects focused on uplifting at-risk children and encouraging their continued education.



186

students returned to school after dropping out



890

children and teens learned leadership skills



537

girls mobilised in clubs to prevent child marriage

“THANKS TO PLAN, I CAN EXPRESS MY VIEWS WITH ELDERS CONFIDENTLY.”

Nirmala, Sponsored Child





NAME: BIMU

AGE: 15

**DREAMS TO BE: A
LAWYER**

“PLAN’S CHAMPIONS OF CHANGE CLASSES TAUGHT ME HOW TO SPEAK UP FOR GIRLS LIKE ME ABOUT HOW WE ARE TREATED.”

Meet Bimu

Like the child you sponsor, Bimu is learning to become a leader in her community.

Bimu lives in a house made of mud and stone, where she helps her mother collect grass and farm after school. She dreams of going to university to study law, where she can fight against discrimination.

Know My Strength

In Bimu’s village, child marriage is common. As a result, many girls have to drop out of school at a young age. Plan’s nine-month long Champions of Change project offers a positive intervention to at-risk girls in Bimu’s community, raising awareness about girl’s rights, building self-esteem and confidence, and practising leadership.

Bimu was one of 25 girls involved in Champions of Change in her community. In addition to forming her own children’s club, where young people talk about social issues and organise advocacy projects, Bimu was also invited to speak before her community at an event hosted by her local government. “Hosting these events has built my confidence,” Bimu tells us. “People also know my strength.”

Learners to Leaders

When Bimu learned that a child marriage was supposed to take place in her community, she had to take action. Along with her fellow Champions of Change, Bimu contacted the local authorities to stop a marriage involving a 15-year-old girl. Complications arose along the way, but Bimu didn’t give up: she knew just how harmful child marriages can be for girls. Not everyone in her community might understand why she did what she did, but Bimu remains confident. “People might think of me negatively, but we did it for a good reason,” she says today. “They will realise how important it is later on.”



Bimu dreams of becoming a lawyer.

OUR PROJECTS IN DHANUSHA ARE HELPING CHILDREN THRIVE



YOU CAN COUNT ON ME



82% of children in this region have experienced violent discipline. For the last year, we have worked with caregivers around the region to discuss critical topics about early childhood development, non-violent discipline, positive masculinities and the importance of education. 1,933 parents attended 846 parenting workshops in Dhanusha, discussing quality time with young children, nutrition, storytelling, education and play.

Close to 2,000 parents participated in workshops about non-violent discipline and children's rights.

We also held meetings with local government representatives, including the mayor and health workers, to advocate for the rights and needs of young children in Dhanusha. These health workers went on to conduct 58 nutrition demonstrations for participating parents, showing how to create a "super flour" packed with nutrients for babies and young children.

ENDING CHILD MARRIAGE



In Dhanusha, 52% of young girls are married before their 18th birthday. More than 3,200 girls under 10 years old in Dhanusha's Madesh province were married in 2020. Our 'Child Not Bride' project aims to raise awareness about the negative impacts of child marriage, keep students in school, offer vocational training and nurture leadership among at-risk youths.

Since January 2020, 890 children and teenagers between 11 and 19 years old have regularly participated in activities at our Champions of Change centres in Dhanusha, discussing gender equality, children's rights and the dangers of child marriage. More than 900 teenagers learned about sexual health and reproductive rights.

"I am grateful to Plan International for a scholarship and menstrual hygiene supplies. Now I can go to school, even during my period."

- Pinki Kumari (11), from Dhanusha



YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come – and together we will continue to work for a brighter future for the children in Dhanusha.

- 52% of girls in this region are married before the age of 18. With your help, we will offer scholarships to vulnerable students, and particularly girls, to keep them in school.
- Just 130 out of 232 classrooms in Dhanusha are safe in the event of a natural disaster. We will renovate school infrastructure for safer learning environments.
- Dhanusha is at very high risk of climate change-related flooding. We will continue to lead safety drills with community members to increase resilience.

Thank you for your continued support.



“Thank you so much for your support, which has helped us to make important contributions in the lives in girls, children and young women.”

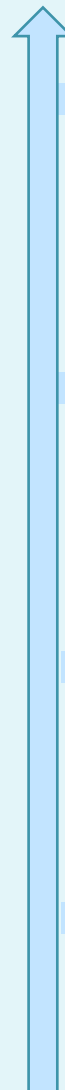
Ravi Shankar Pandit
Programme Area Manager

THE PLAN EFFECT



Your sponsorship commitment is turned into effective long-term change – providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan’s Effect, your commitment helps empower communities to transform their lives and futures.

THE LAST 12 MONTHS



JANUARY



561

parents participate in reading workshops with children

APRIL



466

students participate in school enrollment campaign

OCTOBER



917

adolescents trained in sexual and reproductive health

DECEMBER



10

schools assessed for disaster preparedness