

Banke

Nepal

Positive changes are happening in Banke. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

Banke, traditionally an agricultural community, is witnessing a shift as the younger generation increasingly pursues government and private sector employment. However, recurring flooding damages schools, roads, and crops, leading to food shortages and increased migration. Furthermore, early and forced child marriages significantly hinder young girls' access to education, healthcare, and decision-making opportunities.

To address these challenges, Plan has partnered with families, communities, and the government to advocate for better education and the elimination of child marriage. We have supported seven schools in developing inclusive and gender-sensitive improvement plans. Through our joined efforts, 86.2% of young people have increased their awareness of sexual and reproductive health rights.

**"I raised awareness about harmful practices affecting children and women. I'm proud to tackle these issues in my community."
- Sabitiri (14) Sponsored Child**



Young women participating in Plan's initiatives.

Impact in Numbers

3,168

**parents trained in
child-friendly home
learning**

503

**students counseled
in career
programmes**

26

**youth-led events
raised awareness
about child rights**

Advocating for Social Change



NAME:

Abisha

AGE:

16 years old

DREAMS TO BE:

**Government Social
Change Leader**

“My art shows that girls should not be confined to cow sheds or child marriage. Our advocacy must persist until no menstruation taboo remains.”



Meet Abisha

Abisha, a 16-year-old social activist, is in class 10 preparing for her final exams. She enjoys studying, chatting with friends, helping her mother, and singing Deuda folk songs in her free time.

She comes from a small and happy family with four members: her father, mother, brother, and herself. She is glad her parents support her social activism and treat her and her brother equally.

Questioning Traditional Norms

As a curious young woman from a family that openly discusses menstrual health, Abisha questions the Chhaupadi practice, wondering why menstruating girls and women must be isolated, avoid drinking water, and sleep in dark, secluded spaces.

Her curious mind found like-minded friends and supportive facilitators in the Champion of Change class by Plan, providing her with the energy and inspiration to drive change.

Advocating for Gender Equality

Through Plan's Champion of Change initiative, Abisha learned about child marriage, menstrual discrimination, and gender-based violence.

Inspired, she and her peers performed street dramas and organized rallies with the local government against menstrual discrimination, child marriage, gender-based violence, and child labor. In the Art is Power program, she painted a vision of change for Chhaupadi, hoping that joint efforts will transform it into dignified menstrual practices.



Abisha, 16, participating in Art is Power Programme.

We work with 9,670 Sponsored Children in Banke

Projects That Support Lasting Change

Inclusive Education

In Banke, challenging socioeconomic conditions and limited educational facilities create hurdles for children and young people.

Harmful attitudes towards disabilities, along with gaps in teacher training and learning environments, further affect educational experiences. Additionally, restricted access to technology and computer skills among educators adds to these challenges.

In collaboration with the government, Plan is advocating for inclusive education services for children and young people. We helped empower young girls to become leaders through programs like the Adolescent Girls Child Club Action.

Additionally, we supported children with hearing impairments by providing sign language resources, benefiting 20 children - 13 girls and 7 boys.



Children participating in a practical science lab session in Banke.

851

students participated in practical science lab sessions



Girls participating in a cultural program against early, forced child marriage.



Rupa, a young entrepreneur in Banke.

Ending Child Marriage

Nepal has the third highest child marriage rate in South Asia, which significantly contributes to school dropouts, especially for girls.

Plan collaborates with schools, families, communities, and the government to raise awareness about child marriage, enhance sexual and reproductive health services, empower young women, improve school retention for girls, and strengthen child protection systems at all governmental levels.

As part of this initiative, 70 young women in Banke received training in life skills, business development, vocational skills, cooperation, and protection, and have since started their own enterprises. Their income helps keep their children in school.

Additionally, 834 girls and boys were trained in gender equality, child rights, and efforts to end child marriage.

“As an entrepreneur who received support from Plan to start my business, I invest my earnings into my children’s education.”

- Rupa (22) in Banke

You're Supporting a More Equal Future



Young women participating Plan's Initiatives.

Together, we're working to create a more just world.

In Banke, only 53.7% of births occur in health facilities. Through community talks, Plan will raise awareness about safe childbirth and care and enhance delivery preparation.

Child marriage is a major issue in Nepal, leading to 40% of girls dropping out of school. In collaboration with the community, government and media, Plan will raise awareness and address these harmful practices.

Students from marginalised groups often face learning challenges due to limited resources. Next year, Plan will work with schools to improve education services, including better classroom management and book corners for early grades.

Message from Plan Staff

"With your support, we and our partners can work with young people, families, communities and governments to advance the rights of girls, youth and women in Nepal. Communities can raise their voices against harmful practices to create a more gender inclusive and safe society for children, girls and women."



Mina Parajuli,
Regional
Manager, Nepal.

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

250 students
participated in
science shows

414 teachers trained
in menstrual
hygiene

45 training sessions
about Parenting
Education

39 committees
trained in child
protection