

## Sindhuli

### Nepal

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

Sindhuli's agricultural community struggles with rising temperatures, wildfires, and extreme weather, which harm agriculture and socioeconomic development, leading to high poverty and unemployment, especially among young women.

Coupled with high child marriage rates, teenage pregnancies, and limited access to sexual and reproductive health resources, these issues exacerbate gender inequality in the community.

Plan, together with community, family, and government support is raising awareness about child marriage and improving access to sexual health, education, and gender equality. Initiatives include training 80 parents on child protection and setting up five menstrual hygiene rooms in schools for girls.



Young women participating in Plan's initiatives.

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



### Impact in Numbers

**268**

**students supported  
with remedial  
classes**

**224**

**parents and  
teachers trained in  
gender inequality**

**42**

**students supported  
with educational  
resources**

# 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 teachers 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 9,624 Sponsored Children in Sindhuli**



# Projects That Support Lasting Change

## Supporting Youth

In Sindhuli, high rates of child marriage, limited resources in schools, and poverty have all contributed to significant youth unemployment, especially among young women. Plan, in collaboration with the community, focuses on helping young people find employment opportunities, whether in waged jobs or self-employment.

The initiative aims to provide young people, particularly young women, access to gender-sensitive, decent workplaces and training institutes. It also focuses on developing their entrepreneurial and vocational skills. Plan partners with institutions to raise awareness about gender equality and establish safe and decent work standards in government and workplace policies.

Through this program, 208 young people were trained in vocational and employability skills, including 117 women. Additionally, after our efforts to promote equal job access with employers, 56% expressed a willingness to hire young people.



Youth taking a cooking class.

# 223

**young people trained in  
business development**



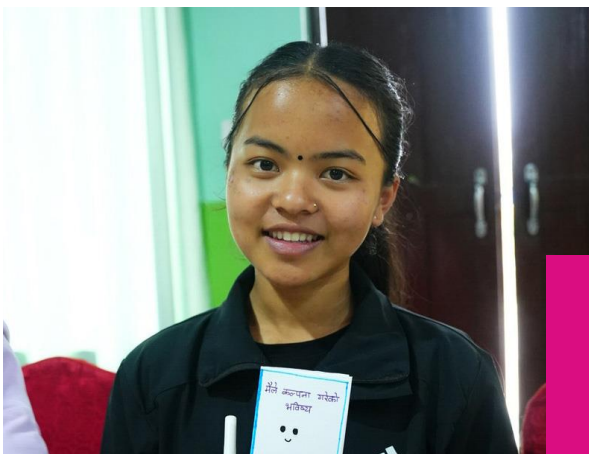
Adolescent Girls' Group organising a session.

## Empowering Girls

In Sindhuli, traditional beliefs and social taboos discourage girls and women from seeking sexual health information, leading to a rise in teenage pregnancies, with 17% of women aged 15 to 19 being pregnant.

Plan collaborates with families, communities, and the government to raise awareness about harmful practices and create support systems for women, empowering them with knowledge, resources, education, and job skills.

Adolescent Girls' Clubs were established in Sindhuli as part of this project. Nine of these clubs have raised awareness about child marriages and sexual and reproductive health rights through street dramas and campaigns. Additionally, 76 girls have participated in Sexual and Reproductive Health Rights sessions conducted in four groups.



Anisha, 14, participating in Plan's initiatives in Sindhuli.

"This experience has helped me understand sexual rights and empowered girls to discuss their concerns with teachers and parents more comfortably."

- Anisha (14) from Sindhuli

# You're Supporting a More Equal Future



Young women participating in the Plan's programmes in Sindhuli.

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

In Sindhuli, limited water supply and poor hygiene impact health, especially for young girls and women. Plan will support health, safety, and water services for young people.

Gender discrimination, limited health access, and high child marriage rates have contributed to increased teenage pregnancies. Next year, we will advocate for sexual education and work to improve youth health services.

High poverty rates and a lack of educational resources have led to high unemployment, especially among women. Plan continues to support economic opportunities for young people, including women.

## Message from Plan Staff

"Your generous contributions have been instrumental in driving positive change in the lives of countless children, girls, and young women in our community. The smiles we see every day are a testament to the impact of your support."



Ravi Shankar Pandit,  
Programme Area  
Manager,  
Sindhuli.

## 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

105

young people  
trained in  
vocational skills

240

students trained  
in climate smart  
safe schools

148

teachers trained  
in innovative  
teaching methods

12

health facilities  
trained in sexual  
health