

Dhanusha

Nepal

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

Dhanusha, an agricultural region in southeast Nepal, struggles with gender discrimination and high poverty. Early marriages contribute to high teenage pregnancy rates, with only 56% of women educated and 62% having access to maternal health services. The area also faces significant youth unemployment, affecting 33% of young people.

In collaboration with the community, families, and the government, Plan is raising awareness about quality education, gender equality, and sexual and reproductive health. Through our initiatives, we have supported the training of 96 teachers and parents in child-centred teaching. Additionally, Plan has partnered with the community to offer entrepreneurial and job training to young people, with a focus on women belonging to the Indigenous Dalit and Madeshi communities.

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



Girls getting ready to play football.

Impact in Figures

1,323

parents trained in positive childcare

1,198

young people joined Champions of Change Clubs

437

young people trained in life skills

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 feels glad that her parents do not discriminate between her and her brother and are supportive of her social activism.

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 learnt about child marriage, menstrual discrimination, and gender-based violence.

Inspired, she and her peers performed street dramas and organised rallies with the local government against menstrual discrimination, child marriage, gender-based violence, and child labour. In the Art is Power programme, 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.

There are currently 8,023 Sponsored Children in Dhanusha

Projects That Support Lasting Change

Inclusive Education

High poverty, social exclusion, and gender bias rooted in traditional beliefs have contributed to many children being out of school in the Dhanusha district, particularly young girls and those from ethnic communities.

In collaboration with schools, families, and the community, Plan's Sikshya Project advocates for equal access to quality education in a safe, discrimination-free environment, with a special focus on young girls and children with disabilities. Through this initiative, we have supported 120 marginalised students and children with disabilities by providing educational materials to aid their studies.

Additionally, Plan worked with schools to develop health and sanitation facilities, resulting in two schools establishing menstrual hygiene management rooms for young girls.



Children getting educational materials in Dhanusha.

1,398

students participated in foundational classes in schools



Youth participating in job training and consultation workshops in Dhanusha.

Skills to Succeed

In Dhanusha, challenges such as gender bias, social exclusion, limited educational facilities, and poverty have led to high youth unemployment, particularly among young women.

Plan, in collaboration with the community, supported young people, particularly young women, with access to gender-sensitive, decent workplaces and training institutes. These initiatives focused on developing entrepreneurial and vocational skills in young people, with a special emphasis on including young women from ethnic communities in Dhanusha.

Through this initiative, 319 young people participated in entrepreneurship training, of which 162 were women. To improve their job prospects, 295 young people were chosen to participate in life skills training, which helped them develop essential skills for the job market.



Nandini, 14, from Dhanusha.

"With Plan's support, my sister Niki received job training, gained independence, and now helps financially support our family's basic needs." - Nandini, 14, from Dhanusha.

You're Supporting a More Equal Future



Young girl with her doll in Dhanusha.

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

In Dhanusha, high unemployment, particularly among women, is due to limited economic opportunities. Next year, Plan will focus on supporting economic opportunities and empowering women.

Lack of quality education and gender bias have kept many children, especially girls, out of school. Next year, Plan will collaborate with schools and the government to strengthen educational services.

High poverty and gender bias have increased gender-based violence in Dhanusha. Next year, we will partner with local and government groups to support networks and safe spaces for survivors.

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 kindness."



Ravi Shankar Pandit,
Programme Area
Manager,
Dhanusha

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

540

young people
trained in key
hygiene issues

176

young people
trained in
vocational skills

55

volunteers
trained in peer
education

41

teachers trained
in school facilities
management