

Case story on Chhaupadi

Case No. 3: Mobility and Urbanization: practice is changing

Ms. Shanti Sharma, a college going girl, Kalikot, said, "I do not follow any restriction when I am in Kathmandu or Nepalgunj but when I move to my birthplace in vacations or in any occasion, I do follow that *Chhaupadi* tradition. We are compelled to do that as grandparents and mother are strict enough and show me the fear of god." She further said that she has tried to convince the family members by illustrating examples and experience of not following such tradition while she was in the city but she could not make them understand and have to follow it anyhow.