

Let's start change from ourselves

Pyari Nepali, who resides on Tila rural municipality-01 Jumla with her husband, daughter, and two sons. From agricultural work, she is supporting my family's expenditures, children's school fee. She had a bad experience suffering from the practice of *Chhaupadi*. During menstrual time, she stayed five days at *Chhau goth*, which affect her health, psychological disturbance. Also she had fear of attacking from unknown person and snakebite. She says "from many years, we are thinking to eliminate Chhaupadi but because of fear we couldn't start". As said every cloud has a silver lining, when



she heard Action Works Nepal was going to start to form women groups, she joined voluntarily as one of the member of women miteri group. From that time, she is working for raising awareness at Community and village development committee level. She added "we discuss about impact of chhaupadi on daily house hold work, health, education etc. weekly, and also about menstrual care, rights, gender based violence, local issues, our problem and so forth". Two years ago, her daughter stayed at *chhaugoth* but now she is staying at home. She shared her experience on advocacy "because of my suggestion, Jarmakala Nepal, 36 years old women also started to stay at home during the period time". She was happy because her husband also supports her for awareing the people and gave thanks to Action Works Nepal for supporting to eliminate Chhaupadi practice in their own community.