

Nothing will change, if we do not support others

My name is **Bijuli Yogi** and I stay at Tila rural municipality ward no. 02 Kudari with husband, son and daughter. I support my husband in agriculture and other house hold work. In our VDC there is still remaining the practice of *Chhaupadi*. In our time, we had stayed five days in *goth*, nutritious food was not given. Also we faced many health problems but no one gave attention on it. We had raised the demerits of Chhaupadi practice but men did not support us at that time. But now time



is changed, while involving at Chankheli miteri group, I know information about rights, demerits of chhaupadi practice, right for women and etc. which support us. If the intention is to eliminate chhaupadi practice, focus will be given to basically priest, traditional healer, men and other women. By getting our suggestion, Rupa Yogi, Hiusara Yogi had left chhaugoth and staying at separate room of their home. I suggest Action Works Nepal to take various awareness raising program in the most of the rural communities and give prize to the role model and family who supports women to stay inside the home.