

Newsletter

1st Edition

April-June 2016



World Environment Day at Hetauda Center



Yoga for Antardristi Nepal

Yoga is a physical, mental, and spiritual practice.

Not only physical health, it helps to reduce the effects of traumatic experiences as well as prevents the onset of mental health conditions, which are prevalent during adolescence. From that time our children regularly practice 'Surya Namaskar' at morning. That yoga slowly improves our children's psychological/mental well-being.

Prevention and protection activities:

- Awareness classes in different school, colleges, club, community people etc.
- Teacher training at Lalitpur district, total 30 teachers (including deaf) were participated
- Silent protest campaign (April month is the month for worldwide silent protest for sexually abused children, yearly we are celebrating this month by doing different activities)
- Street drama at different districts.
- Trauma counseling for children and different therapeutic activities at safe house
- Reintegration of children after recovery (physically, mentally and socially healthy)

What is Child Sexual Abuse ?

Child sexual abuse has been existing from centuries where it can be concluded that it is not a new problem. Child sexual abuse is alarming where activists say sexual abuse often occurs in schools where everyone is scared to speak up because they are in dilemma of getting justice to these cases.

Sexual abuse has the capability of damaging a child physically, emotionally, & behaviorally for the rest of their childhood & the effects can be carried on to their adult life. The problem with most child sexual abuse cases is that they are often not reported. Abusers will influence their victims to assure that they will not be caught. Assuring can include tactics from bribery to threats where emotional head games can trick the victim into not fully understanding what is being done to them.

Abusers spend a lot of time targeting their victims to try to reduce the risk of them being found out. Abusers target a child who is vulnerable & easily reachable. Abusers begin touching the potential victim in appropriate ways such as horseplay, & then progressively begin to confuse & shift the limits of physical space until the child is unaware of what's really going on. Sexual abusers are planners & thinkers. They are continuously running the situation through their minds, escalating the chance that they get away with the sexual abuse. Because most children can't or don't tell about being sexually abused it is our responsibility to be able to recognize.

“Recovery unfolds in three stages. The central task of the first stage is the establishment of safety. The central task of the second stage is remembrance and mourning. The central focus of the third stage is reconnection with ordinary life.”
 - Judith Lewis Herman, Trauma and Recovery

Identified, Received and Reintegrated (April, May and June 2016):

S.N	Child age	Education background	Address	Relation with Offender	Referred by	Identified	Received	Reintegrated	Still with AN
1	6	class 1	Panchasower VDC ward no 3 Baitadi	Cousin brother	DPO Baitadi& Mahilautthansamaj,Baitadi	✓			
2	55	informal education	Baniyatar VDC ward no 4 Bardiya	own son	MahilautthansamajBaitadi	✓			
3	10	class 3	Syanga,rangvanga VDC-2	Father	District Police office Bardiya		✓	✓	✓
4	13	class 5	yaduknwa VDC,Dhanusha	Neighbor	DCWB Syanga	✓			
5	9	class 2	Gorkha 11, setibazar khatibensi	Father	District Police office	✓			
6	19	5 drop out	Makwanpur, newarpani-29	Father	DPO, Gorkha and DCWB		✓	✓	
7	6		Makwanpur, Basamadi-28	Relatives	DPO, makwanpur and women and children office		✓	✓	
8	8		Makwanpur, Nawapure-11	Uncle	District Police office, makwanpur		✓		✓
9	22		Namtar VDC-3, Makwanpura	cousin brother	women and children office			✓	
10	11		Chandaranihapura -2, Rautahata	Neighbor	District Police Office, Makwanpur			✓	
11	19	class 11	Myagdi	Senior same school student	Family			✓	



Café Antardristi
 A café with a purpose.

ABOUT CAFE ANTARDRISTI

You just have to eat to support to the cause. The initial profits goes to an NGO supporting SEXUAL ABUSE.

We assure the ones visiting the cafe will save some of their money as we don't charge VAT,TAX & SERVICE CHARGE.

Don't forget to grab the loyalty card where after 9th cup you will get the 10th one for free. Isn't that interesting?

Like our fb page "cafe Antardristi" and eat the most mouth watering waffles.

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ABOUT US

Antardristi was formed in 2003 to address the social issue of child sexual abuse in Nepal due to the alarming scarcity of service provision in this area. Antardristi remains one of a limited number of organizations working to eliminate child sexual abuse within Nepal and undertakes activities in the areas of awareness raising and prevention, child protection, psychological recovery and social reintegration. Undertaking this work is considerably complex. There is stigma around mental health which results in a silence around such problems and consequently increased isolation and unremitting difficulties. There also exists discrimination against young women reporting rape as blame may be placed with the victim.



Two days teacher training in staff college

My Story

Namaste,

My name is S. Pokhrel. I am ten years old. I used to study at grade three. I love dancing and playing with my friends. I have small family. I am so happy with my family.

I had never imagined I have to stay far from my family, but it happened. I was raped by 65 years old man. He looked like my grandfather. In fact I used to call him grandfather. He always threatened me and kept doing same activities. I had no idea what to do, number of thoughts going through my head. First I decided to keep it to myself. But it gave me stress day by day. At last I shared with my mother.

My mother said that the person was in police custody.

I am feeling good when I connected with Antardristi Nepal. There I saw lots of girls of my age and they were suffering from same problems. I had no complains with my life, I understand that bad incident comes with many opportunities.

