

ANNUAL REPORT
2014

**MOTTO
BREAK
THE
SILENCE**

Mission

To empower people to prevent sexual abuse and to support the survivors through the healing process

OUR INTERVENTION STRATEGIES AND PROJECTS



Strategie 1

- Educate: The Community



Strategie 2

- Empower: The Survivors



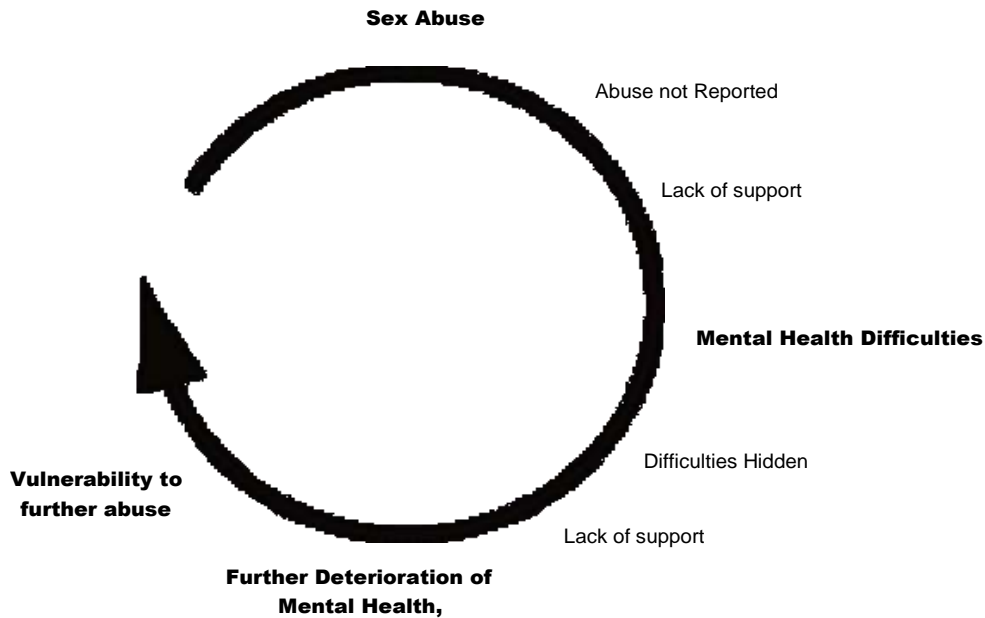
Strategie 3

- Eradicate: The Violence

Antardristi Nepal (AN) works in two facets: Education/Awareness and Healing/Empowerment.

- **Education/Awareness:** AN hosts a number of community outreach efforts including educational workshops, seminars, family empowerment training and student-based dramas—designed to raise awareness in schools, for both teachers and students. Programming is aimed at educating the wider community about the realities of sexual abuse and prevention of it, with a goal to change the perceptions of abuse within the local belief system.
- **Healing/Empowerment:** AN operates 2 residential centers and one transit (Kathmandu, Pokhara and Hetauda, 2007 August, 2008 March 2010 February respectively) providing a safe sanctuary for survivors of abuse up to the age of 25. At these centers where the young women and children's basic needs are met and where they receive psychological counseling, job skills training or schooling (depending on their age). Over time, they are encouraged and supported to realize their potential and rebuild their confidence by empowering them in their eventual reintegrate into the community.

Problem cycle



OUR IMPACT IN 2014

Antardristi Nepal Community Outreach Statistics:

AN's outreach efforts have reached a total of 8012 people in Nepal (2014) with the help of Danish Embassy. The box below will give the details.

Antardristi Nepal Residence Program Statistics:

From the awareness class with the Help of Danish Embassy, AN identified 46 cases but could not rescue all and bring to the safe house, AN could only take 29 cases due to limited fund.

Outreach Program

Schools(69)	Communities(115)	3Teachers training (90schools)	Street Drama (in 4 places)
5576 students	1496 community people	90 teachers	850 audience

The program was facilitated by the outreach workers of AN. As you can see above, 5576 students participated in the program. This is the first time ever that those schools had this kind of orientation class. They felt happy and very positive about the program. They acknowledge that this type of program needs to be done frequently and should be spread extensively in order to create awareness among students. They even stated that these kinds of classes were very necessary, useful in the present context.

The students were outstanding and were ready to create peer groups in their schools, which further helps those who are in need and are guided by AN's staffs.

Similarly, teachers training were held in different districts (Chitwan, Makwanpur and Kaski). The orientation class was conducted again by the outreach worker with the help of some police personnel. The police personnel reflected on the legal part.

All teachers seemed inquisitive to know about the issues and all the legal aspects we have in our country, like the punishment for the offender, jail sentence etc.

Furthermore, awareness classes were done in 115 communities where a total 1496 people positively attended the program and seemed curious to know about the issues addressed. Some were shocked to hear some cases studies.

Lastly, the awareness program was done by the means of a street drama. AN believes, that the drama is an incredibly powerful way to raise awareness among the community people. AN, with the help of some outstanding students prepared the drama and it was shown in 3 different districts of Nepal, Makwanpur, Myagdi and Kaski).

Glimpse of awareness classes





Press clip



Glimpse of Teachers training and Street drama



Counseling and community support

If some case comes in during the orientation class, and if they don't want to go to the safe house, we have a provision of providing them instant counseling. This is possible since in almost all the orientation classes, 1 counselor is present to provide them with counseling. This is found to be really useful for some who are really depressed with the incident they have had to face.

AN continues its follow up for those cases through one year follow up program.

About the safe house

Safe house for victims is like a therapeutic community in itself. When they come there they feel some kind of relief when they see other children as similar to them, and can say it to themselves, "Ah I am not the only one gone through this incident, like me there are so many other survivors". So the role of a safe house is very significant though the number and size of beneficiaries are less. That's why AN tries to run the safe house and has designed a program for the safe house. At AN we follow a 5step pattern for new comers.

- Step 1:** Observation for two weeks from care assistance
- Step 2:** Rules and regulations and initial counseling session
- Step 3:** Counseling continues
- Step4:** Counselors and care assistance's observation
- Step5:** Self-observation and process for re- integration

Individual counseling session is conducted twice a month in the safe house (Hetauda and Pokhara) and once a week in transit in Kathmandu. Along with children, AN did family counseling every 15 days.

In counseling, we especially focus on individual, groups, family, teacher, career and motivational counseling. As well as we focus on behavior modification and adjustment. The counseling session also includes art therapy, tree of life, music therapy etc.

Group Counseling

Group counseling session is conducted once a month in the safe house. While doing group counseling session, the age group is divided according to their age group counseling is done. The topics covered in group counseling this year are:

- Moral education
- Women/ Human and child rights and responsibility
- Personal cleanness

- Self-depend
- Health education (Basic health)
- Decision making
- Relationship and its importance in our life
- Education and career
- Mental health and happiness
- Rules and regulation
- Discipline and manner
- Socialize / Adjustment
- Life skill
- Creative activities
- Child sexual abuse (After children recovered from that incident)
- Safety and Security
- Show different Movies (English, Nepali and Hindi)



Training for Children:

- Artificial Flower making training
- Football
- Basket making
- Cutting and sewing
- Acts and Play
- Greeting cards
- Making Nepali style Slippers
- Fashion shows



Achievement

- This year our children participated in the singing competition in local FM program and they win first prize.
- Our drama group children were the participants in different government level program and program organized by CWIN and Plan Nepal.
- Our football team members also participated in different national level program.
- One girl got a sewing machine from her sewing training.



Test and Therapy

- Paper pencil test - (Draw a man test, Dot puzzle, Family drawing, Tree of life, Making stories,)
- Sentence completion test

1. Linkage with other organizations

We have good relation with district police office Syangja, Parbat, District education office Syangja, Kaski, Myagdi, Makwanpur, Network of children home Kaski, etc



2. Interview:

There has been increased media reporting where in AN and its work on CSA has been featured in various newspapers, magazines namely, Hetauda today (Newspaper), Nagarik Dainik (Newspaper).Udghosh (Newspaper) ACE (Television),

3. Volunteers:

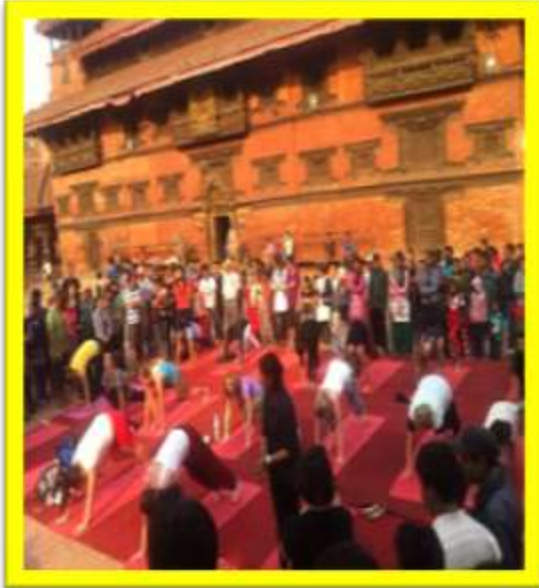
This year volunteers from different colleges of social work did volunteering in AN. All together they were 14 local volunteers. Volunteers also went with outreach coordinator to take awareness classes at different schools and communities and did some campaign. 1 foreign volunteer came to AN and did different activities with children.



4. Support:

- This year, Ethical travel and Social tours did a Yoga marathon in Adrenal, Oslo, London and Kathmandu to raise funds and awareness for AN. We received 4400 Euros. These funds were used for medical, dental checks, hygiene kits etc. for 25 children who were staying at AN safe house.

- AN also got gifts like stationary, books, blankets, grocery etc. from national and international people
- AN received Rs. 107,000 as donation which will be used to expand our audio-visual library in Hetuuda.



Yoga marathon conducted in Patan Durbar Square





Supports from generous people around





Publications, done with the help of Danish Embassy.



5. Challenges:

- The major drawback this year is a budget for the safe house. We feel pity when we could not rescue children when they really need our assistance and support.
- Sometimes it's very difficult to reintegrated children in their community when they come from the incident of incest.
- At times, in an emergency situation it becomes difficult to arrange for a vehicle to rescue children.

6. Ongoing plan for the next year:

- To continue to facilitate sexual abuse orientation workshops in schools and communities of different area.
- To continue to develop peer support groups within schools.
- To continue to provide providing safe, temporary accommodation in the safe house for abused children. To maintain ongoing involvement to ensure successful community reintegration.
- Continue to work with established networks with other organizations.
- To expand our activities to areas which are more vulnerable.
- Refresher classes to teachers, students, fathers and mothers groups.
- Basic counseling training for outreach workers and volunteers
- Bike Rally's and Yoga4Antardristi
- Café with a cause
- Research

7. AN Total Annual Budget:

This year AN received fund from the Danish Embassy for the outreach programs.

AN received fund of Rs. 2595,380 from national and international people for safe house, but the annual budget to run safe house is Rs.5784,908. If this could be meet AN would be able to rescue as many children and bring them to our facilities and could make their life easier.

You can help AN by

Talking about the issue with your friends and family about CSA

If you have experienced CSA or know of someone who has, or If you see warning signs (inappropriate behavior) in adults/older children reach out to us on info@antardristi.com.np or **977-01 5544644**

Volunteering

If you are interested and are from Psychology / Sociology /Social work background you can contact us on info@antardristi.com.np or **977-01 5544644**. Help us raise funds for our children.



Thank you