From JPIC table on Violence against women

The theme, “I have heard my people cry” of the JPIC animators’ meeting in Rome in 2014 still echoes in my ears as I write this ..... young women crying in Nepali society where gender based violence is rampant. Young girls of today face a myriad of challenges with their constant exposure to violence against women in its various forms in the ever changing socio-cultural environment.

St. Mary’s schools in Nepal in collaboration with ASMAN (Association of St. Mary’s Alumnae Nepal) organized a sequence of programmes to create awareness among the students about the current issues on violence against women. The consecutive programmes include class wise orientation for students regarding Adolescent Sexual Reproductive Health. This was followed by workshops on domestic violence conducted by SAATHI, a pioneer organization working with women’s issues. The climax of these consecutive programmes is the self-defense training by Paritran Risk Management Solutions. This programme also coincided with Nepal government’s initiative under UN- ‘Sixteen days of activism to end violence against women’. These orientations and classes have helped to promote self confidence, self reliance and self knowledge in our students and also have proved beneficial to them in other areas of their life. The feeling of not being dependant on anyone else to protect themselves would provide our girls with a sense of empowerment and the courage to face adversity head on.