



Highlights

- Celebration of Special Program on the occasion of Homophobia Day
- Dissemination of Factsheet
- Celebrating the dignified menstruation day, 2023
- Capacity Building Training to LBQ women
- Bakery and Barista Training

Celebration of Homophobia, Biphobia and Transphobia (IDAHOBTI) Day

On May 17, 2023, Mitini Nepal organized the International Day against Homophobia, Biphobia, and Transphobia in Kathmandu, Bagmati Province, with financial support from the Foundation for a Just Society. This annual event is observed by sexual and gender diverse communities worldwide to commemorate the significant date of May 17, 1990, when the World Health Organization removed homosexuality from the list of mental illnesses and recognized it as a natural phenomenon. Mitini Nepal celebrated the International Day against Homophobia, Biphobia, and Transphobia 2023 with the global theme **"Always Together: Unity in Diversity,"** just as it does each year. Surendra Raj Acharya, the Honorable Minister of the Ministry of Women, Children, and Senior Citizens, served as the chief guest of the program. The minister expressed the ministry's commitment to supporting and advocating for the rights of the sexual and gender minority community.





During the event, Minister Surendra Raj Acharya presented the book "Always Together: Unity in Diversity," featuring inspiring eight stories of community members. The minister also honored a long-term community couple and an accepting family. Distinguished guests, including Rita Thapa, Senior Women Activist, Top Bahadur Magar, President of the National Human Rights Commission, Kamala Kumari Parajuli, President of the National Women Commission and Bipul Pokhrel, President of the Federation of Nepali Journalists, pledged their support for the upliftment and development of sexual and gender minority communities. The event featured cultural performances, dances, and poetry readings, approximately 300 attendees. Mitini Nepal's President Laxmi Ghalan presided over the event, which was moderated by Aarti Chataut, a media person.



Dissemination of factsheet titled “Impacts of Age Discrimination on Older LGBTI Persons in Nepal”

Mitini Nepal with the support of Outright International, successfully conducted the dissemination of the factsheet titled “**Impacts of Age Discrimination on Older LGBTI Persons in Nepal**” during the significant event to mark the International Day against Homophobia, Biphobia, and Transphobia 2023 in Bagmati Province, Kathmandu on May 17, 2023. The factsheet was launched by the Minister of Women, Children, and Senior Citizen, Surendra Raj Acharya, who expressed his dedication to the advancement and upliftment of the LGBTI community, particularly the elders. The Minister highlighted the Ministry's role as a focal point and its allocation of a budget for the community. The factsheet was jointly launched by esteemed guests, including chairperson from the National Human Rights Commission, National Women Commission, Federation of Nepali Journalists, and Senior Women Activist Rita Thapa. The event attracted a diverse audience of around three hundred individuals, including community members from all seven provinces, UN agencies, commissions, embassies, ministries, INGOs/NGOs, media personnel, and celebrities, showcasing the broad support and interest in addressing age discrimination against older LGBTI persons in Nepal.



Chief guest Minister for Women, Children and Senior Citizen Surendra Raj Acharya along with other distinguished guests launched the factsheet “Impacts of Age discrimination on Older LGBTI persons in Nepal”



“Provincial Elders Embrace Diversity and Listen with Compassion at IDAHOTB 2023 Event”

Link for video:

<https://www.youtube.com/watch?v=34lJoU4sDel>

Some men menstruate !!
Some women don't !!

Some menstruators identify as
non binary

"Menstroator is an inclusive
term"

LAXMI GHALAN
Founder/President
Mitini Nepal

#Menstrualhygieneday #Breakthenotion #Mitininepal

“ I started menstruating for
the first time at the age of
eleven. I did not dare to talk
about my period as I used to
think myself as a man since
my childhood. Now I think I
should inform many friends
like me about menstruation
and pads. ”

RAJ CHAUDHARY, Trans man

#Menstrualhygieneday #Breakthenotion #Mitininepal

Celebrating the Dignified Menstruation Day, 2023

Celebrating Dignified Menstruation Day and Recognizing That Trans Men Also Bleed. On this significant day, we unite to break the silence and shatter the stigma surrounding menstruation. We must acknowledge that all individuals, including trans men, experience this natural bodily process. We celebrate the strength and resilience of trans men who courageously navigate the complexities of their identity, reminding the world that menstruation does not define a person's gender. We strive to create a society that supports and respects the diverse experiences of all individuals by embracing inclusivity and understanding.

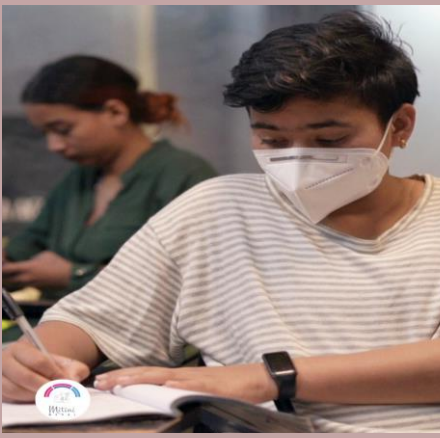
Capacity Building Training to LBQ Women

The capacity building training for women from sexual and gender minority populations, organized by Mitini Nepal with the support of Foundation for a Just Society, successfully concluded on May 18 and 19, 2023 in Kathmandu, Bagmati Province. Nilam Dhungana, the program officer for Mitini Nepal, highlighted the program's objectives and outlined the comprehensive range of topics covered, which included mental health, movement building, Gender based violence and the LBQ movement in Nepal. The participants were introduced to these concepts through engaging visual presentations. As a thoughtful measure to prioritize their mental well-being and self-care, the participants were guided through a unique exercise where they danced with their eyes closed as well as introduce them with memorable picture. Kriti Chaudhary, LGBTI human rights advocate from Sudurpaschim Province, provided a detailed explanation of mental health, encompassing various forms, symptoms, and impacts. Additionally, she shared a toll-free number for accessing psychosocial counseling services. Sarita K.C., the Executive Director of Mitini Nepal facilitate the session on intersectionality within the LBQ women i.e cast, age, ethnicity, language, geographic, religion, and disability were discussed within the group work. The participants were warmly greeted, and the second day of the training began with a comprehensive review of the topics covered on the first day. Sunita Paudel, a field officer from the province of Bagmati, shed light on the origins of the movement for sexual and gender minority populations, providing valuable historical context. Laxmi Ghalan, the Founder/ President of Mitini Nepal, along with Mira Bajracharya Founder of Mitini Nepal, shared their personal struggles to start LBQ movement in Nepal as well as emphasized the importance of marriage equality within the community. Kabita Tamang, the Provincial Coordinator for Mitini Nepal in Koshi Province, delivered a thought-provoking session on various forms of violence, including sexual violence, violence within intimate relationships, family violence, social violence, and workplace violence. She also facilitated discussions where participants shared their experiences of violence as community women. The training, under the guidance of Sarita KC, 32 enthusiastic participants attended.



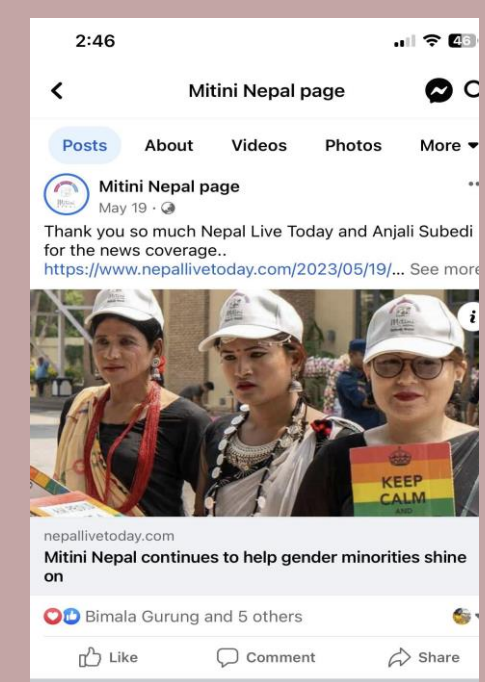
Bakery and Barista Training

Mitini Nepal with the support of the Kathmandu Metropolitan City, a 15-day bakery and barista training program were successfully completed in Kathmandu, Bagmati Province. The training took place from March 8 to March 25, and on June 2, 2023, a certificate distribution program was held at Lainchaur, Ward Office of Ward No. 26, Kathmandu Metropolitan City. Laxmi Ghalan, the president of Mitini Nepal, Binod Khadka, the managing director of the Tricky and Topsy Bar Tending Barista Academy, and Kedar Rimal, the ward 26 secretary of Kathmandu Metropolitan City, collectively distributed the certificates to the participants. Ward Secretary Rimal expressed gratitude, extended wishes to all the participants, and encouraged them to apply the lessons learned during the training. Managing Director Binod Khadka congratulated Mitini Nepal and expressed joy in working with sexual and gender minority groups. Concluding the event, President Laxmi Ghalan thanked all attendees and expressed gratitude to the Kathmandu Metropolitan City and the Ministry of Women, Children, and Senior Citizens, highlighting the positive impact of such training in further developing the capacities of the sexual and gender minority communities. The event brought together the organizer, ward secretary, representatives from Tricky and Topsy Bartending Barista Academy, facilitators, and members of the community, totaling 20 attendees. Link for video: <https://www.youtube.com/watch?v=r9ccK1Cj8KU>



News Feature





News Feature links



1. <https://www.hamropatro.com/news/details/8185219615726440?fbclid=IwAR0-HRVNjyiLbgegkDFT9fnAqobXfsusWKOfEMJvzi9TMRX2q5u3Cp9Tae0>
2. <https://www.newskarobar.com/posts/1123293?fbclid=IwAR2MQRCo0cFaM71Q-Z6dQ50f1Q4QUndljWWAsk0qhkkNSOyheelkvvs0aiM>
3. <https://kathmandupost.com/art-culture/2023/05/18/tales-of-acceptance?fbclid=IwAR0WTbfmwJY3pOnKl5BBuRY4ObhSjKA-tn9uruVlco5TIWB7oYMzSRASwSI>
4. <https://hariyalinepal.com/240310/?fbclid=IwAR0sjWKgP2TLscmfk6T9SzorInwYUWSQNsuf4tr60Qrs-1FkcR3PaWAb6Y>
5. <https://www.janatapati.com/detail/137772?fbclid=IwAR2aq4CORCPm572087Z3qvSbO7rydBJGmerS94pEf5zX3ogb-C8FTwvyGo0>
6. <https://hamrakura.com/news-details/147804/2023-05-17?fbclid=IwAR2xKrdMhR6UyG6pBpMbfMxnQBabsk5JiT55J3ADMR8TWplur-cBOUKriOs>
7. <https://khabarhub.com/2023/17/504776/?fbclid=IwAR2MQRCo0cFaM71Q-Z6dQ50f1Q4QUndljWWAsk0qhkkNSOyheelkvvs0aiM>
8. <https://nepalbahar.prixa.net/story/637457/?fbclid=IwAR2xKrdMhR6UyG6pBpMbfMxnQBabsk5JiT55J3ADMR8TWplur-cBOUKriOs>
9. https://www.nepallivetoday.com/2023/05/19/mitini-nepal-continues-to-help-gender-minorities-shine-on/?fbclid=IwAR2Ba1EtYQKZBqI98CLFYOVrcX8QbvADQNLppgSTM480_EZWleDurs4YVVk
10. <https://www.biswasanchar.com/news/4683?fbclid=IwAR2MQRCo0cFaM71Q-Z6dQ50f1Q4QUndljWWAsk0qhkkNSOyheelkvvs0aiM>
11. <https://khabarbook.com/archives/32708?fbclid=IwAR1NFSqseHBjrbFEcapdZFgwe5HWJvO15jhVrx2nR-41cNx8dhhcHd9dot8>
12. https://www.ratopati.com/story/363295/homophobia-day?fbclid=IwAR2jmAHHNUKvp0o17MvtsaIWIJ64VgY3-VT3p-JL2aOO_7VxYUi4MkVuoS_0
13. https://www.setopati.com/social/302302?fbclid=IwAR13MXO6q5LKL9y_t1g6wT0yOTOTQgTnuk7kR8cuLp4hXzvrxHYJgMRliRs
14. https://ujyaaloonline.com/story/87515/2023/5/17/IDAHOTB-2023-accomplished?fbclid=IwAR2CjxOJnLQmRKIOxc_2daBvd4MyRfH4oEBHfywNwb-ZV59_w-cAqTg12dg

For more information:

Website: www.mitininepal.org.np

Twitter: <https://twitter.com/MitiniNepal>

Facebook: www.facebook.com/Mitininepal

Instagram: https://www.instagram.com/mitini_jewellery/

YouTube: <https://www.youtube.com/watch?v=Gfa4X5TXCf0&t=399s>