

NEWSLETTER

Highlights

1. Intergenerational Learning Session (1st Session)
2. 7 days Effective Proposal, Report Writing and Budgeting Training and orientation to CBOs on Mitini Nepal Fund for Local Initiative (MNFLI) project
3. Quotes and flyers on the occasion of 16days of Activism
4. Monthly staff meeting
5. Video broadcast on the occasion of dignified menstruation day and Human Right Day
6. LGBTI elders story book launch
7. Capacity Building Training to LBQ women
8. Self Defense Training
9. Intergenerational Learning Session (2nd Session)
10. Infographic video on marriage equality
11. Annual Staff Training

Intergenerational Learning Session (IGLS)

The first session of “**Capacity Building on LGBTI Ageing Issues and Vulnerabilities**” held on December 1, 2023, marked a significant milestone in addressing access to services for LGBTI elders focusing on the challenges faced by LGBTI older individuals in Nepal. Participants, including young activists, organizational representatives, media, elders, and project staff, convened online to initiate a dialogue on the multifaceted issues confronting LGBTI elders. Sarita KC, Executive Director of Mitini Nepal, delivered a compelling presentation, sharing key findings from a factsheet on age discrimination’s impacts. During the session, two informative videos addressing LGBTI elder issues were also broadcasted to the participants.



The session emphasized the pivotal role of LGBTI elders, promoted intergenerational collaboration, and laid the foundation for forthcoming sessions focused on capacity building and advocacy. KC discussed discrimination issues, housing vulnerabilities, and economic challenges faced by LGBTI elders, balancing the narrative with success stories. The meeting also showcased Mitini Nepal’s successes in empowering elders on national and international platforms. The session concluded with an open discussion, receiving positive feedback and highlighting the importance of addressing specific concerns of LGBTI elders. Facilitated by Bimala Gurung, the session closed with gratitude and optimism from Shreya Thapa, a member of the Elders Advisory Committee. Thapa expressed hope for continued efforts in addressing LGBTI elder issues.

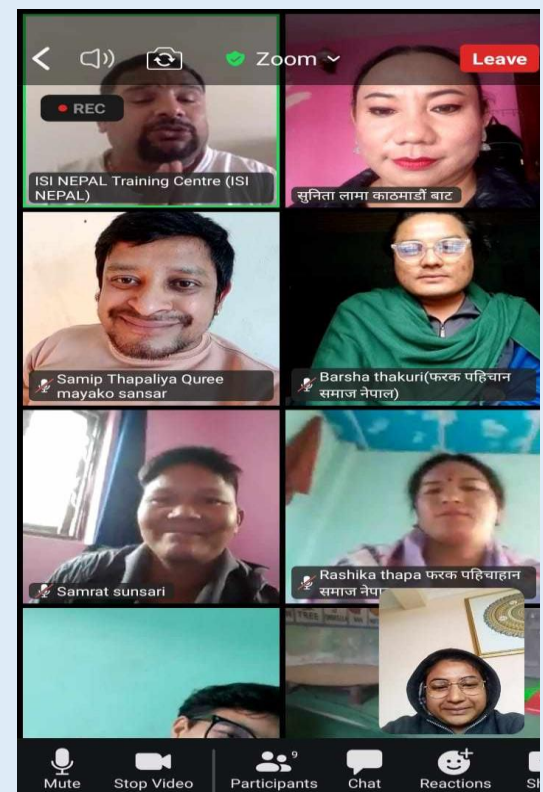
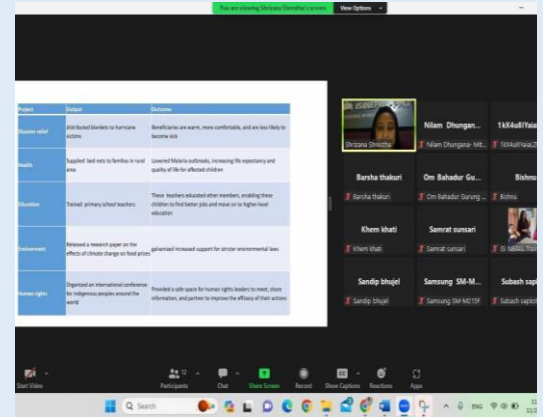




7 days Effective Proposal, Report Writing and Budgeting Training and Orientation to CBOs on Mitini Nepal Fund for Local Initiative (MNFLI) project

From November 26, 2023, to December 4, 2023, Mitini Nepal organized a seven-day virtual training on effective proposal writing and budgeting via Jitsi Meet. The training targeted Community-Based Organizations (CBOs) dedicated to supporting the LGBTI community in Koshi Province, Bagmati Province, Gandaki Province, and Sudurpaschim Province. Facilitated by ISI Nepal, the comprehensive program covered essential topics such as project definition, preface writing, problem identification, report formatting, and financial planning.

Throughout the training, participants actively engaged in practical exercises to reinforce their learning. On the concluding day, Mitini Nepal's Executive Director, Sarita K.C., provided an insightful overview of introduction writing and shared information about the Mitini Nepal Fund. Sweta Maharjan, the Finance Officer, shared guidance on budget template, while Nilam Dhungana, the program officer, discussed guidelines and narrative proposal templet related to the MNFLI. Thirteen individuals representing various organizations from the provinces participated enthusiastically in the training.



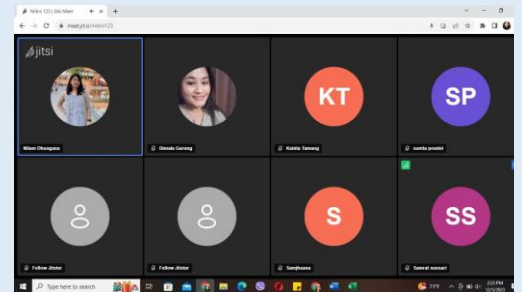
Quotes and flyers on the occasion of 16days of Activism

Mitini Nepal, in commemoration of the 16 Days of Activism Against Gender-Based Violence, has undertaken a poignant initiative by gathering quotes and short videos from diverse provinces, shedding light on the harrowing experiences of individuals who have faced various forms of violence. This powerful collection serves as a testament to the prevalence of gender-based violence across different regions. Additionally, Laxmi Ghalan, the president of Mitini Nepal, has played a pivotal role in amplifying voices by sharing these quotes on Dignified Menstruation Day within the 16 days of activism, bringing attention to the intersectionality of challenges faced by individuals and promoting a broader conversation around gender equality and empowerment.

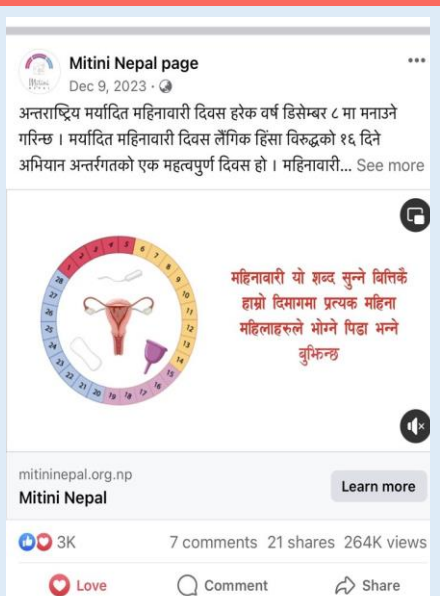


Monthly Staff Meeting

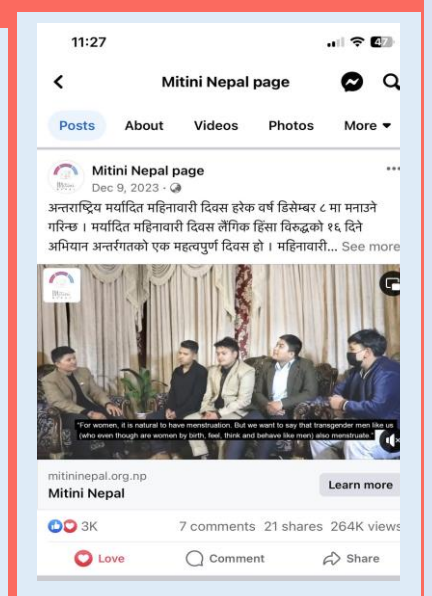
On December 5, 2023, Mitini Nepal's virtual staff meeting for December started under the leadership of Salina, Lumbini Province Coordinator. The meeting involved a comprehensive review of November's completed programs and discussions on the upcoming work plan for January. Key agenda items encompassed updates on the staff training. With a total of ten staffs, the meeting fostered collaborative dialogue, ensuring effective planning and alignment with Mitini Nepal's mission.



Video broadcast on the occasion of dignified menstruation day and Human Right Day



Mitini Nepal, in a powerful and inclusive initiative, marked Dignified Menstruation Day and Human Rights Day by broadcasting insightful videos that aimed to break societal norms and raise awareness. On Dignified Menstruation Day, four brave transmen courageously shared their experiences and challenges during menstruation, challenging traditional perceptions by highlighting those men, too, can bleed—an enlightening concept that challenges preconceived notions.



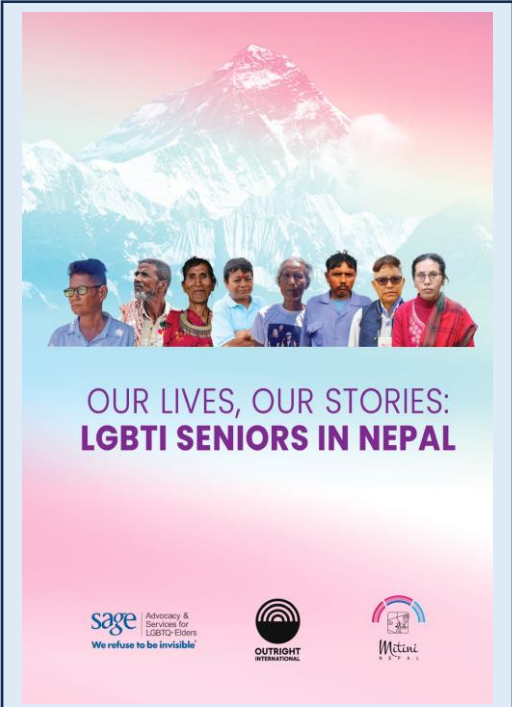


Shifting gears to Human Rights Day, with the theme of "Equality and Justice for All," two LGBTI activists separately addressed the challenges and rights within the community, emphasizing the crucial link between the LGBTI community and human rights. Additionally, two resilient LGBTI survivors shared their personal challenges, shedding light on the urgent need for a more inclusive and rights-based approach to ensure the well-being and dignity of all individuals. Mitini Nepal's commitment to amplifying these voices fosters understanding and advocates for a more inclusive society.



LGBTI elders story book launch

Mitini Nepal celebrated a significant milestone with the successful launch of the storybook titled *“Our Lives, Our Stories: LGBTI Seniors in Nepal”* in Bagmati Province, Kathmandu, on December 12, 2023. Led by Mitini Nepal President Laxmi Ghalan, the collective launch aligns with International Human Rights context and sheds light on the diverse realities faced by LGBTI elders. The storybook features authentic narratives from a comprehensive survey involving 100 LGBTI elders, aiming to raise awareness and foster understanding of their challenges. Executive Director Sarita KC emphasized the importance of policy measures and the storybook in addressing senior citizens’ issues within the gender and sexual minorities community. The storybook explores various themes, including political recognition, family and societal discrimination, and successful stories of acceptance among others. KC highlighted the role of media in amplifying the voices of LGBTI elders, aiming to dismantle barriers and foster societal respect. During the launch, senior citizens advocated for increased accessibility to government services, inclusive facilities, gender-friendly shelter homes, and opportunities for self-reliance. In the midst of the program, media representatives posed questions regarding the launch of the storybook and inquired about the challenges faced by the elders who shared their stories during the event. The event, facilitated by Mitini Nepal’s Program Officer Bimala Gurung, drew the participation of 27 including LGBTI elders, media representatives, and organizers, concluding with expressions of gratitude to all participants.





Capacity Building Training to LBQ women



Mitini Nepal successfully conducted 3 days residential “Capacity Building Training to LBQ women” at Bagmati Province, Kathmandu on 17 to 19 December, 2023. The training was mainly focused to build the capacity of the lesbian, bisexual and queer woman within the gender and sexual minorities community. The capacity-building training unfolded across three dynamic days, providing a comprehensive exploration of issues faced by the LBQ (Lesbian, Bisexual, and Queer) women in Nepal. The first day commenced with an inclusive introduction session, fostering community bonds. Writer and activist Rita Sah led a deep dive into the global feminist movement, addressing its history, challenges, and relevance. Legal frameworks were elucidated, setting the stage for subsequent sessions. The second day delved into LBQ rights, emphasizing global and local perspectives. The day’s activities included province-wise group work and a creative drawing exercise, enriching discussions. The last day featured personal narratives, shedding light on relationship challenges and familial rejection. Participants engaged in a thought-provoking exercise on gender-based violence, complemented by informational videos. The training’s holistic approach, combining personal stories, creative expression, and legal insights, laid a robust foundation for understanding and advocating for LBQ rights in Nepal.

Self Defense Training

Mitini Nepal with the support of Foundation for a Just Society successfully concluded three-day self-defense training program tailored for LBQ (Lesbian, Bisexual, and Queer) women in Bagmati Province, Kathmandu. The initiative was driven by a commitment to empower LBQ women with essential skills and knowledge aimed at enhancing their personal safety and well-being. The comprehensive training session covered a spectrum of self-defense elements, ranging from situational awareness and verbal communication strategies to physical techniques uniquely tailored to the needs of LBQ individuals. The training, led by experienced self-defense trainer and International Referee Taekwondo Ramila Khatri commenced with an emphasis on foundational techniques on the first day, providing participants with strategies to defend against various types of attacks.



Key skills included self-protection from frontal and rear attacks, knife defense, and countering back and front kicks. The second day involved a thorough review of the initial techniques, reinforcing participant's understanding and proficiency, before introducing additional skills such as counterattacks against head or leg area assaults, especially when confronted with larger objects like sticks.

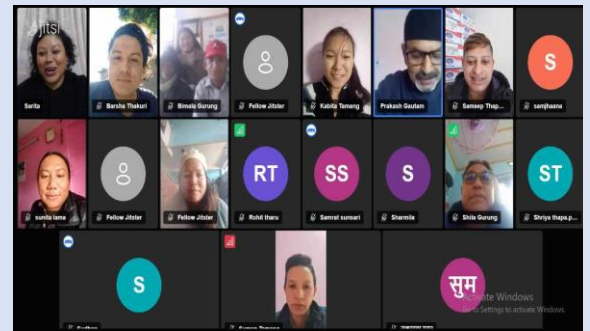


Throughout the training, participants engaged in practical exercises to resist individual and group attacks, ensuring their safety and equipping them with effective escape strategies. They technically and practically performed all learnings assigned by the trainer. Similarly, warm-up exercises, pushing, powerful kicks, and blocking techniques were incorporated emphasizing the importance of physical preparation and defensive positioning. The third and final day involved an in-depth review of the acquired practices, coupled with a focus on fitness maintenance and body toning exercises, including recover, react, extend, mountain climb, body balancing, and butterfly exercises.

Intergenerational Learning Session (2nd Session)

The second session of the “Capacity Building on LGBTI Ageing Issues and Vulnerabilities” held on December 22, 2023, via the online marked a significant stride in addressing challenges faced by LGBTI older individuals in Nepal. Supported by Outright International, the session focused on “*Accessing a Better Life: Navigating services for LGBTI Elders.*” Participants actively participated in meaningful discussions, sharing insights and experiences that enriched the collective knowledge surrounding the complexities of ageing within the LGBTI context. The discussions began with participants reflecting on their learnings from the previous session conducted on December 1 on introductory session and delving into why it is crucial to discuss issues related to elders. Participants emphasized the critical importance of advocating for the rights of elders within gender and sexual minority communities. Personal experiences were shared, underscoring that such advocacy

is not only essential for promoting and protecting the rights of LGBTI seniors but also highlighted the necessity of initiating these conversations from a very young age. Facilitator Prakash Gautam, Executive Director of Aging Nepal, played a pivotal role in providing invaluable insights gained through collaboration with Mitini Nepal. Gautam emphasized the significance of youth advocacy in shaping societal attitudes, urging the younger generation to be vocal advocates for inclusivity and to work towards dismantling age-related prejudices within the gender and sexual minority communities. An open discussion followed, focusing on the role of youth in advocating for the rights of LGBTI elders, with participants expressing the need for evidence-based advocacy and special provisions for this community. The session concluded with remarks from Rohit Tharu, Elders Advisory Committee member, Lumbini Province, highlighting the importance of collecting data on LGBTI elders for evidence-based advocacy and the need to orient elders on existing laws and provisions related to access to services. The active participation of 24 individuals, made the session meaningful.



Infographic video on marriage equality

Mitini Nepal, in collaboration with the Urgent Action Fund, presents the groundbreaking infographic video, "Anagarik," providing a poignant glimpse into the challenges faced by the LGBTQ+ community in Nepal through the compelling story of Jyoti and Prabha, a same-sex couple. Delving into issues ranging from discrimination in employment to hurdles in child adoption and property rights, exacerbated by the absence of marriage equality and citizenship, the video serves as a powerful tool for advocacy and awareness. Crafted with dedication and precision, "Anagarik" sheds light on the struggles and aspirations of the LGBTI community, marking a significant milestone in the efforts to promote inclusivity and change in Nepal.



Annual Staff Training on Team Building

Mitini Nepal successfully organized a 'Team Building Workshop and Retreat Visit' in Pokhara, Gandaki Province, from December 29 to December 31, 2023. The workshop, led by facilitator Ashok Siwakoti, aimed to enhance collaboration, communication, and cohesion among Mitini Staff.

The first day focused on understanding individual qualities, recognizing strengths and weaknesses, and exploring the importance of teamwork. Participants discussed the potential repercussions of a lack of teamwork and the significance of fostering a sense of belonging within the team. The day also covered the 'Seven C' elements crucial for effective team dynamics. The second day featured dynamic group presentations on report writing, review and evaluation, and management and entertainment. Facilitator Siwakoti led discussions on conflict management, problem-solving, and creating a positive working environment. The session incorporated various learning methods, including videos, quotes, group work, exercises, games, role plays, and storytelling. The workshop concluded with closing remarks by Mitini Nepal President Laxmi Ghalan and Executive Director Sarita KC, emphasizing the practical implementation of learning. The workshop had 15 participants, including staff, facilitators, and organizers.



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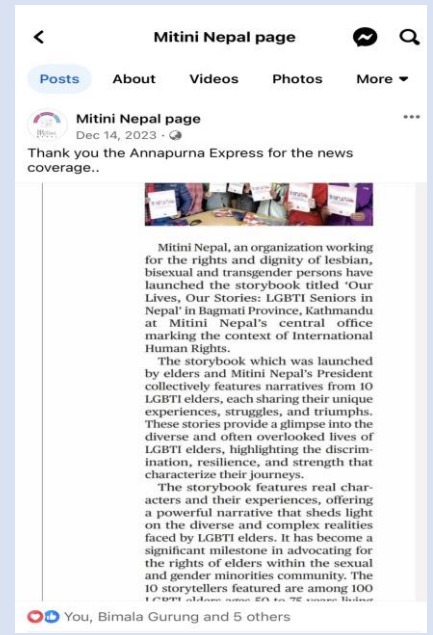
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