



**HEALTH NUTRITION EDUCATION AND  
AGRICULTURE RESEARCH DEVELOPMENT  
NEPAL**

**“Virtual Training On Sexual And Reproductive  
Health Right”**

**Dated on August 27, 2022**

## I Introduction

### I. Background

Health Nutrition Education and Agriculture Research Development Nepal (HEARD Nepal) is registered in DAO Saptari, Regd. No: 1761/077/78 as a non-Governmental organization under the Registration of Institutions Act 2034 BS. It has been affiliated with the Social Welfare Council, Kathmandu with Affiliation No: 52601) PAN No of HEARD Nepal is 615996712). It has contact office at Imadol-I, Lalitpur, and Kathmandu Nepal. It is a growing non-profit, non-political, service-oriented, non-governmental organization aiming to combat poverty and expand opportunities for all the people in Nepal. HEARD Nepal envisions to enable even the poorest people of Nepal to gain access to food security, safe drinking water, Health and Nutrition, Child Protection, Child safeguarding, Child Labor, quality health services, disability and Inclusion, Gender Equality & Social Inclusion (GESI) education, livelihood, Disaster Risk Reduction and Climate Change Adaptation (DRR/CCA), Emergency COVID-19 and Policy/Advocacy to contribute to the sustainable humanitarian development programs in Federal, Provincial, and local government in Nepal. HEARD knows through experience that different ideas, perspectives, and backgrounds create a stronger and more creative work environment that ultimately delivers better results.

### 2. Objective of the sexual and reproductive health training:-

- To be clear on myths and facts related to menstruation period.
- To know how to motivate girls to go to school even during the menstruation period.
- To know why don't other genders keep their own things in their family.
- To enhance our based Knowledge regarding sexual and reproductive health right.
- To Know men's role during menstruation period.

### 3. Venue/Date :)

Virtual program was conducted through Google meet from 11am to 1:30pm.

### 4. Materials

- PowerPoint presentation was done.

### 5. Methodology:

- Open flower
- Group discussion
- interaction
- individual discussion

### 6. Facilitators:

Ms. Priti Sharma

## 7. Name of Participants: -

S.N	Name of Participants	Position	Location	Remarks
1.	Priti Sharma	Trainer	Kathmandu	-
2.	Rakesh Kumar Yadav	Organiser/HEARD Nepal	Kakarvitta, Jhapa	-
3.	Gyanu Gautam	Professional Volunteer TL HEARD Nepal	Biratnagar, Morang	-
4.	Asmita Chauhan	Professional Volunteer, HEARD Nepal	Biratnagar, Morang	-
5.	Manika Tamang	Professional Volunteer, HEARD Nepal	Biratnagar, Morang	-
6.	Raksha Raut	Professional Volunteer, HEARD Nepal	Kakarvitta, Jhapa	-
7.	Srijika Khadka	Professional Volunteer, HEARD Nepal	Kakarvitta, Jhapa	-
8.	Shankar Kumar Ray	Professional Volunteer, HEARD Nepal	Biratnagar, Morang	-

## II Key Achievements

- Clear understanding related to sexual and reproductive health right.
- To be clear about Myth and facts related to menstruation hygiene.
- Ways to take care of menstruation hygiene management.
- Proper knowledge gain about LGBTIQ.
- Stimulates our concentration through subjected related meditation.
- Learnt how to provide information about sexual and reproductive health to adolescent age group.
- Learnt how to make the session effective & two ways to actively participate.
- Knowledge about pre-menstruation symptoms.
- Knowledge about the menstruation tracker app.

## III Positive aspects, challenges/lesson learned during activity implementation and Case Study/Voices

### Positive aspect

- Program was effective and fruitful. It was really golden opportunity for all the participants to learn about sexual and reproductive health rights.

- Program was really worthwhile for all the participants. It was also a great opportunity for all the participants to learn about menstruation hygiene management.
- Training was more effective and interesting because all participants were clear about LGBTIQ.

#### **Challenges/Issues: -**

- Problems were raised due to internet disturbances.

#### **Lessons learned: -**

- Clear knowledge on sexual and reproductive health rights.
- To gain knowledge about MHM (menstruation hygiene management)
- Learned how to provide information about sexual and reproductive health to the adolescent age group.
- To know about different apps related to SRH and MHM.

#### **IV Environment Compliance (If applicable, list 3-5 discussion points below for each)**

- The program was very important for all the participants. All have enjoyed a lot during the session. Sexual and reproductive health rights and menstruation hygiene management ways are clearly described.

#### **V Recommendation for future improvement**

- Hope on the coming days HEARD Nepal will provide more opportunities for us. If possible physical and virtual orientation/ seminar/ workshop/training will be better for us.

#### **VI Conclusion (1-2 paragraphs)**

Sexual and Reproductive Health and Rights (SRHR) can be seen as a determining factor in one's well-being and as an essential part of human rights. Although the topic receives a lot of attention nowadays, the sexual needs and desires of people with a disability are rarely addressed. Due to misunderstandings and social prejudices, they are excluded from information and they often don't have access to SRHR related services and care, leaving them amongst the most marginalized groups when it comes to SRHR.

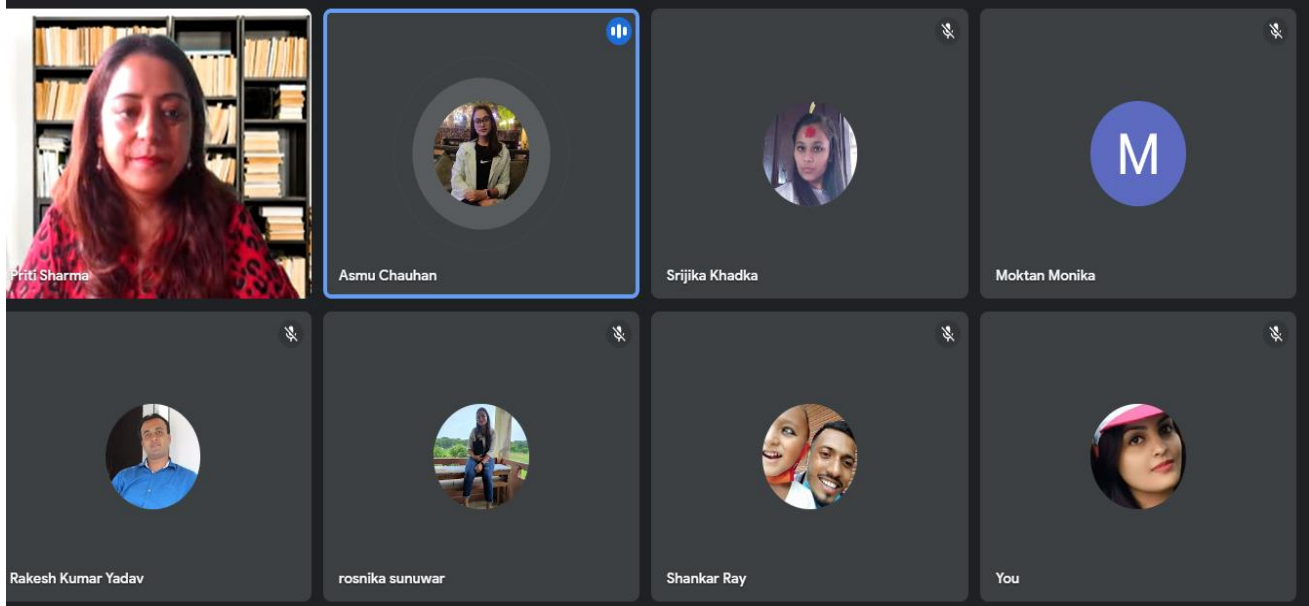
Better hygiene leads to better health, confidence and overall growth so that menstruation hygiene maintenance is one of the most integral parts of all reproductive groups.

Today, training was done on a very important topic, so this training was fruitful and effective as well as worthwhile for us. And we got a lot of knowledge from this session.

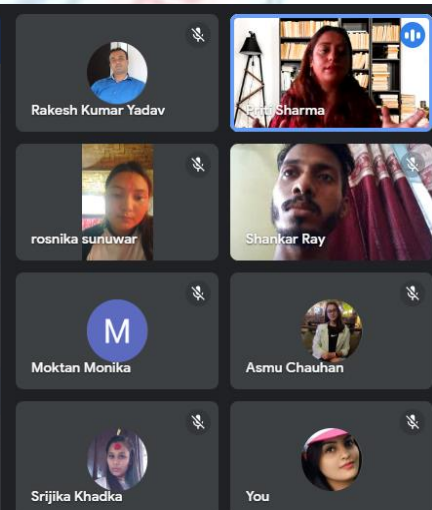
In general today's training was fruitful as well as worthwhile for all the participants. We were able to clear our basic knowledge on sexual and reproductive health rights and menstruation hygiene management.



## Suggested Annexe:



लिंग वा यौन (SEX)	लैङ्गिकता (Gender)
यो जैविक हुन्छ	यो सामाजिक हुन्छ
यो व्यक्तिको शारीरिक पक्षसँग सम्बन्धीत हुन्छ	यो व्यक्तिको मानसिक र मनोवैज्ञानिक पक्षसँग सम्बन्धीत हुन्छ
यो अपरिवर्तनशील हुन्छ	यो परिवर्तनशील हुन्छ
यो विषयमा आवाज उठाउनेले समानता हुनुपर्ने मान्यता राख्छ	यसले समानता मात्र नभई समतामुलक पनि हुनुपर्ने मान्यता राख्दछ
यसलाई यौनभेद भन्ने गरिन्छ	यसलाई लिंगभेद पनि भनिन्छ
व्यक्तिको यौनको आधारमा गरिने भेदभाव	लिंगलाई आधार बनाएर व्यक्तिको भूमिका, स्थिति, श्रम, निर्णयमा गरिने भेदभाव



**Thank you!**