

## Report on Girls Cycle Ride Campaign to stop RAPE amid COVID 19

*Join us*

मकुटीमण्डप - शहिदगोट त्रिपुरेश्वर कालिमाटी बल्खु तौदह  
(November 25, 2020)

मकुटीमण्डप - सिंहदरबार बाजेस्वर कोठेश्वर सल्लाघारी मकपुर  
(November 27, 2020)

मकुटीमण्डप - शहिदगोट जमल सोह्रसु बालाजु बाइपास तपोवन  
(December 1, 2020)

मकुटीमण्डप - शहिदगोट जमल नारायण गोपाल चोक बुझानिलकण्ठ  
(December 3, 2020)

मकुटीमण्डप - अनामनगर मटमटेनी घोडिसोला खोलै उतर चुलीसेल पुल  
(December 5, 2020)

**Cycle Ride Campaign**  
**to stop RAPE**  
with Self-defense Training & Dignified Menstruation

Initiation of:

Collaboration with:

Media Partner:

For more detail or any queries, please feel free to contact at +977-9851071945/9846313231

**Background:** Nepal is amongst the world's poorest nations with about 45% of the population living under the poverty line. Illiteracy, lack of awareness, superstitious belief, domestic violence, poor healthcare standards and services serve good reflection of this. Proper healthcare for women or girls is all the more difficult concern in patriarchal society like ours in Nepal. For example, there's this tradition called "Chhaupadi" whereby women during their period are considered impure and kept in shed of a separate place for 13 days during their first period and for 5–7 days of each month during menstruation for the rest of their lives. This tradition is followed strictly in far and mid-western districts but it is observed across the entire country. It doesn't even distinguish between different castes or socio-economic groups. Imagine girls having to stay in a shed away from home for 5-7 days every month even in cold winters with only a small thin-layered rug (sheets & blankets aren't given as the family wouldn't be able to use them again); indeed, several cases have been reported where girls have lost their lives succumbing to various mishaps as a result. Growing up witnessing and experiencing a plethora of such health-related misconceptions, there is emerging need and demand of self-defense skills as life skill education to especially young girls. Similarly, girls are still bound by taboo deep rooted within fabric of our society, disguised in name of tradition.

The very fact that we still have significant child marriage rate and increasing number of rapes (according to Nepal Police's latest statistics, 2,144 rape cases and 687 attempts were reported in fiscal year 2019/20) provides testimony to how girls still are not safe in our country. Also,

approximately 1000 people committed suicide, 465 cases of violence against women and children have been reported during the first two month interval of lockdown resulted by the impact of COVID 19. With the impact resulted by the COVID in the daily activities of adolescents and youths, and also effect on the psychosocial activities. This figure motivated to young change makers, activist or the organizations to initiate or came up with idea of *Cycle Ride Campaign* with a series of self-defense training, virtual experience sharing program to develop self-confidence and empower young girls and champions across various parts of country.

**Program Introduction: COVID19 and Cycle Ride Campaign to stop RAPE** is a national level campaign initiated by the Girls Kick and Global Action Nepal to provide awareness to the public against rape through an activity of cycle ride, and virtual program on raising awareness on specific topic like rape, GBV, Menstrual hygiene and management as well as experience sharing platform for this year 2020. This campaign was supported by the Mercy Corps



Nepal, JCYCN/KANALLAN, Restless Development Nepal, PAHAR Trust Nepal/Rotary Bristol, Dignity with Danger, AUSSIE ACTION ABROAD, etc. It was initiated as awareness part during the 16days of activism period from this year. Every year, the 16days of activism has been celebrated from November 25 to December 10.

To reduce the psychosocial related problem associated with adolescents and youths, the cycle ride campaign will be supportive to refresh them and create awareness on rape, violence, harassment, self-defending skills, and dignified menstruation. Also, marking the 16days of activism of 2020, we had begun cycle ride program to specific destination near Kathmandu valley with following the safety measures and precautions against the risk of COVID -19 infections.

The major objectives of the cycle ride campaign were as follows:

- ❖ **General Objective:** To envision a peaceful and safer society where gender is no longer an excuse for any biasness

**Specific Objectives:**

- ❖ To empower the adolescents and youth mainly girls through the practice of cycle ride and providing self-defense training along with insights on national and international legal provisions.
- ❖ To be able to protect against someone during sexual harassment, gender based violence, and other attacks

**Major Activities:**

**A. Opening ceremony of COVID19 and Cycle Ride Campaign**

On November 25, 2020, the opening ceremony of cycle ride campaign was conducted with the presence of organizers team members, representatives of supporting or partners organizations, and the selected participants of day I of cycle ride program at Bhrikuti Mandap at around 6:30 AM. There was also participation of interested youths and change markers, police force for security, media personality, and cyclist instructors in the opening day of the campaign. In total, altogether 28 participants were participated in the opening session.

Mr. Niraj Neupane- founder of Girls Kick welcomed all the participants in the program. He introduced briefly about the campaign, scenario of GBV and rape of Nepal, and the importance of cycling as well as awareness for stopping rape. He also added the need and importance of self-defense skills.

After that, Mr. Nain Baral gave instruction about the things to be considered while riding and the fitness tips for health and hygiene. At the same time, the participants were oriented on the photo, video, and medical consent form. Also, the visibility t-shirt was distributed to all the participants in the program.

At the end, Mr. Babu Kaji Shrestha- founder/director of Global Action Nepal gave his key note on the opening day of the campaign. He had well clarified about the campaign objectives and shared the best wishes to all the selected champion of the cycle ride campaign.

**B. COVID19 and Cycle Ride Campaign to stop RAPE**

The cycle campaign to stop RAPE was planned for 10 participants (7 girls and 3 boys) for each 5 days with 5cycle route around Kathmandu, Bhaktapur, Lalitpur, and Kritipur. The interested participants had been selected through the online application call. The cycle ride initiated every

day from Bhrikuti Mandap at 6:30 AM where the participated gathered in the same place and had their attendance, consent form, and cycle arrangement.

Mr. Niraj Neupane- founder of Girls Kick welcomed participants and gave short speech about the 16 days of activism and the objectives of the cycle ride. The cyclist instructor Mr. Nabin Baral gave instruction to all the participants about the cycle route, safety measures, and contact if necessary during the ride. Then, only the cycle ride started of around 1 hr. and reached the destination.

Every day, around 1 hr. of self-defense session was conducted with the demonstration of self-defense physical techniques. After that, there was discussion among the participant about the need and importance of self-defense to escape from violence, rape, abuse situation and to overcome day to day life related challenges. The self-defense techniques such as hand grabbing, knee attack, elbow attack, hair grabbing, neck choking, rape escaping etc. were demonstrated.

At the end, the participants shared their learning experiences as well as their practices on the menstruation, discuss openly on the social harmful practices, taboos, procrastination, and gave consent for recording the video bytes. The cycle route and detail of the participants were as follows:

Date	Cycle Route (From)	Cycle Route (To)	Participants detail				Remarks
			Female	Male	Others	Total	
Nov. 25	Bhrikuti Mandap	Tripureshwor-Balkhu- Taudaha	13	8	0	21	
Nov. 27	Bhrikuti Mandap	Baneshwor-Bhaktapur (National Youth Council)	7	10	0	17	
Dec. 1	Bhrikuti Mandap	Sorakhutte- Balaju-Bipass	9	7	0	16	
Dec. 3	Bhrikuti Mandap	Sahidgate- Jamal-Budhanilkantha	9	11	1	21	
Dec. 5	Bhrikuti Mandap	Dhobikhola-Chunikhel- Lalitpur	16	11	0	27	
<b>Total</b>			<b>57</b>	<b>47</b>	<b>1</b>	<b>105</b>	

In the cycle route to Budhanilkantha, Mr. Udhav Kharel- Mayor of Budhanilkantha Municipality joined the program. He shared that the adolescent and youth-related activities and budget allocated by the municipality. Also, he shared his willingness to work closely with young change makers for the social transformation. In other cycle route, Girls kick had attempted to connect with the local change maker youths, and other stakeholders. He also distributed hygiene pack with pads and books etc to participants.



### **C. Closing ceremony of COVID19 and Cycle Ride Campaign**

On December 5, 2020, the closing ceremony of cycle ride campaign was conducted at the learning and resource center of Global Action Nepal at Chunikhel, Lalitpur. After the morning session of cycle ride and learning self- defense techniques session, menstruation hygiene management session was facilitated by the one of the staff representative of Global Action Nepal. Then, the closing session of cycle ride was conducted with the distribution of the menstrual hygiene kits which includes homemade re-useable sanitary pads, menstrual cup, and distribution of books related to menstrual hygiene and sexual education.

There was presence of representatives from supportive or partner's organizations of the campaign, security force, media personality along with the selected young change markers of the cycle ride campaign. Altogether, there was 37



people participated in the closing session. The participants of the Cycle Ride Campaign gave their key words on their experience and learning and also gave permission for recording of the video bytes.

Similarly, Mr. Babu Kaji Shrestha-founder/director of Global Action Nepal gave his close remarks of the cycle ride campaign to stop rape. He shared to all the participants about the networking platform and express heartily thanks about the energy, time commitment, and willingness of the adolescents and youths to learn, participate, and bring change in the society

to defend from all forms of discrimination, harmful social practices, GBV, taboos etc.



#### D. Virtual program on “Aantarangaka Sambadh”

Besides the cycle ride campaign, we have been organizing the “Aantarangaka Sambadh”. It is a virtual experience sharing dialogue program on the social issues such as status of harassment, violence, abuse, GBV, menstrual taboos, harmful practices, mental health etc., alternately with the cycle ride campaign. It has been initiated during these 16 days of activism against GBV with the objectives to create a common platform for all the cycle ride champions to meet, engage, and share their views and ideas on the specific topics. It has been continuing in the alternate day of cycle ride campaign and helps to provide awareness and mobilization of young change maker or champion in the virtual platform. It is becoming very interesting during the pandemic period resulted by the impact of COVID-19. Also, there was constructive participation of the youth mainly girls in the discussion session.



## अन्तरङ्गका संवाद

हिंसा र दुर्व्यवहार विरुद्धका नयाँ अभ्यासहरू

November 28, 2020 || 4:00 PM



तपाईं र हामीले हिंसा र दुर्व्यवहार अन्त्य गर्न चालेका पहलहरू एक अर्कासँग पुर्याउँ ।  
तपाईं इच्छुक हुनुहुन्छ भने हामीलाई पनि सम्पर्क गर्नुहोस् ।

ZOOM Meeting ID: 781 294 6301  
Passcode: change123



Charimaya Tamang  
Special Guest

For more detail or any queries, please feel free to contact at +977-9860341183 / 9851071945

Initiation of



Collaboration with



In this dialogue, inspirational girls or women were approached as guest and other younger change makers girls were participating in the discussion session along with the guest speaker. Here are the details of the “Aantarangaka Sambadh” program.

S. N.	Date	Topic	Guest Speaker	Program Link	Remarks
1	Nov. 26, 2020	Situation of children and adolescents during COVID	Niranjana Bhatta (CWIN)	<a href="https://www.facebook.com/girlskickdefendyourself/vid eos/1048384768966966">https://www.facebook.com/girlskickdefendyourself/vid eos/1048384768966966</a>	1300 viewers in the Facebook live
2	Nov. 28, 2020	Girls and Women situation in Nepal	Charimaya Tamang (Sakti Samuha)	<a href="https://www.facebook.com/girlskickdefendyourself/vid eos/1804611379693046">https://www.facebook.com/girlskickdefendyourself/vid eos/1804611379693046</a>	884 viewers in the Facebook live
3	Dec. 2, 2020	Violence and harassment situation in Nepal	Lily Thapa (VHR Nepal)	<a href="https://www.facebook.com/girlskickdefendyourself/vid eos/761047838101571">https://www.facebook.com/girlskickdefendyourself/vid eos/761047838101571</a>	599 viewers in the Facebook live

## Program Results

The results of the program were evaluated based on the following level of change.

### a) Outcome

- Encouragement and excitement of girls to take part in the program and learn the self-defense techniques on rape escaping
- 105 adolescent and youth (Female- 57, Male-47 and Other- 1) participated in the cycle ride campaign and trained with self-defense techniques during the 16 days of activism 2020
- Willingness of young girls to travel, cycling, learn self-defense, and raising awareness through the cycle rally campaign and also sharing their learning video bytes in the campaign
- Good networking and coordination with media personality which results in the good numbers of media coverage of the campaign.
- Involvement of participants in raising awareness to many more people with the video bytes of their learning and practice which will obviously bring good vibes to the mindset of people after seeing the girls in cycle ride with rally and awareness campaign on social issues.

## **b) Way forward**

- The adolescents and youth girls will be strong both physically and mentally during the whole program as it works on developing their self-confidence and self-knowledge to speak and to stand for themselves and what is right in the overgrowing issues of harassment. And most importantly it gives them the ability to act promptly for self-defense.
- The issues of harassment and domestic violence will obviously decrease as the perspective of the society about girls being weak will weaken as they will witness the change in girl action and their way of leading the society.
- They are shown their interest to work voluntarily to take these messages/skills to schools children

## **Link of Media Coverage of the Campaign:**

- <https://www.pariwartankhabar.com/2020/11/26/179539/>
- [https://www.antaranganews.com/2020/11/blog-post\\_91.html?fbclid=IwAR3FWNDg\\_6QFF-pFcXA\\_2BgNtG35OY3EUU\\_o3mbvnr90b9D7gEPIVD4CiPA](https://www.antaranganews.com/2020/11/blog-post_91.html?fbclid=IwAR3FWNDg_6QFF-pFcXA_2BgNtG35OY3EUU_o3mbvnr90b9D7gEPIVD4CiPA)
- <https://www.suryakhabar.com/2020/11/207562/?fbclid=IwAR2v5bWxQt9HkyutCNVAuIv0i-Jict3yfcQS8iI35jumwVgIaLS4Z28BT8s>
- [https://sancharkarmi.com/news-details/39729/2020-11-26?fbclid=IwAR0tnPvM\\_J-2J94z2ZqrEpwsSizw-JQeHmRkB\\_Whleu2q3a6wBbHtPmCTF4](https://sancharkarmi.com/news-details/39729/2020-11-26?fbclid=IwAR0tnPvM_J-2J94z2ZqrEpwsSizw-JQeHmRkB_Whleu2q3a6wBbHtPmCTF4)
- [https://www.ratopati.com/story/156424/2020/11/26/bicycle-rally-?fbclid=IwAR0aQL0k\\_3RTWNTfMFiI3tQtMDzaKG-IC\\_bCBy\\_kETHwy7NOHbIND03I6cQ](https://www.ratopati.com/story/156424/2020/11/26/bicycle-rally-?fbclid=IwAR0aQL0k_3RTWNTfMFiI3tQtMDzaKG-IC_bCBy_kETHwy7NOHbIND03I6cQ)
- <https://www.hamropatro.com/news/details/5167953210572800?ns=&fbclid=IwAR2Ops65COjKmjKzdeS25PVTtkA0Uh-MTiPh8ccP5JWltOJA8b8HymcnpE>