

तैतरियाको बालमैत्री यात्रा

हाम्रो गाउँ - बालमैत्री गाउँ

CHILD FRIENDLY JOURNEY OF TETARIYA

OUR VILLAGE - CHILD FRIENDLY VILLAGE



प्लान इन्टरनेशनल बालबालिकालाई केन्द्रमा राखेर काम गर्ने अन्तरराष्ट्रिय गैरसरकारी संस्था हो । सिमान्तकृत र पछाडि पारिएका समुदायको पक्षमा २०३४ सालदेखि यसले नेपालमा काम गरिरहेको छ । प्लान इन्टरनेशनलले स्वास्थ्य, सरसफाई, खानेपानी, आधारभुत शिक्षा, पारिवारिक आर्थिक सहयोग, बाल संरक्षण लगायत बालबालिकालाई केन्द्रमा राखेर गरिने विपद् व्यवस्थापनका काम गर्छ । सुनसरी, मोरङ, रौतहट, सिन्धुली, बाँके र बर्दियामा यसले नियमित रूपमा काम गरिरहेको छ । यसबाहेक पुर्वदेखि पश्चिम नेपालका ४५ जिल्लामा पनि यसले काम गर्दै आएको छ ।

तेतरिया गाउँ विकास समितिलाई बालमैत्री बनाउने अभियान यसैको एउटा पाटो हो ।

यसले स्थानीय स्तरमा रहेका साभेदार संस्थासँग मिलेर नेपाल सरकारले तोकेको प्राथमिकता प्राप्त क्षेत्रमा काम गर्छ । १० वर्ष लामो प्रयासपछि तेतरिया बालमैत्री गाउँ बन्न सफल भएको छ । यो अवधिमा प्लान इन्टरनेशनल नेपालले बालमैत्री गाविस कस्तो हुनुपर्छ र के कस्तो सूचक पुरा भए मात्र गाउँ बालमैत्री हुन्छ भन्ने विषयमा सरकारसँग मिलेर काम गर्‍यो । नयाँ अवधारणा भएकाले सबैको प्रयास भएपनि यो अभियानले केही बढी समय लियो । गाउँ विकास समिति, जिल्ला विकास समिति जस्ता स्थानीय सरकार र मन्त्रालयसँगको समन्वय र सहकार्यमा बालबालिकाका लागि नौलो कामको सुरुवात भएको छ । अब बाँकी गाविसलाई बालमैत्री बनाउन यो सिकाईले सहयोग गर्नेछ ।

Plan International, an INGO that puts children at the core of all of its activities, has been working in Nepal since 1978, focusing on marginalised communities outside mainstream development. Its main areas of interest in Nepal are water, sanitation, and hygiene (WASH); basic education; economic support for poor families; child protection; and child centered disaster risk reduction (DRR). Besides working continuously since its inception in the districts of Sunsari, Morang, Rautahat, Sindhuli, Banke, and Bardiya, Plan International Nepal also works in 45 other districts of Nepal.

One of Plan International Nepal's activities is a campaign to make the village of Tetariya child friendly.

Together with local partners, Plan International Nepal works in areas prioritised by the government of Nepal. After 10 years of effort, Tetariya is now a child friendly village. During that decade, Plan International Nepal worked with the government to develop an understanding of the ideal nature of a child friendly village development committee (VDC) and what indicators should be used to determine if a village had attained that status. Despite the efforts of all, the movement took a rather long time getting off the ground as it is a new concept. That said, the coordination and collaboration of local bodies such as VDCs and district development committees (DDCs) with ministries promise an innovative beginning for children. The learning derived from this project will be a considerable help in making other VDCs child friendly, too.

तैतरियाको बालमैत्री यात्रा
हाम्रो गाउँ - बालमैत्री गाउँ
२०७३

CHILD FRIENDLY JOURNEY OF TETARIYA
OUR VILLAGE - CHILD FRIENDLY VILLAGE
2016





© गाँउ विकास समितिको कार्यालय तेतरिया, मोरङ र प्लान इन्टरनेशनल नेपाल
पहिलो संस्करण, साउन २०७३

फोटो : प्लान इन्टरनेशनल नेपाल, यती मिडिया हाउस, मोहन के. सी, नवराज निरौला, सन्तोष पासवान

सामाग्री संकलन एवं तयारी: सुशील मैनाली, यती मिडिया हाउस

सम्पादन सल्लाह : श्रीराम केसी, संचार प्रबन्धक, प्लान इन्टरनेशनल नेपाल
मधुवन्ती तुलाधर, बाल संरक्षण संयोजक, प्लान इन्टरनेशनल नेपाल

प्रकाशक: गाँउ विकास समितिको कार्यालय तेतरिया, मोरङ र प्लान इन्टरनेशनल नेपाल

यसमा प्रकाशित सामग्रीहरू पुन प्रकाशन वा प्रसारण गर्न सकिनेछ तर यसो गर्दा गाँउ विकास समितिको कार्यालय तेतरिया, मोरङ र प्लान इन्टरनेशनल नेपाललाई
स्रोतका रूपमा उल्लेख गर्नुपर्नेछ ।

© Tetariya Village Development Committee, Morang and Plan International Nepal
First Edition, July 2016

Photos: Plan International Nepal, Yeti Media House, Mohan KC, Nawaraj Niroula, Santosh Paswan

Content Collection and Production: Sushil Mainali, Yeti Media House

Consulting Editors : Shreeram KC, Communications Manager, Plan International Nepal
Madhuwanti Tuladhar, Child Protection Coordinator, Plan International Nepal

Published by : Tetariya Village Development Committee, Morang and Plan International Nepal

The content of this book can be re-published and broadcast, but acknowledgemnt must be given to Tetariya Village Development Committee, Morang and Plan International Nepal.

यस भित्र INSIDE THIS

अवस्था विश्लेषण

Analysis of the situation



यसरी बन्थो बालमैत्री गाउँ
The path to becoming a
child friendly village



बालमैत्री बन्थो तेतरिया
Child friendly status
achieved



शतप्रतिशत उपलब्धितर्फ अग्रसर
Moving towards 100%
achievement



योजना कार्यान्वयन भएमात्रै
उपलब्धि
Achievement will be
realised only if the plan is
implemented



बालबालिकाको संरक्षणमा
ध्यान पुग्यो
Focus on child protection



स्कुल बन्थो प्यारो
Every child likes school



सरसफाई अनिवार्य बन्थो
WASH becomes compulsory



बालमैत्री अभियानमा बालकलवको भूमिका
Role of child clubs



बालमैत्री विद्यालय
Child friendly schools



न्यूनतम सूचकहरू
Minimum indicators



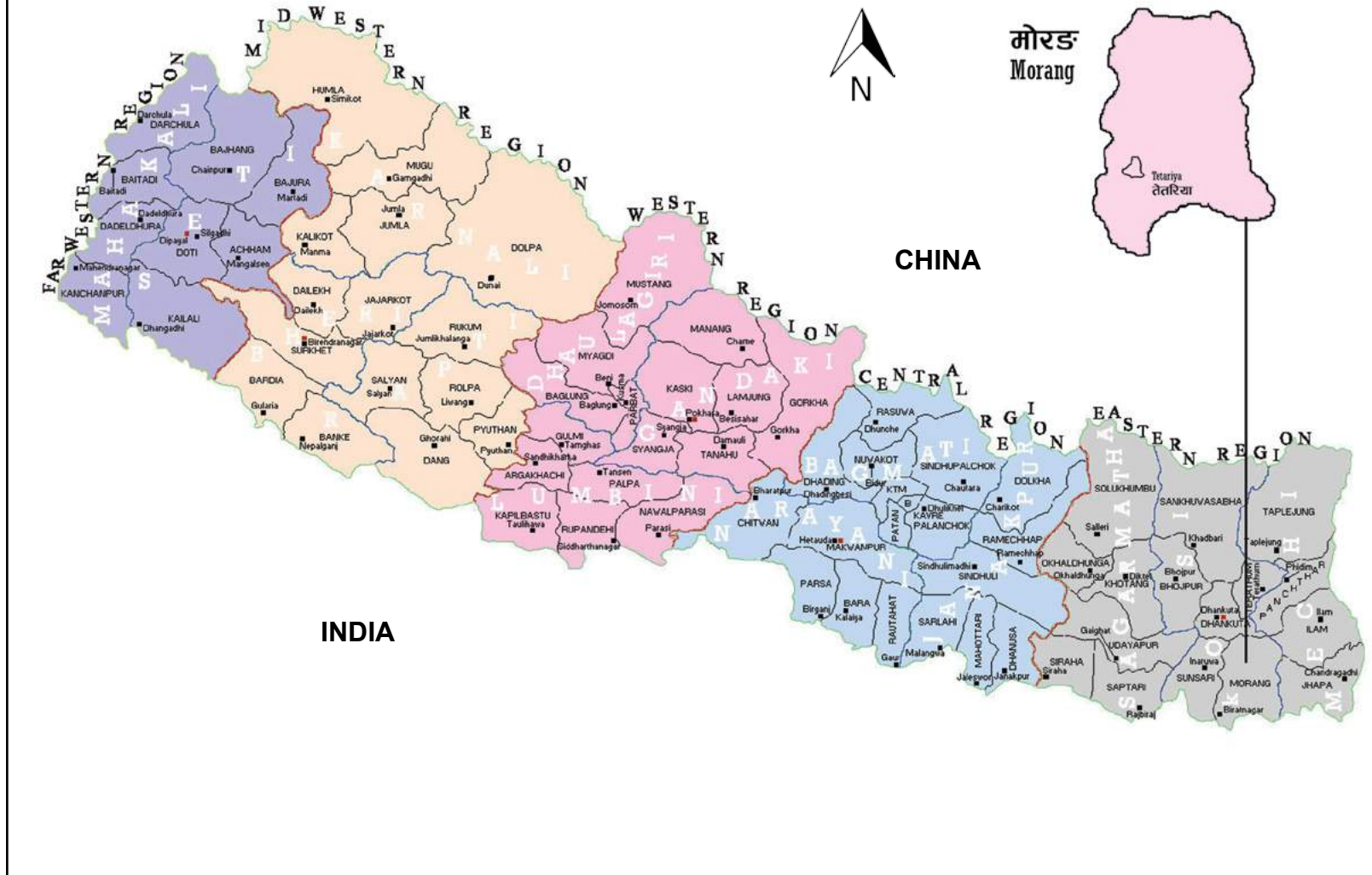
स्वास्थ्य सेवामा सुधार
Improvement in health
services



बालमैत्री समुदाय
Child friendly communities



नेपालको नक्सा MAP OF NEPAL



बालमैत्री बन्यो तेतरिया

विक्रम संवत् २०७२ चैत १३ गते मोरङको तेतरिया गाउँ विकास समिति नेपालकै पहिलो बालमैत्री गाविस बन्यो । बालमैत्री स्थानीय शासन राष्ट्रिय रणनीतिमा नेपाल सरकारले तोकेको न्यूनतम सूचकहरूमा ८० प्रतिशत अंक हासिल भएपछि यो सफलता प्राप्त भएको हो । बालमैत्री सूचकहरू मध्ये धेरैमा त तेतरियाले शतप्रतिशत उपलब्धि हासिल गरेको छ ।

यो उपलब्धि हासिल गर्न तेतरियालाई १० वर्ष लाग्यो । काम नौलो थियो । अरूबाट सिक्ने ठाउँ थिएन । काम गर्दै र सिक्दै जाँदा विभिन्न समस्या आए । यस्ता समस्याको समाधान खोजियो । अरूको चासो कम हुने यस्ता काम गर्न केन्द्रीय बालकल्याण समितिसँग मिलेर प्लान इन्टरनेशनल नेपालले बालमैत्री गाउँको अवधारणा र प्रक्रिया तयार पार्यो । यसलाई विज्ञ समूहले गाउँ विकास समिति र जिल्ला विकास समितिसँग मिलेर अन्तिम रूप दियो ।

सन् २००५ देखि २००७ सम्मको पहिलो चरणमा आठ वटा जिल्लाका सात गाउँ विकास समिति र एउटा नगरपालिका बालमैत्री अभियानका लागि छानिए । त्यस्तै दोस्रो चरण सन् २००८ देखि सन् २०१० सम्म थप आठ वटा जिल्लाका आठ गाविस थपियो । तेस्रो चरण सन् २०११ देखि सन् २०१५ मा अतिरिक्त छ वटा जिल्लाका छ वटै गाविस गरि २१ गाविस र एक नगरपालिकामा बालमैत्री अभियान चलाउन सहयोग गरियो । स्कूल, गाउँ र घर जताततै बालमैत्री गाउँको अवधारणामा काम गरियो ।

बालमैत्री गाउँ बनाउन बालकलवको भूमिका महत्वपूर्ण रह्यो । अनि आमा समूह र नागरिक अगुवाका साथमा स्कूल, स्थानीय सामुदायिक संघ संस्था, क्लव र राष्ट्रिय तथा अन्तरराष्ट्रिय संस्थाहरूले दिनरात काम गरे । बालमैत्री गाउँ बनाउन बालकलवको भूमिका महत्वपूर्ण रह्यो ।

अहिले उनीहरू बालमैत्री गाउँ बनाउन सजिलो रहेछ, मात्र बानी व्यवहार र काम गर्ने तौरतरिका परिवर्तन गर्नुपर्ने रहेछ भन्नेमा पुगेका छन् । पहिलो प्रयास हुनाले तेतरियालाई बालमैत्री गाविस बनाउन लामो समय लाग्यो । तर अब अन्य गाउँलाई बालमैत्री बनाउन यति धेरै समय लाग्दैन र यति धेरै झुम्कट पनि हुँदैन ।

CHILD FRIENDLY STATUS ACHIEVED

On 26 March, 2016, Tetariya VDC became the first child friendly VDC in Nepal after it got an average mark of 80% on indicators specified in the government's Child Friendly Local Governance (CFLG) Strategy. For most of the indicators, its level of achievement was 100%.

It took Tetariya 10 years to reach this height as the task was new and innovative and there were no pre-existing lessons to be learned. In the process of achieving child friendly status, many problems were encountered, many lessons learned, and many solutions sought. To venture into this area, one which most other actors overlook, Plan International Nepal worked with the Central Child Welfare Board to develop the concept of a child friendly village and to identify a procedure for becoming one. The plan was finalised by a group of experts in close coordination with the District Development Committee and the Village Development Committee.

In the first stage, which ran from 2005 to 2007, seven VDCs and one municipality spread across eight districts were selected for the launching of Plan International Nepal's child friendly campaign. In the second stage, which ran from 2008 to 2010, another eight VDCs were added. In the third stage, which ran from 2011 to 2015, an additional six VDCs in six new districts were selected. The child friendly campaign as a whole was piloted in a total of 21 VDCs and one municipality.

Initiatives to implement the concept of child friendliness were begun everywhere-in homes, in schools, and in entire villages. Child clubs played an important role in making villages child friendly. Schools; local community-based organisations, particularly women's groups; national and international organizations; and civil society activists all worked with great enthusiasm.

Now these actors know that if habits and ways of working are changed, it is indeed possible to establish a child friendly village. Since this was the first-ever effort to do so, however, it took considerable time to transform Tetariya. The lessons learned in the process should help greatly in making other VDCs child friendly in a much shorter period and enable them to circumvent major problems and hurdles.

यसरी बन्थो बालमैत्री गाउँ

दश वर्ष अगाडि तेतरिया अन्य गाउँ जस्तै थियो । बालबालिकाका लागि कसैले सोच्दैनथे । बालमैत्री स्थानीय शासन सुरु गर्न केन्द्रीय बाल कल्याण समितिले छानेका सुनसरीको इनरुवा नगरपालिका, इलामको गोदक, रौतहटको गेडाहीगुठी, बाराको महेशपुर, मकवानपुरको फाखेल, बाँकेको परसपुर, कञ्चनपुरको दोधारा गाविससँगै मोरङको तेतरिया पनि पर्‍यो ।

समुदायमा छलफल सुरु भयो । सबै सरोकारवालाहरूको सहयोगमा बालमैत्री गाउँका सूचकहरू तयार पारिए । सर्वदलीय समिति गठन भयो र यसै अन्तर्गत बाल संरक्षण समिति बन्थो । बालमैत्री गाउँ बनाउने पहिलो कदम स्वरूप सबै राजनीतिक दलको सहमति लिइयो ।

तेतरियामा प्लान इन्टरनेशनल नेपालले पहिलादेखि नै काम गरिरहेको थियो । विद्यालयहरूमा बालक्लव बनेका थिए । यिनै क्लव र गाविसस्तरीय बाल सञ्जालले बालमैत्री गाउँ बनाउने अभियानमा मुख्य भूमिका खेले । तेतरियामा भएका सबै कामहरू जिल्ला विकास समितिको सल्लाहमा गाउँ विकास समितिको अगुवाइमा सम्पन्न भए ।



THE PATH TO BECOMING A CHILD FRIENDLY VILLAGE

Ten years ago, Tetariya VDC in Morang District was like any other village in Nepal: nobody thought much about the children who lived there. Then Tetariya, along with Inaruwa Municipality, Sunsari; Godak VDC, Ilam; Gedahiguthi, Rauthahat; Maheshpur, Bara; Fakhel, Makwanpur; Paraspur, Banke; and Dodhara, Kanchanpur, was selected by the Central Child Welfare Board for the initiation of child friendly local governance.

Discussions were started in the community and stakeholders together agreed upon and prepared various indicators that could be measured to ascertain if a village had achieved child friendly status or not. An all-party committee was formed and a child protection committee was organised under it. Acceptance of all political parties was sought as a first step towards creating a child friendly village.

Plan International Nepal had already been working in Tetariya and had formed both individual school-based child clubs and a village-level network of child clubs. These clubs played an important role in making the village child friendly. All the work in Tetariya was carried out in close consultation with the DDC and under the progressive leadership of the VDC.



बाल क्लवको अगुवाईमा भएका बाल विवाह विरुद्धका कार्यक्रममा सहभागी बालबालिकाहरू
Children participating in a campaign against child marriage led by child clubs

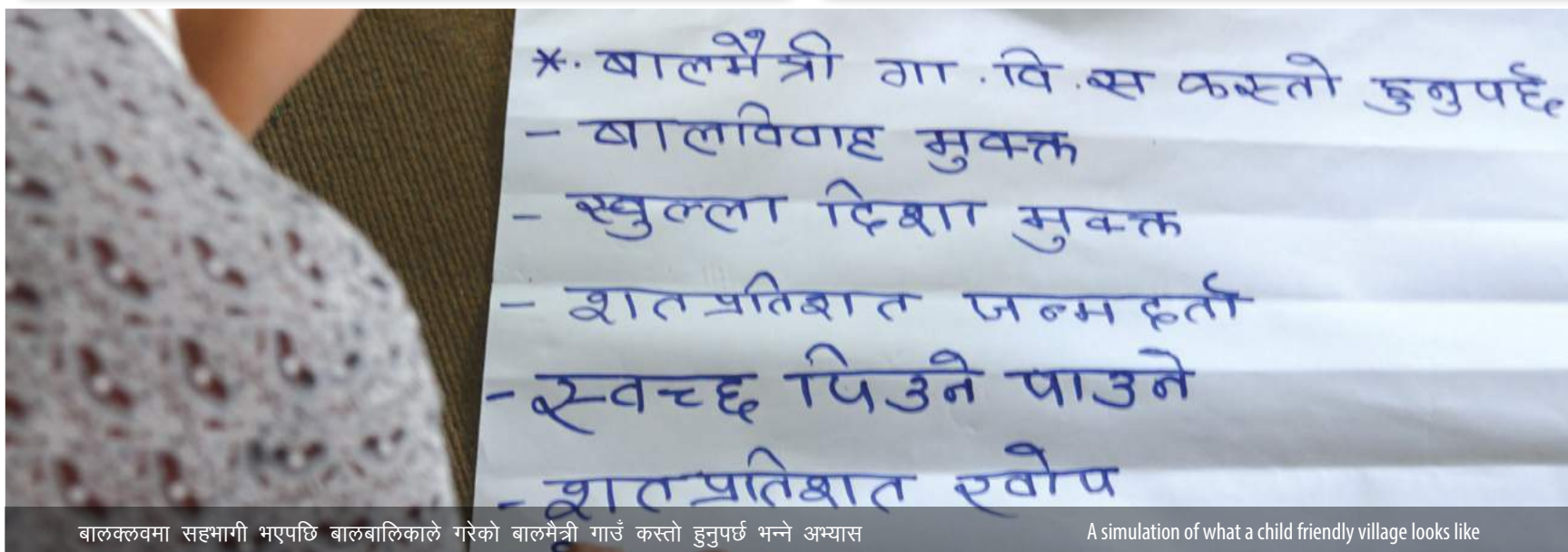


बाल क्लवमा आवद्ध बालबालिकाहरु नियमित बैठक गर्छन् र गाउँको समस्याबारे आफू र अरुहरुसँग पनि सरसल्लाह गर्छन् ।

Child clubs hold regular meetings and members consult each other and non-members about problems in the village.



तेतरीयामा बनेको बालक्लव संजालको अवस्था
The child club network in Tetariya



बालक्लवमा सहभागी भएपछि बालबालिकाले गरेको बालमैत्री गाउँ कस्तो हुनुपर्छ भन्ने अभ्यास

A simulation of what a child friendly village looks like



अवस्था विश्लेषण

बालमैत्री गाउँ बनाउन सुरुमा गाउँको अवस्था विश्लेषण गरियो । बाल बचाउ, बाल विकास, बाल संरक्षण र बाल सहभागिता जस्ता बाल अधिकार महासन्धीका मुख्य चार वटा कुरालाई ध्यानमा राखेर अध्ययन गरियो । गाविसको प्रगति र उपलब्धि हेर्न समेत यिनै चारवटा पाटोका सम्बन्धित सूचकहरूलाई केन्द्रमा राखियो ।

बालबालिकाको अवस्था पहिचान र तथ्यांक संकलनका लागि प्लान इन्टरनेशनल नेपालको सहयोगमा हरेक वडाका दुई जनालाई तालिम दिइयो ।

यसरी तालिम पाएका व्यक्तिले संकलन गरेको सूचनाका आधारमा हरेक वडाको योजना तर्जुमा गरियो ।

गाविसका नागरिकहरूको सहभागितामा गाउँ विकास समितिको पाँच वर्षे योजना र प्रतिबद्धता समेत तयार पारियो ।

ANALYSIS OF THE SITUATION

Before efforts began, the situation of the village was analysed keeping in mind the four pillars of the Convention of rights of the child (CRC) - the survival, development, protection, and participation of children.

Then, in order to track the progress of the VDC toward achieving child friendly status, indicators related to these four pillars were selected. With the support of Plan International Nepal, two people from each ward were trained to identify and collect information about the situation of children.

A plan for each ward was formulated using the information collected.

Then, with the participation of civil society activists, the VDC prepared a five-year plan for and a statement of commitment to child friendliness.





तेतरियालाई बालमैत्री गाउँ बनाउन महिला सञ्जाल बन्थो ।

A women's network was also formed as part of the effort to make Tetariya a child friendly village.



योजना कार्यान्वयन भएमात्रै उपलब्धि

योजना कार्यान्वयन गर्ने सिलसिलामा गाउँ-गाउँमा बालक्लव बने । यस्ता बालक्लवहरूको गाविसस्तरीय सञ्जाल बन्थो ।

२०६८ सालमा सरकारले बालमैत्री स्थानीय शासनसम्बन्धी रणनीति कार्यान्वयनमा ल्यायो । यसपछि तेतरियामा बालमैत्री स्थानीय शासन समितिको गठन भयो ।

बालमैत्री स्थानीय शासन राष्ट्रिय रणनीतिमा नेपाल सरकारले तोकेका सूचकहरूका बारेमा समुदायलाई जानकारी गराइयो । सबै सूचकहरूमा न्यूनतम उपलब्धि हासिल गर्न समुदायले काम थाल्यो ।

ACHIEVEMENT WILL BE REALISED ONLY IF THE PLAN IS IMPLEMENTED

As one step in the implementation of the plan, a child club was formed in each village and organised under a village-level child network.

In 2011, the government implemented the CFLG Strategy and Tetariya formed its own CFLG committee.

The community was informed about the indicators specified in the CFLG Strategy and began to work toward securing at least a minimum level of achievement in all of them.



शत प्रतिशत जन्मदर्ता घोषणा भएको गाविस

मिति: २०६८ पौष ०३ गते

२०६८ साल पुस ८ गते तैतरिया
शतप्रतिशत जन्मदर्ता भएको गाविस
घोषणा भयो । जन्मिएको ३५ दिनभित्रै
जन्मदर्ता गर्न थालियो ।

On 23 December, 2011, Tetariya
was identified as a VDC with 100%
birth registration. All newborns are
registered within 35 days of their
birth.





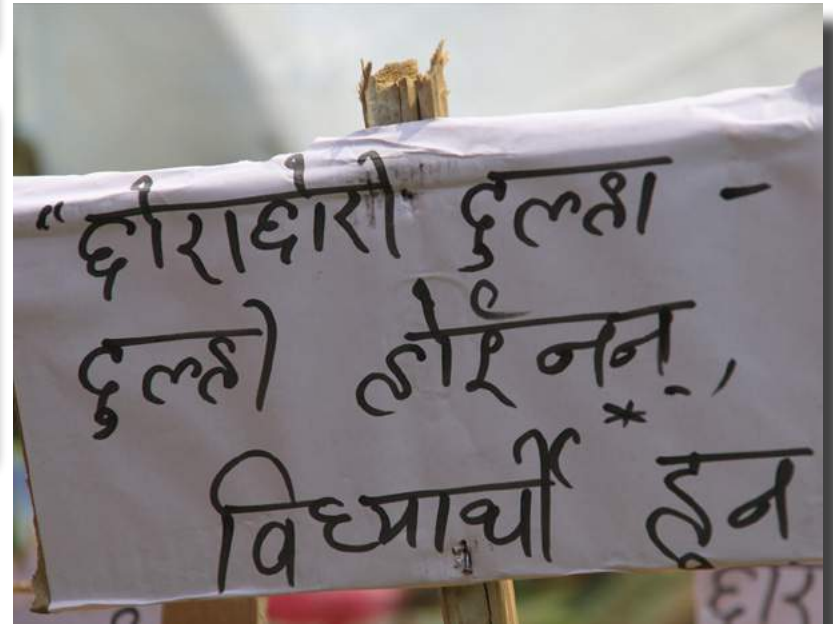
२०६९ साल फागुन २२ गते तैतरीया खुला दिसामुक्त गाविस बन्यो ।

On 5 March, 2013, Tetariya became an open defecation - free VDC.



बालविवाह विरुद्धको अभियान निरन्तर चलिरह्यो । बालकलवले यसमा मुख्य भूमिका खेल्यो ।

Child clubs played an important role in the effort to end child marriage.





२०७० साल भदौ ३० गते निःशुल्क तथा अनिवार्य
आधारभूत शिक्षा लागु गरियो । ५ वर्षदेखि १२
वर्ष उमेरका सबै बालबालिका स्कुल भर्ना भए ।

On 15 September, 2013, a free and compulsory
basic education campaign was executed and
all children aged from 5 to 12 began to
attend school.





२०७० साल पुस ५ गते सबै बालबालिकाले आधारभुत खोप पाए । तेतरिया पूर्णखोप गाविस घोषित भयो ।

On 20 December, 2013, all children in Tetariya had received a course of basic immunisations and Tetariya was declared a fully immunised VDC.



यस गाविसले सवै सरोकारवालाहरुको सहभागितामा बार्षिक रूपमा प्रगतिको अनुगमन एवं समिक्षा गर्दै आयो । त्यसपछि संघीय मामिला तथा स्थानीय विकास मन्त्रालयबाट गएको टोलीले पटक पटक प्रगति अनुगमन गर्न थाल्यो । मन्त्रालयको सुझाव अनुसार तेतरियाको स्थिति पत्र र पाँच बर्षे लगानी योजना तयार गरि यस अन्तर्गतका सवै प्रक्रियाहरु पूरा गरिए । योजनाको पूर्ण कार्यान्वयन नै उपलब्धि हासिल गर्ने मुख्य आधार बन्यो ।

The VDC carried out its annual “monitoring and review of progress made” meeting with the direct participation of all stakeholders. The Ministry of Federal Affairs and Local Development (MoFALD) also began to track progress by periodically sending a monitoring team. As suggested by the ministry and following all of the procedures prescribed, the VDC prepared a children status paper and a five-year investment plan.





After securing an average score of minimum 80% on all indicators, Tetariya was declared the first child friendly VDC in Nepal on 26 March, 2016. A grand programme was organised in its honor.

All national and international organisations active in the VDC, child and youth clubs, representatives of government offices, and the general public participated in the programme, which included a cultural show and pageantry to mark the occasion.

Now that the Ministry of Women, Children and Social Welfare (MoWCSW) has issued Tetariya VDC a certificate declaring it a child friendly village, the total budget of the village has been increased by 15%.

सबै सूचकहरूमा न्यूनतम ८० प्रतिशत उपलब्धि हासिल गरेपछि २०७२ साल चैत १३ गते तेतरिया नेपालकै पहिलो बालमैत्री गाविस घोषणा गरियो ।

घोषणा सभामा भाँकी जुलुस सहित तेतरियामा भएका सबै संघ संस्था, बालक्लव, यूवाक्लव, सरकारी कार्यालयका प्रतिनिधिहरू र सर्वसाधारणको उपस्थिति थियो ।

महिला, बालबालिका तथा समाज कल्याण मन्त्रालयले बालमैत्री तेतरियाको प्रमाणपत्र हस्तान्तरण गरेपछि तेतरियामा आउने बजेट समेत १५ प्रतिशतले बढ्ने भएको छ ।





संघीय मामिला तथा स्थानीय विकास मन्त्रालयबाट प्राप्त बालमैत्री तेत्रियाको कदर पत्र
A letter of appreciation given to Tetariya by the MoFALD for child friendly Tetariya



बालमैत्री तेत्रियाको प्रमाणपत्र
Certificate of child friendly Tetariya



बालमैत्री गाविसप्रति प्रतिबद्धता जाहेर गर्ने कार्यक्रममा आमन्त्रित अतिथिहरू

Invited guests and dignitaries committed to the child friendly village

बालविवाह विरुद्ध चेतना फैलाउने अभियानमा सडक नाटक देखाउँदै तैतरियाको बालकलवका सदस्यहरु

Members of a child club performing a street drama to raise awareness against a child marriage





शतप्रतिशत उपलब्धितर्फ अग्रसर

तेतरियाले यतिमै चित्त बुझाएन । बालमैत्री स्थानीय शासन राष्ट्रिय रणनीतिमा नेपाल सरकारले तोकेको न्यूनतम सूचकहरूमा शतप्रतिशत अंक हासिल गर्ने अभियान जारी छ ।

MOVING TOWARDS 100% ACHIEVEMENT

Tetariya was not contented with simply achieving the minimal marks needed for each indicator. Instead, it sought to get a score of 100% in each of the indicators specified in the CFLG Strategy.





बालबालिकाको संरक्षणमा ध्यान पुग्यो

२०७३ साल असार १ गते ततरीयालाई बालविवाह मुक्त गाविस घोषणा गरियो ।

FOCUS ON CHILD PROTECTION

On June 15, 2016, under the child friendly campaign, Tetariya VDC was declared free of child marriage.

शतप्रतिशत बालविवाह मुक्त घोषणा समारोहमा उपस्थित अतिथिहरूको तस्विर लिँदै बालक्लव सदस्य

Members of a child club taking pictures of guests attending the ceremony to declare Tetariya VDC free of child marriage



बालविवाह मुक्त गाविस घोषणा समारोह
Ceremony to declare Tetariya a child
marriage - free VDC





अब तेतरियामा बालबालिकाहरूले उमेर नपुगी विवाह गर्न बाध्य हुनुपर्ने छैन ।
Now, no child under 18 years of age has to marry.



बालविवाह मुक्त गाविस अभियानमा सहयोग गर्नेलाई सम्मान गर्दै जिविसका प्रतिनिधि
DDC representatives felicitating people who worked for child marriage - free campaign



बालविवाह मुक्त गाविस घोषणा समारोहमा गीत प्रस्तुत गर्दै
Presenting song on child marriage free village declaration ceremony



स्कूल बन्थो प्यारो

तेतरियामा बालबालिका स्कूल बाहिर छैनन ।
कसैको बालविवाह हुँदैन । स्कूलमा पढाउँदा
डर देखाईदैन ।

बालबालिकाका कुरा गाविसले सुन्छ र
बालपरिषदले सिफारिस गरेका योजना
गाउँपरिषदले पारित गर्छ ।

EVERY CHILD LIKES SCHOOL

No child in Tetariya VDC is out of school and no child is pressured to marry. Fear is not used as a means to enforce discipline while teaching either.

The VDC listen to the opinions of children and the VDC endorses plans recommended by the Children's Council.





सरसफाई अनिवार्य बन्यो

सरसफाइका लागि सिङ्घि अभियान सुरु भयो । चर्पीको सरसफाइमा विशेष ध्यान दिन थालियो । सँगै हात धुने बानीको विकास भयो । चर्पी गएपछि हात धुनका लागि धारामा साबुन राखियो ।

WASH BECOMES COMPULSORY

Tetariya's WASH campaign paid particular attention to sanitation in households and to developing the habit of hand-washing. Soap for hand-washing after toilet usage was placed near tubewells and taps.





तेतरियाले खुल्ला दिसामुक्त गाउँ बन्न धेरै काम गर्‍यो । सबै घरमा चर्पी बनाउन अभियान चलाइयो । यसका लागि चाहिने प्राविधिक र सानोतिनो आर्थिक सहयोग पछि सबै घरमा चर्पी बने ।

खुल्ला ठाउँमा फोहोर भएन, रोगव्याधी लागेन ।

Tetariya worked hard to become an open defecation-free village. During its toilet construction campaign, technical and financial assistance was provided as needed and toilets were constructed in all houses.

Open places were cleaned of human waste and other filth, thereby reducing people's vulnerability to disease.





बालमैत्री अभियानमा बालक्लवको भूमिका

तेतरियालाई बालमैत्री बनाउन बालक्लव र बालसञ्जालले महत्वपूर्ण भूमिका खेल्थे । यस गाविसमा स्थापित बाल श्रोत केन्द्रले बालबालिकाको अगुवाई गाउँमा विभिन्न कार्यक्रमहरू आयोजना गर्थे । यस्तो कार्यक्रम मार्फत उनीहरूले सिक्ने र सिकाउने अवसर पाए । बाल विवाह विरुद्धको अभियानको नेतृत्व बालिकाहरूले गरे ।

ROLE OF CHILD CLUBS

Child clubs and the village-level child network played a significant role in making Tetariya child friendly. The children's resource center established in the VDC organised different child-led programmes through which children got the opportunity to learn themselves and to teach others. Girls led the campaign against child marriage.



सबै बालबालिकालाई आधारभुत खोप दिन घरदैलो अभियान चलाईयो ।

Door-to-door campaigns were launched to promote the immunisation of all children.



बाल परिषदको बैठक बस्यो । यस्तो बैठकले गाउँमा गर्ने कामको योजना बनायो ।

आफ्ना कुरा योजनामा समावेश गराउन बालबालिकाले बाल परिषद् चलाए । यसबाट छानिएका योजनालाई गाउँ परिषद्बाट पास गराए ।

अहिले स्कुल, गाविस र अन्य यस्तै सार्वजनिक कामका लागि हुने बैठक र छलफलमा बाल संजालको अनिवार्य उपस्थिति हुन्छ र उनीहरूका कुराको सुनुवाई हुन्छ ।



A meeting of the Children's Council to plan the work children thought to be carried out in the village.

Children established and operationalised a Children's Council to develop and formalise their opinions in written plans. It got the VDC to endorse the plans it had adopted.

Now, the child club network must be allowed to participate and voice its opinion in meetings and discussions organised by schools, the VDC, and other bodies which organise public work.



बालबालिकाका प्रतिनिधि, आमा समूह समेत सहभागी भएको बालमैत्री स्थानीय शासन समितिको बैठक
A joint meeting of child club representatives, mother's group and CFLG



बालक्लवको पहल र सबैको सहयोगपछि विद्यालय भर्ना अभियान सफल भएको छ । अहिले स्कुल जाने उमेरका कोही पनि बालबालिका विद्यालय बाहिर छैनन् ।

The school enrollment campaign was a success due to the initiatives of child clubs and support from all. Now, no children of school age are out of school.





बालमैत्री विद्यालय

विद्यालय बालमैत्री बनेको छ । पहिला जस्तो बालबालिका स्कुल जान डराउँदैनन् । कक्षा कोठामा डरत्रास देखाईदैन । बरु खेलाई-खेलाई पढाइन्छ । विद्यालयमा बालमैत्री पुर्वाधार बनेका छन् ।

CHILD FRIENDLY SCHOOLS

Schools are now child friendly and children no longer fear going to school as they once did. The principle of “learning without fear” is applied in classrooms and much learning is experienced through engagement in fun activities. Child friendly infrastructure has been constructed in schools.





बालमैत्री पुर्वाधार भएपछि बालबालिकाहरुलाई सजिलो भएको छ ।

Child friendly infrastructure has made children feel comfortable.



छात्र र छात्राका लागि छुट्टै छुट्टै बर्पीको व्यवस्था छ ।
Separate toilets have been constructed for boys and girls.

स्कूलमा खेल्ने ठाउँ प्रशस्त छ । पढाई कक्षाकोठामा मात्र हुँदैन ।
प्रयोगात्मक शिक्षाको अभ्यास सुरु भएको छ ।

There are sufficient playgrounds in the school and classroom activities are not limited to lecturing alone. Instead, teachers have begun to implement hands-on activities.





बालमैत्री समुदाय

तेतरियाका हरेक घर बालमैत्री बनेका छन् । बालबालिकालाई बालश्रम र मजदुरी गर्न पठाईदैन ।

CHILD FRIENDLY COMMUNITIES

Every house of Tetariya is child friendly. No child is forced to engage in child labor.





बालबालिकालाई स्कुल जान अभिभावकले सहयोग गर्छन् ।
A guardian helps children go to school.

तेजस्वी बाल सञ्जाल TEJSHWI CHILD NETWORK		
तेतरिया गा. वि. स.		
समितिका पदाधिकारीहरु		
क्र.स.	नाम	पद
१	मेनुका श्रेष्ठ	अध्यक्ष
२	साकेत भा	उपाध्यक्ष
३	सविना श्रेष्ठ	सचिव
४	अनुज चौधरी	सहसचिव
५	सुमन सरदार	कोषाध्यक्ष
६	अस्मिता विश्वास	सदस्य



बालकलव, बालविवाह लगायत अन्य विषयमा ज्ञानगुनका कुरा गर्ने ठाउँ बनेको छ ।

Child clubs are forums for discussing child marriage and other key issues.





३९ वटा सूचकहरू मध्ये सबैभन्दा गाह्रो मानिएको बालविवाहका विरुद्ध बालक्लवले निरन्तर काम गर्‍यो । बालविवाह विरुद्ध शुन्य सहनशिलताको उद्देश्य राखेको तेतरियाले गाउँमा हुन लागेका सबै बालविवाह रोक्यो । परिवारको सल्लाहमै यस्तो विवाह केटा र केटीको उमेर पुगेपछि मात्रै गर्ने सहमति भयो । बालविवाह गर्दा हुने असर बुझेपछि अहिले बालविवाह पुर्णरूपमा बन्द भएको छ ।

Child clubs worked tirelessly against child marriage, the elimination of which was deemed the most difficult to achieve of the 39 child friendly indicators adopted. After it is adopted the objective of zero tolerance to child marriage, Tetariya was able to stop all planned child marriages, and, in consultation with the concerned families to postpone them till both the girl and the boy reach marriageable age. Now the villagers are aware of the negative effects of child marriage, the incidence of this practice has declined.



છોરા ર છોરીમા ભેદભાવ છેન । છોરીલાઈ શિક્ષા દિપ ઘર રામ્રો બન્છ મન્ને કુરા સબૈલે બુખેકા છન્ । છોરાછોરીલાઈ બાલક્લવમા જાન કસૈલે રોકદૈન । તેતરિયાકા પ્રાયઃ સબૈ બાલબાલિકા કુનૈ ન કુનૈ બાલક્લવમા આવદ્ધ છન ।

There are no differences in the raising of boys and girls and no discrimination between them. All understand that educating daughters brings happiness to a family. Nobody prevents either girls or boys from attending child club activities. Almost all the children of Tetariya are involved in a child club.



बालकलवले नेतृत्व विकासमा समेत सहयोग गरेको छ । अहिले उनीहरू आफ्ना कुरा राख्ने मात्रै होइन, बालकलवका निर्णय लागु गराउन पनि उत्तिकै सक्रिय छन् । तेतरियामा गाउँ बाल परिषद्को बैठक नियमित रूपमा बस्छ । यसले गाउँ परिषदमा पठाउने प्रस्ताव र योजना पारित गर्छ । गाविसको बैठकमा बालकलवबाट छानिएर आएका प्रतिनिधिको सहभागिता हुन्छ । जहाँ उनीहरूले आफ्ना योजनाका बारेमा सबैसँग छलफल गर्छन् ।

Child clubs have helped to develop leadership skills. Not only are children now confident about expressing their opinions but they are also equally active in executing and getting others to execute the decisions they make. The Child Council meets regularly to discuss, draft, and approve proposals and plans to send to the VDC. Representatives of child clubs take part in VDC meetings, in particular to present and discuss their plans.







स्वास्थ्य सेवामा सुधार

निरन्तरको प्रयासपछि तेतरियाका सबै बालबालिकाहरूले आधारभूत खोप सुविधा पाएका छन् ।

IMPROVEMENT IN HEALTH SERVICES

Continuous effort has ensured that all the children in Tetariya have received a full complement of basic immunisations.





गर्भवती महिलाको नियमित जाँच गर्दै बच्चा गर्भमा रहेको बेला आइरन र फोलिक एसिड चक्कीको सेवनले स्वस्थ बच्चा जन्मिएका छन् ।

महिला स्वास्थ्य स्वयंसेविकाको काम सजिलो भएको छ ।

Pregnant women get regular health checkups and take capsules of iron and folic acid, so they have been bearing healthy children.

The work of female community health volunteers has become easier.





तेतरियालाई यो अवस्थामा ल्याउन महिला स्वास्थ्य स्वयंसेविकाले छुटेका बालबालिकालाई खोजी-खोजी खोप लगाए । आमा समूह पनि यो अभियानमा डटेर लाग्यो ।

To ensure that all the children of Tetariya were 100% immunised, female community health volunteers put a great effort into seeking out children who had been left out and ensuring that they were immunised. Mothers' groups were also wholeheartedly involved in the campaign.





बालबालिकाको शिक्षा, स्वास्थ्य लगायतका विषयमा छलफल गर्दै आमा समूह
Mothers' groups discussing health, education, and other issues related to children



तेतरिया धेरै कुरामा आत्मनिर्भर छ । कृषि र पशुपालनमा आधारित उत्पादन नै यहाँका मानिसहरूको आम्दानीको मुख्य स्रोत हो । यहाँका मानिसहरू आफ्ना बालबालिकाको सुन्दर भविष्यका लागि बेलैमा सचेत बन्दैछन् ।

Tetariya is self-reliant for many goods. The main income sources of villagers are agriculture and livestock-rearing. The villagers are becoming aware about how they can make their children's futures bright.



बालभैत्री तैतरिया अभियानमा संलग्न सरकारी एवं अन्य संस्थाहरू

१. महिला, बालबालिका तथा समाज कल्याण मन्त्रालय
२. स्थानीय विकास मन्त्रालय
३. केन्द्रीय बाल कल्याण समिति
४. महिला तथा बालबालिका विकास विभाग
५. प्लान इन्टरनेशनल नेपाल
६. जिल्ला जनस्वास्थ्य कार्यालय
७. जिल्ला शिक्षा कार्यालय
८. जिल्ला खानेपानी कार्यालय
९. जिल्ला कृषि विकास कार्यालय
१०. जिल्ला बाल कल्याण समिति
११. जिल्ला विकास समिति
१२. महिला तथा बालबालिका विकास कार्यालय
१३. गाउँ विकास समिति
१४. गाउँ बाल संरक्षण समिति
१५. समुदायमा आधारित विभिन्न संघसंस्था र क्लवहरू

GOVERNMENT INSTITUTION AND ORGANISATIONS INVOLVED IN THE CHILD FRIENDLY CAMPAIGN IN TETARIYA

1. Ministry of Women, Children, and Social Welfare
2. Ministry of Federal Affairs and Local Development
3. Central Child Welfare Board
4. Department of Women's and Children's Development
5. Plan International Nepal
6. District Public Health Office
7. District Education Office
8. District Drinking Water Office
9. District Agricultural Development Office
10. District Child Welfare Board
11. District Development Committee
12. Office of Women's and Children's Development
13. Tetariya Village Development Committee
14. District Children Protection Committee
15. Community-based organisations and clubs

यस्ता छन न्यूनतम सूचकहरू

बालमैत्री स्थानीय शासन राष्ट्रिय रणनीतिमा नेपाल सरकारले तोकेका न्यूनतम सूचकहरू यस्ता छन् ।

बाल बचाउ

- ☐ ६ महिनासम्म स्तनपान मात्र गराउने ।
- ☐ आधारभूत खोपहरू अनिवार्य रूपमा लगाउने ।
- ☐ ६ महिनादेखि ५ वर्षसम्म वर्षको दुइपटक भिटामिन ए क्याप्सुल खुवाउने ।
- ☐ गर्भवती आमाले कम्तीमा चार पटक जाँच गराएको हुनुपर्ने ।
- ☐ दक्ष स्वास्थ्यकर्मीबाट सुत्केरी गराउनुपर्ने ।
- ☐ गर्भवती आमाले टिटानस विरुद्धको खोप लगाएको र आइरन चक्की खाएको हुनुपर्ने ।
- ☐ सबै घरधुरीमा पिउन योग्य खानेपानीको व्यवस्था हुनुपर्ने ।



MINIMUM INDICATORS

The minimum indicators specified in the CFLG Strategy are as follows:

Child Survival

- ▶ Exclusive breastfeeding for six months.
- ▶ Compulsory basic immunisation.
- ▶ Twice annual provision of Vitamin A capsules to children aged 6 months to 5 years.
- ▶ At least four medical checkups for every pregnant woman.
- ▶ Delivery by expert health workers.
- ▶ Immunisation of pregnant women against tetanus and daily consumption of iron capsules.
- ▶ Arrangements for safe drinking water in all households.

बाल संरक्षण

- ☐ पाँच वर्षमुनिका सबै बालबालिकाको जन्मदर्ता अनिवार्य रूपमा गर्नुपर्ने ।
- ☐ बालविवाहको संख्या बर्षेनी घटाउँदै लैजानुपर्ने ।
- ☐ निकृष्ट प्रकारको बालश्रममा लगाउन नहुने ।
- ☐ बालबालिकाविरुद्ध हुने हिंसा, बेचबिखन, शोषण, दुर्व्यवहार र घरेलु हिंसा कम गर्ने कार्ययोजना कार्यान्वयन भएको हुनुपर्ने ।

CHILD PROTECTION

- ▶ Compulsory birth registration for all children below five years of age.
- ▶ Continuous reduction of the rate of child marriage.
- ▶ No usage of child labor in any hazardous work.
- ▶ Execution of action plan to reduce violence against children, trafficking, exploitation, misbehaviour, and domestic violence.





बाल विकास

- ☐ चार वर्षसम्मका बालबालिकाले प्रारम्भिक बालविकास कक्षामा भर्ना हुनुपर्ने ।
- ☐ विद्यालय जाने उमेरका शत प्रतिशत बालबालिका भर्ना भएको हुनुपर्ने ।
- ☐ ५ देखि १२ वर्षसम्मका सबै बालबालिका विद्यालयमा भर्ना भएको हुनुपर्ने ।
- ☐ औपचारिक शिक्षाबाट वञ्चित भए अनौपचारिक शिक्षा दिनुपर्ने ।
- ☐ छात्र र छात्राको लागि अलग अलग शौचालयको व्यवस्था हुनुपर्ने ।
- ☐ प्रत्येक विद्यालयमा अतिरिक्त क्रियाकलाप गरेको हुनुपर्ने ।

CHILD DEVELOPMENT

- ▶ Attendance of early childhood development classes by all children below four years of age.
- ▶ Attendance of school by all children aged from 5 to 12 years.
- ▶ Provision of informal education to those deprived of formal education.
- ▶ Separate toilets for girls and boys.
- ▶ Provision of extracurricular activities by all schools.

बाल सहभागिता

- ☐ स्थानीय निकायको निर्णय प्रक्रियामा १२ देखि १८ वर्षसम्मका बालबालिकाहरूलाई संस्थागत रूपमै सहभागी गराइनुपर्ने ।
- ☐ स्थानीय निकायमा बालबालिकाको योजना तथा कार्यक्रम समेटिएको हुनुपर्ने ।
- ☐ विद्यालय व्यवस्थापन समितिमा बालबालिकाको संस्थागत आवाजको सुनुवाई हुनुपर्ने ।
- ☐ स्वास्थ्य व्यवस्थापन समितिमा बालकलवको प्रतिनिधित्व हुनुपर्ने ।
- ☐ हरेक गाउँ विकास समितिमा बालकलव सञ्जाल र नगरपालिकाका प्रत्येक वडामा बाल समूह गठन भइ क्रियाशिल हुनुपर्ने ।
- ☐ जिल्ला तथा नगर बाल सञ्जाल गठन हुनुपर्ने ।

CHILD PARTICIPATION

- ▶ Participation of children aged from 12 to 18 years in the decision-making processes of local bodies.
- ▶ Incorporation of the plans and programmes of children.
- ▶ Recognising of the opinions of children to school management committees.
- ▶ Representation of child clubs in health management committees.
- ▶ Establishment of a network of child clubs in every VDCs and functional child clubs in every ward of every municipality.



विराटनगरबाट १५ किलोमिटर जति उत्तरतर्फ छ तेतरिया गाउँ विकास समिति । भण्डे १५ वर्ग किलोमिटर क्षेत्रमा फैलिएको यो गाविसमा थारु जातिको बाहुल्यता छ । अन्य केही जनजाति र दलित तथा पछाडि पारिएको समुदायका मानिस पनि यहाँ बसोबास गर्छन् । गाविसमा १,३५६ परिवार छन् । २,९९६ महिला र ३,००८ पुरुष गरि ६,००४ जनाको बसोबास छ । १६ वर्ष मुनिका ७१५ बालिका र ७७० बालक गरि १,४८५ बालबालिका छन् । गाउँमा २४ प्रतिशत भन्दा बढी बालबालिका छन् । यहाँको मुख्य पेशा कृषि नै हो ।

तेतरियामा ७ वटा विद्यालय, १३ वटा बाल विकास केन्द्र, एउटा स्वास्थ्य चौकी र २० वटा महिला समूह छन् । गाउँमा रहेको एउटा स्वास्थ्य चौकीले सेवा दिइरहेको छ । एउटा बालस्रोत केन्द्र र ११ वटा बालक्लव बालबालिकाका लागि काम गरिरहेका छन् । ३९१५ गाविस मध्ये तेतरिया नेपालकै पहिलो बालमैत्री गाविस हुन सकेकोमा गौरव गर्दछ । तेतरियाबाट अरुले सिक्नुपर्ने थुप्रै पाठ छन् । बालबालिकाको सुन्दर भविष्य निर्माणमा यसले सहयोग गर्ने पक्का छ ।

Tetariya VDC is located 15 km north of Biratnagar. This 15 sq km village is peopled mostly by Tharus but other indigenous and marginalised groups, including Dalits, live here, too. A total population of 6,004 people, 2,996 females and 3,008 males, live in 1,365 households. There are 1,485 children under the age of 16 (40% of the total). Boys, who total 770, slightly outnumber girls, who total 715. The main occupation in Tetariya is agriculture.

There are seven schools, 13 early childhood development centers, one health post, and 20 women's groups in Tetariya. One children's resource center and 11 child clubs work explicitly for children. Out of 3915 VDC, Tetariya feels proud to be the first child friendly VDC in Nepal. There are many lessons to be learned from Tetariya. Its experience will definitely help to create a bright future for Nepali children.

नेपालको पहिलो वालमैत्री गा.वि.स



तेतरिया

मायाको चिनो

गा.वि.स. को कार्यालय
तेतरिया, मोरङ

घोषणा मिति: २०७२ चैत्र १३, शनिवार

