



## विश्वास नेपाल BISWAS NEPAL

Sankata, Newroad, Kathmandu, Nepal, Phone: 01-5713928, 5713992

E-mail: biswasnepalorg@gmail.com,

Website: www.biswasnepal.org.np

### Introduction

Biswas Nepal is a non-government, non profitable, women led first social organization in Nepal that works for the entertainment sector established by female workers in the month of Bhadra in 2062 BS (11 September 2005 AD) who has worked in entertainment sectors like Dance Bar, Dohori Sanjha and khaja Ghar. Registered in the District Administration Office, Kathmandu in 2063 BS (2006 AD), the organization has been regularly renewing its registration.

The main focus of the organization is to empower and protect the professional rights of workers in the field of entertainment and hospitality, as well as to work for their professional recognition and safety. Biswas Nepal is dedicated to advocating for the dignified and respectful treatment of workers in this sector, and has been working to rehabilitate and reunite children involved in risky work, as well as to combat internal human trafficking.

Since its establishment, Biswas Nepal has been continuously working to address the fundamental needs of individuals and has been actively involved in leadership and decision-making roles at the national and international levels to achieve its goals. Currently, Biswas Nepal has 401 general members, one national level network and seven province level networks and various other groups such as child club, youth group and saving group.

### Vision

Establishment of entertainment sectors as respectful and dignified occupation where exploitations and any form of violence does not exist.

### Mission

To organize the entertainment sector by uniting and sensitizing society, stakeholders against all kinds of exploitation, injustice, oppression and maltreatment.

## CASE STORY

### Embracing New Paths

Rosa Karki (name changed), a 17-year-old girl from Charikot Municipality, Dolakha District, currently resides with her family in Samakhushi, Kathmandu with five family members, including her mother, father, and two sisters. She studies in class 10. Her father works as a rickshaw puller, while her mother has been struggling with alcohol addiction for several years, often spending months away from home with friends.

To help with household expenses, Rosa worked at Syangjali Hotel in the mornings and evenings. She shared that her father and mother met while working in the same place. Her mother was already three months pregnant with another partner when she met her father. Even though her father loved her elder sister, her family dynamic has been challenging; her mother's behavior and her sister's decision to live together relationship with her boyfriend have created a stressful environment at home. Rosa confided that the constant quarrels and her mother's behavior had made it difficult for her to focus on her studies, leading to headaches, anger, and anxiety about her future.

Rosa found Biswas Nepal through a friend and began receiving regular counseling services. She also participated in the DIC activities under the Apsara Project, such as life skills training, legal orientation, awareness of child rights, and child protection. These programs have significantly boosted her confidence, taught her positive problem-solving methods, and helped her develop self-esteem. Through her involvement in a child club meeting, she learned valuable ways to deal with problems and has gained new strength in continuing her education despite her difficult circumstances.

Thanks to the psychosocial support provided by Biswas Nepal, Rosa is now more confident about her future. She is currently an active member of the children's advocacy group in the Clarissa Project, and her perspective on her situation has transformed. Rosa is deeply grateful for the support she has received and the opportunities to enhance her skills and knowledge. Her journey, from struggling with emotional turmoil to finding confidence and hope, highlights the life-changing impact of Biswas Nepal's support.

## A Journey of Resilience

Acharya, originally from Gulmi District, is a 25-year-old living in Shantinagar, Kathmandu, with her 9-year-old son. Coming from a family facing financial hardships, she is the eldest of four siblings—two sisters and a brother. Along with her family's economic struggles, Acharya has endured significant emotional distress, feeling her life has been plagued with difficulties since childhood.

At the age of 14, she was forced into marriage with a 45-year-old man. Despite her husband's family being financially stable, Acharya faced severe domestic violence and discrimination after the marriage, leading to immense mental and physical suffering. Her husband neglected and abused her, and after giving birth to a son a year later, her situation worsened. During the postpartum period, she was subjected to extreme cruelty, including being starved and locked in a room for three days without care. As a 15-year-old mother, she struggled to care for her child with no support from her in-laws, even when her son suffered burns from hot oil. Despite these hardships, she remained in the marriage, even after her mother came to take her back.

Later, she discovered that her husband was involved in an extramarital affair, even protecting a daughter with another woman, who eventually abandoned the child. Acharya's mother now looks after the daughter. One month after the birth of her son, Acharya returned to her parents'

home to complete grades 9 and 10. However, after two years, when she returned to her husband's house, the abuse continued. Despite the ongoing mistreatment, Acharya fought for her rights, registering her marriage at the District Administration Office and securing birth certificates for both her son and her husband's daughter, claiming to be the girl's mother.

After years of enduring domestic violence, Acharya finally decided to escape. She fled to Kathmandu six years ago and started working as a cleaner at Rhythm Dohori. However, she did not feel safe in that environment and left the job after enrolling in grade 11 at Nandi Night School, later working as a domestic helper.

Through a friend's recommendation, Acharya connected with Biswas Nepal, where she received psychosocial counseling. She describes herself as an honest and hardworking student, and the counseling helped her open up about her struggles with concentration, stress, anxiety, fear, headaches, and traumatic memories. She participated in various activities in the Drop-in Center, including life skills training and legal advice sessions.

With the support of Biswas Nepal, Acharya was able to enroll in grades 11 and 12, where she excelled and secured second place among 45 students. She also pursued vocal training with

the aspiration of becoming a singer. She reports feeling more confident, focused, and happier, with a renewed sense of hope. Grateful for Biswas Nepal's assistance, Acharya now recognizes her potential and is determined to take responsibility for her son and daughter.



Despite ongoing financial struggles, she remains committed to her education. The counseling support from Biswas Nepal has enabled her to continue her studies at the Bachelor's level, where she continues to demonstrate dedication and hard work. Additionally, through a referral from Biswas Nepal, she received paralegal training and obtained her paralegal license.

She currently works part-time at a police station, earning income based on her work. Now, Acharya is more active in advocating for her rights and has become a strong voice in raising awareness of important issues. She is also an active member of a youth group, advocating for workers' rights and efforts to reduce child labor and combat child sexual exploitation.

## Overcoming Adversity: A story of Preservance and Hope

The beneficiary is from Kailali District, where she lived with her family of eight. Her family's economic situation was dire, with her father being the sole breadwinner, working as a daily wage laborer. Due to these financial struggles, she decided to leave her hometown and move to Kathmandu after passing her SEE exams in 2077.

In Kathmandu, she initially stayed with her sister in Machhapokhari and planned to work while continuing her studies. During her job search, she found employment at Sunkoshi Rodhi Ghar, thanks to her sister's help. However, the work environment was harsh. She faced disrespect and abuse, often being insulted and forced to sit, eat, and endure inappropriate behavior from the guests. Despite the hostile conditions, she felt compelled to stay in the job to support her education and family.

Things took a turn for the worse when Nepal went into lockdown on Chaitra 11 due to the COVID-19 pandemic. With all restaurants, snack shops, and the entertainment sector closed, she lost her only source of income. This created significant hardship as she struggled to afford food and was unable to pay her rent.

It was through a friend that she learned about Biswas Nepal, where she

received vital assistance, including food, dignity kits, sanitizers, and pads. She also received psychosocial counseling and emotional support, which gradually improved her situation. With Biswas Nepal's help, she left her job at the Rodhi Ghar and enrolled in grade 11 to continue her studies. Biswas Nepal supported her education through grades 11 and 12, and she is now awaiting her grade 12 results. She has committed to continue her education and never return to the restaurant sector.

She expresses deep gratitude to Biswas Nepal for providing the help and support she needed during such a difficult time in her life.

## Overcoming Hardship:

Maya Bhandari (name changed), 25 years old, is originally from Dailekh, Nepal, but now resides in Lokanthali, Bhaktapur. She was married off at the age of 14 and has been living in Kathmandu with her husband for the past 8 years in hopes of a brighter future. They have a 12-year-old son. Before the lockdown, Maya worked as a waiter at Kantipur Dohori Sanjha, while her husband was employed as a guard at a water supply office. Unfortunately, his contract ended, and he has since been working in

a call basis.

Maya experienced health issues, including gallbladder removal three years ago, which left her struggling. When the COVID-19 pandemic hit Nepal, the restaurant sector closed, and her family faced severe financial hardships. With the support of a friend, she reached out to Biswas Nepal. Maya shared that her proprietor kicked them out of their room, and they became helpless. She then started living with her husband at the water supply office





## A Journey of Growth and Gratitude

My name is Gharti Magar, and I have been living in Kathmandu for six years. My family of six runs a small hotel, which used to be our primary source of income. However, during the COVID-19 lockdown, we faced severe financial difficulties, as we had to close the hotel. We relied on our savings from a cooperative to get by, but with school fees for both my sister and room rent, as well as me much of our savings quickly depleted.

Fortunately, I had already been involved with Biswas Nepal before the lockdown. I participated in several of their programs, including life skills training, entrepreneurship training, legal orientations, and health camps. Biswas Nepal provided us with crucial support during this tough time. Without their financial assistance, our struggles would have been much greater. The food and relief supplies they provided sustained us for more than three weeks, and my sister also received help from Biswas Nepal, which further eased our burden. I am extremely grateful to Biswas Nepal, and I promise to remain connected with them. I look forward to participating in more of their programs and becoming independent.

Currently, I work at a clothing shop, earning fifteen thousand rupees per month, with lunch and transportation included. I am satisfied with my job and feel more comfortable discussing it now than before. It is a respectable job for both my family and society, and I believe we should also show respect for jobs in the entertainment sector.

## Overcoming Struggles and Empowering Dreams

My name is Gharti Magar. I am 18 years old. I have completed my 12th-grade examination. I am originally from Tulsipur Municipality and currently live in the New Buspark area of Kathmandu with my family—my mother, father, elder sister, and me. Unfortunately, we do not have a good relationship with my father. My mother has been suffering from kidney failure for the past six years. At the time of her illness, she was working as a domestic worker in Iraq, and my father has been in India for the past two years, offering no support and with limited communication.

In 2020, I worked as a cashier in a Dohori Sanjhi for one year, earning 8,000 rupees per month. However, the work environment was toxic, with staff and customers using inappropriate language and engaging in disrespectful behavior. Unable to tolerate the situation, I left that job and briefly worked as a waiter at a Mo: mo center for one month, earning 9,000 rupees.

I learned about Biswas Nepal through my sister and started visiting their Drop-In Center (DIC). Through Biswas Nepal, I gained valuable knowledge and awareness through activities such as Life Skill Training, Entrepreneurship Training, Legal Orientation, and a National Conference. The organization also provided Business Support and Psychosocial Counseling. With their guidance, my family and I now run a small Khaja Ghar in Mitra Nagar, New Buspark.

Biswas Nepal has been a continuous source of support during my difficult times, almost becoming a part of my life. With their coordination, I was able to attend a 3-month-long Capacity Building Training at Green Valley, where I learned English, cooking, self-confidence, and even kitchen and garden work. Now, I am taking language classes and planning to go abroad. I would like to sincerely thank Biswas Nepal for their unwavering support and everything they have done for me.

## Empowering Growth through Support

A Field Staff referred the beneficiary, identified by Case ID 151, to Biswas Nepal's Drop-In Center. Originally, from Jalpa Rural Municipality, Ward No. 5, in Palpa District, she now resides in Samakhushi, Kathmandu.

As a child, her father left the family to work in India and eventually lost contact with them. Her mother was responsible for raising the children by working in a small local restaurant (khaja Ghar). However, her mother's income was insufficient, so Biswas Nepal stepped in to support the beneficiary's education.

Since then, she has regularly visited Biswas Nepal and received various services, including psychosocial counseling support, membership in the child club, participation in awareness programs, legal orientation, Upshift life skills training, school support, and emergency food assistance. She has experienced significant personal growth because of these services, developing positive thinking, improved communication skills, increased confidence, and the ability to express her challenges openly.

Since 2018, she has been actively engaged with the Drop-In Center and now serves as the secretary of the children's club. Biswas Nepal has supported her schooling since the 8th grade, and she is currently enrolled in grade 11. Additionally, she has participated in the Action Research Group, further enhancing her development and leadership skills.

## Journey to Independence

in a small room.

Since then, Maya has received numerous services at Biswas Nepal's Drop-In Center (DIC), including psychosocial counseling, entrepreneurship training, health and hygiene awareness, and legal orientation. After attending these sessions, the Biswas Nepal team discussed her situation and provided logistical support, including essentials like a gas stove, utensils, rice, oil, dal, and sugar, and also with business support (Cloth shop) in the street.

With her previous business knowledge and skills, Maya was able to start a small cloth shop by the roadside. Her business has grown, and she currently makes a profit of Rs. 20,000 from selling clothes. She has expanded her small business to include jeans and t-shirts, taking orders and selling items according to demand. During the day, she operates a canteen and sells clothes in the evening. Maya is now happy and has left her previous job in the entertainment sector.

Amid Nepal's economic crisis and the challenges of low income, Maya decided to change her plans. She recently traveled abroad to Cyprus for work and continued to maintain communication with Biswas Nepal.





## From Struggle to Strength: My Journey with Biswas Nepal

I was born in Gorkha, the youngest daughter in a family of six. Growing up in the cold climate of my birthplace, we struggled to grow food and relied on money to buy necessities, especially rice. My father worked at the post office. He was an alcoholic, and my mother, worked tirelessly in the fields every day. From the age of seven, I had to cook for the family, cut grass for our cattle, and take care of the goats during my free time. My father's drunken behavior and frequent physical abuse to my mother scared me. I would often try to defend her and end up getting hurt. My mother, fearful of my father, would flee to her parents' house, only to return a few days later.

Growing up in this violent environment, none of my childhood wants or desires were fulfilled. While others celebrated festivals, our home was filled with fear and tension. The thought that my father might kill my mother haunted me, making it hard to focus on my studies. Despite these painful memories, I persevered and passed my 12th grade. I married through connections and soon had two daughters. Witnessing my mother's suffering in my childhood, I dreamed of being independent and strong enough to lead others. However, as my daughters grew, my husband's salary as a police officer, which was only 15-16 thousand rupees, was not enough to cover rent and basic needs. To help support my children, I decided to look for work, even though my second daughter was just 18 months old. I found a job in a massage parlor on Ring Road, working long hours from 10:00 am to 6:00 pm for 10,000 rupees a month. The work environment made me uncomfortable, as I had to wear revealing clothes and work alone with unknown men in a closed room. I was told I would earn more if I performed well, but after 15 days of harassment from clients, I decided I could not continue and left. I had not told my husband about my job in the massage parlor so I was unable to share about the harassment I faced. I used to cry all night. On the 18th day of work, I quit the job, as I could not put up with the harassment and mistreatment.

A few days later, I met an outreach worker from Biswas Nepal, who introduced me to the organization. I shared my situation with her, and she encouraged me to visit the Drop-In Centre in Baneshwor. I was relieved as I met others who had faced similar struggles. Biswas Nepal provided me with psychosocial counseling, which helped lighten my heart. I also attended Life Skill Training, which boosted my self-confidence and taught me that I can only help others if I am independent and healthy myself. When I heard Biswas Nepal was organizing a street drama, I asked for a role as an old woman, fulfilling my childhood dream. It boosted my confidence and leadership skills. I continued to attend DIC regularly, participating in awareness sessions. I was still unemployed at that time then I was offered a position as an outreach worker in the organization, which I happily accepted. It was an opportunity to help others who had faced abuse and harassment, just as I had.

I have been working as an outreach worker for six years, and since January 2024, I have been serving as the Drop-In Center Manager. Helping beneficiaries solve their problems remains a core purpose of my life. I have good relationships with our target groups and stakeholders and continue to learn and improve my skills, such as reporting, computer work, facilitation, and problem-solving. The beneficiaries trust me, and I am proud to say I am happy and satisfied with my work.

I am deeply grateful to Biswas Nepal for providing me with this opportunity and platform. Thank you, Biswas Nepal team!

## Rebuilding Life: Riya's Journey with Biswas Nepal

Riya Nepali (name changed) has been living in Sinamangal, Nayabasti for the past five years with her mother, grandmother, and two brothers. She is currently studying in class 7. According to Riya, her father left her mother and remarried, leaving them to live in her maternal home. After her father's departure, they received no financial support, and her mother decided to go abroad for work, leaving her children with her maternal grandmother. She went to Kuwait to earn a living.

Two years ago, Riya's aunt moved to Kathmandu to live with them. However, her aunt, who worked in the entertainment sector, struggled to meet the family's basic needs, and the limited money sent by Riya's mother abroad was insufficient to cover household expenses and Riya's education. Under pressure from her aunt, Riya began working in a khaja ghar in the morning and evening. Unfortunately, it was closed due to the COVID-19 pandemic. Riya's aunt referred her to Biswas Nepal's Drop-In Center (DIC) for educational support. Biswas Nepal provided her with DIC services and life skills training. Riya became active and open about her reality, and after the pandemic, her mother returned from foreign employment, and Riya wanted to reunite with her.

Biswas Nepal provided regular psychosocial counseling services to both Riya and her mother; identifying their problems and helping them access support. Before the counseling, Riya felt lonely, angry, and had difficulty concentrating, experiencing headaches. However, after receiving counseling, she became more focused, developed positive thinking, and built her self-confidence and self-esteem, especially in her studies. Following discussions within the Biswas Nepal team, it was decided that family reintegration would be the best course of action, with business support provided to assist in this process.

With the support of Biswas Nepal, Riya's family was reintegrated. Her mother started working at a small grocery shop, and Riya now lives with her mother. She helps at the shop in her free time, focuses on her studies, and actively participates in Biswas Nepal's programs. Riya has shared her talents by reciting poems and singing songs at various events. Currently, her mother reports that the shop is trading around 3000-4000 rupees daily, and they are saving money in a cooperative.

Riya continues her studies with her family and expresses her deep gratitude to Biswas Nepal for their ongoing support. They remain in close contact and frequently visit the DIC.

