

# Report on Generation Equality National Youth Conference Nepal January 2020



Government of Nepal  
Ministry of Youth and Sports  
National Youth Council  
Sanothimi, Bhaktapur



# Report on Generation Equality National Youth Conference

## Nepal January 2020

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### Disclaimer

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# Foreword

I was a young journalist when I attended the Fourth World Conference on Women in Beijing in 1995. The overwhelming gathering of more than 30000 women's rights activists from around the world echoing slogans such as "Women's Rights are Human Rights" and "Let's look at the World through Women's eyes" made me realize the power of collective movement building. The euphoria in Beijing was such that after that I left working for the mainstream media which was predominantly male stream as I felt the strong urge to work directly with and for those facing discrimination and exploitation. Since then there has been no looking back.

I have worked from the grassroots to the national and global level for gender equality through various NGOs and Networks I have founded as well as partnered with government entities for promoting gender equality. The groundbreaking BPFA has been a strong guiding framework throughout my journey as an advocate for gender equality and peace and 25 years later remains even more relevant to protect human rights and gender equality.

My learning from the Beijing Conference about the power of strong movements was one of the reason for conceptualizing this National Youth Conference. Moreover, having engaged in diverse provincial level Beijing+25 review consultations in 2019 I witnessed very few youth participants and the limited knowledge they had about international commitments, gender equality and movement building. That was what urged me to envision and convene this first ever generation equality national youth conference, to strengthen advocacy and build stronger youth led movement.

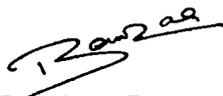
The year 2020 is extremely important not only because of Beijing+25 but also other significant landmarks on human rights instruments. The 40<sup>th</sup> anniversary of CEDAW, the 25 years celebrations of ICPD, 20 years of the adoption of UNSCR 1325 on women, peace and security and the five-year milestone towards the 2030 SDGs as well as the 75 years of the United Nations, provide a unique opportunity for celebration of the achievements over the past decades and for a reflection on the work that still needs to be done, to protect and promote human rights and substantive gender equality, as the foundation for change, democracy and lasting peace.

While we have seen achievements in the last twenty-five years, we have also witnessed backlash against those gains, and the consolidation of power imbalances and structures underlying women's oppression. In marking the year 2020, we must celebrate and affirm gains we have made in countering this system and advancing women's human rights; build on the hope of women's and youth's mobilization and transformative actions; and take collective action to forge solidarity with other movements, demanding accountability of the state as well as the private sector.

As we reflect on the past achievements we must admit that there is an increased and new form of violence against women, and "an ongoing uphill battle for reproductive rights – issues that were fought over and were part of the ICPD and BPFA in 1994 and 1995. These gains for women over the past two decades "are now fragile, and we are seeing them reverse." Access to sexual and reproductive health rights must be at the forefront of all conversations, in addition to fighting the persistence of gender discrimination, sexual violence, and oppression. For that, we need to create inter-generational effective movement building, listen to the voices of the youth and engage with them at all levels and interventions.

It was in this context that the National Youth Conference was organized. The engagement and movement of the youth is critical for creating the future roadmap for narrowing the gender gap and achieving gender equality beyond 2020. With effective partnerships, an intersectional lens, and greater synergy between generations of equality we can collectively shape strategies that resist the efforts to undermine human rights and gender equality.

I thank the organizers for giving me this opportunity to lead and convene this remarkable conference on Generation Equality. We cannot regress we have to progress for equality, development and peace and together we can do it



Bandana Rana

Conference Convener

(Vice Chair- UN CEDAW Committee)



# Acknowledgements

We are extremely proud of our joint collaboration in organizing the first ever “Generation Equality: National Youth Conference” on 21-22 January, 2020 in Kathmandu. The partnership has been exemplary in showcasing broad partnership between a government entity (National Youth Council) national civil society network (National Network for Beijing-review Nepal) NGO working widely on issues concerning the youth and children (Jagriti Child and Youth Concern, Nepal) and an NGO working on violence against women and gender issues for nearly three decades (Saathi).

The conference was successful in bringing together diverse youth from all seven provinces in one platform providing an open and inclusive forum to discuss and debate on issues regarding societal inequalities particularly related to gender and the concerns of the youth. We believe that the youth with their innovative ideas, aptitude, zeal for change and commitment to fight against violence and injustice will be able to take the gender equality movement to a new height in the coming years. We hope to continue this kind of partnership in organizing similar conferences at the provincial level along with targeted needed interventions to empower the youth and strengthen Youth Movement Building.

We are very thankful to Muskan Khatun, a 14-year-old acid attack survivor, the chief guest of the conference, for accepting our request despite her health condition. We salute her for her courage and strength in sharing her story of transformation from pain to power and inspiring all the youth gathered at the conference. We were honored to felicitate the 25 senior gender activists present at the conference who continue their struggle to keep the Gender Equality Torch burning since it was ignited in 1995 in Beijing (fourth world conference on Women). We also thank all the panel moderators and panelists for their commitment and the contribution in the discussion on varied issues that were of great concern to the youth and to the movement to gender equality. We are grateful to each of the 200 + youth of the 7 province who actively participated in the conference. We are touched with their enthusiasm and the commitment they expressed for social transformation, social harmony, gender equality and building on collective power.

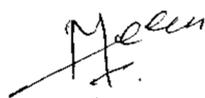
We also take this opportunity to thank all the staff of collaborative partners and particularly Saathi for their hard work and efforts to conclude the conference successfully. Last but not the least, our sincere gratitude to Conference Convener Bandana Rana, past president of Saathi, Founder Convener of NNBN and presently the Vice Chair of CEDAW for her untiring leadership in guiding and steering the entire conference. Without her vision and guidance, the Conference would not have been possible.

We are equally indebted to UN Women, UNFPA and VSO Nepal for their support and partnership and for believing in the cause of youth movement.

We look forward to continued collaboration to strengthen the youth movement for creating a just and gender equal society.



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# Abbreviations

BPfA:	Beijing Platform for Action
BBC:	Beyond Beijing Committee
CEDAW:	The Convention on the Elimination of all forms of Discrimination against Women
CSO:	Civil Society Organization
FJS:	Foundation for Just Society
FWLD:	Form for Women Law and Development
GBV:	Gender Based Violence
GEWE:	Gender Equality and Women's Empowerment
ICPD:	International Conference on Population and Development
JCYCN:	Jagriti Child and Youth Concern Nepal
LGBTIQ:	Lesbian, Gay, Bisexual, Transgender, Intersex, Queer
NGO:	Non-Government Organization
NNBN:	National Network for Being-review Nepal
NWC:	National Women Commission
NYC:	National Youth Council
SAHAJ :	Strengthening Access to Holistic, Gender Responsive, and Accountable Justice in Nepal
SDGs:	Sustainable Development Goals
SRHR:	Sexual and Reproductive Health Rights
UNFPA:	United Nations Fund for Population
VAW&G:	Violence Against Women and Girls
VSO:	Voluntary Service Overseas
Y-PEER Nepal:	Youth Peer Education Association Nepal

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# Executive Summary

The first ever two-day “Generation Equality: National Youth Conference” was organized in Kathmandu, Nepal from 21-22 June 2020. The conference was organized by Saathi in joint collaboration with National Youth Council, National Network for Being-review Nepal (NNBN) and Jagriti Child and Youth Concern Nepal (JCYCN). The convening was part of celebrating the year 2020 reflecting on and reenergizing the significant landmark commitments on gender equality such as the ICPD+25, Beijing+25, UNSCR 1325+20, SDG+5 as well as 75 years of the United Nations and 40 years of CEDAW. Additionally, the forum also marked the government’s announcement of celebrating the fiscal year 2019/20 as Youth Mobilization Year in addressing violence and discrimination and promoting peace building.

## Conference objectives

- Share, inspire and motivate young feminists to be engaged at national and provincial level to promote gender equality and women and girls’ empowerment
- Broaden awareness and understanding of international legislative and human rights mechanisms to promote intergenerational equality
- Strengthen youth led movement building for the realization of the 2030 SDG agenda

347 activists, lawmakers, government officials, media, representatives of collaborative partners and most importantly more than 200 youth aged between 18-29 from all seven provinces of Nepal participated in the conference. The participating youth demonstrated enthusiastic zeal and passion to lead the gender equality and women’s empowerment movement forward in line with national and international human rights mechanisms. The conference also ensured inclusive and gender balanced participation with representation from all diverse background including indigenous, dalit, people living with disability, people from marginalised and rural community and LGBTIQ.

The Conference was inaugurated by chief guest 14-year-old Muskan Khatun, a survivor of acid attack belonging to Muslim community from Birgunj. The Conference also honoured 25 senior women’s rights activists who had attended the Fourth World Conference on Women held in Beijing in 1995. As a symbolic gesture of generation equality the senior activists then handed over the baton of gender equality to the youth representatives of the 7 provinces. The aspiring youth participants of the conference committed to take forward the flame of Gender Equality and Women’s Empowerment (GEWE) ignited by the Beijing Platform for Action (BPfA) adopted at the Fourth World Conference in 1995 and Programme of Action of the International Conference on Population and Development (ICPD) in 1994. Both the documents aim to ensure substantive gender equality permeated across all level of human sphere around the globe.

During the two days of the conference the participants were oriented on key international and national human rights and gender equality mechanisms through panel discussions. The opening session “Then and Now” was a generational exchange of experiences between senior activists and the youth. The panellists and moderators of all sessions mostly comprised of youth having experience and knowledge in the area. Panel discussions were also held on harmful traditional practices, addressing stereotypes, gender based violence and women, youth, peace and security. There was a special forum where the participants were given the opportunity to express their frustrations and dissatisfactions towards the existing system and mechanisms. A special session on “Self-Care” was the highlight of the conference where the youth learnt techniques to calm the mind and be positive. At the end of the conference the participants adopted and issued the “Kathmandu Declaration on Generation Equality”.

The two days national conference was successful in empowering the youth through inter-generational conversation, reflecting on achievements, assessing the challenges and affirming commitments to inclusive and collective action needed across provinces to take the youth movement forward. The conference was convened by long-time gender expert and women’s rights activist and former chair of Saathi, Bandana Rana who is also currently the Vice Chair of the UN CEDAW Committee.

Collaborative partners who supported the Conference were UN Women, UNFPA, VSO Nepal and Foundation for Just Society (FJS).

## **Salient Features of the Conference**

**Unconventional Inaugural Program:** Contrary to the conventional general norm where most conferences are generally opened by high ranking political officials, the chief guest of this youth conference was Muskan Khatun a 14-year-old Muslim girl who had courageously survived an acid attack in 2019. She was bestowed this protocol as a symbol of honour to her tremendous courage in standing up against such gender based violence and as a symbol of youth power. She inaugurated the Conference by watering the seven saplings as a symbol of the seven provinces of Nepal.

**Handing over the Inter- Generational Torch (Saplings) by senior activists to the youth:** The conference felicitated around 25 gender activists who had attended the fourth World Conference on Women held in Beijing in 1995 and have been continuing the crusade for gender equality. These activists then handed over the seven symbolic gender equality saplings to each of the representatives from the seven provinces as a gesture of handing over the gender equality and women empowerment movement to the youth.

**Inclusive youth panels:** All the panels were designed ensuring the different dimensions of inclusivity such as disability, representation of LGBTIQ, Madhesi, Dalit, and indigenous youth among others. Moreover, most of the panelists and moderators were youth from the age group 18-29. Additionally, it was made possible for the participation of youth having hearing impairments as they were provided with sign language interpreters. They also actively participated in the discussion and benefitted from the debate and information.

## **Sessions on ‘Letting Out Frustrations’ and ‘Self Care’**

The first day there was a session on ‘Letting Out Frustrations’ which provided a platform for the participants to express their anger and frustration on existing system, policies, movements, mind-set and stereotypes that they have experienced as a barrier for gender equality. Based on these frustrations the participants were able to chart out recommendations and demands to be included in the Conference Declaration the next day.

The “Self-Care” session provided the opportunity for the participants to learn spiritual values and practice positivity and enhance mental and physical strength through breathing techniques to calm the mind and control negative thoughts. The objective was to inculcate spiritual and peaceful values in the youth in their life’s journey and their efforts to build social harmony.

## **Partnership and Collaboration**

Multi Sectoral Partnership and Wide Collaboration is one of the key strategies of Saathi for fostering ownership and greater accountability. For this national initiative, Saathi partnered with the Government’s National Youth Council, National Network for Beijing-review Nepal (NNBN) a network of more than hundred national and local organisations and Jagriti Child and Youth Concern Nepal (JCYCN) an NGO working for the rights of children and youth with special focus in Kathmandu, Lalitpur, Nawalparasi, Rasuwa and Sindhupalchowk.

It also sought the engagement of other related organisations in planning and delivery of the different sessions such as Youth Peer Education Association Nepal (Y-PEER Nepal), Ujjyalo Foundation, Forum for Women and Development (FWLD), Visible Impact, Hami Daju Bhai, Mitini Nepal, CWIN, Samata Foundation, The Asia Foundation and Plan Nepal. Moreover young feminists and celebrities who have demonstrated their influencing power were also engaged in the sessions. Two of the key UN entities UN Women and UNFPA as well as Saathi’s long-time partner FJS and VSO Nepal as part of UK Aid provided support in the organising the Conference.

# Conference Proceedings

## Day 1

### Inaugural Program

The conference started with welcome remarks on behalf of the organizers from the President of Saathi, Uma RL Shah. She shed light on the objectives and rationale of the conference and underscored the need for youth engagement for lasting peace, sustainable prosperity and violence free and equitable society. The opening remarks were followed by the national anthem. A video spot was presented depicting the diverse youth from all regional and ethnicity depicting collective youth power which set the tone for the conference.

The convener of the conference Bandana Rana then led the inaugural session with her opening remarks and introduction of the chief guest Muskan Khatun a 14 year old Muslim girl who had survived an acid attack in 2019. She hailed Ms. Khatun as a pillar of resilience, symbol of courage and hope, a hero and a role model having capacity to inspire thousands of youth faced with struggles and adversities in life.

Ms. Khatun declared the conference open by watering young saplings in seven pots, representing the youth of the seven provinces of Nepal who needed to grow strong for a collective movement for equality, development and peace. During her inaugural address Ms. Khatun shared the pain and pathos she underwent after being attacked with acid by an infatuated boy and his friend from her locality. She described her earlier days as extremely traumatic as she felt totally helpless without the will to continue living. However, with encouragement and support from her family and well-wishers she was able to transform her pain into power. Khatun reiterated her determination to complete her education and become a doctor to be able to fight against injustice faced by girls like her and serve the underprivileged and marginalized section of the society.

### Remarks from Collaborative Partners:

**Hashina Begum, Deputy Representative, UNFPA in Nepal**, said young people's health has been a primary concern in the International Conference on Population and Development (ICPD). Terming the youth as the agent of change, she highlighted the need for youth leadership to realize the vision put forth by ICPD 25 years ago. She praised Nepal's new constitution that has guaranteed gender equality. However, she said that there are harmful traditional practices such as menstrual stigma, gender based violence, child marriage posing hindrance to guarantee the sexual and reproductive health rights for all. She underlined the need to work for the marginalized section of the society to fully implement the ICPD vision.

She further informed that UNFPA in Nepal in collaboration with other stakeholders is striving for 3 zeros by 2030: zero unmet need for contraception, zero preventable maternal deaths; and zero gender-based violence and harmful practices, such as child marriage. Recalling Nepal government's commitment at ICPD+25 to building a peaceful, just and inclusive society where no one is left behind, she said that there is need for conducive environment for all the people irrespective of race, caste, creeds, sexual orientation, economic status and language to enjoy their sexual and reproductive health rights.

**Rachana Bhattarai**, Program officer at UN WOMEN in Nepal shared about the work of UN Women towards promoting generation equality in 2020 including the support to the Beijing Review process in Nepal. She also emphasised UN Women's thrust to engage more youth in the global generation equality movement which was the main reason for the partnership and collaboration. She further said that UN WOMEN collaborates with civil society in Nepal to facilitate the mainstreaming of marginalized voices in the community. She commended the efforts made by National Network for Beijing-review Nepal (NNBN) and Beyond Beijing Committee (BBC) for diverse consultation at province and national level producing Beijing+25 parallel reports and presenting them in the Asia Pacific forum on Beijing+25 review. Stating that preparation of second tier of leadership for gender equality has been an issue of concern for long; she hoped that the conference would provide a good forum to groom new young feminists who would be able to lead the movement right from the local to the national.

**Dance Performance:** Saathi Youth Network performed a dance on a revolutionary song that summoned each and every villagers and settlers, professionals and labourers, artists and writers to stand up for their rights and work collectively towards promoting equality, development and peace in the country.

## **Session-I: Intergenerational Panel “Then and Now”**

**Moderator:** Bandana Rana, Conference Convener and Founder of NNBN

### **Panelists:**

- Hon. Shashi Shrestha, Chair, Parliamentary Committee on State Affairs and Good Governance
- Durga Ghimire Women’s Rights Activist
- Laxmi Nepal, Young Feminist (Visually Challenged)
- Fura Gelzen Sherpa, National Youth Coordinator-Y- PEER Nepal

This inter-generational panel reflected on the achievements and affirmed the commitment to inclusive and collective actions needed to take the gender equality movement forward with the youth at the helm. Two senior gender activists who had attended the 4<sup>th</sup> World Women’s Conference in Beijing in 1995 and two youth, one representing differently abled young girls and the other indigenous youth—who had recently attended the ICPD+25 in Nairobi and working in the area of sexual and reproductive rights participated in the panel.

Hon. Shashi Shrestha, Chair, Parliamentary Committee on State Affairs and Good Governance and Durga Ghimire, Senior Women’s Rights Activist reflected on how the GEWE movement in Nepal started more than 25 years ago through collective leadership and how the movement has come a long way. Both of them underscored that youth vigor and zeal should be utilized to take the gender equality movement to new heights, making it more focused and inclusive.

The senior gender activists said that the Beijing conference had a huge impact in their life and initiated seminal effect in national policy that prompted the creation of Women Children and Social Welfare Ministry and National Women Commission among other government agencies committed to the advancement of women and children. It was informed that the Beijing Conference had a huge impact as it played an important role in drafting multiple others polices goals and national strategies on women’s rights and empowerment.

Panel moderator Bandana Rana also recalled her participation in the Beijing Conference 25 years ago and informed that over 100 Nepali delegates were part of that global event which enhanced the realization of the power of movement building and collective gatherings. She also added that the Beijing Platform for Action (BPfA) is the foundation for many national and international policies and practices to uplift the situation of women. Rana after her return from the Beijing Conference had spear headed the founding of Sancharika Samuha, an organization of women journalists, to enhance the participation of women in media, one of the 12 critical areas of BPfA.

**Durga Ghimire, Senior Women’s Rights Activist** recalled that they had formed a National Preparatory Committee to ensure inclusive and diverse participation to the Beijing conference. From Nepal there were more than 150 delegates, many of whom had gone there on their own expenses,” she said. She also added that the participation in the Beijing Conference provided them with the enthusiasm to work further in the area of women’s rights in Nepal. Unlike the UN mandate for the 33 percent women’s representation, the Nepali delegates in the Beijing conference had raised their voice for 50 percent participation of women in the political arena. She also expressed her dissatisfaction on how the National Women’s Commission (NWC) was formed and mandated. “We had envisioned an independent and powerful NWC but the result is not as we had wished for,” she added. She also summoned the youth to speak out, coordinate with each other and raise their collective voice for the creation of a gender equal world.

**Hon. Shashi Shrestha, Chair, Parliamentary Committee on State Affairs and Good Governance,** said that BPfA was a seminal document that inspired several changes in legislation and policies regarding gender equality in Nepal. She also said that street protest is still required to ensure the rights of women in our country. “The youth are the agent of change. They need to move positively and strategically to realize the dream of equality, freedom and development,” said Shrestha. She also

added that youth need to keep vigilant for promoting gender equality and harbour positive thoughts, action and deeds for social transformation. She also informed that the parliamentary committee too is working and introducing equitable policies to ensure Gender Equality.

**Laxmi Nepal, a visually challenged young feminist**, shared her experience in taking part in the Asia Pacific NGO forum for the Beijing +25 review in Bangkok in November 2019. She had raised her voice for the rights of adolescent girls and women living with disability in the regional review program. Besides, she also voiced the concerns related to Nepali youth as a whole. “The participation in the Asia Pacific NGO forum on Beijing +25 Review Process helped me widen my knowledge and perception about the concept of inclusion. Now, I will give equal priority to other’s issues in my future work,” she said adding the migrant youth, youth living with HIV and LGBTIQ youth need to be included to build an effective GEWE movement in Nepal.

**Fura Gelzen Sherpa** shared that youth have to take the lead in making our society more equal and a better place to live in. Sherpa, one of the attendees of the ICPD+25 held in Nairobi, Kenya, in November 2019 summoned all the youth participants to push the government in implementing the commitments it had made at the ICPD. He further said that there are many unfinished business of ICPD related to sexual and reproductive health rights (SRHR) that need to be addressed promptly and effectively for gender equality. He also shared about the awareness and advocacy work his network is focused on regarding the issue of SRHR. “We are working on peer to peer basis to educate and sensitize the youth on SRHR issues and it has been very much effective. Youth should not just wait for the inspiration to come but be the inspiration themselves” he said.

## **Session II: 2020 Global Agenda for Gender Equality**

**Moderator:** Kripa Basnyat, Young Feminist.

### **Panelists**

- Madhav Dhungel, Executive Vice-Chair, National Youth Council
- Roshana Pradhan, Women’s Rights Advocate, FWLD
- Medha Sharma, CEO, Visible Impact
- Geeta Chaudhary, Indigenous Youth Activist

The panel apprised the participants on the UN Mandates and Global Commitments for gender equality to be reaffirmed in 2020 such as BPFA, ICPD, CEDAW, and the SDGs as well as national youth policies to align with the global commitments.

**Madhav Dhungel** informed the participants about the government’s approach in the mobilization of youth in social and economic development of the country. Giving examples of how the country’s youthful human resource are being wasted in foreign lands working as unskilled labourers, he alleged that the existing education system in the county was unable to deliver as per the need of the century. “The education failed to preserve our social and cultural values, failed to introduce us with our soil and environment and failed to make us believe that entrepreneurship development is possible in Nepal itself,” he said.

That is the reason why he said that the NYC has kept “Quality Education and its professionalism” as its first pillar that needs strengthening. He also informed that the NYC is also working in the area of youth employment and entrepreneurship development. Remarking that Indian hairdressers, barbers, coat makers and gold smiths take millions of Nepali rupees every year to India where Nepal is the 7<sup>th</sup> biggest source of remittance, Dhungel updated that NYC has been working on youth employment and entrepreneurship so that Nepal can supply its own human resource in the area where skilled jobs are in demand. He also said that the government is now planning to leverage youth zeal and enthusiasm for nation building and social development process.

He further added that NYC is mobilizing youths in improving community health and social security status as well as in the area of sports. He also requested all the committed youth to raise their voice against ill-practices, existing discriminations, and gender based violence among other social barriers posing challenges to inclusiveness and equality movement. He opined that ill practices and social evils such as dowry among others cannot be done away with until and unless the local community speak out

in family and public sphere.” If youths start the initiation, the civil society and the whole nation as well as National Youth Council will support”, he said. He further informed that process of forming youth wings across all the local government will start once the new legislation regarding the purpose is passed by the federal government.

**Medha Sharma** talked about the importance of ICPD and why it is more relevant to the youth. She stated that ICPD is extremely crucial because it was the first international instrument to establish SRHR as human rights. She also informed about the process of ICPD+25 review, focusing in the area of population and development. “Internationally, negative debates regarding sexual and reproductive rights are coming out and efforts are being made in limiting and reversing the SRHR achievements. As a result, ICPD has failed to produce any politically agreed outcome document by member states in the last 4 review meetings,” she said.

She added that if powerful countries continue to influence the review and tries to stifle the achievements of ICPD, this will have obvious impact on the local level and underprivileged population in our country as well. She also pointed out that Nepal government has strongly committed to investing on the women and youth sexual and reproductive health rights which needs to be implemented duly. She further informed that her organization has been involved in tracking the progress regarding the commitments made by government and non-government actors in the last review period of ICPD.

**Ms. Roshana Pradhan** noted that the process of localizing international human rights mechanism is really difficult as the meetings of such mechanism are held either in Europe or America. “Localization of the commitments made in international forum or conveying the local concern to the global discussion is really a challenging task,” she said. She also provided a synopsis of the reporting process of international mechanisms giving example of the recently submitted 6<sup>th</sup> periodic report to CEDAW by the government and the shadow report submitted by civil society organizations. She also informed that a network of over 90 CSOs from province to national level was mobilized in preparing the CEDAW shadow report and the recent Beijing +25 review report. She informed the participants about the importance of CEDAW framework and BPfA and how they can be used as advocacy tools for GEWE movement in Nepal. She also highlighted that activists are aware about their rights however they fail to live up to their personal social responsibility. She noted that although people are well aware about menstruation being just a natural process but in their homes or other private sphere they still practice menstrual taboos.

**Geeta Chaudhary** shared about the SDG goals and the necessity for their localization. She underscored the need for improving coordination among government and non-government actors in realizing this global agenda by 2030. Moreover, she also requested the youth to work in creating an enabling and conducive environment for the survivors of violence to access justice without any fear, pressure and other hindrances. She also underscored the need for increasing women’s meaningful representation and engagement in public affairs. Without accommodating the concerns of violence affected, vulnerable, women and indigenous people, we cannot achieve our SDGs in any sector, she opined. “We are far ahead in adopting and drafting the legal instruments and policies in regard to localization of SDGs. However, the implementation is lagging behind. We need to fix this gap, she added. She further highlighted that civil society organizations should change their modes of operation in the changed federal context demanding that such conferences should also be organized at province and local level.

### **Session III: Letting out Frustrations**

**Moderator:** Yashoda Timsina, Former Commissioner of National Information Commission

This Forum provided a space for the participants to express their anger and frustrations on existing system, policies, movements, mind-set, stereotypes they have experienced as a barrier for gender equality. Session facilitator Timsina, encouraged the youth to work for building harmony in the society and help vulnerable and underprivileged people in need. She opined that in serving others one can also benefit personally, professionally and emotionally.

She further delineated the benefits of serving others through story telling technique. The moral of the story was “If we help others we too will be benefitted in return”. Hailing the youth as the backbone of the nation, Ms. Timsina requested them to work for the society putting aside their petty personal concerns.

## Participants' Expressions of Frustrations

The more than 200 participants were given the opportunity to express their frustration in a sentence or a phrase. All the participating youths challenged the norms, beliefs and the stereotypical notion of the Nepali society, intervention strategies of numerous stakeholders, also questioning their own methods. Below are the highlights of the frustration they spilled during the session.

The Government's policies on human security do not make me feel secure"

*"I have faced molestations publicly. How can we be secure?"*

*"They say youth need to be empowered. But how do we get empowered? Our learnings and nurturing in the home and schools does not equip us with skills for empowerment and self-protection."*

*"It was hard for me to stop my own marriage and continue studying at this young age. The pain is within me and I can't express it. Where do I go to get my rights?"*

*"I belong to an urban setting. Although I haven't faced direct discrimination in terms of opportunities and access, I constantly face discrimination that is subtle and ingrained in the mind-set of most family members"*

*"Stereotyping is so deeply ingrained in the minds of even the people who we assume have the best of intentions that their actions perpetuate discrimination without them realising or trying to understand it."*

*"Girls have the bars set much higher for them. We are put on a pedestal and we have to work twice as hard to get the same respect."*

*"The blind faith in social practises and stereotypes in the society is the root cause of gender disparity."*

*"Toxic Masculinity is hindering gender equality at the base and the welfare of men as well."*

*"Very few people actually realise that the mind-set is the main barrier for facilitating change."*

*"There is a lack of actual decentralization of programs even now and such Youth Conference should also be conducted at the provincial level."*

*"There is a lack of true feeling of "we" to tackle the social problems. People see the fault in others, but don't reflect on their own attitude"*

*"Most interventions on social change are focused on quantity rather than on quality. As a result, , little change has been witnessed in the community."*

*"The change makers seek to change the world, but don't actually realize that the change starts from home." There is also a failure in understanding that change can't be brought without changing the heart of the people for whom the change is envisioned."*

*"Young people usually wait to be inspired, and motivated, instead of being a source of motivation themselves."*

*"Beneficiaries are generally excluded from the inception of the program designed for them."*

*The solutions for national and local problems are generally sought from expatriates. This practise has greatly reduced the impact of programs and has just increased expenditure."*

*"The older generation are not keen to pass the responsibility to the younger generation. The youngsters are seen as competitors rather than as successors."*

*"Consumerism has great power. People share and like the videos, shows, performances or other articles in the social media posing women as a token of sexual object without realizing that they are promoting negativity in the society they live in."*

*"Young people are confused with their lives, as many of them are raised within the stereotypical society with misperception of gender roles. Intervention on modifying youth perception and behaviour right from the early years of education is lacking."*

*"Many young girls from the remote areas who come to the city with the prospect of better education, job and lifestyle are compelled to work in dance bars or be a sex worker "*

*"Men are also impacted by the patriarchal system but this is rarely discussed. The cases of innocent men engaged in foreign employment, whose wife elopes in the country with all their savings are never spoken of."*

*"Men find it very difficult to express and share if they have faced any form of gender based violence."*

*"The LGBTIQ community are not accepted by their own family members."*

*"The physically challenged youth need to struggle so much more for accessing the limited available resources to shape a better future."*

*“The differently abled youth lack proper employment opportunities and are excluded from many settings.”*

*“The marginalized community are rarely provided with core political platform and equal opportunities.”*

*“There are maximum learning opportunities, but hardly any platform to put the learning into practise “*

## **Session IV: Changing Mindset and Addressing Stereotypes**

**Moderator:** Amuda Mishra, Young Feminist and Executive Director of Ujjyalo Foundation

### **Panellists:**

- Shikha Shrestha, Head of Programme-Inclusive Governance, VSO Nepal.
- Anushka Shrestha, Miss Nepal 2019
- Hassina Bano, Youth Activist from Province no. 5
- Sarita Sah, Youth Activist from Province no. 2
- Sanjog Thakuri, Youth Activist and President of Hami Daju Bhai (We Brothers)

The panel discussed the barriers posed by patriarchal mindsets and existing negative gender stereotypes. It also shared actions needed to be taken in demystifying harmful traditional and cultural practices that perpetuate discrimination and inequality. The panelists shared their experience of facing gender based violence and also talked about how youth can initiate change to contain such violence.

At the start of the panel discussion, a short presentation on “Social Norms Transformation in SAHAJ: Rhetoric or Reality” was presented by Shikha Shrestha of VSO. She presented the theoretical and practical aspects of social norms that perpetuate Harmful Social norms. She informed that SAHAJ (Strengthening Access to Holistic, Gender Responsive, and Accountable Justice in Nepal) – A project under Integrated Programme for Strengthening Security and Justice (IPSSJ) funded by DFID aims to tackle the vulnerability of women and girls to GBV devising multi-pronged approaches, family and school centered interventions and grassroots based accountability.

**Hassina Bano**, shared that daughters in the Muslim community she belongs to do not get equal treatment like sons and are subject to various harmful social norms. Like others she started her education in Madrasa. When Madrasa course was completed, her teacher suggested her parents to send her to India for further studies in Urdu but due to the fear of what society would say they did not allow her to go. Moreover, the girls in her community are not allowed to attend formal schooling. Madrasa education is all they get. However, she insisted with her parents to go to school for further studies. Her parents then gave in before their daughter’s insistence but faced the social criticism for promoting daughter’s education. She is now getting her school education and wants to inspire more girls of her community to attend school and pave their way for their empowerment. Bano also remarked that policymakers and planners need to realistically think of innovative ways to tackle such social norms where the younger generations are affected severely. Besides that she also pointed out the significance of youth engagement in such programs and its potential benefits to the society in the coming days.

**Anushka Shrestha** said that even in educated urban society gender biases are pervasive but in inconspicuous ways. In some society such biases and restrictions are obvious and easy to change as we can see them and feel them. However, in urban society the gender biases are so subtle that we tend to overlook. She further added that, even many girls from urban settings educated in the best schools in Kathmandu have to abide by the Chhaupadi restrictions (isolation during menstruation) in their homes. Such biases are almost normalized and followed by even educated women and girls without protest. The girls in educated and well to do family in urban areas are not allowed to enter the kitchen, and forbidden to take part in Pooja (worship) during their menstrual period. She also shared about the trend of not giving employment to girls in many institutions with the belief that they will leave the job after marriage or take lengthy leave when they get a child. People may think these are just trivial issues but it has important bearing on gender equality.

Session moderator Mishra also requested all the panelists and participants to reflect on the other side of the coin that is if gender restrictive social and cultural practices related to menstruation are made

less restrictive it may also contribute to the continuation of women and girls in the unpaid care work as they will be forced to continue the household chores and kitchen work even during the menstrual cycle. So just relaxing the rules may not ensure women's welfare she said.

**Sanjog Thakuri** shared how the gender biased norms are still reigning high and cited some practices and changes being made in this area. He said that the knowledge gained from books is not sufficient to change your perspective and to look at things through gender lens. He also shared his personal experience on how the patriarchy has also been taking a toll on men and boys. He also reiterated that youth need to take the lead in creating a gender equal society. Thakuri also underscored the need of initiating change from home and upbringing of children in a gender equal environment at home and school as well as other public spaces.

Sarita Sah, shared her personal story of struggle against harmful social norms, particularly child marriage and dowry. She was 12 at the time of marriage and as soon as she turned 13 she gave birth to a son who was a disabled child who is unable to speak and walk even today. By the age of 15 she had another child and this time a daughter. As she was struggling to come to terms with the challenges of a child bride and also a new mother at a tender age, she had to face acute mental and physical violence from her husband and in-laws for failing to meet their increasing dowry demand. She mustered courage to break the marriage and raising her children on her own. Now she is working as a social mobilizer and helping women faced with violence, some of whom who had even attempted suicide. She has become an icon of struggle and courage for many in her community. She also acknowledged that the conference and the collective youth voice had capacitated her to stand strongly for the vulnerable community and the youth who are poor, socially disadvantaged and marginalized on multiple fronts, such as age, gender and ethnicity.

## Day 2

### Session V: Practicing Self-Care

**Moderator:** Meekha Mathema

Ms. Mathema along with her team discussed on the importance of self-care and conducted a brief practical session on regenerating continued positive energy instrumental in exerting sustained impact for social development.

Ms. Mathema presented on "Maximizing one's potential through well-being" with focus on importance of self-care. She along with her team demonstrated some simple yoga and meditative breathing techniques. The team also performed and made the audience follows some simple and easy yoga practices.

The team discussed that self-care is a must to ensure personal and professional wellbeing, maintaining peace of mind; balanced life and leaving prolonged impact in social life. For the purpose, the team suggested practicing of regular yoga, meditation and harboring positive thoughts.

The session facilitator requested all the participants to change their seats coming out of their comfort zone placing themselves amid the new faces in the room and interacting with them. It was meant to make the participants understand that we need to come out of our comfort zone, confront challenges in life to make a bigger impact in society. The session also underscored the need for doing away with worry, anger, regret, guilt, blame, failure and other negative words that will help lessen the stress and enhance mental and physical ability.

### Session VI: Ending Gender Based Violence

**Moderator:** Samikshya Adhikari, TV Journalist

**Panelists:**

- Ujjwal Bikram Thapa: Social Activist
- Shiwa Karmacharya: Independent Researcher
- Sarita KC: Mitini Nepal (LGBTIQ representative)

- Binu Subedi: Journalist
- Sahil Ansari: Child Rights Activist

The panel discussed and shared the different forms of gender based violence including, new and emerging forms of online and social media violence being perpetuated against predominantly women and girls. It particularly discussed on five different forms of GBV namely acid attack, cyber bullying, violence against LGBTIQ, workplace harassment and child marriage.

### **Puspa Kumari Gautam, Defying Child Marriage**

Before the panel discussion Pushpa Kumari Gautam, one of the participants shared her personal story of how she had to struggle hard to stop her marriage which was going to take place before she came of age. She shared that how daughters are considered as a burden to the family and how discrimination against them starts even before their birth. “When a son is born the whole family rejoices but when a daughter is born pall of gloom descends on their face,” she said. She shared that though her family supported in her education and fulfilled other needs; they tried to marry her off at the tender age of 14. Her parents believed that organizing the wedding of their daughter before her menarche would ensure their place in heaven after death.

The pain that she had to go through when she protested against her marriage was evident as she related her trauma. She was beaten mercilessly by her family members for disobeying their command. Though she faltered many times in the course of sharing her story her strength and firm determination was evident on how she stood her ground.

She also raised the issue of safety and security of the girls from different forms of violence they are likely to face in their schools, home and on the way to school and back home. She opined that the girls cannot share the incidents of violence they face outside of the home due to fear that the parents would stop sending them to school. This will devoid the girls from education and close the door to their personal development. She also shared that she has started raising voices for the rights of the girls by forming an adolescent girl’s group in her school.

**Ujjwal Bikram Thapa:** Mr. Thapa, a social activist, shared how he personally started supporting the acid attack survivors in Nepal without any external funding. He informed that so far 15 to 17 cases of acid attack have been reported to the police in Nepal and that 83 percent of acid attack survivors were women and girls. It was mainly through Mr. Thapa’s support that Muskan Khatun gained strength to overcome her trauma of acid attack.

**Mr. Thapa** underscored the need for making drastic changes in the way sons are being brought up in the Nepali society if we are to reduce gender related crime He further added that children should be brought up in a violence free and gender equal environment. He also emphasized the need for teaching sons the meaning of “NO Means NO. He opined that the society must accept acid attack survivors with dignity and treat them as normal human beings. He also demanded that employment opportunities must be provided to them so that they can live their life independently and with dignity. He also encouraged acid attack survivors to come out and advocate and create awareness as no one can represent themselves better than the victims themselves.

**Shiwa Karmacharya** talked about violence against women and girls taking place in the cyber space. She said that internet has provided numerous opportunities for people including the civil society to promote social activism. Social media has also been the voice of many who are still hesitant to speak for themselves including people living with disability, LGBTIQ, underprivileged and marginalized community.

However, the online space is not women and girls friendly. VAW&G in day to day world has been extended to virtual world also. She also shared findings of a recent research that over 95% of cases of online violence were targeted against women and girls. She opined that differentiating between online and offline violence is wrong because this is not a new form of violence but just an extension of what already exists.

According to her, generally women are subject to hate speech and online violence such as creating fake account and posting photos, circulating nude pictures and videos through messages and blackmailing in the cyber space. She further suggested to the youth not to use their personal information in social media for everyone to see. “One must always be aware and should not exchange private photos or videos taken when the relationship was going well. One can never know when the shared pictures and

videos may be used against them ruining their identity and existence,” She also informed that National Women Commission help line 1145 helps women suffering from online violence by registering their case and accordingly acting upon it.

**Sarita KC** said that defining gender based violence on the basis of sex is wrong as sex is biological while gender is related with what one feels from inside. It is natural for a person born with female genitalia to act/think like a boy and get attracted towards a girl while a person born with male genitalia may feel and act like a girl. However, the society has defined specific roles and responsibilities for boys and girls based on their sex.

Those boys and girls who cannot identify themselves with the set rules and regulations are marginalized. That’s the reason why the LGBTIQ community has long been subjected to torture and persecution and face social and economic deprivation. She expressed the hope that the new generation would start accepting the LGBTIQ members and understanding the problems they face.

She also highlighted the need for age appropriate sexuality education for children and revision of laws and policies that presuppose gender as binary only. She further said Q community.

**Binu Subedi** shared how she was subject to attempted violence at workplace and how she defended herself. She said that in Nepal’s journalism sector, dominated by male and pervaded with patriarchal thoughts and behavior, a female journalist has to work with much caution. She recalled an incident when she was one of the few female journalists reporting political issues. It was around 15 years back she was assigned to prepare a report of a high level political party meeting called to decide on the Maoist Movement. When the meeting concluded, it was already midnight and there was no public transport available to return to office and file the story for printing. She had to ask for a lift in a bike of one of the senior journalists who tried to take benefit of her and tried to sexually assault her. Since that incident, she said that almost 18 so called senior journalists tried to sexually harass her with text messages or by trying to touch her inappropriately in the work place.

She said she has been raising voices for women journalists facing sexual violence from their colleagues and counterparts through her writing and opinion pieces. She also said that she feels sad to see the journalists who tried to sexually harass her, occupy important positions. She further informed that after she started bringing out the issues of violence faced by women journalists through writing, many other female journalists have started coming to her with similar stories and experiences. She further said that the society is changing and people’s mindsets are also gradually changing. She also underscored the need for educating the daughters to protest and voice out if anyone tries to harass them.

**Sahil Ansari** said that more and more women and girls are opening up and protesting against the violence they face. He further added that there has been a visible change in the area of girl’s education and child marriage. However, there is still a long way to go, he said. He also summoned all the youth to raise awareness and voice for girl’s rights and wipe out the social ills like child marriage. He also shared how he has been actively working in the Muslim community in Nepalgunj against child marriage implementing the child friendly governance approach.

He was of the opinion that women and girls are rising and standing up for their rights, and the government has also enforced strict laws. He ended with a positive note that with the active participation of the youth in social transformation existing social ills and deep rooted prejudice and discrimination based on gender, caste and creed will significantly be reduced.

## **Session VII: Women, Youth, Peace and Security**

**Moderator:** Pradip Pariyar, Executive Chair of Samata Foundation

### **Panelists**

- Dhruva Raj Poudel, Information Officer, NYC
- Nagma Mali, Conflict Victim National Alliance
- Suresh Yadav, Dialogue Coordinator
- Tripani Magar, Dialogue Coordinator

The panel focused on UN Security Council Resolutions on Women/Youth Peace and Security and discussed the role of the youth in contributing to sustainable peace and creating gender equal homes and society.

**Moderator Pradip Pariyar** started by calling upon the participants to have the courage to always stand up against all kinds of discrimination and exploitation. Pariyar gave a brief introduction of the UN Security Council Resolution 2250 adopted in 2015. He informed that the resolution was adopted with the objective of addressing the growing number of youth's involvement in the conflict. The resolution ensures participation of youth in peace building process, their protection during and aftermath of the conflict, youth mobilization in prevention of the conflict as well as seeks youth partnership for the purpose. Besides, the resolution has provision for the reintegration of the youth affected and involved in the conflict. He also informed about the UNSCR 1325 on women peace and security and its National Action Plan in Nepal.

**Nagma Mali** shared how she confronted the discrimination she faced in her life. She said that she faced discrimination from friends and community people as an orphan as her father was killed by the state for his affiliation with the then Maoist rebel group. She said "My childhood was spent in severe depression and frustration. Now, I demand justice not only for my father, who was disappeared by the state, but for myself as well".

Suresh Yadav shared his story of facing discrimination at the hand of so called upper caste journalists while he was just trying to enter the media field. He highlighted the role of the youth in institutionalizing the federalism in Nepal. He informed that he has been involved in localization of national youth policy. Change is possible but for that youth should be guided and mentored towards a positive path contributing to the institutionalization of federalism he opined.

Tripanti Magar shared that she faced discrimination as an indigenous woman who was part of the rebel armed group during the conflict time. "Where there is discrimination and no recognition of one's identity there is bound to be struggle and revolution" she said. However, if the discontent is addressed and inequality is resolved, peace and progress can be achieved she underscored.

**Dhruba Raj Poudel** informed about the government's work in the implementation of UNSCR 2250. He also informed about the youth vision the government is drafting to mobilize and empower the youth for social change. He underscored the need for the youth to develop positive thoughts and progressive action citing that the youth are mostly found harboring negative mentality which is reflected in their thoughts expressed through their social media accounts. The youth need to realize their responsibility and act accordingly instead of engaging themselves in blaming others. They need to explore the opportunity and possibility to contribute to the society. He further informed that NYC has formed a youth network from ward level to local, provincial, and federal level to utilize the strength of the youth for social transformation. He also mentioned that NYC has been initiating youth parliament and ward youth club to promote good governance and act against social-ills and discrimination.

## **Session VIII: Closing Plenary**

**Moderator:** Suvekchya Rana: Senior Programme Officer, Saathi

During the session seven youth participants representing the seven provinces were provided with an opportunity to share few words of their impression of the conference.

The participating youth felt that they were better capacitated and empowered in tackling the varied dimensions of gender inequality as well as inspired and motivated to intervene more rigorously from their level. Their knowledge on the International laws and human rights mechanisms the youth felt had been enhanced with a better and clearer notion of intergenerational equality.

Above all, the conference was able to facilitate a broad extensive discussion and discourse on various issues facing the youth particularly focusing on existing inequalities. To conclude, the conference has become successful in meeting its objective of strengthening youth led movement building for the realization of the 2030 agenda.

## The Youth Perception of the Conference

“Our dream of a better, just, and prosperous Nepal is only possible if we youth work collectively at all levels.” - **Laalit Ojha, Province 7**

“We have learnt a multitude of things from these two days National Youth Conference. We have been motivated to work for and strengthen advocacy for generating youth -employment in our own country and decrease foreign labor migration.” - **Shankar Upadhyaya, Karnali Province**

“We will start implementing the learnings first by initiating dialogue sessions on the topics discussed in the conference in at least our own communities and schools.” - **Sameer Pariyar, Province no. 5**

“I am a Lesbian. And because of that fact alone, I have had to stay away from home for the last nine months. Let’s all raise voice not just for ourselves but also for the LGBTIQ people. We need to put this into practice right from today.” - **Swastika Pariyar, Province 4**

“We are very thankful to the organizing team for including physically challenged youth like me in this conference. If everyone participating in this conference vows to speak for our rights, I am sure our situation will be much better.” - **Manisha Adhikari, Province no. 3**

We have worked for the elimination of child marriage in the past, and we now commit to continue our efforts in a much greater way with collective voice and strength - Ms. Rabina Ansari, Province 2

Gender Equality is only possible through equal participation of all the genders. We the youth commit to take this into account in all our efforts to promote gender equality” - **Saroj Dhakal, Province no. 1**

At the end of the session the 328 participants of the Conference after much discussion unanimously adopted the “Kathmandu Declaration” urging the Government to put more serious effort in accommodating the needs of the youth and mobilizing them in socio-economic transformation of the society through introduction of policies, programs and legislations (Full declaration in Annex-1)

## Youth Take Away from the Conference

The review and evaluation session led by conference convener Bandana Rana provided a forum for participants to share their take away from the conference either in one phrase or a sentence. Almost all of the 200 youth expressed their learning from the Conference.

The majority of the participating youth expressed that the conference provided them with ample opportunity to learn in detail about the process, content and importance of various International commitments adopted by the Government related to gender equality, and the existing national policies and strategies for the betterment of the quality of life of young people. They realized that the country has ratified and adopted crucial International commitments, and they have specific role to play in shaping a positive future of the country based on equality and human rights.

They realized that it is essential to rise from the fear of speaking and be able to channel their thoughts through appropriate ways of expression to solve the problems they are facing, and with strong determination, the sufferings in life can be transformed to power.

Likewise, they also learnt to question themselves first before following harmful traditions blindly and promote positive change, and seek a collaborative approach for eradicating harmful discriminatory practices from its roots. The understanding that patriarchy has negative consequences not only on women but also on men was realized and a new insight of engaging men and boys in tackling the issue of gender inequality was obtained by the participants.

"I should put myself in the position of the women to understand their problems."- Mahesh Pun (Karnali Province)

"I no longer feel alone. The solidarity from more than 200 youth representing all the seven provinces makes me stronger in the realization that there is a collaborative effort and alliance to solve the discrimination I and similar other girls are facing all around the country." - Punam Bhattarai (Province no. 2)

"I have come to believe that change is possible in this very generation." - Shree Krishna Thapa (Bagmati Province)

"I will focus more on the solution than in the problem and opt for quality rather than quantity." - Kamala Khadka (Province no. 1)

"I have realized that the youth play a major role in bringing change in the community, and in themselves. Generation equality can be achieved in this very generation." - Hassena Shrestha (Bagmati province)

"We learnt how to strengthen advocacy through the knowledge of various international commitments made by Nepal like BPFA, ICPD, CEDAW" - Sapana Paudel (Gandaki Province)

"My self-awareness and self-confidence have increased and I feel confident to intervene for social change." - Gita Sunar (Gandaki Province)

I have gained renewed energy to work against inequalities" - Suman Bhatt (Sudurpachhim Province)

## **Annex 1: Kathmandu Declaration on Generation Equality**

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The Generation Equality: National Youth Conference was successfully held from 21- 22 January at Lalitpur that witnessed presence of youth representatives from all the 77 districts of the country. The forum brought together more than 200 of us youth, working in our respective areas for the implementation of various national and international provisions like the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) adopted by Nepal in 1991 , the International Conference on Population and Development (ICPD) endorsed by Nepal in 1994 , Beijing Declaration and Platform for Action adopted by the Fourth World Conference on Women in 1995, Sustainable Development Goals of 2015, United Nations Security Council Resolution 2250 on Youth, Peace and Security and 1325 on Women, Peace and Security, the constitution of Nepal 2015 and the National Youth Policy and Youth Vision 2025.

The conference was also marked as the celebration of the completion of the significant era of adoption of various International Commitments made for gender equality (ICPD+25, Beijing+25, UNSCR1325 +20 and SDG +5, 75 years of United Nations and 40 years of CEDAW). With a profound and in-depth discussion for two days on the topics like Intergeneration, gender equality, Sexual and Reproductive Health Rights, existing structures and mechanisms, provisions, policies and campaigns in the country, changing mindset, addressing the stereotypical notion of the society, women, youth peace and security, and so on, we have gained inspiration and empowerment to work rigorously for creating youth, child and girls' friendly environment. With the completion of the conference, we the participants of this Conference adopt this declaration composed of our united call for action as well as resolution.

### **Our Joint call for action**

Assure the proper execution of the existing laws, policies, rules, directives by mainstreaming gender issues, ensuring Youth Mobilization as well as 50/50 participation as per the provision of Sustainable Development Goals by 2030 and meeting existing gap in gender equality and commitments made in the Convention on the Elimination of All Forms of Discrimination against Women (1979), International Conference on Population and Development (1994) and Beijing Declaration and Platform for Action (1995).

Impart necessary counseling and service to the youth living with poverty, unemployment, inequalities, deprived from opportunities and formal education, confused on setting goals in their life, raised in the patriarchal society with stereotypical notion and facing other varied difficulties. Promote youth entrepreneurship in the country, and discourage brain drain, unskilled and semiskilled youth towards foreign employment by creating opportunities compatible with their desires as well as beneficial to the society with adequate investment at the local level. Similarly, ensure safe and respected provisions of migration for the youth who are already working in foreign countries.

Place specific provisions for ensuring the Sexual and Reproductive Health Rights of Women by establishing a separate law on safe abortion and adhering to the Nepal Government's decision to deliver free safe abortion services. Make youth friendly health services accessible at all levels by compulsorily incorporating the components of sexual and reproductive health education that also helps in eradicating the existing harmful practices and cultures of the society in the curriculum of the secondary and higher secondary education.

Implementation of the United Nations Security Council Resolution 2250 on Youth, Peace and Security and United Nations Security Council Resolution 1325 on Women, Peace and Security by maintaining meaningful, proportional and inclusive participation of youth and women at all levels, agencies and structures and fulfilling the provision of 30 percent youth and women participation at the policy making and program delivery at all levels of the Nepal Government.

Concentrate on the need for quality, technical and skill based education of young people and secure a provision of free education to the economically, socially and academically disadvantaged youth at all the technical and skill based educational institutions. Strengthen the capacity of Youth Employment Fund established with the motive of encouraging employment and entrepreneurship among youth and make it accessible to the youth throughout the country by expanding its structure at the province level.

Recognition of the sexual and gender minorities by also securing their right to marriage and live like a respectable citizen.

1. Legally abolish all the practices hindering and violating the human rights of the physically challenged people and guarantee proper employment opportunities for them.
2. Develop easy, accessible, scientific and transparent services as well as benefits related to social security by also building organized, reputable and effective social security programs. Ensure child, adolescents and youth friendly program, policy and structure at all the three levels of the government.
3. Urgent adaptation of the policies for the capacity building of the vulnerable and poor community impacted heavily by the negative consequences of the climate change and their effective implementation with the mobilization of the youth by being focused on the protective strategies.
4. Ascertain appropriate legal provisions at all levels for ending Child Marriage, acid attack, sexual violence, rape, labor abuse, trafficking, chhaupadi, online violence and other forms of exploitation and ensure their effective implementation.
5. We express our commitment to the following to yield solutions for the problems we have been facing and create efforts towards creating a respected and organized society.

### **Our Commitments:**

1. We will work with complete determination at our respective levels for proper execution of the International commitments made for Youth, Women and Children and the campaigns for gender equality and women as well as girls' empowerment.
2. We will ensure our meaningful participation for the implementation of the necessary plans and policies to meet the Sustainable Development Goals-2030 and the 15<sup>th</sup> Periodic Plan by also contributing positively to the programs and campaigns of the government and civil society organizations.
3. We will promote entrepreneurship by utilizing the resources within the country, and advocate for the best interest of all the citizens of the country by promoting positive thoughts, lifestyle and culture at home, family and society and rising above the social division factors like caste, class, religion, language, gender and so on.
4. We will focus on our personality development and the progress of the entire nation by making the best use of the information and technology, utilizing all the opportunities designed for our capacity building and embracing the advice and learning of the adults.
5. We will play a prime role in maintaining peace, security and good governance at our respective local level and intervene for social development as future leaders by withholding from personal benefits.
6. Utilizing Nepal Government's declaration to celebrate this fiscal year as Youth Mobilization year and the year against gender based violence; we are committed to successfully organize the related programs and campaigns at all local levels.
7. We will immediately report incidents of gender based violence, exploitation, child marriage, trafficking or any other incidents of injustice to the concerned authority and lobby as well as coordinate for the proper investigation and justice delivery of such cases, and also commit never to be a part of such activities.

## Annex 2: Participants of the Conference

### Youth Participants

<b>Province 1</b>		
S.N.	Name	District
1.	Suman Rai	Morang
2.	Bijaya Thapa	Khotang
3.	Aadhar Babu Khatiwada	Morang
4.	Asmita Thapa	Jhapa
5.	Sanskriti Maskey	Sunsari
6.	Kamala Khadka	Sunsari
7.	Pabitra B.K	Okhandhunga
8.	Suruchi Chipalu	Ilam
9.	Prasoon Khadka	Udayapur
10.	Laxmi Ghimire	Udayapur
11.	Sujan Tamang	Okhandhunga
12.	Ranjana Kumari Karki	Udayapur
13.	Sagar Koirala	Dhankuta
14.	Anita B.K	Solukhumbu
15.	Alina Gautam	Jhapa
16.	Divya Magar	Okhaldhunga
17.	Sangita Timilsina	Tehrathum
18.	Januka Apagain	Tehrathum
19.	Rajendra Tamang	Udayapur
20.	Saroj Dhakal	Jhapa
21.	Umesh Pokhrel	Udayapur
<b>Province 2</b>		
22.	Kundan Prasad Kushwa	Rautahat
23.	Sarita Kumari Sah	Saptari
24.	Niraj Jaiswal	Saptari
25.	Hari Narayan Sardar	Saptari
26.	Asha Kumari Mandal	Dhanusa
27.	Puja Kumari Thakur	Dhanusa
28.	Sujan Karki	Bardibas
29.	Rocky Prasad Sah	Dhanusa
30.	Suresh Yadav	Dhanusa
31.	Binod Kumar Mahara	Dhanusa
32.	Chandani Kumari Singh	Rautahat
33.	Sabita Sah	Dhanusa
34.	Rabina Ansari	Rautahat
35.	Gautam Sharma	Mahottari
36.	Punam Bhattarai	Sarlahi
37.	Rangila Kumari	Sarlahi
38.	Madhu Kumari Mahara	Parsa
39.	Amrita Kushwaha	Bara

Province 3		
40.	Geeta Karki	Sindhupalchowk
41.	Nagsal Lama	Sindhupalchowk
42.	Anita Tamang	Rasuwa
43.	Nirmala Gautam	Kavrepalanchowk
44.	Adait Astha Gurung	Kathmandu
45.	Kamal Chaulagain	Kathmandu
46.	Rajan Basnet	Dolakha
47.	Ramkaji Ghalan	Sindhuli
48.	Subash Dhakal	Kavre
49.	Sujata Devkota	Chitwan
50.	Nitisha Poudyal	Kathmandu
51.	Sangita Shrestha	Kathmandu
52.	Pramila Humagain	Bhaktapur
53.	Shree Krishna Thapa	Bhaktapur
54.	Manisha Adhikari	Kathmandu
55.	Anu Lama	Ramechhap
56.	Deelima Basnet	Kathmandu
57.	Pooja Regmi	Kathmandu
58.	Sami Rajeshwori Singh	Kathmandu
59.	Anjila Acharya	Rasuwa
60.	Sumikshya Khadka	Dolakha
61.	Kabita Tamang	Kathmandu
62.	Aaditya Rai	Kathmandu
63.	Pabitra Neupane	Kathmandu
64.	Sona Gautam	Kavre
65.	Deepak Basnet	Sindhupalchowk
66.	Shiwa Karmacharya	Kathmandu
67.	Aditiya Adhikari	Kathmandu
68.	Sajju Maharjan	Lalitpur
69.	Samjhana Maharjan	Kathmandu
70.	Shreya Paudel	Lalitpur
71.	Anita Ghimire	Kathmandu
72.	Deepesh Shrestha	Kathmandu
73.	Praju Dotel	Lalitpur
74.	Dikshya Khadgi	Lalitpur
75.	Shivi Thakur	Kathmandu
76.	Santosh Khadka	Sindhupalchowk
77.	Rajendra Senchurey	Dhading
78.	Nisha Paudel	Kathmandu
79.	Prakash Maharjan	Kathmandu
80.	Barsha Gurung	Kathmandu
81.	Brinda Rana	Ruden
82.	Mukunda Joshi	Kathmandu

83.	Dhan Maya Tamang	Nuwakot
84.	Bina Nepal	Kavre
85.	Laxmi Nepal	Katmandu
86.	Aaditya Ghimire	Kathmandu
87.	Srishti Jayana	Bhaktapur
88.	Preet Shah	Lalitpur
89.	Sirisha Shrestha	Lalitpur
90.	Suvasini Shrestha	Kathmandu
91.	Bipana Nepali	Sindhuli
92.	Gopini Shedain	Dolakha
93.	Raj Kumar Goley	Makawanpur
94.	Shankar Neupane	Bhaktapur
95.	Nisha Tamang	Nuwakot
96.	Ashmita Pandey	Kathmandu
97.	Manisha Pyakurel	Kathmandu
98.	Ankita Tripathi	Dhading
99.	Neha Gurung	Kathmandu
100.	Prachi Khatiwada	Hetauda
101.	Menuka Thapa	Bhaktapur
102.	Babita Pariyar	Dhading
103.	Tsering Yangi Sherpa	Kathmandu
104.	Fura Gelzen Sherpa	Kathmandu

#### Province 4

105.	Sapana Paudel	Nawalparasi
106.	Preety Bhusal	Nawalparasi
107.	Sabita Pangeni	Nawalparasi
108.	Pratiksha Gairhe Malla	Syanja
109.	Bidhya Dhungana	Nawalparasi
110.	Bikram Puri	Parbat
111.	Niruta Khatri	Nawalparasi
112.	Subashana Gurung	Pokhara
113.	Deepak Sharma	Nawalparasi
114.	Sandip Sharma	Myagdi
115.	Swastika Pariyar	Syanja
116.	Sunita Acharya	Tanahu
117.	Rojina Acharya Chhetri	Kaski
118.	Gita B.K	Parbat
119.	Ashma Aryal	Nawalparasi
120.	Gaurab Panta	Tanahu
121.	Bibek Tripathi	Kaski
122.	Shikshya Panta	Lamjung
123.	Pratima Senchurey	Lamjung
124.	Salina Joshi	Baglung
125.	Sushila Acharya	Baglung

Province 5		
126.	Sanju Kandu	Kapilvastu
127.	Tulsi Thapa	Banke
128.	Asmita Khadka	Arghakhanchi
129.	Yubati Thapa Magar	Rolpa
130.	Anita Budha Magar	Rolpa
131.	Mala Neupane	Palpa
132.	Surakshya Giri	Palpa
133.	Saroj Khanal	Gulmi
134.	Sahil Ansari	Banke
135.	Suman Khatri	Banke
136.	Dilip Kumar Yadav	Kapilvastu
137.	Tripani Bajali	Rolpa
138.	Min Raj Roka	Rolpa
139.	Madhav Kumar Oli	Rolpa
140.	Anish Pokhrel	Butwal
141.	Sandesh Lansal	Butwal
142.	Manjari Pariyar	Rolpa
143.	Sunil Harijan	Rupandehi
144.	Kajal Thapa Magar	Rolpa
145.	Sabina Khatum	Dang
146.	Babita B.K	Kapilvastu
147.	Soniya Gharti	Pyuthan
148.	Ranju Thapa	Pyuthan
149.	Anita K.C	Gulmi
150.	Hasina Banu	Kapilvastu
151.	Prem Bishowkarma	Bardiya
152.	Raju Pandey	Kapilvastu
153.	Manoj Pandey	Kapilvastu
154.	Mamata Harizan	Kapilvastu
155.	Samir Pariyar	Nawalparasi
156.	Uma Bishokarma	Palpa
157.	Srijana Dhakal	Gulmi
158.	Bikram Pariyar	Rukum
159.	Srijana Yadav	Rupandehi
160.	Pushpa Harijan	Rupandehi
161.	Simran Gauchan	Rupandehi
162.	Santaram Pasi	Rupandehi
163.	Urmila Gautam	Rukum
164.	Jibkala Sunar	Arghakhanchi
165.	Ramu Pandey	Rupandehi

<b>Province 6</b>		
166.	Drishti Thapa	Dailekh
167.	Sushmita B.C	Jumla
168.	Swastika Malla	Mugu
169.	Mahesh Pun	Rukum
170.	Lokendra Shahi	Dolpa
171.	Dinesh Pandey	Surkhet
172.	Sapana Raut	Jajarkot
<b>Province 7</b>		
173.	Chandra Saud	Doti
174.	Naresh Sharma Awasthi	Doti
175.	Ramit B.K	Bajura
176.	Lalit Ojha	Kanchanpur
177.	Jagat Wod	Achham
178.	Kaushi Kumar Neupane	Bajura
179.	Pramila Dhungana	Achham
180.	Sher Bahadur Rawal	Bajura
181.	Suman Bhatta	Dadeldhura
182.	Bindu Bhattarai	Dadeldhura
183.	Bhupendra Singh Bist	Darchula
184.	Saraswati Khati	Darchula
185.	Ramesh Pant	Dadeldhura
186.	Kamala Thapa	Doti
187.	Biswa Pratap Chaudhary	Kailali
188.	Mukunda Joshi	Bajura
189.	Ramita Kumari Singh	Bajhang
190.	Shilpa Kumari Sunar	Bajhang
200.	Kunti Bhatta	Baitadi
201.	Anju Chand	Baitadi
202.	Shreesha Chand	Dhangadi
203.	Mohan Saud	Doti
204.	Kamala Bist	Darchula
205.	Rekha Nepali	Kanchanpur

## Other Participants and Guests

S.N.	Name	Organization
1	Hon. Shashi Shrestha	Chair, Parliamentary Committee on State Affairs and Good Governance
2	Deependra Kafle	Secretary, NWC
3.	Nischal Karki	JCYCN
4.	Chanda Thapa	NYC
5.	Shraddha Verma	JCYCN
6.	Niraj Neupane	SDG Studio
7.	Pawan Budhathoki	SDG Studio
8.	Bikash Sinjam	SDG Studio
9.	Gautam Sharma	YNPD Nepal
10.	Nagma Mali	CVNA Nepal
11.	Maya Sapkota	Pahichan Nepal
12.	Pooja Regmi	NADH
13.	Uma Thapa	VSO
14.	Meekha Mathema	Art of Living
15.	Dr. Rita Thapa	BTMF
16.	Ganga Dutta Awasthi	Former Government Secretary
17.	Neelima Basnet	Activist
18.	Nischal Basnet	Actor
19.	Amrita Basnet	Activist
20.	Tulasa Amatya	CAC Nepal
21.	Soni Joshi	Saathi
22.	Sindhu Aryal	
23.	Indira Shrestha	Radio Nepal
24.	Anu Dongol	YUWA
25.	Sumita Panthi	World Vision
26.	Indu Pant	Ujayalo Foundation
27.	Padma Mathema	Skill Share Nepal
28.	Roshana Pradhan	FWLD
29.	Jyoti Nakarmi	Kamdhenu
30.	Rajendra Maharjan	Right now right here
31.	Ramila Malla	Kamdhenu
32.	Lily Thapa	WHR/ Sankalpa
33.	Bimala Shrestha	Saathi
34.	Sajja Singh	YUWA
35.	Kunda shah	WHR
36.	Sumnima Tuladhar	CWIN Nepal
37.	Sanjita Timsina	WOREC
38.	Satal Maharjan	Yuwalaya
39.	Ujjwal Thapa	Activist
40.	Rasul Khan	
41.	Shanoj Khatun	

42.	Muskan Khatun	Youth Activist
43.	Samiya Khatun	
44.	Manoj kumar Yadav	
45.	Durga Ghimire	Women's Rights Activist
46.	Aditya Adhikari	
47.	Anita Shrestha	CWAD
48.	Prof. Dr. Shashi Adhikary	Faculty of law T.U.
49.	Medha Sharma	Visible Impact
50.	Eman Sunar	DNF/ED
51.	Pinky Singh Rana	Saathi
52.	Anushka Shrestha	Miss Nepal 2019
53.	Shambhu Dongol	Ratopati
54.	Omita Joshi	CAC-N
55.	Nabin Maharjan	SPCSN
56.	Purshottam Tamang	
57.	Amuda Mishra	Ujyalo Foundation
58.	Bidhya Bista	Girls Kick
59.	Sadhana Shrestha	RISE
60.	Jenisha Maharjan	LOOM
61.	Ganga Kumari Limbu	Thoughtful steps
62.	Dr. Hashina Begum	UNFPA
63.	Sudha Pant	UNFPA
64.	Jagadish Ayer	AYON
65.	Nita Dhungana	RISE
66.	Sami Timilsina	LOOM
67.	Mukunda Thapa	
68.	Dillu Parsad Ghimire	NGO Federation
69.	Jyoti Rana Magar	World Education
70.	Padma Gurung	World Education
71.	Meena Sharma	
72.	Srijana Thapa Pathak	TEWA
73.	Sushila Shrestha	Beyond Beijing Committee
74.	Madhab Dhungel	NYC
75.	Bijaya Rai Shrestha	AMKAS Nepal
76.	Pratima Pathak Mudbhary	WFWF
77.	Shreya Poudel	The Asia Foundation
78.	Shyam Kaji Khatri	National Youth Council
79.	Anita Ghimire	Nepal Disabled Women Association
80.	Mira Kafle	National Youth Council
81.	Nabin Ghale	World Vision
82.	Bhawisha Koirala	AAYWIN
83.	Sajida Siddiqi	SISEA
84.	Anita Neupane Thapalia	LACC
85.	Kripa Basnyat	Feminist Activist

86.	Pooja Regmi	NADH
87.	Rachana Shrestha	VSO Nepal
88.	Rakshya Poudyal	Plan International
89.	Uttam Ram	F.D
90.	Pramada Shah	Saathi
91.	Samikshya Adhikari	Journalist
92.	Mingma Sherpa	SFC
93.	Baibhav Neupane	Art of Living
94.	Riya Thapa	Art of Living
95.	Binu Subedi	Kantipur
96.	Sarita K.C	Mitini Nepal
97.	Gorakh Regmi	BTMF
98.	Kamla Bisht	Royal Norwegian Embassy
99.	Rachana Bhattarai	UN Women
100.	Subindra Bogati	National Peace Initiative
101.	Ranjon Poudel	National Youth Council
102.	Dimesh Karki	National Youth Council
103.	Kalyanee Shah	SEWA/WSPC
104.	Maniraj Sunuwar Kirat	Karyshala Creation
105.	Gita Chaudhary	Youth Advocacy
106.	Divya Magar	Saathi Youth Group
107.	Indira Nepali	Saathi Youth Group
108.	Salina Rai	Saathi Youth Group
109.	Bhakta M.N	Saathi Youth Group
110.	Jeevan Thapa	NPI
111.	Prof. Radha Sharma	Tribhuvan University
112.	Preeti Thapa	The Asia Foundation

## Organizers

S.N.	Name	Organization
1.	Meera Dhungana	FWLD/NNBN
2.	Tilottam Paudel	JCYCN
3.	Uma Shah	Saathi
4.	Bandana Rana	Saathi
5.	Santosh Pokharel	Saathi
6.	Suvekchya Rana	Saathi
7.	Amit Shrestha	Saathi
8.	Sumikshya Khadka	JCYCN
9.	Dhurba Raj Poudel	NYC
10.	Anjila Acharya	JCYCN
11.	Umesh Pokherel	JCYCN
12.	Sapana Maharjan	Saathi
13.	Khadga Oli	Saathi
14.	Anju Singh	Saathi
15.	Anup Nasnani	Saathi
16.	Sami Rajeshwori Singh	Saathi
17.	Haseena Shrestha	JCYCN

## Media

S.N.	Name	Organization
1.	Dimesh Karki	Yug sandesh
2.	David Silwal	SDG Studio
3.	Tanka Panta	Nepal Samachar Patra
4.	Hrishikesh Rajopahangag	
5.	Manisha Paudel	Farakdhar
6.	Sapana Maharjan	Annapurna Post
7.	Sarisha Achhami	Kathmandu Press
8.	Arjun Babu Dahal	Nayapatrika
9.	Salman Rai	
10.	Raghunath Bajogain	Onlinekhabar.com
11.	Tirtha Raj Niraula	Nepallive.com
12.	Shristi Nepal	Makalukhaba.com
13.	Naresh Shrestha	The Himalayan Times
14.	Devendra Maharjan	Image T.V
15.	Shailaza Singh	Image T.V
16.	Shankar Khanal	Image T.V
17.	Binod Katwal	Sarokar hd T.V
18.	Shiva Tamang	Gorkhapatra
19.	Gopal Dahal	Harekpal T.V
20.	Riwaj Rai	Kathmandu Press.com
21.	Prakash Thapa	News Agency
22.	Surendra Raut	Sagarmatha T.V
23.	Suresh Rasu	Avenues T.V
24.	Kul Kumar Moktan	Avenues T.V
25.	Mukunda Kalikote	Reportersneal.com
26.	Purna Prasad Mishwa	Reporter PSS
27.	Karna Raj Pandey	Sagarmatha T.V
28.	Bidlupa Rai	Kanitpur Daily
29.	Arjun Babu	Naya Patrika
30.	Manish K.C	Baneshwor club
31.	Nishan Neupane	Chaitarya
32.	Ashesh Ghimire	SXC
33.	Aarya Chand	V.S. Niketan
34.	Bijaya Karki	

## Annex 3: Program Agenda



Government of Nepal  
Ministry of Youth and Sports  
National Youth Council  
Sanothimi, Bhaktapur



Generation Equality: National Youth Conference

**समानताको पुस्ता : प्रतिवद्ध युवा दस्ता**

Kathmandu, Nepal

**21-22 Jan, 2020/ ७-८ माघ, २०७६**

### Program Agenda

Day 1 (Jan 21, 2020) - Himalaya Hall

Time	Program	Remarks
7.30 - 8.30	Registration & Breakfast	(Breakfast closes sharp at 8.30 am)
9.00 -11.00	Opening Plenary and Inauguration	<p>This session includes inauguration of the event and an inter-generational panel discussion reflecting on the achievements and affirming the commitment to inclusive and collective actions needed to take the gender equality movement forward with the youth at the helm. The process for the session involves:</p> <ul style="list-style-type: none"> <li>• Welcome remarks by representative of the organizers</li> <li>• Video Spot on Youth Mobilization</li> <li>• Intergenerational Panel “ Then and Now”</li> <li>• Inauguration by Chief Guest Muskan Khatun, (Muslim girl, survivor of acid attack)</li> <li>• Handing over the flame of Gender Equality to the youth (by seven feminists who had attended Beijing or ICPD to 7 youth representatives from the seven province)</li> <li>• Youth performance (Dance) by Saathi Youth Network</li> </ul> <p><b>Moderator :</b></p> <ul style="list-style-type: none"> <li>• Bandana Rana, Conference Convener</li> </ul> <p><b>Panelists :</b></p> <ul style="list-style-type: none"> <li>• Hon. Shashi Shrestha, Member of Federal Parliament,</li> <li>• Durga Ghimire , Women Activist,</li> <li>• Laxmi Nepal, Young feminist living with disability,</li> <li>• Fura Gelzen, National Coordinator, Y-PEER Nepal</li> </ul>
11.00 - 11.30	Tea break	

11.30 - 13.00	2020 Global Agenda for Gender Equality	<p>The panel will apprise the participants on UN Mandate and Global Commitments for gender equality to be reaffirmed in 2020 such as BPFA, ICPD, CEDAW, and the SDGs as well as national youth policies to align with the global commitments.</p> <p><b>Moderator:</b> Kripa Basnet, Independent Activist</p> <p><b>Panelists :</b> Madhav Dhungel, Executive Vice-chair , National Youth Council, Roshana Pradhan, Women rights advocate at FWLD, Medha Sharma, CEO Visible Impact, Geeta Chaudhary, grassroots youth and indigenous activist</p>
13.00 - 14.00	Lunch Break	
14.00 -14.30	Letting out Frustration	<p>This will be a forum where participants can express their anger and frustration against what they think is hindering gender equality (system, structures, policies, movement etc.).</p> <p><b>Moderator:</b> Yashoda Timsina, Outgoing Commissioner of National Information Commission</p>
14.30 - 16.30	Changing Mindset and Addressing Stereotype	<p>The panel will discuss the barriers posed by patriarchal mindsets and existing negative gender stereotypes. It will also share actions needed to be taken in demystifying harmful traditional and cultural practices that perpetuate discrimination and inequality.</p> <p><b>Moderator:</b> Amuda Mishra, ED, Founder Ujjyalo Foundation. Presenter Shikha Shrestha, Head of Programme-Inclusive Governance VSO Nepal</p> <p><b>Panelists:</b> Anushka Shrestha, Miss Nepal 2019 Hassina Bano, Youth activist, Sarita Sah, Youth Activist Sanjog Thakuri, President , Hami Daju Bhai</p>

## Day 2 (Jan 22, 2020) - Himalaya Hall

Time	Program	Remarks
7.30 - 8.30	Registration & Breakfast	(Breakfast closes sharp at 8.30 am)
9.00 - 9.30	Recap	Recap of the previous day by the rapporteurs
9.30 - 10.30	Practicing Self Care	The session will discuss on the importance of self-care and will have a brief practical session on regenerating continued positive energy instrumental in exerting sustained impact for social development.  <b>Moderator :</b> Meekha Mathema and group
10.30 - 11.00	Tea Break	
11.00 - 13.00	Ending Gender Based Violence	The panel will discuss and share the different forms, new avenues and changed methods of violence being perpetuated against predominantly women and girls particularly focusing on Sexual Violence, SRHR and social media related violence. The panel will focus on how the youth can contribute in ending gender based violence and how their leadership will make a real difference for the purpose.  <b>Moderator:</b> Samikshya Adhikari, TV Journalist  <b>Panelists:</b> Shiwa Karmacharya, Independent Researcher Sarita KC, Mitini Nepal, Binu Subedi, Media Person Sahil Ansari, Child Rights Activist
13.00 - 14:00	Lunch Break	
14.00 - 15.30	Youth, Peace and Security	The panel will apprise the participants of the UN Security Council Resolutions on Women/Youth Peace and Security and discuss the role of youth in contributing sustainable peace and creating gender equal homes and society.  <b>Moderator :</b> Pradip Pariyar, Executive Chair , Samata Foundation  <b>Panelists :</b> Dhruba Raj Poudel, Information Officer, NYC Nagma Malai, Conflit Vitim National Alliance Suresh Yadav, Dialogue Coordinator Tripani Magar, Dialogue Coordinator

15.30 - 17.00	Closing Plenary – Movement Building through Joint Youth Resolution	Seven youth representatives from seven provinces will share the future strategy (addressing the frustration expressed by the youth the previous day) for collective youth movement and a joint conference declaration will be adopted. <b>Moderator:</b> Suvekchya Rana, Saathi <b>Vote of Thanks :</b> Tillotam Poudel, JCYCN
Tea/ Refreshments		

Conference Convener: Bandana Rana, Vice Chair UN CEDAW Committee and Strategic Adviser of Saathi

## Annex 4: Glimpses of the conference









