



# National Indigenous Disabled Women Association- Nepal (NIDWAN)

**MONTHLY BULLETIN**

**March 2020**

**Wish you all a very happy Women's Day. Without you, we would have been incomplete. we feel blessed to have you all in our collective journey.**

## Meeting with UN Women Nepal Team

Meeting with Ms. Rachana Bhattarai, Project Manager of UN Women Nepal including UN Women and NIDWAN team was held at UN Women Office Thapathali on the 3<sup>rd</sup> of March 2020. Ms. Pratima shared information about the UN Women Fact Sheet on Indigenous Women with Disabilities, its scope and integration in national policies and programs in the meeting. She discussed about the implementation of Concluding Observation (CO) of UNCRPD and CEDAW and its link with fact sheet. NIDWAN's activities, mission, and programs were also highlighted during the conversation. Ms. Bhattarai talked about the activities carried out by UN Women in Nepal and information related to grant procedure and integration of women with disabilities. During the meeting, issues of marginalized groups like LGBTQTIQ, single women, migrant, HIV affected women, women with disabilities and other groups were reflected focusing on groups facing intersectional layers of barriers. Indigenous women with disabilities issues and barriers related with their identities and social, economic barrier. The publication materials Concluding Observation (CO) of UNCRPD, CEDAW and other publications were submitted by NIDWAN.

## March Program Highlights

- ❖ Meeting with UN Women Nepal Team
- ❖ Training on Office Accounting
- ❖ Celebrating International Women's Day 2020
- ❖ Feature on various International Magazines: Cultural Survival, UN Women Factsheet, and Disability Advocacy Rights
- ❖ Meeting with INOWLAG Team
- ❖ Skill Development Training for Women with Disabilities
- ❖ Towards a Gender, Indigenous, and Disability Inclusive COVID 19 Response
- ❖ Data Collection on Persons with Disabilities

## Celebrating International Women's Day 2020



WE ARE WOMEN AND OUR DIVERSITY IS OUR STRENGTH AND WE ARE PROUD OF OUR DIVERSITY, IDENTITY AND INTERSECTIONALITY  
IF WOMEN STOPS WORLD STOPS, LET'S MARCH FOR IT, SOLIDARITY WITH ALL THE WOMEN AROUND THE WORLD.

-NIDWAN Nepal

### Celebration of International Women's Day

The 8<sup>th</sup> of March, International Women's day is celebrated around the globe. This year's theme for International Women's Day 2020 is 'I am Generation Equality: Realizing Women's Rights'. Like everywhere else, Nepal also celebrated this day by organizing various events and programs in different parts of the country. As stated by United Nations, the Generation Equality campaign tends to bring people of every gender, age, ethnicity, race, religion and country together, to drive actions that will create the gender-equal world we all deserve. On this day, NIDWAN took part in several events and pledge to advocate on the agenda of 'intersectionality' and be a medium to raise the voice of voiceless communities especially for Indigenous women with disabilities. On this occasion, NIDWAN emphasized on heterogeneous women's identities that are to be respected, promoted and fulfilled at all spheres. NIDWAN's team also participated in a rally organized by all Women Movement's in Nepal and supported the entire process of celebration from local to national level.

"People need to know that we have equal rights, not only in theory but also in practice."

"Sometimes it is enough to just take a woman by the hand and help her begin her journey."

"Dear women, be strong! Get involved in everything you can in this short life that we have. Be active and united. Together we can make a change!"

-Elena Crasmari (A Moldovan woman with disabilities who fought for her rights and won a local counselor seat in her home village)



TOPICAL PRESS AGENCY

Clara Zetkin founded International Women's Day in 1910

*FACTS: The history of celebrating women's day started from 1908, where 15000 women raised their voice to shorten their working hours, increase pay check, and right to vote in New York City. A year later, American Socialist Party declared it as National Woman's Day. Later in 1910, it was Clara Zetkin who put forward the idea of extending internationally the Women's Day during the International Conference of Working Women in Copenhagen. It was then celebrated for the first time in 1911. In 1996, the first theme adopted by UN was "Celebrating the past, Planning for the Future".*



Let's all be each for equal.

DON'T WORK IN SILOS,  
work in



illustrated by Sonaksha

REVOLUTIONISING PHILANTHROPY, 2019

<https://www.internationalwomensday.com/Theme>

<https://eca.unwomen.org/en/news/stories/2020/2/elena-crasmari-how-a-moldovan-woman-with-disabilities-fought-for-her-rights-and-won-an-election>

<https://www.bbc.com/news/world-51666668>



*"There Is No Tool For Development More Effective Than The Empowerment Of Women."*

*-Kofi Annan*

### [Skill Development Training for Women with Disabilities](#)

NIDWAN has been conducting skill development trainings for women with disabilities with the objectives to enable their skills and livelihood at local level every year. This year, the training was inaugurated by Mr. Narayan K.C, President of ward no. 4, Lalitpur Municipality and Ms. Pratima Gurung President of NIDWAN on the 19<sup>th</sup> of March 2020. Ms. Sumi Tamang, Ms. Ganga Chhantyal and Ms. Susmita Waiba were the resource persons who provided various skills and trainings on making shopping bags, bangles, earrings, purse, caps, and woolen made products. The objective of the training is to promote women with disabilities to start their own small business and support them economically. The training was conducted for fifteen days among twenty-six participants, resource person in a learning, inclusive and friendly environment.



FACT SHEET

## Indigenous Women with Disabilities

**IN NUMBERS**

The United Nations Permanent Forum on Indigenous Issues estimates that there are more than 370 million indigenous peoples around the world.<sup>1</sup> Complementing this data, indigenous women's organizations estimate that approximately 50 percent—roughly 185 million of the total indigenous population are women.<sup>2</sup> The World Report on Disabilities estimates that 15 percent of the world's population has a disability, on average.<sup>3</sup> If this percentage is applied to the estimated 185 million Indigenous women worldwide, it would be reasonable to place the number of indigenous women with disabilities at 28 million.

This would be a conservative estimate, however, given that disability rates are higher among women (19 versus 12 percent in men)<sup>4</sup> and also among indigenous women in different countries (ranging from 22 percent among Aboriginal women in Canada to 47 percent among Aboriginal women in Australia).<sup>5</sup>



**“Empowering [indigenous women with disabilities] means that we must be at the table making decisions about the issues that affect us.”**

PRATIMA GURUNG, AN ACTIVIST FOR THE RIGHTS OF INDIGENOUS PEOPLES AND WOMEN WITH DISABILITIES IN NEPAL AND ASIA, MEMBER OF THE STEERING COMMITTEE OF THE INDIGENOUS PERSONS WITH DISABILITIES GLOBAL NETWORK.

**WHY ARE DISABILITY RATES HIGHER FOR THESE GROUPS?**

Women suffer higher rates of depression and anxiety.<sup>6</sup> This has been linked to gender discrimination and gender-based role expectations as well as poverty, malnutrition, violence, pressure of work and disproportionate care burdens.<sup>7</sup> Other contributing factors include women's lack of access to sexual and reproductive health services, exposure to violence and harmful practices, and male-centered household distribution of resources.<sup>8</sup> Among indigenous peoples, higher rates of disability have been linked to poverty, violence, and greater exposure to environmental degradation and extractive industries such as mining.<sup>9</sup> The legacy of colonization has also been linked to psychosocial disabilities and intergenerational trauma.

International Disability Alliance | Indigenous Peoples with Disabilities Global Network | UN WOMEN



## OUR VOICES

### PRATIMA GURUNG

Pratima Gurung, an indigenous woman with disability from Nepal, is a tireless campaigner for the rights of indigenous women and girls with disabilities, including as a Steering Committee member of the Indigenous Persons with Disabilities Global Network. She is a member of DRF/DRAF's Grantmaking Committee.

TOP: Photo credit Andy Isaacson, BOTTOM: Photo credit Joel Sheakoski




Cultural Survival Quarterly Magazine

### Nothing About Us Without Us: The Struggle for Inclusion of Indigenous Women with Disabilities

“... we want Indigenous women at the table, we want them to make their decisions, we want them to make their concrete ideas known about the issues and concerns that are affecting their lives. We don't want others who would make a decision and an agreement on behalf of us. Indigenous women with disabilities have to be brought to the frontlines by their effective and meaningful participation.”

-Pratima Gurung, General Secretary for Indigenous Persons with Disabilities Global Network

**Links:**

<https://www.culturalsurvival.org/publications/cultural-survival-quarterly/nothing-about-us-without-us-struggle-inclusion-indigenous>

<https://www.facebook.com/disabilityrightsfund>

## Towards a Gender, Indigenous, and Disability Inclusive COVID 19 Response

Realizing the COVID 19 Pandemic and lockdown situation of country, NIDWAN released key recommendations as a necessary step to ensure and follow gender, indigenous and disability inclusive COVID 19 Response suggestion. The two pages document was prepared for stakeholders to assimilate the different COVID 19 interventions and measures to be applied. The document was widely disseminated among members, partners and other stakeholders through social media and emails. Based on this document, NIDWAN coordinated with Indigenous Television to make Public Service Announcement (PSA) on COVID 19 in sign language targeting deaf peoples and others. The team also held meetings with different civil society organizations to collect data and information on the challenges faced by persons with disabilities. Furthermore, virtual meetings to collect information on needs for persons with disabilities including indigenous and minority groups were done in parallel during the lockdown emergency situation.

Date 24 March 2020

### ***INFORMATION AND NOTICE TO ALL (WOMEN, INDIGENOUS PEOPLES, PERSONS WITH DISABILITIES AND OTHER MARGINALIZED COMMUNITIES)*** ***NIDWAN's Key Recommendations for COVID 19***

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- 1) Follow the information provided by the government and civil society organizations and ensure all the information should address and be inclusive to the diversity of peoples.
- 2) Women, Indigenous Peoples and Persons with Disabilities must receive information about infection mitigating tips, public restriction plans, and the services offered, in a diversity of accessible formats, plain, sign, simple and in mother tongue language with use of accessible technologies.
- 3) Priority protective measures must be taken/given for women, people with different types of impairment and indigenous peoples from highly marginalized communities who are risk and vulnerable at normal times and during the emergency/critical time.
- 4) All preparedness and response plans must be inclusive of and accessible to women, peoples with disabilities, indigenous peoples and other minority groups.
- 5) Quarantine spaces, self-isolated spaces, hospital space, open space determined by government should be physically accessible with support services, personal assistance, physical and communication, language accessibility and safe must be ensured.
- 6) Public restrictions measures must consider persons with disabilities, elderly peoples, children, women and indigenous peoples on an equal basis with others.
- 7) Any person in need of health services due to COVID19 cannot be deprioritized on the ground of their disability, age, sex, ethnic and class identities.
- 8) Women, Indigenous and Disabled Peoples led organizations can and should play a key role in raising awareness to right holders, their families, communities, including other stakeholders in this crucial time keeping safety as a major priority.
- 9) All the Indigenous and Disabled Peoples organizations can and should play a key role in advocating for gender, disability and indigenous inclusive response to the COVID19 crisis.
- 10) During the lockdown and emergency state, certain time hours should be provided/allocated to persons with disabilities, women, children and elderly peoples to buy their priority needs required for daily lives. Those needs should be available for them everywhere and in normal rates as usual.
- 11) The government, UN agencies, other stakeholders including civil society need to mobilize the local networks to disseminate precaution, and preventive measures about COVID 19 in truthful manner at community level and allocate budget to address the priority needs and safety of these groups.

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STAY SAFE ALL AND REMAIN IN COMMUNICATION WITH US.

Thank you

National Indigenous Disabled Women Association Nepal (NIDWAN)

## Training on Office Accounting

Capacity Building of organization is one of the agenda of NIDWAN in 2020. On the 7<sup>th</sup> of March 2020, a training on office accounting was held at NIDWAN's office. Mr. Karma Maharjan facilitated the training for NIDWAN's board members and staffs. The training highlighted various account keeping methods like maintaining petty cash transactions, various formats of advance request, cash reimbursement, utility payments, transportation claims, and maintenance of different project accounts.



**"Women Are The Largest Untapped Reservoir  
Of Talent In The World."**

**-Hillary Clinton**

## Meeting with INOWLAG Team

On the 22<sup>nd</sup> of March 2020, a meeting was held with Indigenous Women Legal Awareness Group (INOWLAG) to discuss about indigenous women's issues from legal aspects at NIDWAN's office, Kusunti. The meeting focused on the constitution of NIDWAN, the Beijing +25 Review, the Commission on the Status of Women, follow-up events, and further collaboration between the two organizations. The participants examined the opportunities, interventions and engagements. Both the teams put forward collective strategies to address indigenous women and women with disabilities priority agendas and made agreements to move forward.

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