YOSHAN

QUARTERLY REPORT
FOR APRIL TO JUNE 2020
With every resource diverted to control the pandemic, availability and access to modern contraceptive method is a matter of concern. The averted health care system leads to increased morbidity and mortality related to maternal health, sexually transmitted infections, unwanted pregnancies and abortions. It is estimated that 61% of maternal deaths worldwide occur in fragile states, many of which are affected by conflict and recurring natural disasters. During this pandemic, health care facilities have suspended non-emergency services. Contraception and abortion have been kept under essential services however, access to these facilities are difficult during the lockdown and travel ban. Women have not been able to exercise their reproductive rights fully. To add to these problems, domestic violence and other forms of gender-based violence (GBV) are on the rise as people across the country are under lockdown during the coronavirus outbreak. Mental distress does not show immediate impacts but in the long run has severe consequences.

We used the voices of our youth champions to inform the public on taking precautions for COVID-19 where the youth champions also discussed the intersection of COVID-19 and sexual and reproductive health rights.
YoSHAN in collaboration with ‘Who decides’ conducted a Facebook live on the topic ‘looking into the lockdown through a gender lens’ where the youth champion Anjila Thapa talked about how the lockdown has impacted the sexual and reproductive health rights, women’s rights and the need for gender inclusive approaches while responding to the pandemic. The event was organized on 25th April through the Facebook page of ‘Who Decides’.
MILIJULI TALK SERIES 1: MENTAL HEALTH IN COVID19

Considering the effect on mental health, YoSHAN conducted a Milijuli talk series on mental health in covid-19 where Sonal Dhanani, founder of Parindey an organization working for mental health in Pakistan was invited as the speaker. The discussion was moderated by youth champion Shreejana Bajracharya. The speaker highlighted on why mental health matters during the pandemic situation and how one can cope with the situation.
YoSHAN also conducted another talk program where we had conversation with three young midwives from MIDSON who were independently running a helpline service during the lockdown related to the SRHR and were also providing counseling service to pregnant people.
MILIJULI TALK SERIES 3: MENSTRUAL HEALTH IN COVID19

On 2nd May, YoSHAN conducted another talk program titled ‘Menstrual health in covid-19’ where Dr. Sneha Rooh, a palliative physician and founder of Orikalankini an organization that is changing narratives around menstruation and sexuality in India through art theater and dialogue was invited as a speaker.
To celebrate the global menstrual day throughout the month of May, we also conducted another talk program on the topic pandemic and menstrual health with the researcher, activists, radio producer and a young change agent based in Nepal working on menstrual health and other intersectional issues. The discussion was moderated by youth champions Pushpa Joshi and Durga Sapkota. In the program, we talked about dignified menstruation as a human right, needs of researches on the topic and roles of media and young people to challenge the stigmas and harmful practices.
Women have less dignity with period and menstruation in all the parts of South Asian countries. Some cultures have still very brutal practices that the women need to go through affecting their social, psychological and physical well-being. Wreetu is an organization based in Bangladesh working in menstrual health hygiene management. Every year Wreetu, celebrate menstrual hygiene day with various programs. This year Wreetu took their activism online and organized a virtual panel discussion on “Period Scenario in South Asia Regions”. Shreejana Bajracharya participated as one of the panelists to share the period scenario in Nepal and how YoSHAN is continuing its activism amidst of COVID19. The panelists from Bangladesh, India, Pakistan, Nepal and Sri Lanka shared their insights on the menstrual hygiene practices in their own countries.

In coordination with the Radio Audio team, YoSHAN was able to design and execute two radio programs in the lockdown. We discussed increasing gender based violence during lockdown and what measures that women and girls especially take to report on time. In another episode, we introduced midwives from MIDSON running self-helpline numbers and counseling pregnant women.
WORKSHOP: ONLINE TOOLS FOR FEMINIST ADVOCACY

Orikalankini is an organization based in India and is an old and new way to look at our menstruating bodies, its cycles and the gifts of menstruation. Orikalankini approached YoSHAN to conduct a virtual workshop online tools for Feminist advocacy on zoom. Shreejana Bajracharya, as a facilitator from YoSHAN conducted a virtual workshop on how YoSHAN has been using various online tools like canva, animation app, giphy, etc for advocacy on safe abortion and SRHR.

SRHR IN COVID19 MINI INTERVIEW: VOICES OF HUMAN

Voices of Human, an organization working in men engagement in gender equality based in Sri Lanka approached YoSHAN to discuss the sexual and reproductive health scenario in COVID19. Shreejana Bajracharya was interviewed by Kapila, founder of VoH.
Globally, 243 million women and girls aged 15-49 have been subjected to sexual and/or physical violence perpetrated by an intimate partner in the previous 12 months. The number is likely to INCREASE as security, health, and money worries heighten tensions and strains are accentuated by cramped and confined living conditions. Emerging data shows that since the outbreak of COVID-19, violence against women and girls (VAWG), and particularly domestic violence, has INTENSIFIED. The cases of gender based violence has doubled during the pandemic in Nepal as well.

Therefore, YoSHAN decided to produce informative animated videos on the intersection of covid-19 and other issues which were widely shared on the social media platforms of YoSHAN.
Our core team member Anjila Thapa had recently published her article on tele-medicine in reproductive health in context of Nepal. The article facilitated by YoSHAN was published in SpotLight Nepal.

GLOBAL MENSTRUAL HYGIENE DAY

Because of the lockdown, the young people were active online like never before. Hence, we took this as an opportunity to aware young people on the issue of menstruation and also mobilized them to create online contents to normalize the conversation on menstruation. We made an announcement from our social media platforms calling for one-minute video submission from our youth champions and any interested people. All the videos and other digital contents including posters, memes, videos, blogs were shared through our social media to create awareness on menstruation. We had received 17 videos on menstrual health hygiene awareness, 2 blogs and 2 facebook posts.
SOCIAL MEDIA ACTIVISM

Menstruating women are not allowed in kitchen.

Granny: This rule was made by "God". So, we must obey.

Meanwhile God: Fools...

Having an abortion

What You Want..... What You Get.....

- Love
- Support
- Privacy
- Hate
- Sitgma

What you say after abortions

To your family
- I had safe abortion.

To your friends
- Abortion is a Healthcare

To your relatives
- Abortion is Human Right

MENSTRUAL CRAMPS ARE REAL
FOLLOW US

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PRO CHOICE MOVEMENT जिन्दाबाद!