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Gender Development Workshop Empowers Couples in Tarai Community

By Sangeeta Shrestha, Founder and Program Director, WAWCAS Nepal.

On 23 September 2024, Slisha, under the WAWCAS program, conducted a transformative gender development workshop for 26 couples from 13 WAWCAS groups. Each group included two women and their spouses. The selection criteria involved identifying both positive and negative behaviors in husbands, with the aim of encouraging those with negative behaviors to learn through the workshop experience. The workshop began with a warm welcome by Binod. Following this, each participant introduced their spouse, sharing one behavior they admired and one they found challenging.

For many women from the Tarai community, it was a bold step, as cultural norms often prevent them from addressing their husbands by name. However, each woman embraced this challenge, and for the first time, they introduced their husbands by name. The traits most admired by spouses included hard work, tolerance, supportiveness, accountability, and shared responsibility in household chores and business. On the other hand, behaviors such as aggression, alcohol

consumption, domestic violence, irresponsibility, and constant complaining were highlighted as areas of concern.



After these introductions, the workshop explored into its key objectives: raising awareness of gender concepts, reducing gender discrimination, and identifying the traits of an ideal husband and wife. Participants expressed a strong alignment with these goals, and the session transitioned into a series of thought-provoking games that showcased the disparities in the status of men and women in Nepal. These activities sparked deep discussions on why women remain so far behind in certain areas, with the conclusion being that societal change is only possible when individuals are willing to change their own behaviors.

Throughout the workshop, participants engaged in various interactive games designed to highlight how long it can take to shift perceptions around gender roles. The couples were then divided into groups, where the wives created a vision of the ideal husband, while the husbands

did the same for their ideal wife. Following these presentations, each couple worked together to create an action plan for implementing positive changes in their relationship.

This empowering workshop encouraged couples to reflect on their behaviors, build mutual respect, and take actionable steps towards fostering equality in their households and communities.

After the workshop, the team gathered to review the workshop. The Rautahat team was amazed, having initially doubted whether the husbands would show interest or even participate. However, not only did they actively engage, but many also committed to changing their behaviors. Now, we all eagerly await the outcomes of the workshop.



More Stories from the WAWCAS Women and Their Children

Every month, three WAWCAS women add a new blog to their story on the WAWCAS website. And also, one of our many Child Groups upload a monthly story. You can get insight into the daily struggles and happy moments in the lives of these women and children by clicking the link below.

[Meet the Women and Their Children • Wawcas International](#)