

Website: <http://www.fightbacknepal.com/>

Facebook: <http://www.facebook.com/fightback.kathmandu/>



Communication Campaigns



Fightback
June 21, 2019 · 🌐

एस्तो प्रकारको हिंसात्मक गतिबिदी गर्ने व्यक्तिको दोष हो। समाजमा एस्तो किसिमको विकृति र अनैतिक कार्य घटन नदिनुको लागि हामीहरु सबै सर्वसाधारणको दायित्व हो। जब सम्म हाम्रो समाज एस्तो घटनाबाट मुक्त हुदैन FIGHTBACK को तर्फबाट यस्तो सुझावको प्रयासहरु जारी रहनेछ।

Syringe आक्रमण हुनु अगाडि अपनाउनु पर्ने निवारणका सुझावहरु।

आफ्नो वरिपरिको परिस्थितिप्रति सजक र सतर्क रहनुहोस।

बाटोमा हिंड्टा टाकिनै तिर बाट हिंड्लु होस। (सफाईको लागि र स्यान्डिजसहितको गुणै यस्ता सामग्रीहरु आफ्नो देखि सक्नुहुन्छ।)

हमला हुनु अघि याद गर्नुपर्ने संकेतहरु ध्यानदिनुहोस

- स्वल्मीमा हात हलेर संशयत तरिकाले हेर्ने।
- आफ्नो वरिपरि आउनु सोज्ने।
- हिंसे गतिमा परिवर्तन गर्ने।

मद्दत खोज्न संकोच नगर्नुहोस

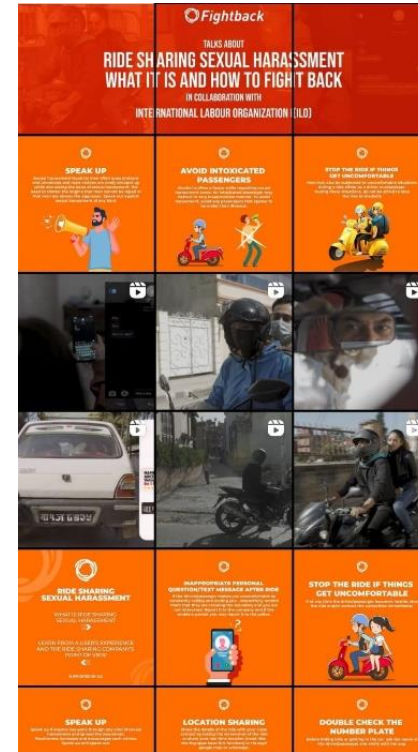
Mamta Singh, Garima Giri and 4.1K others
52 comments 1.2K shares

In June 2019 there were a series of syringe attacks in Nepal to order to deal with this Fightback created a communication campaign. The campaign was liked by 4100 (4.1K) followers and shared by 1200 (1.2K) in Fightback's Facebook Page.

Link to the campaign:

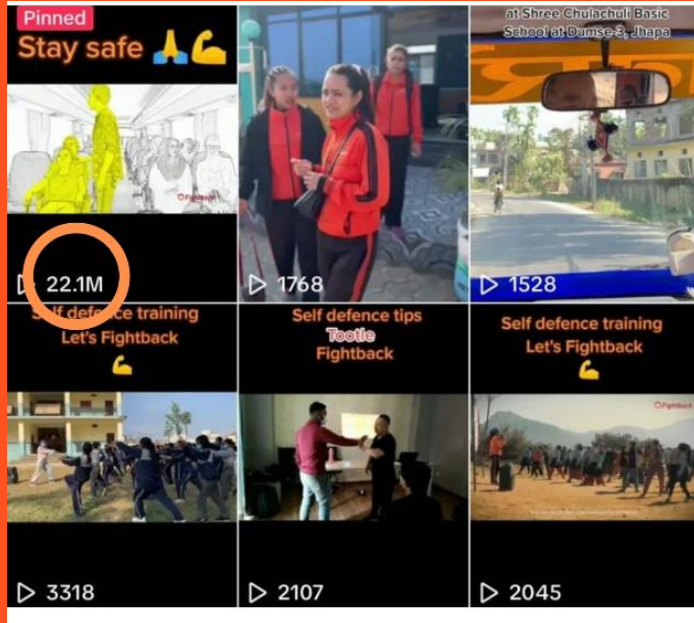
<https://www.facebook.com/fightback.kathmandu/posts/pfbid02fMDDTKLDibZEajXkeuzv9HbU4FH4qbxZkTSdhVQbgExLJHAcAVzo3c9hGsKTBXkxl>

In 2019 in partnership with ILO an awareness activity was carried out for changing in the value, norms and behavior of drivers using the ridesharing app using both social media and traditional media

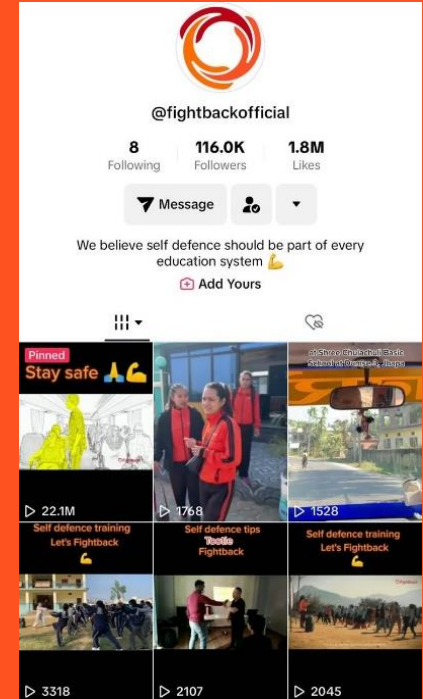


Link of the campaign:

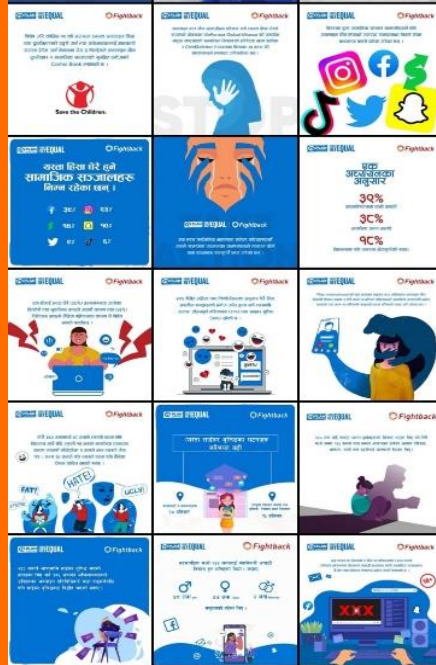
<https://www.facebook.com/fightback.kathmandu/posts/pfbid02eAC1XELezH2vzFQYJwWTrgbBBPL94dmWkyiM3UaUz7MA171uBJZ3dqARrq8gm6nAl>



In 2020 we shared clips of our soft skill training in Tik Tok where it went viral in Philippines, Indonesia, Vietnam and Myanmar in which one of our videos reached 22.1 million views and 1.6 million likes.



Link to the video: <https://vt.tiktok.com/ZSNmd95tB/>



In 2022 conducted social media campaign with PLAN international Nepal on online safety under the Girls Get Equal Campaign.

Link to the campaign:

<https://www.facebook.com/fightback.kathmandu/posts/pfbid02LxtDkU6m7fzeVGyMkMgNSx31h2vQTtwyiaugInfo2ug4CghynmAd1FEgfdC1MW3LI>

Women living in tents learn to fend off sexual harassment

POST REPORT
KATHMANDU, MAY 11

Manisha Shrestha had fled from her home in search of a safe place as the Great Earthquake struck the country on April 25. Despite living out in the open space, she was afraid as she was living with a lot of strangers around her.

However after attending a one-day class on self defence, Shrestha's fear has been replaced with a new bubble of confidence. "I was worried sick I would fall prey to a stranger's sexual harassment and had no idea how I would cope should such a dreadful incident happen in real," she said.

"The class on self defence that taught us to fight back instead of the drum sexual harassment was just the thing I was looking for. It has made me confident that I can indeed fight back should I encounter a similar incident."

Around 56 women had gathered at Narayanchaur in Naxal on Saturday to attend the class which was jointly organised by the Women for Human Rights, Single Women Group (WHR), Patham Risk



Women attend a self-defense class organised at Narayanchaur to protect themselves against sexual abuse.

Management Company (PRM) and the WE United Project to provide women who are vulnerable to sexual abuse during disaster with skills to protect themselves.

"Today was our first class and we are happy with the participants' response. We also plan to conduct similar classes in the remote quake-affected areas," said Uma

Thapa, media coordinator at the WHR. The participants were 56 women who have been living in tents for the past one month. The participants

aged between seven to 35 years were taught skills to counter sexual harassment, physical abuse and ways to escape from perpetrators.

Vibrant Raj Paudyal, PRM director, who has trained visually impaired women and women working in dance-bars to defend themselves from sexual violence, said the six-hour class is focused on providing women easy self-defence tips.

"There have been a lot of news about sexual violence after the earthquake and we wanted to train young women how to defend themselves and make a safe escape should they physically abuse them," Paudyal said.

Another participant, Rajya Dalal, 24, of Gyaneshwor, said she was eager to spread the self defence knowledge to other young girls.

"The self defence call which was all about not showing fear and using quick reflex and also strength to fend off the offender was really practical and I am eager to share it with my friends and other female relatives as it will help them feel safe in such uncertain times," she said.



In 2015 after the earthquake, the aftermath of a devastating earthquake brings risk of sexual violence against women and children due to the increased security vulnerability, especially in around the camp areas. There already has been incidents of sexual harassment and rape reported on the media. In this regard, as part of our CSR initiative in partnership with The United WE Project, we conducted a 1 day Fight Back training on 31.05.2015, in a camp in Naxal, Kathmandu. The program had been customized to specifically address safety and security environment of the camps. They were more than 40 trainees including children up to 10 to 12 yrs.



In 2018, during 16 Days of Activism Against Gender-Based Violence Fightback in partnership with Sajha Yatayat , Nepal Traffic Police and Zonta Club of Kathmandu created a communication campaign to Fightback against sexual violence in public transportation.