

**PRE-TEST OF
ADOLESCENT SEXUAL AND
REPRODUCTIVE HEALTH NEWSLETTER-III**

Submitted to:

*EC/UNFPA RHI UMBRELLA PROJECT FOR NEPAL
Bakhundole, Lalitpur*

FINAL REPORT

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ABBREVIATIONS AND ACRONYMS

AIDS	Acquired Immune Deficiency Syndrome
AMK	Aamaa Milan Kendra
FGD	Focus Group Discussion
FPAN	Family Planning Association of Nepal
GOs	Government Organizations
NGO	Non-Governmental Organization
phect-NEPAL	Public Health Concern Trust, Nepal
RH	Reproductive Health
RHI	Reproductive Health Initiative
SRH	Sexual and Reproductive Health
STDs	Sexually Transmitted Diseases
UP	Umbrella Project
VDC	Village Development Committee

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Pretest of the Third Issue of the Adolescent Sexual and Reproductive Health Newsletter

CHAPTER I

INTRODUCTION

1.1 Background

Following the social research on adolescent sexual and reproductive health information needs, the RHI Umbrella Project has designed an adolescent sexual and reproductive health (ASRH) newsletter entitled '*Jigyasa*'. The first issue of the newsletter was pre-tested in July-August 2000 and published in September 2000. Post-test of the first issue was conducted in December 2000. Similarly, the second issue of the newsletter was pre-tested in February 2001 and subsequently published in April 2001. The current report documents pre-testing findings of the 3rd issue of the ASRH newsletter.

The ASRH newsletter covers a range of issues on reproductive and sexual health with special focus on problems, concerns and needs of adolescents. The third issue of the newsletter (20-pages) contains articles, and illustrations on goal setting, sexual abuse assertive communication skills and gender empowerment. The newsletter also contains a contribution section, exercises and doctors' advice.

Pre-testing of each newsletter issue is imperative to determine acceptability of the sensitive issues covered in the newsletter. The pre test is also used to determine appropriateness of the illustrations and language used in the newsletter. The pre test of the 3rd issue of newsletter was conducted intensively with 15 groups of adolescents (8 girls groups & 7 boys groups) from semi-urban and rural areas of Kathmandu Valley during the second and third week of August and first and second week of September 2001.

The pre test used focus group discussion methodology and other participatory approaches as appropriate, among the target adolescents aged 12-16 years residing in project areas of NGO partner NGOs of the RHI Nepal. A research team facilitated the discussion to generate creative ideas and opinions from the adolescents. In addition, meetings were organised with stakeholders and parents to get their feedback and suggestions for the improvement of the newsletter. The pre-test was carried out in close co-operation with the partner NGOs of the RHI Nepal.

1.2 Sites for the study

The pre test of the third issue of the ASRH newsletter was carried out in three sites of Kathmandu valley: two rural sites (program sites of *AMK* & *FPAN*) and one semi urban site (program site of *phect-NEPAL*).

The schedule of the pre test, selection of study locations, identifications of potential participants and arrangement of time and venue for group discussions/meetings were finalized in close consultation with the Umbrella Project and concerned Partner NGOs.

- Semi urban site Kirtipur (Kirtipur municipality, ward No. 7) with *phect*- NEPAL
- Rural site Lalitpur (Badikhel VDC) with AMK
- Rural site Kavre (Mahendra Jyoti VDC & Nasikasthan VDC) with FPAN

1.3 Adolescent groups covered

The pretest was conducted among adolescent girls and boys aged 12-16 years residing in the program areas of the Partner NGOs. The adolescents were divided into different groups on the basis of their age, sex and education. Separate group discussions were organized with girls and boys. Attempts were made to include both the literate as well as semiliterate/illiterate adolescents. In view of experiences during pre and posttests, semiliterate/illiterate adolescents aged 12 to 16 years were included in a single group. The adolescents were split into three age groups, namely, 12-13 (literate), 14-16 (literate) and 12-16 (illiterate/semiliterate).

A total of 15 focus group discussions with adolescent boys and girls were conducted in the three program sites of the RHI partner NGOs. In Kirtipur no semiliterate/illiterate groups were included as previous pre tests in this location has already indicated that it was very difficult to identify semiliterate or illiterate girls and boys in Kirtipur municipality. Also in Kavre no semiliterate/illiterate boys could be identified.

Groups of adolescent girls and boys aged 12-16 covered during the pre test

Site	Literate group (12-13 years)	Literate group (14-16 years)	Semiliterate/illiterate (12-16 years)
Semi urban Kirtipur (pfect-NEPAL)	Girls - 1 Boys - 1	Girls - 1 Boys - 1	-
Rural Lalitpur (Aamaa Milan Kendra)	Girls - 1 Boys - 1	Girls - 1 Boys - 1	Girls - 1 Boys - 1
Rural Kavre (FPAN)	Girls - 1 Boys - 1	Girls - 1 Boys - 1	Girls - 1 Boys -
Total	Girls - 3 Boys - 3	Girls - 3 Boys - 3	Girls - 2 Boys - 1
	6	6	3

For functional purpose of the study, literacy levels were defined as follows:

1. *Semi-literate/Illiterate: Those who have obtained non-formal education or less than five years of education (below grade 5).*
2. *Literate: Those who have completed five years of education or more (Grade 5+).*

1.4 Parents and stakeholders groups covered

The research teams organised a total of 3 meetings with parents and stakeholders in the program sites. Meetings with the parents and stakeholders were organised separately in FPAN/RHI program site (Mahendra Jyoti VDC, Kavre), while these two groups were combined in one meeting in the AMK /RHI program site (Badikhel VDC, Lalitpur). Meeting with parents and stakeholders could not be organised in Kirtipur.

Groups of parents & stakeholders covered during the pre-test

Site	Parents Group	Stakeholders Group	Mixed Group
Rural Lalitpur (AMK)	-	-	1
Rural Kavre (FPAN)	1	1	-
Total	Parents - 1	Stakeholders - 1	Mixed group - 1

1.5 The procedure of focus group discussions with adolescents

As mentioned earlier, the pretest employed *focus group discussion* (FGD) technique to obtain adolescents' reactions and feedback on the draft newsletter. Though the planned numbers of adolescents in each group for the focus group discussion were 6-8, some of the groups had more than 8 participants (up to 10) due to adolescents' eagerness to participate in the discussion. Other participatory research approaches were also used to solicit the required information.

The pre test was completed in two sessions.

1. Session one

The first session was an introductory session. In this session, the participants and facilitators introduced themselves and thereafter the facilitators explained the purpose of both the sessions.

The facilitator then demonstrated the newsletter and explained the purpose, importance and process of the pre-test. During this stage, participants' perception were sought by asking the following questions:

- 1.a. What does this [displaying the draft newsletter] look like?
- 1.b. What do the illustrations on the cover page mean to you?

The second activity in the first session was a discussion on illustrations of each section of the newsletter. The discussion focussed on what they understood from the illustrations, beginning with the cover page.

In each section, the participants' reactions were sought whether the section/page was visually appealing or not, and whether the illustrations were understandable and meaningful.

The following questions were asked to solicit feedback on visual aspect/illustrations while the facilitator displayed the specific page:

- 1.c. What do you see in this section/page?
- 1.d. What are these [...the materials presented...] about?
- 1.e. What do you think about the colors?
- 1.f. Is there any illustration on this page that might offend or embarrass your friends?
- 1.g. Is there any illustration on this section/page that is confusing or difficult to understand? which one?

At the end, the participants were asked whether they had any queries. The facilitator addressed their queries as appropriate and thanked the participants for their input.

The participants were provided with a copy of the draft newsletter and were asked to go through each of the items by themselves. They were then invited to attend the second session to discuss any comments/ feedback they had. The two sessions had sufficient time interval to enable the adolescents to go through each of the items and note down the changes required from their perspective. In Kirtipur, the program area of pfect- NEPAL, the newsletter was distributed to the group one day prior to the second session discussion.

2. Session Two

At the beginning of the second session, the participants were welcomed and the discussion began with the question what they had felt while going through the newsletter.

The second session focussed on three issues:

- Whether the messages were understandable
- Whether the illustrations and the messages in the text were matching, and
- Whether modifications were required

To solicit feedback on language/wording and appropriateness of the illustrations the following questions were asked (for each section):

1. What do you think; can your friends easily read and understand the texts?
2. Is there any word or sentence that might be offensive or that might offend or embarrass your friends or other people?
3. Are there any words or sentences or paragraphs that are difficult to understand or confusing? Which ones?
4. How should these sentences or words be rephrased so that your friends can easily understand them?

5. Are there any illustrations that are not appropriate or not matching with the textual messages? If yes, which ones?
6. What would you suggest to change to make these illustrations more appropriate and attractive? Do you suggest any other modifications or additional illustrations? What?

At the end, the participants were asked to express their overall opinion about the newsletter:

7. Is there anything in this newsletter that you like most? What?
8. Is there anything in this newsletter that you like least? Which one?
9. Is there any section that is not ideal in length i.e. too long or too short? What?
10. What do you think about the shape and size of the newsletter?
11. What do you think about the font size?
12. How interesting or attractive is this newsletter to adolescents like you? Is this appropriate for adolescents like you?
13. What do you think can be done to make this a better newsletter? What can be modified, added or removed to make it more appealing to adolescents like you?

1.6 Pre-test schedule

The research team initiated its fieldwork for the pre-test of the newsletter from *Kirtipur (psect-NEPAL program site)*. In this site the pre-test of the newsletter was completed in three days (August 7-9) covering the literate girls and boys groups. The illiterate girls & boys groups and the parents and stakeholders group could not be assessed. The fieldwork of the pre-test was followed at Lalitpur (AMK program site). In Lalitpur, the field work completed in four days (14-17 August). The research team covered both the literate and illiterate girls and boys group. A mixed group of parents and stakeholders was also approached for the group meeting. Likewise, the field work for the pre-test at Kavre (FPAN program site) was completed in 4 days (2,4,10,12 September). The research team assessed literate girls and boys groups and one illiterate (girls) group from Kavre. Separate parents and stakeholders groups were also approached for the meeting in Kavre.

CHAPTER 2

MAJOR FINDINGS

Overall, the third issue of the draft newsletter designed for the literate and semiliterate/illiterate adolescents aged 12-16 was liked by the target adolescents in terms of textual matters, pictures, proportion of pictures/illustrations, color combination, font design and attractiveness and appropriateness of content areas covered.

The adolescent groups had different perceptions about the cover page. Most of the adolescent groups perceived the cover page section either as a magazine, a pamphlet, a newsletter, a book, a poster, book with informative items for the adolescents, a magazine for awareness creation, an educative book with colorful, attractive pictures and illustrations, a health reference book for the adolescents or a story book for adolescents. Among the literate adolescent groups, level of knowledge to comment on the cover page by some of the groups increased with the increase in their age group. However one illiterate/semiliterate girls group could not comment on the cover page. Even among the illiterate/semiliterate groups, the adolescents just mentioned that the cover page section looked like a book or newsletter and could not express the contents of the newsletter.

When asked to comment on the various items of the newsletter to make it more appealing and attractive, among the adolescent boys group, the level of knowledge to comment on the different contents of the newsletter overall and section wise increased with the increase in the age group of the adolescent boys. In all the three research sites i.e. Lalitpur, Kavre and Kirtipur, the higher aged adolescent boys group (14-16) could comment more and provide constructive comments to improve the newsletter than the younger (12-13) adolescent groups.

Where as the case was different among the adolescent girls group in two field sites. There was no big difference in the level of knowledge among the different adolescent girls' groups to comment on the various contents of the newsletter overall and section wise to improve in the two field sites Lalitpur and Kirtipur. In fact in Lalitpur, some suggestions such as to improve the first picture of the boy and to replace him by a picture of the boy hiding behind a pole so as to make him look like more as an outsider made by the younger adolescent group (12-13) in the section *illustrations on sexual abuse* seemed important to improve it. However, in Kavre the level of knowledge to comment and improve the newsletter increased with the increase in age groups.

2.1 Appropriateness & Attractiveness of the Newsletter

All the literate adolescent groups expressed that the newsletter was very appropriate to them and their peers. When asked about the reason, they indicated that it contained educative and informative items for them on reproductive & sexual health and on practical issues prevalent in the society. It also contained various other important items such as importance of goal setting in life, how to set a successful goal, advantages of goal setting, doctor's advice, parrot's messages on sensitive issues and messages on sexual abuse. The appropriateness of the newsletter was further emphasized by adding that they could read the information on various issues and share it with others and that they could also express their own views and send in stories, articles, poem and/or jokes.

The adolescents further indicated that the presentation of the sections in colorful and comic forms added to the attractiveness and appropriateness of the newsletter. The illiterate & semiliterate adolescent group also found the newsletter appropriate and attractive but could not reason it as the literate groups. However one semiliterate boys group said that it was appropriate as they could learn something and convey the information to others also.

2.2 Most liked items

Literate groups

All the adolescent groups liked all the items in the newsletter. They were however requested to prioritize and rank the most liked items according to 3 categories, i.e a) liked most, b) liked second best and c) liked, but less than a) and b).

The girls groups ranked eight (8) sections in the first category. The first 3 high ranked items by the girls group in the first category were *the textual portion on sexual abuse* (2 groups), *comic story on Rajesh & Krishna* (2 groups) and *parrot's message* (2 groups). Apart from these, illustrations on sexual abuse (1 group), doctor's advice (1 group), addresses (1 group), and goal setting (1 group), were also prioritized in the first category by the girls groups.

In the second category, the comic story on Rajesh & Krishna (2 groups), Doctor's advice (2 groups), serialized story on Ravi & Anuja (2 groups) and Contribution (2 groups) were the 4 items ranked highest in the second category. Sexual abuses (textual portion 1 group) and goal setting (1 group) were the other two items categorized in the second category.

In the third category, the comic story on gender empowerment (Let's move forward) (2 groups) and addresses (2 groups) were the 2 high ranked items in the third category. Exercises (1 group), goal setting (1 group) and doctor's advice (1 group) are the other items ranked in the third category. (For more detail please refer Annex)

Similar to the girls groups, the boys groups have ranked 9 items in the first category. Goal setting (5 groups), Illustrations on sexual abuse (5 groups) were the items ranked highest by the boys groups, followed by the doctor's advice (4 groups) and the serialized story on Ravi & Anuja (4 groups). This was followed by the comic on Rajesh & Krishna (3 groups) & exercises (3 groups). Also the comic story on Let's move forward, messages through parrot and contributions were ranked in the first category, but in the 3rd place.

The boys groups have ranked 9 items in the second category. The highest ranked item in the second category was exercises (5 groups). *Let's move forward* (4 groups) and *contributions* (4 groups) were ranked second in the second category, while the text matter on *Sexual abuse* (3 groups) and *message through parrots* (3 groups) were ranked third. Apart from these sections also the *serialized story on Ravi & Anuja* (2 groups), *Doctor's message* (2 groups), *goal setting* (1 group) and comic story on *Rajesh and Krishna* (1 group) were ranked in the second category.

All the boys groups ranked the last page with addresses in the third category. (For more detail please refer Annex)

Illiterate/semiliterate groups

Among the two illiterate/semiliterate girls group, they ranked illustrations and goal setting as the highest among all the other items. The second highest ranked items were Comic story of Rajesh & Krishna and Sexual abuse. Out of the two groups, one group from Lalitpur could only rank into the first and second category whereas the other group from Kavre could rank all the three groups. The third high ranked item was *let's move forward*. (For more detail please refer Annex)

2.3 Least liked items

All the adolescent boys and girls groups mentioned that none of the items were least liked or disliked by them. In fact they showed great interest to go through all the sections with the same enthusiasm at the time of the focus group discussion.

2.4 Confusing items

The adolescent boys & girls groups were confused with some of the text as well as the illustrations. From the discussions with the adolescent boys and girls groups in the field, it was evident that the chapters on *goal setting*, the *comic story* on *Aba hami aghi badaun* (lets move forward) and the text on sexual abuse needed substantial modifications.

The FGDs in *Lalitpur*, the program site of AMK, revealed similar comments and difficulty in understanding the above mentioned sections of the newsletter. Research of the pre testing in the first 2 sites revealed that few sections needed major revisions (Section on goal setting and sexual abuse) Hence the RHI/Umbrella team and the research team concluded during a debriefing meeting that modifications should first be made before continuing pre testing in the 3rd location. The modified and improved version of the newsletter was thereafter pre-tested in Kavre (program site of FPAN)

Confusing items in illustrations

Almost all the groups, both boys and girls groups were confused with the picture representing sexual abuse on the cover page. Similarly they were also confused with the same picture in the article on sexual abuse on page 12 (in Kirtipur & Lalitpur site). In the same section, on page 13, the first picture was found confusing, as it did not represent sexual abuse by a known person or relative. According to the girls group in Lalitpur (literate 12-13 yrs.) and the parents and stakeholders group in Lalitpur, the boy looked like an elder brother of the girl playing on the street. The first picture on page 9 was also confusing to some groups as the clothes hanging on the wall looked like a hole. Moreover, the second picture on page 10, of the girl confiding about the event to her mother, does not clearly represent the same girl, she looks more like a friend.

They were also confused with the picture of a girl in her graduate attire used on the cover page and again in the article on goal setting on page 2 (in Kirtipur & Lalitpur site). All the groups, both the girls and boys, were confused with the picture of books in a ladder form used in the section "*what is our goal?*" on page 4 (in Kirtipur & Lalitpur site).

In the second picture on page 11 in *Aba hami aghi badaun (Let's move forward)* it looks as if the equipment for farming is hitting the foot of the girl. (All groups). In the 4th picture in the same section, girl wearing a white shirt looks like a doctor.

The picture representing the AIDS virus on page 15 is confusing (all groups). The right hand side of the picture on page 15 is not clear and it does not depict a woman working in her office. The picture of a condom on page 16 does not look like one (2 girls group). On page 16, the picture of a cigarette and cigar is not clear. On the same page the picture of a boy injecting drugs is not clear. The bottle is also not clear, as it is not labeled.

On page 17, the picture of the doctor is not clear, as he is not dressed in white and not facing towards the audience.

Confusing items in the text

The text in the section on goal setting on page 2 was perceived as confusing by the adolescent boys (12-13 yrs) and girls (12-13 yrs) in Kirtipur. They said that it contained too much text and that it was difficult for them to understand. The groups were also confused with the text used in the section "doctor's advice", as it was too long and difficult to understand. Numerous spelling errors throughout the newsletter also confused them while going through the newsletter.

Confusing & difficult words

Words used on page 13 and 14 in the section on *Sexual abuse* such as *bayaska (teenage)*, *yam soshan (sexual abuse)*, *sanglangna (involvement)*, *aslil (vulgar)* and *utsukta (inquisitiveness)* were confusing to the adolescent girls group (12-13 literate) from FPAN. The word *latt (habit)* used on page 4 in "goal setting" was confusing to the adolescent girls group (14-16 literate) from the same site. The word *nischit (directed)* used in "goal setting" was confusing to the adolescent girls group (12-13 literate) from Lalitpur site. The words *aphim* and *brown sugar* used in article on "Drug Abuse" on page 16 was found to be difficult to comprehend for the girls group (14-16) from Kirtipur.

Similarly, one adolescent boys group (14-16yrs.) from Kirtipur, found the word *latt (habit)* used on article on drug abuse in the contribution section difficult to comprehend. The boys group (14-16 yr.) from Lalitpur found the word *kishorawastha (adolescent age)* in the doctor's advice column difficult to understand. The boys group (14-16 yr.) from Kavre found the words *atit (past)*, *pratikriya (reaction)* and *aunhyaunu (point out)* used in the "goal setting" confusing and difficult to understand.

2.5 Offensive items

Almost all of the items were considered to be acceptable in the society and community by the adolescent groups. Only one semiliterate/illiterate girls group and one adolescent boys group considered the fourth picture in a negative form on page 9, offensive and suggested to remove this picture from the illustration portion.

- * The dress of the policeman should be same as used in rest of the picture of policeman (2 girls group)
- * The last picture on page 9 of an exercise book should contain letters (1 boy & 1 girl group)

The parents & stakeholders group from Lalitpur, perceived the third and fifth picture of the man with a dagger on page 9 on illustrations, offensive as this might cause a negative impact among adolescent boys in the community. They suggested the dagger to be removed from the picture.

2.6 Too short & lengthy items

None of the groups stated that the items were too short or too long in the newsletter. However, the doctor's column was considered as quite lengthy by one girls group (14-16 yrs.) in Kirtipur.

2.7 Size & shape of the newsletter

All the boys and girls group liked the size and shape of the newsletter. The stakeholders group in Kavre suggested producing the newsletter in the size of a book with hard cover to make it more attractive.

2.8 Proportion of illustrations

The proportions of illustrations were not sufficient according to the boys groups. Almost all the adolescent boys groups (5 groups) suggested adding more illustrations in the newsletter. According to them, more pictures would also make the subject matter in the newsletter understandable to the illiterate adolescents. Suggestions were made to add more pictures in goal setting, comic story on let's move forward and article on sexual abuse.

2.9 Color combination

Al-most all groups liked the colors used in the newsletter and found the newsletter attractive and appealing to read. One girl's group (literate 14-16) in Kavre suggested having all the pages of the newsletter in different colors to make it more attractive. Some groups suggested slight changes in the color of trees and parrots.

2.10 Language & font

Overall the language was comprehensible by all the literate groups. However, the adolescents' boys and girls from Kirtipur had some difficulties understanding the contents in the section on goal setting. The semiliterate groups, although they could read the texts slowly, were not able to understand the complete texts. The section on sexual abuse on page 8-10 was the only section that could be understood by the illiterate groups without any confusion and without their peers' help. However some pictures used in other articles helped illiterate adolescents to understand the theme of the article. The picture of a couple and a condom in the contribution section (page 15) also made sense to the illiterate group as they said it was about AIDS and condom use was important for preventing AIDS.

In general, the font of the letters in the newsletter was appreciated in the given form. However one boy's group (12-13 yr.) from Lalitpur said that the font used in the newsletter was small and should be increased.

2.11 Title of the newsletter

The title of the newsletter *Jigyasa* was liked by all the groups. They perceived the newsletter as a magazine, a pamphlet, a book, a poster, a book with informative items to the adolescents, an awareness creating magazine, an educative book with colorful attractive pictures and illustrations, health reference book for the adolescents and/or a story book for adolescents. According to the groups, the title of the newsletter meant curiosity, wish to learn, wanting to learn about important issues and new things to learn.

2.12 Suggestions for improvements

Goal setting

- The text should be presented in the form of story like a girl setting a goal at early age and becoming a nurse or a boy setting goal and becoming a teacher or an engineer. (3 boys groups & 1 girls group)
- Less texts and more illustrations should be given. (1 girls group)
- The picture of the teacher teaching should be enlarged and made clear. (1 girls group)
- The picture of books in the ladder form should be removed. (2 boys, 2 girls group & 1 stakeholders & parents group)
- The girl should wear other dresses, as she looks like a wife and not a sister. (2 boys groups)

Comic story on Uttar Krishnako bichar tapainko (Comic story on Rajesh & Krishna)

- The color of the tree should be dark green. (1 boys group)
- The mangoes on the tree should be more visible and yellow colored. (2 girls group)

Exercises

- Locating the route to school should be replaced by a more complicated one. (3 boys & 1 girls groups)

Illustrations on sexual abuse

- The boy watching the girl playing should be shown as the boy hiding behind the pole and watching the girl's activities. (1 girls group & 1 parents & stakeholders group)
- The dagger used by the boy to threaten the girl should be removed from the picture. (1 parents & stakeholders group)
- On page 10, the girl confiding the event to her mother does not look like the same girl, hence the picture should be improved. (1 girls group)
- The girl in the last picture on page 10 should be replaced by a mature looking girl as she looks too young. (1 girls group)
- The girl should wear a Nepali dress. (1 stakeholders & parents group & 2 boys groups)
- The negative picture on sexual abuse should be removed from this section. (1 boys group & 1 girls group)
- The dress of the policeman should be same as used in rest of the picture of policeman. (2 girls group)
- The last picture on page 9 of an exercise book should contain letters. (1 boys & 1 girls group.)

Comic story on Aba hami aghi badaun (lets move forward)

- The color of mud should be brown. (6 boys groups & 1 girls group)
- The second picture should be improved. (1 boys group & 2 girls group)
- The white color of the shirt of the girl in the fourth picture must be changed into a different color. (2 girls group)
- Picture showing training received by the girls and the girls working in the paper factory should be added. (2 boys group & 1 girls group)
- The color of the tree should be green. (2 boys groups & 1 girls group)

Text in article on sexual abuse

- The first picture trying to depict sexual abuse in the bus should be improved and more passengers should be seen in the bus. (2 girls group & 1 boys group)
- Picture of boys teasing girls while going to school should be added to make this section more clear. (1 boys group & 1 girls group)
- The first picture on page 13 should be improved. The other family members of the girl who is sexually abused by her relative should be removed from the scene. (2 boys groups & 2 girls groups)

Contribution section

- The picture representing AIDS virus is confusing. It should be either labeled or deleted. (4 boys groups & 3 girls groups)
- The picture of the condom in the poem *yaun rog* is confusing. It should be replaced by similar picture as used on page 14. (2 girls groups)
- The picture of the cigarette and cigar is not clear. It must be replaced by a picture showing cigarettes in a box. (2 boys group & 2 girls groups)

Doctor's advice

- The doctor's answers to the adolescent queries should be short and precise. (2 girls groups)
- The doctor's dress should be white and the doctor should face the audience. (1 boys group & 2 girls groups)
- The message of the parrot should be written in black color. (2 girls groups)
- The size of the letters should be large. (4 boys groups)

Serialized story on Ravi aba thulo bhayo (serialized story on Ravi & Anuja)

- The picture of the wedding ceremony on page 18 should be placed at the end of the story.(1 boys group & 2 girls group)
- The bride looks too young, hence she should be replaced by a more mature looking girl. (2 boys groups)
- The picture of Anuja & Ravi becoming lawyer and doctor respectively, should be enlarged and should be made more visible. (3 girls groups & 1 boys group)

2.13 Topics suggested for the next issue

Only the literate adolescent groups were able to suggest topics for the next issue of the newsletter.

Boys groups

- Struggle in life
- Importance of education
- Importance of sound health
- Importance of yoga
- Awareness creating articles on health aspects
- Eradication of intoxicating drugs

Girls groups

- Human rights focussing on child rights
- Implications & risks of early pregnancy
- Different kinds of diseases and their preventive measures
- Domestic violence on women prevalent in the society

2.14 Meetings with the parents and stakeholders

The research teams organised a total of 3 meetings with parents and stakeholders in the program sites. Meetings with parents and stakeholders were organised separately in FPAN/RHI program site (Mahendra Jyoti VDC, Kavre), while these 2 groups were combined in one meeting in the AMK /RHI program site (Badikhel VDC, Lalitpur). Though a meeting with parents and stakeholders was also planned in Kirtipur, the research team was unable to organise the meeting.

Meeting with stakeholders, Kavre, FPAN field site

The meeting was facilitated by one of the research team members. After the introductory session, the facilitator briefly informed the participants about the newsletter and the objectives of the meeting. The discussion was initiated by requesting participants' overall opinion on the draft third newsletter issue. VDC representatives, local schoolteachers, local club members, FCHV, HAs and students actively participated in the discussion.

Overall they appreciated the newsletter. They appraised the effort of the RHI/Umbrella project for taking the initiative of producing the newsletter. They said that the subject matters of the newsletter were appropriate for the targeted adolescent groups and stressed the importance to continue its production. However, after reviewing the draft newsletter, they provided feed back to make the newsletter more attractive and appealing.

They suggested to produce the newsletter in a book form with hard cover. They also indicated that the size of the letters should be slightly increased. In the illustrations about sexual abuse (Page 8-10), the girl's dress should be longer as a short dress might have a negative impact on the boys. Furthermore, the girl's dress should have sleeves. The joke on AIDS was considered a bit offensive. The sixth picture on page 9 looks as if the girl is confiding the event to her parents, which actually is not the case. Therefore this picture should be improved.

Meeting with parents, Kavre, FPAN field site

A similar meeting with the parents group was employed in Mahendra Jyoti VDC of Kavre. Overall the parents' group were positive towards the newsletter. They stated that the newsletter was appropriate for the adolescents in order to convey information about sexual and reproductive health.

In the comic story "*Aba Hami Aghi Badaun (lets move forward)*" they suggested to replace the paper training by an other income generating training. They also suggested to include other organizations apart from the VDC to organize training. They also suggested to delete the joke on page 19 as this does not convey any important message to the adolescents. Overall, the participants stressed that the publication of the newsletter was important and requested for it's continuity.

Meeting with the Parents & Stakeholders, AMK field site, Lalitpur

In Lalitpur one meeting was organized in which both parents and stakeholders participated. In the group discussion parents, guardians, local schoolteachers, VDC representatives, health post personnel and club members were present.

Before the discussion, copies of the draft newsletter were provided to the group for their perusal. The group was very interested to participate in the group discussion and to comment on the various aspects such as the layout design, color combination, appropriateness of the text and illustrations, size of the font, offensive items etc. Overall the group appreciated the newsletter. They said that it was very important to the adolescents to get information about reproductive health issues and life skills, as they cannot directly approach the parents or elders at home due to cultural inhibitions. However, the group made constructive comments to make the newsletter more appropriate for the adolescents.

According to them, in the first chapter of *goal setting* the picture of a boy playing football might have a negative impact for the children as this might divert the children only towards games. They suggested to replace this picture by a daily routine of a child like getting up early in the morning, washing the face, studying, eating, going to school, playing etc. On page 3, the boy imagining himself becoming a teacher should be wearing trousers instead of shorts. The picture on page 4 about goal and obstacles for achieving the goal is not clear and should be deleted. On page 8, *illustrations on sexual abuse*, the boy in the picture looks like the girl's brother. To remove this confusion the boy should hide behind the pole and watch the girl's activities and the boy should also possess long hair and *earring*. The boy should not use a dagger to threaten the girl as this might cause a negative impact on the adolescent boys. The illustrations on *sexual abuse* and the portion of text on sexual abuse should continue and remain. The boy injecting drugs on page 16 (*nashalu padartha*) should be drawn completely.

Topics suggested for the next issue by parents & stakeholders

- Racial discrimination.
- Awareness creating articles to discourage traditional faith healers.
- Awareness creating articles to end superstition prevalent in the community.

CHAPTER 3

FINDINGS BY SECTION FROM THE FGD WITH THE LITERATE ADOLESCENTS

A focus group discussion was employed to solicit the opinions and feedback of the adolescent boys and girls groups in all the three sites of RHI Umbrella partner NGOs project areas. The adolescent groups were asked to express their opinions and feedback on specific pages and sections for the improvement of the newsletter to make it more attractive and appealing to the targeted adolescent groups.

In all the three research sites i.e. Lalitpur, Kavre and Kirtipur, the higher aged adolescent boys group (14-16) could comment more and provide constructive comments to improve the newsletter section wise than the younger (12-13) adolescent groups. Where as the case was different among the adolescent girls group in two field sites. There was no difference in the level of knowledge among the different adolescent girls' groups to comment on the various contents of the newsletter section wise to improve in the two field sites Lalitpur and Kirtipur. Where as the case was different in Kavre. The level of knowledge to comment on the newsletter increased with the increase in age.

3.1 Cover Page

The adolescent groups had different perceptions about the cover page. They perceived the cover page as a magazine, a pamphlet, a newsletter, a book, a poster, a book with informative items for the adolescents, an awareness creating magazine, an educative book with colorful attractive pictures and illustrations, a health reference book for the adolescents and/or a story book for adolescents. They Provided several suggestions for it's improvement.

Suggestions for improvement:

- In the picture of marriage, the bride looks very young compared to the groom, hence the girl should be replaced by a mature looking girl.
- The lawyer in the cover page should wear spectacles.
- The picture of the man sexually abusing the girl in the bus is not clear. It looks as if the boy is measuring the girl. A larger picture showing more passengers in the bus should replace the picture.
- Tree leaves and branches should be shown. The colour of the tree should be green.
- The picture of the house should be clear.

3.2 Page 2-4: Article on goal setting

The section on page 2-4 was perceived as an article on goal setting. The adolescents indicated that the text informed them about setting effective goals and how to achieve the set goals. According to the adolescents, the text revealed that goal setting is very important for a successful future and to achieve the set goal in life one should start from early childhood. The text also revealed that, to be successful in life one has to overcome different obstacles. Although the girls group understood the message, the boys groups found it difficult to comprehend the theme and commented that there was too much abstract text.

Suggestions for improvements:

For the old version

- They suggested the text to be given in a story form of two friends, one setting his/her goal at an early age of life, working hard and becoming successful in achieving the goal and the other being able to set a clear goal, getting married at young age and not being successful in achieving the goal. (1 girls group)
- The picture of the teacher should be enlarged. (1 boys group)
- The boy in pg. 3 should wear pants. (2 girls group)
- The picture of prize awarding ceremony (pg. 2) should be enlarged and made more clear.
- The titles should be highlighted with red color and underlined. (1 girls group)
- More pictures and illustrations of a boy becoming an engineer should be added. (2 boys group & 1 girls group)
- The text should be given in a comic story form. (1 girls group)
- The picture of the books in a ladder form is too complicated to understand, hence it should be deleted. (2 boys & 1 girls group)
- The title "*answers of jigyaasa issue II*" should be written with a different color and enlarged. (2 boys & 1 girls group)
- The girl (sister) in the picture should wear another dress and not a sari as she looks like the wife of the patient and not his sister. (1 boys group)
- The title *Dimaag Khiyaam* should be written with a different color than black. (1 girls & 1 boys group)
- The filled blanks of "*fill in the blanks exercise*" must be indicated by underlining the filled words. (1 girls group)

3.3 Page 5: Comic story on Rajesh and Krishna

The comic story on Rajesh and Krishna was liked by most of the adolescent groups as it was easy to understand. They perceived the comic story based on the principles of honesty. It advised them not to steal and indulge in bad company.

Suggestions for improvement:

- The story is too short it should be longer. (1 girls group)
- The letters under the first picture are very small, and its font should be larger. (1 girls group)
- The second picture should be improved. The action of Krishna should be modified to that of refusal, following the text. (1 girls group)
- The colour of the mangoes in the tree should be yellow and more mangoes should be added to make them more visible and distinct. (1 girls group)
- More trees should be added. (1 boys group)
- The shirt of Rajesh should be red in colour. (1 boys group)

3.4 Page 6-7: Exercises

The section on exercises was liked by most of the groups, and they indicated that this section could increase their knowledge on different important topics. They further added that, this section was appropriate for them, as this will help them to remember topics from previous issues. T

found the *kothe jal* (cross word puzzle), *sabda gyan* (meanings into words) and the art competition interesting, but found the puzzle on locating the road to school too easy.

Suggestions for improvement:

- The puzzle on locating the road to school should be redesigned in a more complicated way. (1 girls & 5 boys group)
- Some children and greenery should be added in the school area. (1 boys group)
- More puzzles on *Sabda jal* should be added. (1 boys group)
- Colour of the cartoon girl's hair should be black in the art competition section. (1 boys group)
- Title should be improved, enlarged and highlighted. (1 girls group)

3.5 Page 8-10: Illustrations on sexual abuse

The adolescents groups could easily state the gist of the illustrations by just going through it. They expressed that the illustrations concern sexual abuse, and that this is a common problem for adolescent girls. They found the illustrations very attractive and appropriate. The section could be understood easily even without texts

Suggestions for improvement:

- The boy, standing and watching the girl playing in the first picture looks like a brother of the girl. He should look like an outsider. For this, the boy should be placed behind the pole as if he is hiding and watching the girl. (1 girls group)
- The girl should wear a Nepali dress (*red sari & blue cholo*). (1 Boys group)
- The chocolates should be colourful. (1 boys group)
- The first picture on page 9 is confusing. The black object on the wall looks like a hole on the wall. It should be deleted. (2 girls group)
- The knife looks too big and should be replaced with a smaller knife. (1 girls group)
- The man should smoke a cigarette. (1 boys group)
- In the second picture on page 10, the girl looks like a friend. To avoid confusion, the girl should wear the same dress as on page 8 and 9. (1 girls group)
- The dress should be longer than the one in the picture. (1 boys group)
- Some text should be written for each picture. (1 boys group)
- The picture on page 9 of the girl being raped should be removed as this might have a negative effect on the adolescents. (1 girls group)
- The dress of the policemen in the last picture should be same. (2 girls group)

3.6 Page 10-11: Contribution (illustrations of Jigyasa II)

The adolescent groups liked the contribution of the adolescent. They could understand the message conveyed by the story, a contribution of an adolescent boy from Kirtipur. They said that the article on *unsafe/unprotected sex* was informative enough to teach them about unsafe sex, unsafe abortion and its' consequences.

3.7 Page 12: Comic story on *Aba Hami Aghi Badaun* (Lets move forward)

The adolescents groups perceived the comic story on *aba hami aghi badaun* (lets move forward) as a story dealing with issues of women empowerment. It also made them aware about women rights and gender discrimination. Furthermore it could inspire women to take the initiative to participate in different trainings organised in their communities like men.

Suggestions for improvements:

- The picture next to the title should be enlarged. (2 girls group)
- In the first and second picture, the colour of mud should be brown and the mud should look like as if it's being dug. (1 girls group & 3 boys group)
- In the second picture the digging tool used should be made shorter as it now looks like it is hitting the girls' foot. (2 girls group)
- In the fourth picture, the woman with white coat looks like a doctor, hence the colour of the dress should be changed to a different colour. (1 girls group)
- The last picture should be enlarged to make it more clear and visible. (1 boys & 1 girls group)
- The *doko* should be brown in colour and more visible. (2 boys group)
- A picture of girls taking training and working in the paper factory should be added. (1 girls & 2 boys group)
- The title should be written with either red or green colour. (1 girls group)
- Title should be in larger fonts. (1 girls group)
- More pictures should be added. (1 boys group)
- The colour of the sky should be blue. (1 boys group)

3.8 Page: 13-14 Article on Sexual Abuse

The article on sexual abuse was liked by most of the adolescent groups. In comparison to the boys group the girls group liked the article on sexual abuse more as it dealt with their problems prevalent in the society. The girls group ranked this item as the most liked item. The adolescent boys and girls could understand the text after reading and said that it informed them about sexual abuse occurring in the society. The article revealed to them that adolescent girls are sexually abused in public places, public vehicles, streets etc. It also taught them about the different forms of sexual abuse such as sexual abuse by men discussing sex related topics through the phone, being teased in the streets, sex related pervasive pictures being shown etc. of which they were not aware. However, both boys and girls had some suggestions to make the article more appealing.

Suggestions for improvement:

- First picture of page 13 is not clear. It looks like a hospital and some said it looked like a man measuring the height of the girl. More passengers seated in the bus should be shown. (2 girls & 3 boys group)
- The first picture on page 14 is difficult to understand. To show sexual abuse, the other members of the family (mother, brother and sister) should be removed from the picture and only the man, girl and the father should be shown in the picture. (1 girls group)

- The picture of the man touching the girl's breast should be enlarged so as to make it more visible. (1 girls group)
- Girls being teased in the street and in the classroom should be added. (1 girls & 2 boys group)
- The green shadow behind the man in the first picture on page 13 should be removed. (1 boys group)
- Means of preventing sexual abuse (*yaoun soshan bata bachna ke garnu parcha*) on page 14 should be written in bulleted form. (1 boys group)
- The scarf of the girl should be removed in the last picture on page 14. The girl should have her hair plaited. (1 girls group)

3.9 Page 15-16: Contribution

All the adolescents liked the contribution section. They liked the contribution part, as it would enable to send articles and poems expressing their views and even send stories and jokes. They liked the poems on AIDS, STDS and *laingik bhedbhau ajai dekhi tyagaun* (lets stop gender discrimination from today) a gender focussed poem and the article on *nashalu padartha* (drugs). The draft newsletter of *Jigyasa* contained six items in the contribution section, five poems and one article. However, the 3rd newsletter issue could only place 4 of the 6 items. When asked to choose the least liked two items, they selected the poem *chori* (daughter) and *jindagima* (life). They enjoyed reading the other poems and the article more and said that it contained important information on AIDS, STDS and drugs. The girls group also liked the gender focussed poem on *laingik bhedbhau ajai dekhi tyagaun* (lets stop gender discrimination from today) as this was an issue they could relate to. Several comments were made to make the contribution section more attractive.

Suggestions for improvement:

- Some jokes, riddles and quotations should be added. (1 boys group)
- The title of *nashalu padartha* (drugs) should be written in large font. (1 boys group)
- The AIDS virus should be either labelled or removed from the text as it was considered very confusing. (4 girls & 2 boys group)
- In the first paragraph of the poem AIDS, the word TB should be replaced by a Nepali translation i.e. *chyaya rog*. (1 girls & 1 boys group)
- The shadow of the girl and boy should be either removed or coloured black and they should wear slippers (pg 15). (1 girls group)
- The picture of condom on page 16 is confusing. A similar picture of condom as used on page 15 should replace it. (2 girls group)
- The man injecting should be shown in a complete form in *nashalu padartha*. (4 girls group)
- The bottle should be labelled. (3 girls & 1 boys group)
- The cigarette should be shown in a box. (1 boys group)
- The message of the parrot should be written in black colour. (1 girls group)

3.10 Page 17: Doctor's advice

The adolescent groups perceived the section as questions answered by the doctor. They found the section very important for them as this section contained information relevant to them. They liked the idea of being able to send their queries about sexual and reproductive health, which they are

not able to put forward to their parents, relatives and friends. However few suggestions for further improvements were made.

Suggestions for improvement:

- The doctor's dress should be white. (4 girls & 1 boys group)
- The answer by the doctor should be precise and to the point. (1 girls group)
- The message of the parrot should be written with black colour. (1 girls group)
- The parrot's colour should be dark green. (1 girls group)
- The pictures should be enlarged. (2 boys group)
- The doctor's face is not visible it should be made visible. (1 girls group)

3.11 Page 18-19 Serialised story on Ravi abha thulo bhayo and Hasaun(Jokes)

The serialised story on Ravi and Anuja was liked by most of the groups. The groups in Kavre (FPAN program site) were aware that it was a serialised story as they had got the chance to read the previous two issues of the newsletter. The groups in Kirtipur and Lalitpur found it difficult to understand the story, as the previous issue was not available to them. They could comment only after reading it. After reading the story they liked it very much as the story focussed on concentrating in studies at younger age, achieving the goal and only then getting married. They said that this type of stories and articles boost up their moral. They also liked the *Hasaun (Jokes)* section as this entertained them and also conveyed messages on important issues. Several important comments were made to improve the section.

Suggestions for improvement:

- The picture of Anuja as a lawyer looks like a teacher teaching students and a principal in school talking with the guardians of the students. (2 girls group)
- The girl should wear the black dress of lawyer. (1 girls group)
- The picture of Anuja and Ravi getting married should be placed at the end of the story as according to the story they get married only after becoming lawyer and doctor. (2 boys group)
- The picture of Ravi examining the patients should be enlarged to make it clearer. (1 girls group)
- Anuja looks too young in the picture where she gets married. A mature looking girl should replace her. (1 girls & 1 boys group)
- The background of the wedding ceremony should be the same as the colour of the page. (1 girls & 1 boys group)
- More people should be shown in the wedding ceremony. (2 boys group)

3.12 Page 20: Addresses

The last page of the newsletter was perceived by the groups as the address section. They stated that it was very important for the newsletter to include an address section, as this was the main channel through which they could send their contribution. They appreciated the presentation of the section and had no suggestions to make it better.

CHAPTER 4

FINDINGS BY SECTION FROM THE FOCUS GROUP DISCUSSION WITH THE ILLITERATE/SEMILITERATE ADOLESCENTS

Focus group discussions were also conducted with illiterate/semiliterate groups of adolescents to get their opinions on the third issue of the draft newsletter *Jigyasa*. Based on the experience of the pretest of the previous newsletter issues, focus group discussion with illiterate/semiliterate groups from Kirtipur were not attempted. A total of three FGDs were employed in the field sites to obtain the opinion of semiliterate/illiterate adolescents on the newsletter. A FGD with semiliterate/illiterate boys group could not be conducted in Kavre despite the effort of the RHI partner NGO in that site. Therefore only three FGDs were conducted: FGDs with girls groups in Lalitpur and Kavre and with one boy's group in Lalitpur.

No complete illiterate group was discovered for the focus group discussion. All the groups were mixed. Some participants from the group had completed only 1-2 years of schooling and dropped out. Similarly some participants were those who had attended only adult literacy classes or children education classes conducted by some local clubs in the community.

The semiliterate girls and boys could read and understand some of the section with much effort like the comic story on *Uttar Krishna ko bichar tapainko* (comic story on Rajesh and Krishna) and comic story on *Aba hami aghi badaun* (lets move forward). But the case was different with the total illiterate adolescents. They did not understand most of the sections only by illustrations. The only comprehensible item for the illiterate group was the *illustrations on sexual abuse on pages 8-10*. However, both semiliterate and illiterate adolescents fully understood the sections once explained by the facilitators.

4.1 Cover Page

The cover page was found to be attractive and appealing by all three groups as it was colourful and had lots of pictures. When asked about contents in the newsletter, they said that it was about not getting married at early age, not to bear child at early age, about children and health and about daughters becoming lawyer. However one girl's group was not able to say what the newsletter was about.

Suggestions for improvements

- More pictures should be added in the cover page and title should be placed below the pictures according to the items. (1 group)

4.2 Page 2-4 Laksya Nirdharan (Goal Setting)

By just looking at the pictures, the groups were not able to make out the theme of the article on goal setting. Some of the semiliterate after reading the article could comment on the text. According to their understanding, the article focussed on goal setting and achieving a successful goal in life. One of the group was able to say that the article was about setting goal at early age and working hard to become a successful person like Nisha in the story. One of the girls' group could read the text slowly but could not understand the gist of it.

Suggestions for Improvements

- The Books in the form of ladder is very confusing. (1 boys & 2 girls group)
- Lesser text should be used and more pictures added. (1 boys & 1 girls group)

4.3 Page 5 Comic story on Rajesh & Krishna (Uttar Krishna Ko Bichar Tapainko)

All the groups were interested to read the comic story on Rajesh and Krishna. By just looking at the pictures they were not able to say what it was about. After reading, though with difficulty, two of the groups (1 girls & 1 boys) could say that the comic story was about two friends and it advised them not to steal even on friends' requests. It also advised them not to follow bad company. One of the girls group could not make out the theme of the story.

Suggestions for improvements

- More mangoes should be added in the trees. (1 girls group)
- The colour of mangoes should be yellow and not just green. (1 girls group)
- The colour of the tree should be green. (1 boys group)

4.4 Page 6-7 Exercises

One of the boys groups was not able to understand and comment on it. Two of the girls group said that it was about locating the route to school, about filling in the blanks and writing something in the crossword boxes. They liked locating the route to school, as they could easily understand and they could easily find the way. No suggestions for improvements were made for this section.

4.5 Page 8-10 Illustrations on sexual abuse

The story with illustrations only on sexual abuse was the only section that could easily be understood by the illiterate/semiliterate groups. They were all very interested to go through the illustrations and comment on it. They stated that the illustrations focussed on sexual abuse of a girl, which occurs in our society. The illustrations also showed the girl being sexually abused (*raped*) by a man. According to the boys (1 boys group) the article advised them not to harass girls by sexually abusing them. According to the girls group (2 girls group) it advised them not to accept chocolates, gifts from strangers. It also taught them not to speak with strangers and not to play alone. Furthermore it informed them to confide to the parents if they are sexually abused.

Suggestions for improvements

- In the first picture of page 8, some bubbles must be connected from the man's head to the girl's picture as the man is thinking about the girl. (1 girls group)

4.6 Page 12 Comic story on *Aba Hami Aghi Badaun* (lets move forward)

Just like the comic story on Rajesh and Krishna, the semiliterate/illiterate group also liked this comic story on gender sensitisation. They were very interested to go through the section and read

it. The illiterate girls and boys could only understand the theme once read by their semiliterate peers. The expression of the boys group and girls group was found to be different. The boys group said that from the story they could learn that to earn money and be independent in life one had to study hard. The girls group said that the story taught them to work together in a united manner.

Suggestions for improvement

- In the second picture the digging tool used should be made shorter as it now looks like it is hitting the girls' foot. (1 girls group)

4.7 Page 13-14 Sexual abuse (Text portion)

The semiliterate groups could read the text and make out the gist of the article though they could not read and understand the complete article. The first picture on page 13 was confusing and was not clear enough to represent sexual abuse. Instead some of the groups said that it looked like hospital with patients waiting to be examined. The boys group could understand the gist of the article with the other pictures, which advised them not to accept gifts from strangers and not to tease girls and harass them and stay alone in male company. One boys group said that they could understand the theme of the article but could not find the word to explain it.

Suggestions for improvement

- Girls being teased by boys should be added to also address this sexual abuse of girls often occurring. (1 boys group)
- The colour of the boy's shirt should be brown in colour on page 13. (1 boys group)
- The colour of the girl's bag should be brown. (1 boys group)
- The carpet should be striped on page 14. (1 boys group)
- The first picture on page 13 representing sexual abuse is confusing hence it needs to be improved. (2 girls group & 1 boys group).

4.8 Page 15-16 Contribution

The semiliterate adolescents could state that it was the contribution section of the adolescents by slowly reading the names of the contributors after each contribution. After reading the titles of the poems on AIDS, *Laingik bhedbau ajai dekhi tyagaun (lets stop gender discrimination from today)*, *Yaun rog (STDs)* and article on *nashalu padartha (drugs)* they could make out the sense of the poems and article. They said that it was about prevention of AIDS and condom should be used for the prevention of AIDS and STDs. They also stated that the couple was receiving counselling from the doctor regarding family planning. It also advised them not to indulge in sexual relations at early age. The article on *Nashalu padartha (drugs)* gave them knowledge about the harmful effects of smoking, which might ultimately result into asthma, prolonged cough and even cancer. The poem on *Laingik bhedbau ajai dekhi tyagaun (lets stop gender discrimination from today)* gave them the lesson on not to discriminate between son and daughter. However one group (1 girls group) could not understand even after reading the title. When asked about the least liked item, all the groups stated the poems on *Chori (daughter)* and *Jindagima (life)* to be the least liked among the contributions.

The illiterate group could make out the sense from the pictures though they could not make out that it was the contribution section by just viewing it. However they liked the section as the section would accept their contributions in the form of poems, stories, articles and even jokes.

Suggestions for improvements

- A similar picture of a condom as used on page 15 should be used and replace the picture of the condom on page 16. It now looks like a packet of tablets. (1 girls group)
- The picture of cigarette and cigar is confusing, hence it should be placed in a box or labelled. (1 boys group)
- The bottle should be labelled. (1 boys group)

4.9 Page 17 Doctor's Advice

When asked about the section on *Doctor's advice* the semiliterate/illiterate groups said that it was about doctor's advice. They further said that their queries on adolescent problems would be answered in this section. They said that it was about love, how love occurs among adolescent's boys and girls and about marriage and about not getting married at young age. They also saw the parrot and it's message and liked it, as it was catchy to memorise. However one semiliterate /illiterate girls group could not understand the gist of the advice given by the doctor, they could say that the answers given were about love between adolescents.

Suggestions for improvements

- None

4.10 Page 18-19 Serialised story on Ravi and Anuja

The group liked the serialised story on Ravi and Anuja. By going through it, they said that it was about achieving the goal in life, not getting married at early age and not getting indulged into sexual relationship at early age. However one girls group could not say what it was about though they could describe the pictorial part.

Suggestions for improvement

- On page 18, in the fourth picture Anuja should dress as a lawyer to avoid confusion as one girls group perceived the picture as parents visiting the principal in school. (1 girls group)
- The first picture on page 19 should be enlarged. (1 girls group)
- All the pictures on page 18 should be enlarged. (1 boys group)
- The picture about marriage should be placed at the end of the story. (1 boys group)

4.11 Page 20 Addresses

Almost all the semiliterate/illiterate groups could explain the item on page 20. They stated that the section contained addresses for correspondence to send articles, poems written by them. However one girls group could not state why the addresses were given though they could explain that addresses were provided in the section.

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

1. Conclusions

The research team completed the pre test of the third issue of the newsletter *Jigyasa* successfully in 3 project sites of RHI partner NGOs. All the adolescent boys and girls participated in the focus group discussions with great interest and enthusiasm. The research team collected valuable inputs from the adolescent groups to further improve the newsletter. The parents and stakeholders groups were found to be very interested to participate in the meetings. They reviewed the newsletter and gave constructive feedback and comments to improve the newsletter.

The level of knowledge and the feedback received for the improvement of the newsletter revealed differences when comparing adolescent boys and girls group of different ages. Overall, when asked to comment on the various items of the newsletter to make it more appealing and attractive, among the adolescent boys group, the level of knowledge to comment on the different contents of the newsletter increased with the increase in the age group of the adolescent boys. In all the three research sites i.e. Lalitpur, Kavre and Kirtipur, the higher aged adolescent boys group (14-16) could comment more and provide constructive comments to improve the newsletter than the younger (12-13) adolescent group.

Where as the case was different among the adolescent girls group in two field sites. There were no difference in the level of knowledge among the different adolescent girls' groups to comment on the various contents of the newsletter to make it better in the two field sites Lalitpur and Kirtipur. In fact in Lalitpur, some suggestions such as to improve the first picture of the boy and to replace him by a picture of the boy hiding behind a pole so as to make him look like more as an outsider made by the younger adolescent group (12-13) in the section *illustrations on sexual abuse* seemed an important suggestion to improve the section. However, in Kavre among the adolescent girls group the level of knowledge to comment on the newsletter and improve, increased with the increase in age groups.

No big differences were found when comparing the rural and urban groups. In fact the adolescent boys groups in Kavre (rural site) and adolescent girls group in Lalitpur (rural site) were found to be more active and creative than the groups in the semi urban area (Kirtipur).

The ranking for the most liked item in the newsletter was found to be different among the boys and girls groups. Though the girls group had ranked 8 items in the most liked category, the first three high ranked items were: *section on sexual abuse, comic story on Rajesh and Krishna and message through parrot*. These were followed by *illustrations on sexual abuse, doctor's advice and goal setting*. The boys group had ranked 9 items in the first category. However the high ranked items were *Goal setting and illustrations on sexual abuse*. These were followed by *doctor's advice and serialised story on Ravi & Anuja*. Unlike the previous issues of the newsletter, the groups ranked more than one item in each category as they liked most of the items and wanted to rank more than one item in each category.

Among the two illiterate/semiliterate girls group, they ranked illustrations on sexual abuse and goal setting as the highest among all the other items. The second highest ranked items were Comic

story of Rajesh & Krishna and text on sexual abuse. Out of the two groups, one group from Lalitpur could only rank unto the first and second category whereas the other group from Kavre could rank all the three groups. The third high ranked item was *let's move forward*.

It is very interesting to find out that also the semiliterate/illiterate groups were very active to participate and share their creative views, ideas and suggestions during the focus group discussions. Though they could not comment completely on the text portion, they were very keen to comment on the pictures and illustrations, their colour combination, proportion of pictures, sizes etc. They suggested more pictures and illustrations and less texts for adolescents like them to make it more comprehensible. They also suggested improvements in the colours used in the newsletter. For instance, they suggested the colours of the trees and houses to be improved. They were also able to make comments on pictures to be added or removed in particular items. They suggested to add a picture showing boys teasing girls in the textual part of the article on sexual abuse and to replace the picture of a condom (pg.16) by the picture of a condom used on pg.15. They also made useful suggestions for improvement of the picture representing sexual abuse in the bus that was confusing to almost all the groups.

The meetings with the parents and the stakeholders revealed their keen interest to review the newsletter and give useful suggestions to improve it. The suggestions given by them were very useful to improve the newsletter. They appraised the effort of RHI/Umbrella project in producing the newsletter and stressed for the continuity with the expansion of the newsletter to adolescents to remote places out of Kathmandu to increase the effectiveness of the newsletter. They also suggested some reward in the form of kinds or prizes to be organised for the adolescents for providing contributions so as to encourage them further.

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2. Recommendations

- The parents of adolescents stressed that the publication of the newsletter was important for the adolescents to keep them informed about the various relevant issues for them and requested for its continuity.
- The stakeholders appreciated the newsletter. However, they suggested to produce the newsletter in a book form with a hard cover. They also recommended to increase the font size of the newsletter text.
- The adolescent suggested improving the article on "Lakshya nirdharan" (Goal setting) and illustrations used. They recommended presenting the article in a story form and having more illustrations.
- In the comic story "Abha hami aghi badaun" (Lets move forward) the adolescents suggested to modify the ending of the story as well as the illustration. They recommended adding a section on the girls, taking paper making training.
- Both adolescent and the parents & stakeholders groups recommended to replace the first picture of the boy thinking about the girl in the illustration section, with the boy hiding behind the pole.
- All the groups recommended to correct typing errors and spelling mistakes in the newsletter.

ANNEXES

Reasons for Appropriateness

Girls

Cover page

- Yes, appropriate. (8 groups)

Page 2-4 (Goal Setting)

- The picture is not clear, a different picture should replace it.
- A man and the steps looks like cemented steps.
- Yes, good
- Yes, appropriate. (4 groups)
- Because it gives us lesson that we should choose a goal and fulfil it.

Page 5 (Comic Story of Rajesh and Krishna)

- Yes, appropriate because it increases our social status.
- Good (3 groups)
- Yes, appropriate. (3 groups)
- Yes, appropriate. Because it gives us lesson about not to steal things of others. (ill/semiliterate group)

Page 6-7 (Exercise)

- Good, appropriate (3 groups)
- Yes, appropriate (2 groups)
- Because it increases our remembering power.
- Because it revises the things we learnt.
- Because it is knowledgeable and interesting.

Page 8-11 (Illustration)

- Yes, appropriate (5 groups)
- Because it advises us not to let unknown people enter our house and not accept chocolates.
- Because it teaches us that if we face the problems like this we should confide to our parents.
- Because it gives us knowledge the problem like this we should confide it to our friends. (ill/semiliterate group, FPAN)

Page 12 (Aba Hami Aghi Badhau)

- Yes, appropriate. (7 groups)
- Because it tells us about the gender discrimination.

Page 13-14 (Sexual Abuse)

- Yes, appropriate (7 groups)
- Because we knew that there is sexual abuse in the family also and our relatives may also be like that.
- Because it gives the lesson that the girl shouldn't go wherever the boy calls. (ill/semiliterate group)

Page 15-16 (Contribution)

- Yes, appropriate (8 groups)

Page 17 (Doctor's Advice)

- Yes, appropriate (8 groups)

Page 18-19 (Serialised Story)

- Good (7 groups)
- Because it gives us lesson about the time to love and to get married

Page 20 (Addresses)

- Yes, It tells us that we can send stories, poems and jokes in the given addresses.
- Yes, we can write stories, poems and jokes and send in the given addresses.
- Good
- Yes (2 groups)
- Yes, we can write something and send.
- Yes, appropriate. (2)

Boys

Cover page

- Yes, appropriate. (7 groups)

Page 2-4 (Goal Setting)

- Yes, appropriate. (5 groups)
- Because it gives knowledge about the goal setting and we should do according to the goal to achieve it.
- Because it gives message that if we set only one goal and work hard to achieve it, it will be success.

Page 5 (Comic Story of Rajesh and Krishna)

- Yes, appropriate. (2 groups)
- Because it increases our social status.
- Because it gives us lesson that if we council a thief in a correct manner he can give up stealing things.
- Because it gives lesson that we shouldn't steal things of others and we shouldn't support the thieves to steal things. (3 groups)

Page 6-7 (Exercise)

- Because we don't forget the way to school or home.
- Because it revises the things we learnt.
- Because it is amusing.
- Because it increases our remembering power.
- Because it revises the things we learnt.
- Because it develops our knowledge.
- Because it increases our knowledge and we know whether it is correct or not.

Page 8-11 (Illustration)

- Because it gives us lesson that we shouldn't tease the girls.
- Because of the lesson about the result of the rape. (2 groups, including ill/semiliterate group)
- It gives lesson about the sexual abuse. (2 groups)
- Because it helps the society make aware.
- Because it is the contemporary issue of our society.

Page 12 (Aba Hami Aghi Badhau)

- Because illiterate and parents also can understand it.
- Because it gives the lesson that there will be no difference between boy and girl if the girl also gets an opportunity of training or education. (3 groups, including ill/semiliterate)
- Because of the illustration, we should be independent, there shouldn't be any discrimination between boys and girls and it is about women empowerment. (2 groups)

Page 13-14 (Sexual Abuse)

- Yes, appropriate (3 groups)
- Because it gives the lesson that the girl shouldn't go wherever the boy calls.(ill/semiliterate group)
- Because of the cases of our society.
- Because it sensitises the illiterate from sexual abuse and it prevents many girls from trafficking.
- Because of the lesson about sexual abuse and to confide it with others or even we should report to the police if we face this type of problem.

Page 15-16 (Contribution)

- Because it gives knowledge.
- Yes, appropriate (2 groups)
- Because it teaches us how to prevent from HIV/AIDS, STDs and intoxicating drugs.
- Because it gives us lesson about we shouldn't take intoxicating drugs. (ill/semiliterate group)
- Because we can express our talent and it gives us knowledge about the gender discrimination.
- Because it gives us the opportunity

Page 17 (Doctor's Advice)

- Yes, appropriate (2 groups)
- Because it gives knowledge.
- Because it gives the lesson that we shouldn't love at early age.
- Because it increases our social status.
- Because it gives us lesson not to have sexual relation at early age, not to get married at early age and to love at early age.
- Because we can query to doctor about the things that we confuse.

Page 18-19 (Serialised Story)

- Yes, appropriate (3 groups)
- Because it increases our social status.
- Because it gives knowledge about love and makes us aware.
- Because it makes curious to read the next issue if the first one is good.
- Because it teaches us not to get married at early age and it also suggests us to get married only after achieving our goal.

Page 20 (Addresses)

- Yes, we can write stories, poems and jokes and send in the given addresses. (ill/semiliterate group)
- Yes (4 groups)
- Because we can send the feelings of our heart.
- Because we solve our curiosity and send the letters.

NEWSLETTER-III FINDINGS BY SITE

District: Lalitpur
Project Site: AMK, Badikhel
FGD with Girls

Rank	12-13 years (Literate)		14-16 years (Literate)		12-16 years (Ill/semiliterate)	
First	Topic	Reason	Topic	Reason	Topic	Reason
	Message through parrot, goal setting, Sexual abuse	-It gives us knowledgeable message important for adolescents like us. -It tells us how to set goals and become successful in life. -It advises us that if we are victims of sexual abuse we have to confide to our parents.	Message through parrot	-It gives us message on different important topics. It covers message on different issues.	Illustrations	-It shows the sexual abuse on girls and also advises us to be aware about the sexual abuse on girls, it is also easy for us to understand.
Second	Contribution, Doctor's advice	-It gives us opportunity to send articles and we can also read the contributions of the other adolescents. -It gives us solution for diseases.	Sexual abuse	-It advises us to share with our parents if we are sexually abused.	Comic story of Rajesh and Krishna	-It teaches/advises us not to steal.
Third	Illustration, comic story of Rajesh and Krishna, Addresses,	-The pictures are good, colourful and interesting. -It advises us not to steal and we should not steal others belongings. -We can send poems, essays, and stories via this address.	Serialised Story on Ravi & Anuja, illustration	-It advises us to achieve our goal. - It is pictorial attractive and easy to understand.		

Overall Suggestions

Question	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What does it look like?	-Book, Newsletter	-Papers, Book with pictures, Book	-Can't say
Meaning of the Name? (Title)	-Curiosity, Something new to learn, About girls and boys	-Reading and writing, Health related issues, Curiosity	-Can't say
Is the Newsletter appropriate or not? Why?	-Yes, very appropriate as it contains lots of information important for adolescents like us.	-Yes, very appropriate as it gives us knowledge on STDs, AIDs, sexual abuse.	- yes
Confusing/unclear items/suggestions	-1 st picture of pg. 4.	-	-
Offensive item	-None	-None	-None
Lengthy item	-None	-None	-None
Short item	-None	-None	-None
Size of the Newsletter	-Good	-Good	-Good
Proportion of the picture	-Good	-Good	-Good
Colour combination	-Good	-Good	-Good
Font Size	-Good	-Good	-Good
How attractive is the Newsletter?	-Good	-Good	-Good

<p>Suggestions</p>	<ul style="list-style-type: none"> -Rapist looks like elder brother in pg. 8. -In pg. 9 the black cloth looks like a hole in the wall. -The first picture on pg. 12 should be modified in order to represent sexual abuse. -The first picture in page 13 should be modified. -The aids virus on pg. 14 should be removed. -In pg. 16 the picture of cigarette, tobacco, the person injecting is not clear. -The bottle should be labelled, the doctor's dress in pg. 17 should be white. -The parrot's message should be written with black ink. 	<ul style="list-style-type: none"> -More pictures should be added for pg. 2 and 3. -Picture of pg. 4 at the top is not clear. -The dress of the police in the last two pictures on illustration should be the same. -In pg. 10 the picture should be enlarged. -The second picture in pg. 11 should be corrected. -Last picture should be enlarged and the colour of the tree in the last picture should be green. -The first picture should be clear and enlarged. -The parrot's message should be written in black ink. -In pg. 14-15 AIDS virus is not clear. It should be either labelled or removed. -In pg. 15 the picture in rt. hand side is small, should be enlarged to make it clear. -In Pg. 16, a man smoking cigarette should be shown instead of the cigarette only. -The boy injecting drug should be shown in complete form. -In pg. 17, doctor's dress should be white. -In pg. 19, the first picture is not clear, it looks like a teacher teaching, not a lawyer. -In the last picture of pg. 18, the girl looks too young to get married. -In pg. 19, the first picture should be clear. 	<ul style="list-style-type: none"> -Pg. 2-3, more pictures & lesser text is necessary for understand. -In pg. 4, the steps are not clear. -In pg. 11, the 2nd picture on 12, is not clear. -In pg. 15, the top right hand side picture is not clear, should be enlarged. -Pg. 16, the bottle with ... should be labelled.
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Cover page

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Marriage, nurse, a girl reading, husband and wife, a woman carrying water.	-Hospital, marriage, a girl reading, nurse, a couple, house, a woman carrying water, a girl going to school, some girls talking under a tree.	-One girl going to school, a couple, some people going to the hospital, some people gathered under the tree and talking, a lawyer, marriage.
What do you understand? What is the cover about?	-Different topics covering the life of an adolescent, it is also about marriage, a girl becoming a nurse.	-We should have clear healthy environment we should study properly, should not get married at young age.	-Can't say
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good, attractive	-Good, attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Very, attractive	-Very, attractive	-Yes, attractive.
Suggestions	-None	-None	-None

Page 2-4 (Goal Setting)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A nurse, a girl reading, a boy playing football and receiving prize. A teacher teaching, a student with book walking, steps to goal obstacles on the way, about 'DIMAG KHIYAUN', fill in the blanks.	-A boy receiving prize, nurse, a boy playing football, a girl drawing, a boy thinking of becoming a teacher, a man climbing stairs but being obstructed, fill in the blanks.	-A girl studying, lawyer, a boy playing football, so a boy being awarded by a prize.
What is it about?	-One should set one's desired goal by thinking seriously, after setting goals, one should learn to practice, one has to think very carefully to set one's goal.	-It tells us that if we work hard we will be successful to achieve our goal. It also tells us that only setting high goals does not make us successful we should also work hard, it tells us that when we set goals there is a possibility of obstacles.	-We have to study - Have to become lawyers - Have to play and achieve prizes.
Appropriateness of pictures and materials	-Yes, good	-Picture is not clear, a different picture should replace it.	-Good
Proportion of the pictures	-Good	-Good	-A man and the steps looks like cemented steps.
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Good	-Good	-Good
Suggestions	-The picture of pg. 4 should be replaced by another suitable one, -In 'DIMAG KHIYAUN', 'JIGYASA ANKA 2 KO UTTAR' should be enlarged.	-More pictures should be added.	-More pictures and lesser text for illiterate people like us.

Page 5 (Comic Story of Rajesh and Krishna)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Two boys talking, a friend is showing house to another friend, one of the boy is thinking, a large pencil.	-Clean and healthy environment, clean house, clean man, two friends talking.	-House, man tree, pencil, mangoes (only after reading very slowly)
What is it about?	-We must not steal, we should not follow the wrong path, should not encourage others in wrong deeds like stealing.	-We must not steal and must not encourage others to steal.	-Two boys are talking.
Appropriateness of pictures and materials	-Good	-Good	-Good
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-

Page 6-7 (Exercise)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Exercise on KOTHE JAL, locating the way, SABDA JAL, art competition, about exercises, fill in the blanks.	-Exercise on KOTHE JAL, locating the way to school, about exercises on fill in the blanks.	-A box, locating the way to school, girl and boy, can't read the title.
What is it about?	- About participating in art competition and being awarded, exercise to locate the way, exercise and fill in the blanks	-About exercise and fill in the blanks	-Can't read the title.
Appropriateness of pictures and materials	-Good, appropriate	-Good, appropriate	-Good, appropriate
Proportion of the pictures	-None	-None	-None

Suggestions	<ul style="list-style-type: none"> -The rapist looks like an elder brother of the girl. -In pg. 9 the black cloth hanging on the wall looks like a breakage in the wall, not like a cloth. -The boy in the picture looks like a brother of the girl, the boy should look like an outsider, for this, a boy hiding and watching the girl should be replaced. -The first picture on pg. 9 should be changed. The black coat hanging on the wall must either be replaced by a colourful coat or removed. 	-The dress of the policemen in the last picture must be same.	-
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Page 11 Aba Hami Aghi Badhau (Lets move forward)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Women working and talking in the fields.	-Women working in the field, friends talking, mother beating her daughter, girls are talking.	-Girls working in the field, a doctor talking, friends talking.
What is it about?	<ul style="list-style-type: none"> -Girls should also get the opportunity to get educated like boys. -One of the girls wanting to take paper making training. -Another girl is saying that it must be only for boys not for girls. -Another girl is saying that if all the girls go there and request they may give chance to girls also. -Girls should also have rights like boys if they (girls) are deprived this all should fight for it. 	<ul style="list-style-type: none"> -It's about sons being educated and daughters deprived of education, giving the opportunity for sons for schooling and forcing the daughters to work. -It tells us that daughter also can become teacher, it's about a paper making training and all the girls are deciding to go for the training. 	-It tells us "Lets all work together".
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes	-Yes	-Yes
Suggestions	-	-The second picture should be corrected, last picture should be enlarged, the colour of the tree in the last picture should be green.	-The second picture, which looks like the girl's foot is cut, should be corrected.

Page 12-13 (Text on Sexual Abuse)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A girl and a boy waiting in the hospital, a girl and a boy waiting in the bus stop, a girl carrying books and memorising the text in the books, parents and children talking and counselling (picture 1), talking about marriage, a boy giving present to the girl so as to traffic the girl and earn money., the girl is telling her parents that she is sexually abused.	-In the first picture the boy is measuring the girl, in the second picture the boy is writing a letter to a girl, family members in a family gathering (1 picture), in the second picture the boy is offering a gift to the girl, in the third picture parents are talking.	-A boy and a girl standing in hospital, the girl is going to school, the boy is looking at the girl.

Suggestions	<ul style="list-style-type: none"> -The rapist looks like an elder brother of the girl. -In pg. 9 the black cloth hanging on the wall looks like a breakage in the wall, not like a cloth. -The boy in the picture looks like a brother of the girl, the boy should look like an outsider, for this, a boy hiding and watching the girl should be replaced. -The first picture on pg. 9 should be changed. The black coat hanging on the wall must either be replaced by a colourful coat or removed. 	<ul style="list-style-type: none"> -The dress of the policemen in the last picture must be same. 	-
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Page 11 Aba Hami Aghi Badhau (Lets move forward)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Women working and talking in the fields.	-Women working in the field, friends talking, mother beating her daughter, girls are talking.	-Girls working in the field, one of girl has been out one girl and doctor talking, friends talking.
What is it about?	<ul style="list-style-type: none"> -Girls should also get the opportunity to get educated like boys. -One of the girls wanting to take paper making training. -Another girl is saying that it must be only for boys not for girls. -Another girl is saying that if all the girls go there and request they may give chance to girls also. -Girls should also have rights like boys if they (girls) are deprived this all should fight for it. 	<ul style="list-style-type: none"> -It's about sons being educated and daughters deprived of education, giving the opportunity for sons for schooling and forcing the daughters to work. -It tells us that daughter also can become teacher, it's about a paper making training and all the girls are deciding to go for the training. 	-It tells us "Lets all work together".
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes	-Yes	-Yes
Suggestions	-	-The second picture should be corrected, last picture should be enlarged, the colour of the tree in the last picture should be green.	-The second picture, which looks like the girl's foot being cut, should be corrected.

Page 12-13 (Text on Sexual Abuse)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A girl and a boy waiting in the hospital, a girl and a boy waiting in the bus stop, a girl carrying books and memorising the text in the books, parents and children talking and counselling (picture 1), talking about marriage, a boy giving present to the girl so as to traffic the girl and earn money., the girl is telling her parents that she is sexually abused.	-In the first picture the boy is measuring the girl, in the second picture the boy is writing a letter to a girl, family members in a family gathering (1 picture), in the second picture the boy is offering a gift to the girl, in the third picture parents are talking.	-A boy and a girl standing in the hospital, the girl is going to school, the boy is looking at the girl.

What is it about?	-It's about sexual abuse. -It tells us what sexual abuse is, it means a boy teasing a girl, a boy physically touching a girl's body, a boy threatening a girl and doing whatever he likes. *After reading we can make out from the picture that a boy is physically abusing the girl.	-It is about sexual abuse, sexual abuse means teasing others, threatening and doing according to his wish, etc., sexual abuse can also include telephone talks based on sex. It also tells us that if we are sexually abused at young age we should confide it to our parents.	-The boy and the girl in hospital look like a couple. The girl is going for her check-up.
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes	-Yes	-Yes
Suggestions	-The first picture, looks like a hospital scene, must be changed and made clear to represent sexual abuse.	-The first picture must be improved.	-The first picture does not represent sexual abuse, it should be improved.

Page 14-16 (Contribution)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A man and a woman talking about condom, a boy and a girl standing, a red circular object.	-A couple talking, a girl and a boy standing on pg. 15, a daughter is studying, daughter becoming a doctor a couple going for examination.	-The boy is showing condom to the girl, boy and girl standing, daughter, a girl drawing.
What is it about?	-It's about AIDS, -It also advice us that one should use condoms to prevent from AIDS, -Its about daughters should also get the opportunity to be educated as sons. -It's about daughters can also work in offices like sons.	-About AIDS, -It tells us not to get married at young age, not to have child at young age, not to have sexual relationship at young age. -It's about equality between a boy and a girl. -On page 15, it tells us even a daughter can become a doctor if she gets opportunity.	-It tells us the condom should be used for the prevention of AIDS. -Cannot understand the title of the second poem (pg.14). -A daughter can also become an artist and doctor (pg. 15). -A doctor giving counselling to the couple about family planning.
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good, attractive	-Good, attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Good	-Good	-Good
Suggestions	-AIDS virus should be labelled with a name or removed. -The picture of the cigarette, tobacco is not clear, a clear picture should replace it.	-AIDS virus is not clear, either label with a name or remove, the first right side picture is small (pg. 15) make it large and clear.	-The right hand side picture is not clear. (15 pg.) -The boy injecting should be a complete picture.

Page 17 (Doctor's Advice)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A doctor, a boy, a girl, a man and a woman getting married, a parrot with a message.	-A doctor, a girl and boy loving, a girl and a boy thinking, a marriage	-A boy and girl in love, going to get married, a girl and boy kissing
What is it about?	-Its about doctor giving advice to adolescents quires It's about love between a girl and a boy.	-It's about doctor's advice. It's about love, doctor's advice to adolescents. It's about parrot's message.	-About love
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate	-Yes
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good

Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes	-Yes	-Yes
Suggestions	-The parrot's message should be written with black ink. -The doctor's dress should be black.	-The doctor's dress should be white.	-

Page 18-19 (Serialised Story)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Father, mother and daughter talking -The girl is thinking about the boy she loves. -A boy and girl getting married. -A teacher is teaching -A woman is taking advice from a doctor -A woman is taking her son to the Health Post for examination	-Parents advising the daughter. -Daughter getting married at young, the boy becoming a doctor.	-A girl is studying -Parents are talking about marriage -A girl is thinking about a boy. -The boy and girl getting married. -Two people going to the lawyer. -A girl taking her son to be examined by a doctor.
What is it about?	-It is about Ravi and Anuja. It tells us that adolescent girls must not meet their boyfriends alone. It also tells us that Anuja becomes a nurse and Ravi becomes a teacher. They get married only after achieving their goal. It also advises us not to get married at young age that can obstruct educationally and ultimately goal.	-It is about Ravi and Anuja, Anuja gets scolding from her parents as they see her walking around with Ravi. But Anuja tells her parents that Ravi is a good friend of Anuja. Only after achieving the goal Ravi and Anuja gets married. It also tells us about equality between boy and girl.	-Cannot understand
Appropriateness of pictures and materials	-Good	-Good	-Good
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Attractive	-Attractive
Suggestions	-	-	-

Page 20 (Addresses)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A girl and boy thinking of sending stories, poems to Jigyasa Newsletter	-A girl and a boy -envelopes with addresses	-A girl and a boy -The boy is going to write something
What is it about?	-Addresses	-Addresses	-Yes, it is about addresses but can't understand why it is given
Appropriateness of pictures and materials	-Yes, It tells us that we can send stories, poems, jokes in the given addresses	-Yes, we can write stories, poems and jokes and send in the given addresses	-Good
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes	-Yes, it is	-Yes
Suggestions	-	-	-

District: Lalitpur
 Project Site: AMK, Badikhel
 FGD with Boys

Rank	12-13 years (Literate)		14-16 years (Literate)		12-16 years (Ill/semiliterate)	
First	Topic	Reason	Topic	Reason	Topic	Reason
	Message through parrot, exercise, illustration, comic story (Rajesh and Krishna), Goal setting serialised story	-Knowledgeable, educational messages are being conveyed. - Has colourful illustrations which makes them attractive.	Doctors advice, Goal setting, Illustration, Contribution	-Satisfies the curiosity, story with colourful illustrations, educational messages are conveyed.	-Goal setting, Comic story of Rajesh and Krishna, Doctors advice	- It tells us that we are hardworking, we can be successful in bagging prizes by playing football. It informs that a girl can also become a lawyer. -Educational -We can teach others if we read. -We can know about what to do.
Second	Contribution, abahami aghi badhau (lets move forward), young soshan (sexual abuse), crossword puzzle, doctor's advice.	-It teaches us good things, -Lesser important than above	Comic story of Rajesh and Krishna message through parrot, exercise serialised story Young soshan (sexual abuse), crossword puzzle, doctor's advice, abahami aghi badhau (let move forward).	-Educational -Colourful -Story with illustration	Illustration Contribution, Message through parrot, exercise, serialised story, Young soshan (sexual abuse), Cross word puzzle, abahami aghi badhau (lets move forward), address.	-Educational Less important than above.
Third	Address	-	Address	-		

Overall Suggestions

Question	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What does it look like?	-Magazine, Book	-Magazine, Health Book	-Magazine, Comics
Meaning of the Name? (Title)	-Message/information about sex, health and marries. -Curiosity	-Knowledgeable things, feeling of the heart.	-About children
Is the Newsletter appropriate or not? Why?	-Yes, appropriate. It gives knowledge about sex and health.	-Yes, appropriate. It gives knowledge.	-Yes, it is appropriate. We can teach to others if we read. -It has moral things.
Confused items	-Picture of the bus on sexual abuse,	-Third picture of cover page	-None
Offensive item	-None	- The picture of page 9 negative should be removed.	-None
Lengthy item	-None	-None	-None
Short item	-Illustration is very short. It should be lengthy.	-None	-None
Size of the Newsletter	-Good	-Good	-Good
Proportion of the picture	-Not enough. Should be added.	-Good	-Good
Colour combination	-Good	-Good	-Good
Font Size	-Good	-Good	-Good
How attractive is the Newsletter?	-Yes, attractive	-Yes, because of the colourful illustration.	-Yes

Suggestions	<ul style="list-style-type: none"> -Make full for the picture inside the bus. -Illustration should be lengthy. -Add pictures. -Add jokes, short poems etc. -The picture of lawyer on the cover pg. should be shown full or sitting. -The picture of the stair is not clear. -Picture of an engineer should be added. -Find the way should be difficult. -A boy's picture should be kept instead of the girl. -The colour of the girl's dress in the picture of pg. 8-10 should be red. -Boy's shirt isn't good. (pg. 8-10) -Make a box and write on it. 	<ul style="list-style-type: none"> -The third picture of cover pg. should be clear. -The picture of pg. 9 negative should be removed. -Picture of an engineer should be given. -Picture of pg. 3 should be larger. -Picture of pg. 4 looks like stair with pattern. -Picture of pg. 4 is unclear. -Find the way is very easy. -White mark in the head of the boy's picture 4 and 5 of pg. 8 should be removed. -The negative of pg 9 should be removed. 	<ul style="list-style-type: none"> -Pictures should be added. -Tree should look like tree.
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Cover page

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A boy looking at a girl, a group of boys teasing a girl, a lady lawyer, a jumping boy, a school girl, talking about condom.	-A girl bringing water, a boy sitting, sitting under the tree and talking, doctor is checking the patient in the hospital, condom, talking about sexual relation.	-About child, about health, lawyer.
What do you understand? What is the cover about?	-Health related informative magazine, magazine related with sex.	-About health about marries, dreaming to become a lawyer in future.	-About child, about health.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes
Suggestions	-Picture of a girl dreaming to become a lawyer should be shown in full form.	-The dress of the lawyer should be white.	-

Page 2-4 (Goal Setting)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A boy receiving prize, a boy playing football, a girl becoming a lawyer, dreaming, drawing a house, becoming a teacher, a parrot.	- A boy playing a ball, discussing, drinking water, becoming lawyer, winning prize, painting, thinking of becoming a teacher.	-A boy playing ball, remembering, achieving medal, a girl drawing, going to school, teaching, becoming teacher, brain storming.
What is it about?	-Winning medal by playing football, setting goal.	-Goal setting, -About earning money.	-Don't know, -Nothing is comprehensible only by illustrations.
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-Stair is not clear	-Stair is not clear	-None
Attractiveness	-Yes, attractive. Because of the pictures and the given text.	-Yes, attractive.	-Yes

Suggestions	-The picture of pg. 4 is not clear. -A picture of a boy setting goal as to be an engineer and fulfilling his goal should be added.	-A picture of a boy becoming engineer should be added. -Pictures of pg. 3 should be larger. -Picture of pg. 4 should be clear.	-Pictures should be added.
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Page 5 (Comic Story of Rajesh and Krishna)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Two boys are showing mango, talking about mango, house, tree	-Tree, house, talking about stealing mango, pencil	-House, man, pen, talking about house
What is it about?	-Should not steal mango, -Should not steal.	-Should not steal, -If we advice and convince the thief in a good way, he can also become good.	-We shouldn't steal things.
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives us the moral lesson that we shouldn't steal.	-Yes, appropriate. Because it gives us the lesson that if we convince a thief in a good way he can also be a good person.	-Yes, appropriate.
Proportion of the pictures	-Good.	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes	-Yes	-Yes
Suggestions	-Background should be red.	-	-Trees should look like trees.

Page 6-7 (Exercise)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-DIMAG KHIYAUNE (brain storming game), KOTHE JAL (cross word puzzle), BATO PATTI LAGAUNE (locating the way), a girl going to school.	-A girl going to school, BATO (way), SABDAJAL, (cross word puzzle), KHALI THAU BHARA (fill in the blanks)	-BATO (way), a girl walking in the path, PAN KO PAT, BATO PATTI LAGAUNE (locating the way), KHALI THAU BHARA (fill in the blanks)
What is it about?	-BATO PATTI LAGAUNE (find the way), KOTHE JAL (cross word puzzle), KHALI THAU BHARA, pencil.	-BATO PATTI LAGAUNE (find the way), SABDA JAL (word puzzle), KOTHE JAL (cross word puzzle)	-KOTHE JAL (cross word puzzle), KHALI THAU BHARA (fill in the blanks), pencil.
Appropriateness of pictures and materials	-Yes, appropriate. Because we will not forget the way to school or home.	-Yes, appropriate. Because it's amusing and revises the things we've learnt.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-BATO PATTI LAGAUNE should be a little bit more puzzling and complicated.	-BATO PATTI LAGAUNE should be a little bit more puzzling and complicated.	-

Page 8-10 (Illustration)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Girl playing, boy thinking about the sexual intercourse, the girl's parent and younger brother going to the city, the boy persuading the girl with some chocolates, boy chasing the girl and closing the door, the boy holding the hands of the girl and threatening her with a knife, the boy keeping sexual relation, the girl sharing the event with her parents, her parents reporting to the police and the police arresting the boy.	-A girl is playing, a boy is thinking about the girl, parents of the girl leaving for the market, the boy goes near the girl and gives chocolates, the girl enters the room, the boy threatening her with a knife and having sexual relation, girl weeping for a long time, the girl then confiding the incident with her friend and then to the parents, parents reporting to the police and the police arresting the boy.	-A boy is teasing a girl, he calls her to come in, he gives chocolates, he closes the door, girls is trying to escape from there, boy threatens the girl with a knife, he keeps sexual relation with the girl, the girl weeps and tells it to her friend, she tells it to her parents and the parents report it to the police, the boy is taken into the custody.

What is it about?	-Sexual relation -Sexual abuse -Education -Should not go wherever the stranger requests.	-It is about informing the community that law punishes the wrong doers. -Shouldn't force and indulge girls in sexual relations.	-Should not force others to do the things they do not want to do. -Shouldn't keep sexual relation, -Shouldn't abuse the girls.
Are the pictures/contents appropriate?	-Yes, appropriate.	-Yes, appropriate. Because it gives the knowledge that we shouldn't sexually abuse girls if we do that the law punishes us.	-Yes appropriate. Because it teaches us that we shouldn't sexually abuse the girls.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive. Because of the pictures	-Yes, attractive
Suggestions	-Dress of the girl should be red. -The boy's shirt is not so good. -Write down about the pictures in the box.	-There is scars on the head of the boy in picture 4,5 of pg. 8 -The negative of pg. 9 should be removed.	-

Page 11 (Aba Hami Aghi Badhau)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Girls are digging the field, they are also working in the field, two girls are talking.	-Two girls are talking, working in the field.	-Working in the fields, girls are talking about the opportunity for education, talking about going to participate in the training.
What is it about?	-We shouldn't discriminate between son and daughter by sending son to the private school and the daughter to the government school. -New things can be learnt if we get the opportunity to get training. -If the girl gets any training she can also develop confidence and become independent.	-Girl education, -The destiny of girl, -Discrimination between a girl and a boy.	-Girls should also get the opportunity to get educated like boys.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate. Because illiterate people can also understand it.	-Yes, appropriate. Because there will be no difference between boy and girl if the girl gets an opportunity to get training and education.
Proportion of the pictures	-Good	-The picture of girl getting job after training should be added.	-The picture of girl getting job after training should be added.
Opinion about colour	-Good	-The ground's colour should look like ground.	-Ground's colour should look like ground. -The tree should look like a tree.
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes	-Yes	-Yes
Suggestions	-Colour of DOKO in the last picture should look like the colour of the <i>doko</i> , i.e. brown. -Picture of the girl getting training should be added. -The picture of getting job after paper making training should be added. -The river should be white or the colour of water.	-Soil's colour should be grey. -In the second picture it looks like one girl is hitting on the leg of another girl, that picture should be improved. -DOKO should look like actual DOKO. -Tree should be green. -A picture showing a group of girls taking training should be added. -After getting training, girls working in the office should be added.	-

Page 12-13 (Sexual Abuse)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A boy is teasing a girl, boy touching on the breast of the girl, boy giving biscuit to girl, a school going girl, parrots.	-A boy standing in the bus catching the stand of the bus, discussing about something, the boy is convincing the girl with some gifts, parrot is flying.	-Holding hands, girl is looking at the boy, people talking.
What is it about?	-About sexual abuse	-About sexual abuse and its preventive means.	-About sexual abuse -Could understand but could say
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes appropriate. It gives lesson that the girl shouldn't wherever the boy calls.
Proportion of the pictures	-Good	-The dress of the girl (page 12 picture 1) should be red.	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive.	-Yes, attractive
Suggestions	-The picture is not clear. -Add a picture of a group of boys teasing a girl inside the classroom by whistling.	-The shadow of the picture in the bus should be removed. -Add more men in the picture of the bus. -The picture on page 13 should be clear. -The picture of the bus looks like the hospital.	-Add a picture of some boys teasing girls. -The shirt of the boy standing in the bus should be grey. -Remove the shadow.

Page 14-16 (Contribution)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Image of the god, daughter, sitting at the office, condom, a woman sitting with the doctor, a boy injecting, bottle of a drug, husband and wife are talking.	-Husband and wife talking about something, a girl is working at the office, taking medicine at the health-post, talking about having sexual intercourse.	-A boy and a girl are talking about condom, a woman is working at the office, a woman is visiting doctor, tobacco and hashish talking about sexual intercourse.
What is it about?	-About we shouldn't keep sexual relation at early age because HIV/AIDS and STDs can be transmitted. -Girls can also do office works.	-About HIV/AIDS -About STDs -About daughter	-About we shouldn't keep sexual relation at early age. -We shouldn't discriminate between son and daughter, -About we shouldn't take intoxicating drugs
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives us knowledge.	-Yes, appropriate. It teaches us how to prevent from HIV/AIDS, STDs and intoxicating drugs.	-Yes appropriate. Because it gives us lesson about we shouldn't take intoxicating drugs
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive.	-Yes, attractive
Suggestions	-	-The word written in English on page 16 should be given in Nepali.	-The picture of tobacco should be straight. -Make a pack of tobacco. -The drug should be labelled -Picture of cigar looks like a

Page 17 (Doctor's Advice)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Embracing, kissing on the cheeks, getting married, father and mother are carrying a baby.	-Doctor, embracing, kissing on the cheeks, a boy and a girl dreaming about bearing a child.	-Embracing, a boy is kissing a girl, getting married, parrot is its message.
What is it about?	-Doctor's advice, -Love	-Love -Doctor's advice -Message through parrot	-About marriage

Appropriateness of pictures and materials	-Yes, appropriate. Because it is knowledgeable.	-Yes, appropriate. Because it conveys message that we shouldn't indulge in love at early age.	-Yes appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive.	-Yes, attractive
Suggestions	-	-	-

Page 18-19 (Serialised Story)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A girl talking to her parents, the parents scolding her, a marriage ceremony.	-Parents counselling their daughter, talking about marriage, health post, marriage ceremony.	-Family gathering, talking about marriage of a girl, a marriage ceremony.
What is it about?	-Story of Ravi and Anuja -A serialised story	-A serialised story	-Love and marriage, -Story
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.	-Yes appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive.	-Yes, attractive
Suggestions	-	-	-

Page 20 (Addresses)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Addresses -A boy and a girl writing.	-A boy and a girl.	-Envelopes -Address
What is it about?	-Addresses	-Addresses	-Addresses
Appropriateness of pictures and materials	-Yes	-Yes	-Yes, we can write something and send.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes	-Yes, it is	-Yes
Suggestions	-	-	-

District: Kathmandu
Project Site: pfect-NEPAL,
FGD with Girls

Rank	12-13 years (Literate)		14-16 years (Literate)	
First	Topic	Reason	Topic	Reason
	Serialized story on Ravi & Anuja	-Because this story advises us to achieve our goal and then only get married. It also tells us that we should set our goal first. It further tells us that we should feel free to share our feelings to our parents.	Illustrations on sexual abuse, Serialized story on Ravi and Anuja	-It is very attractive and the theme of story can be easily understood. -Furthermore, it can be understood by illiterate adolescents also. It also advi us to confide to our friends, parents if are sexually abused and we should a report to the police. -It advises us to first achieve our goal an then only get married. It also tells us to concentrate on our studies before getting married.
Second	Comic story (Rajesh and Krishna)	-It teaches us the principles of honesty and we should not steal and encourage others to steal.	Goal setting	-It teaches us to set goals in life and how to set proper goals and also to achieve it.
Third	Aba Hami Aghi Badhaun (lets move forward)	-It tells us that girls can also do some work and can obtain some training such as paper making and earn some money like boys or men It teaches us to set our goal in life and work hard to become doctors, lawyers, teachers etc.	Doctor's advice	It solves our health problems and also informs us about the different diseases. I also gives us the opportunity to send queries.
	Goal setting			

Overall Suggestions

Question	12-13 years (Literate)	14-16 years (Literate)
What does it look like?	-Book	-Magazine -Book -Poster -File
Meaning of the Name? (Title)	-Information about the essential issues of the adolescent.	-Curiosity, will, desire -Feelings from the heart -Knowledge about new things
Is the Newsletter appropriate or not? Why?	-Yes, appropriate.	-Yes, appropriate.
Confused items	-AIDS virus -Goal setting -Sexual abuse	-AIDS virus -Goal setting -Sexual abuse
Offensive item	-None	-None
Lengthy item	-None	-None
Short item	-None	-None
Size of the Newsletter	-Good	-Good
Proportion of the picture	-Good	-To clear the concept of sexual abuse picture should be added on page 12.
Colour combination	-Good	-Good
Font Size	-Good	-Good
How attractive is the Newsletter?	-Good	-Good
Suggestions	-	-

Cover page

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Marriage -People sitting in the bus -Women working in the field -A girl is reading -Clean environment	-Marriage -Lawyer -Student -Husband and wife -A man measuring the height of the woman.

What do you understand? What is the cover about?	-Early marriage -Girls should also get opportunity to study -Should avoid sex at early age -Clean environment	-There should be unity between husband and wife. -All should unite -Should work hard from the early age to become a successful person. -Environment should be kept neat and clean. -There should be friendly relationship between friends.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, appropriate.	-Appropriate.
Suggestions	-	-The picture of the girl and boy standing in the bus should be clear.

Page 2-4 (Goal Setting)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Becoming a successful person by being educated, becoming a lawyer after being educated, getting prize by playing football, painting, educational message is given by parrot.	-A student is aiming to be a lawyer, a girl can also be a lawyer, if you play well you will be awarded, we should do physical exercise, if you work hard you will be a successful person.
What is it about?	-Goal setting -If you work hard you will be a successful person. -You can be a lawyer if you work hard.	-Goal setting -Aim in life should be good. -There should be equality between son and daughter.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-KISHOR AVASTA	-None
Attractiveness	-Yes, attractive. Message through parrot is very good.	-Yes, attractive. Message through parrot is very good.
Suggestions	-It would be better if the stars of page 2 are given in white and yellow colour. -The picture of page 3 the boy wearing a pant should be shown. -The shadow of the man and green box should be black. -In goal setting, a man thinking to be an engineer should be shown. -In page 4, the 'Jigyasa anka dui ko uttar' should be written in larger red font. -Fill in the blank's filled words should be underlined. -The picture of the girl is not clear.	-The typo-errors should be corrected. -The picture on page 2 giving prize should be clear. -The title 'Ramro Lakshya Kasari' should be written in red colour and bolded

Page 5 (Comic Story of Rajesh and Krishna)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A story about the clean environment.	-Cleaning, a life-story about congenial environment.
What is it about?	-Shouldn't steal -Should keep the environment neat and clean around us.	-Shouldn't steal -We should advise our friends not to steal things.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None

Attractiveness	-Yes, appropriate.	-Yes, appropriate.
Suggestions	-The story is very short it should be lengthened. -The fonts written under the first picture should be enlarged.	-

Page 6-7 (Exercise)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Word puzzle 'KOTHE PADA' -Find the way 'BATO PATTA LAGAUNE' -Fill in the blanks 'KHALI THAU BHARNE'	-Word puzzle 'KOTHE PADA' -Find the way 'BATO PATTA LAGAUNE' -Fill in the blanks 'KHALI THAU BHARNE'
What is it about?	-Brain storming game	-Brain storming game -Fill in the blanks
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive.	-Yes, attractive.
Suggestions	-The hands of the cartoon in the two pictures, in the 'picture competition' should be clear.	'-BATO PATTA LAGAUNE' should be made complicated by adding some more ways.

Page 8-10 (Illustration)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A woman carrying water, a boy standing and thinking about the girl, the boy is thinking of having sexual relation with the girl, her parents with the younger son going to the city, girl staying at home, the boy is offering chocolate to her, she takes chocolates and enters the house, the boy follows her and locks the door, girl is trying to escape but he catches hold of her, then he threatens her with a knife, he rapes her, he is again threatening her, the parents returns from the city, the girl is crying and thinking about the boys threaten, the girl's friend asks, why the girl is crying, the friends suggests the girl to confide to her parents, the girl tells everything about the event to her mother, the mother relates to the father, the parent reports to the police and finally the police arrest the man.	-Children playing, a woman carrying water, a boy standing and thinking about the girl, the boy is thinking of having sexual relation with the girl, the parents with the younger son going to the city, the daughter staying at home, a girl playing, the boy looking at the girl, the boy is offering chocolate to the girl, the girl takes the chocolate and enters house, the boy follows the girl and locks the door the girl is trying to escape but the boy catches hold of her, then the boy threatens the girl with a knife, the boy rapes the girl, the boy again threatening the girl, parents returning from the city, the girl is crying and thinking about the boys threaten, the girl's friend asks, why the girl is crying, the friends suggests the girl to confide to her parents, the girl tells everything about the event to her mother, the mother relates to the father, the parent reports to the police and finally the police arrests the man.
What is it about?	-Sexual abuse on girls	-Sexual abuse, -Sexual relation -Shouldn't have sexual relation at early age. -We shouldn't sexually abuse girls.
Are the pictures/contents appropriate?	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive.	-Yes, attractive.
Suggestions	-The picture of the coat hanging on the wall is not clear. -Chocolates should be colourful. -In picture 4, the straw should be clear. -Handle of knife should be same. -In the last picture on pg. 9, there should be something written in the book. -In picture 21, full map of Nepal should be shown. -In picture 22, policemen must be in similar dress.	-The picture of the girl differs in the last two three pictures. -There should be a map of Nepal in the police office.

Page 11 Aba Hami Aghi Badhau (lets move forward)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Girls are working in the field	-Some girls are working in the field, digging
What is it about?	-Discrimination between son and daughter. -Girls should also get opportunity to participate in training and do jobs.	-We should also give opportunity for girls to study, if they get the opportunities, they can also compete boys.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour	-Good	-Good
Offensive items	-Good	-Good
Difficult things and words	-Good	-Good
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-The field should be grey. -The tree should be green. -The picture of a man in the background should be removed. -The picture of girl fulfilling her goal should be shown.	-The picture on the title is very small. It should be enlarged. -Title should be written in the red/green fronts

Page 12-13 (Sexual Abuse)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A boy and a girl are standing in the bus	-Men and women standing in the bus.
What is it about?	-Sexual abuse and it's types -We shouldn't tease girls -Educational message of parrot	-Sexual abuse -We shouldn't believe and take gifts from the strangers
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-	-Typo-error should be corrected. -TYASO BHAYA KE... should be in a little larger fonts. -YOUN SOSHAN BHAYAMA should be in green fonts. -Picture of a group of boys teasing girls should be added.

Page 14-16 (Contribution)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Use of condom to prevent from AIDS. -Equality between son and daughter -Drug	-Poem about AIDS -Poem about STDs -Avoiding sexual relation at early age.
What is it about?	-If girls are educated they can also do everything like boys. -Should go to the doctors if we suffer from any STDs. -Shouldn't smoke. -Shouldn't take drugs.	-Shouldn't look down upon the victim of AIDS -Shouldn't have sexual relation at early age. -Should use condom while you have sex. -If someone suffers by STDs s/he should go to the doctor and check up, shouldn't hesitate
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-Words in English	- Opium 'APHIM', Brown sugar
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-The shadow should be black in the 3 rd picture of pg. 14 -The font of title 'CHHOREE' is not good. -Virus of the AIDS should be labelled or removed. -The picture of the man, injecting drug in pg. 16 should be shown full.	-In the poem, use 'KSHAYA ROG' instead of TB. -Virus of the AIDS should be labelled or removed. -The picture in pg. 15 should be clear and bigger. -The message through parrot should be given in

	-The bottle of drug should be labelled and its shadow should be black.	black ink. -The bottle of the drug should be labelled and its shadow should be black. -The font of 'NASHALU PADARTHA' should be larger.
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Page 17 (Doctor's Advice)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Doctor's advise	-Sexual relation and love
What is it about?	-Shouldn't love at early age -Shouldn't marry at early age	-Shouldn't have sexual relation at early age.
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-Doctor's face is not clear. It should be clear -Doctor's dress should be white	-The answer is very long so it is very difficult to understand. -It should be shorter. -Doctor's dress should be white. -Parrot's colour should be dark green.

Page 18-19 (Serialised Story)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Parent of the girl talking about marriage of daughter. -The parent scolding daughter. -Girl becoming a lawyer. -Boy becoming a doctor and checking the patient at the hospital.	-Parent scolding the daughter. -Girl becoming a lawyer. -Boy becoming a doctor and checking the patient in the hospital. -Parent talking about the marriage of daughter.
What is it about?	-Ravi's story -Shouldn't marry at early age -Shouldn't discriminate between son and daughter	-A social story. -Ravi's story -Shouldn't discriminate between son and daughter
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-The picture of marriage should be in white background.	-Picture of the marriage should be in page 19

Page 20 (Addresses)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Addresses -A boy and a girl writing	-A boy and a girl
What is it about?	-Addresses	-Addresses
Appropriateness of pictures and materials	-Yes	-Yes
Proportion of the pictures	-	-
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is
Suggestions	-	-

District: Kathmandu
 Project Site: plect-NEPAL
 FGD with Boys

Rank	12-13 years (Literate)		14-16 years (Literate)	
First	Topic	Reason	Topic	Reason
	Goal setting, Exercise, comic story of Rajesh and Krishna, Illustration	-We should set a goal in our life, if we do so we can carry out our goal. -Because of the illustration -Because of the knowledgeable and important things	Illustration, contribution, doctor's advice, goal setting, serialised story, aba hami aghi badhau (lets move forward)	-Very interesting -Educational -Inquisitive -Entertaining, -Easily understandable only by illustration -Effective and beautiful
Second	Aba hami aghi badhau, contribution, serialised story, sexual abuse, message through parrot, cross word puzzle	-Gives good knowledge -Lesser important then first one	-Cross word puzzle, message through parrot, brain storming game	-Lesser important then the upper one -It can't be understood without reading the above items.
Third	Address	-	Address	-

Overall Suggestions

Question	12-13 years (Literate)	14-16 years (Literate)
What does it look like?	-Book	-Magazine consisting knowledgeable items related to health, education, children
Meaning of the Name? (Title)	-Feelings of the Heart -Curiosity	-Desire to learn something, -Curiosity, inquisitiveness, -Feelings of the heart.
Is the Newsletter appropriate or not? Why?	-Yes, appropriate. Because of the educational items	-Yes, appropriate. Gives knowledge about health. We can publish our story, poem and other feelings.
Confused items	-None	-None
Offensive item	-None	-None
Lengthy item	-None	-None
Short item	-None	-None
Size of the Newsletter	-Good	-Good
Proportion of the picture	-Good	-Good
Colour combination	-Good	-Good
Font Size	-Good	-The fonts of the Contribution NASALU PADARTHA (drugs) is very small.
How attractive is the Newsletter?	-Yes, attractive. Because of the colour.	-Yes, attractive. Because of the colour, illustration, educational items, -Illiterate can also conceptualise from the illustrations.
Suggestions	-More poems, short poems, illustrations should be added. -The colour of the tree should be green.	-Content of the magazine should be given -Articles or information about the computer should be given -Knowledgeable things should be added. -Article about child abuse should be given

Cover page

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Reading, marriage, love, a school going child	-A new picture, marriage, a lawyer, reading a book, working in the field, dancing
What do you understand? What is the cover about?	-Inquisitiveness/curiosity -Knowledgeable thing	-Curiosity -Inquisitiveness to know something
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-	-

Page 2-4 (Goal Setting)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A girl is reading, a lawyer, football player,	-A boy is playing football, winning a medal, a boy is dreaming to be a teacher
What is it about?	-We should be engaged in only one profession/aim -Our goal will not be fulfilled if we set goal in others desire. -About winning the medal by playing football	-Deciding our goal. -We should make our own goal. -It tells us that if we work hard we will be successful in achieving our goal. -One has to think very seriously to make one's future bright
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-A picture of a man working hard to fulfil his goal should be added	-The tree should be green -The important sentence should be bolded and underlined -Add more knowledgeable items -It would be more interesting if it was given as a comic story -Add jokes, illustrations

Page 5 (Comic Story of Rajesh and Krishna)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-House, trees, two boys are talking,	-Mangoes, trees, two boys are talking, house
What is it about?	-We shouldn't steal things	-We should not commit wrong act
Appropriateness of pictures and materials	-Yes, appropriate. It increases our social status.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-	-

Page 6-7 (Exercise)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Brain storming game 'DIMAG KHIYAUN', word puzzle, 'KOTHE JAAL' find the way BATO PATTA LAGAUNE' Fill in the blanks 'KHALI THAU BHARA' , a girl is going to school	-Brain storming game 'DIMAG KHIYAUN', word puzzle, 'KOTHE JAAL' find the way BATO PATTA LAGAUNE' Fill in the blanks 'KHALI THAU BHARA' , a girl is going to school
What is it about?	-Brain storming game 'DIMAG KHIYAUN', exercise	Exercise, cross word puzzle 'KOTHE JAAL' Brain storming game 'DIMAG KHIYAUN'
Appropriateness of pictures and materials	-Yes, appropriate. It increases our thinking power.	-Yes, appropriate. It revises the things we learnt
Proportion of the pictures	-Good	-Good
Opinion about colour	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-Find the way 'BATO PATTA LAGAUNE (locating the path) should be little bit complicated.	-Find the way 'BATO PATTA LAGAUNE (locating the path) should be little bit complicated. -SABDA JAAL (word puzzle), should be more

Page 8-10 (Illustration)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A girl, a woman is carrying water, parents, a boy looking at the girl and thinking about the girl, he gives chocolates to the girl, she goes inside the room, the boy follows her and has forced sexual relation with her, she cries but he threatens her with a knife, she confides the incident to her friend and the friend advises her to share it with her parents, she tells her parents and the parents report to the police and the police arrests the boy.	-A girl is playing and her parents are doing their work, a boy is looking at the girl, he is thinking about having sexual relation with her, he takes advantage of the absence of her parents and gives her some chocolates, she accepts it and goes into the room, the boy compels her to have sex with him, she denies but he threatens her with a knife and have sex with her, she cries for a long time remembering that but she hides it with her parents, she tells the incident to her friend and the friend advises her to share it with her parents, she tells her parents and the parents reports to the police and the police arrests the boy.
What is it about?	-We shouldn't leave the girl alone at home. -About sexual abuse on girls.	-About a rape case
Appropriateness of the pictures and materials?	-Yes, appropriate. It gives us lesson about sexual abuse	-Yes, appropriate. Because it helps the society to make aware. -It is the contemporary issue of our society.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-T-shirt of the girl should be red	-Girl looks small in the last picture. -Knife is very big -The T-shirt of girl is not good

Page 11 *Aba Hami Aghi Badhau* (lets move forward)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Girls are working in the fields, talking.	-Working in the fields, talking with the friends, girls are discussing
What is it about?	-Opportunity should be given to the women to learn new things besides household work -We should not discriminate between boys and girls sending the boy to a boarding school and sending a girl to government school or not sending the girl to school at all.	-About woman rights -Let's move forward to take our rights.
Appropriateness of pictures and materials	-Yes, appropriate. Girls also can do everything like boys if they get proper training and education.	-Yes, appropriate. Because of the illustration, it teaches us to be independent, it tells us that there should be no discrimination between boys and girls, it is about the woman empowerment.
Proportion of the pictures	-Less. The picture of the girl taking training should be added.	-Good
Opinion about colour	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive
Suggestions	-A picture of taking training should be added.	-The colour of the sky should be blue -Tree should be green -The field should be grey -Illustrations should be added -Write about child rights

Page 12-13 (Sexual Abuse)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A boy touching the breast of the girl, a boy teasing a girl, talking with someone.	-Teasing a girl -Embracing
What is it about?	-Sexual abuse -We shouldn't tease girls -We shouldn't tease the wife of others	-About sexual relation -Sexual abuse
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate. Because of the cases of our society
Proportion of the pictures	-Good	-Good

Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-Make colourful -The picture on page 12 is not clear. -The picture on page 13 is not clear.	-The green shadow of the first picture in page 12 should be black. -The wall of the picture in page 13 should be same. -The measures to prevent sexual abuse should be given point wise. -Illustrations should be added. -More pictures such as teasing the girls, throwing pebbles on girls should be added.

Page 14-16 (Contribution)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Two sex workers are talking, a boy and girl are standing, talking to the doctor, injecting.	-A girl and a boy are standing, talking, a girl is working in the office, parrot, tobacco, two sex workers are talking about having sexual relation.
What is it about?	-About AIDS -About gender discrimination	-About AIDS -Gender discrimination -About STDs and condom -Article about drugs -Story about fiancée
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-	-Jokes, short poems, 'GAON KHANE KATHA (riddles)' should be added

Page 17 (Doctor's Advice)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Embracing, a boy and a girl are thinking about their marriage, a parrot, a doctor	-Keeping sexual relation, marriage, embracing, dreaming about marriage, dreaming about childbearing
What is it about?	-Doctor's advice, about marriage, about love, about we should not get married at early age,	-Use of condom
Appropriateness of pictures and materials	-Yes, appropriate. It increases our social status.	-Yes, appropriate.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-The illustrations should be enlarged.	-

Page 18-19 (Serialised Story)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Talking, the girl is saying something about the boy, a boy and a girl getting married.	-Talking, getting married, writing
What is it about?	-We should fulfil the aim of our parents -Shouldn't love at early age -Should obey our parents -Shouldn't get married at early age	-Should help our friends.
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate. Because it gives knowledge about love, -Makes us aware about not getting married at early age. -Should help our friends.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good

Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive
Suggestions	-The picture of marriage should be placed in the last of page 19. -The picture of Ravi being a doctor and Anuja being a lawyer should be clear.	-Background of the picture of marriage is not good. -Temple, 'YAGYA' 'PANDIT' and other people should be shown in the picture of marriage.

Page 20 (Addresses)

<i>Question</i>	<i>12-13 years (Literate)</i>	<i>14-16 years (Literate)</i>
What do you observe?	-Addresses -A boy and a girl writing	-A boy and a girl.
What is it about?	-Addresses	-Addresses
Appropriateness of pictures and materials	-Yes	-Yes
Proportion of the pictures	-	-
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes
Suggestions	-	-

District: Kavre
Project Site: FPAN
FGD with Girls

Rank	12-13 years (Literate)		14-16 years (Literate)		12-16 years (Ill/semiliterate)	
	Topic	Reason	Topic	Reason	Topic	Reason
First	Sexual Abuse (Text matter), Doctor's Advice	-This is a real life problem on adolescent girls like us. It also advises us to be aware about such activities and not to keep silent. - It solves our health related queries.	Comic story on Rajesh & Krishna, Addresses	-It advises us not to steal and we should avoid bad company. -We can send contributions to <i>Jigyasa</i> - Comic story on Aba Hami Aghi Badaun	Goal Setting, Sexual abuse (textual portion)	-It teaches us about setting a successful goal in life. It teaches us about setting an effective goal. It tells us that to be successful in life, one has to start from early childhood. - It has taught us the different forms of sexual abuse of which we were not aware of. It is a problem and violence which exists in our society and which we are aware of. - Daughters can also succeed in life if they take initiative.
Second	Contribution <i>Mero Bichar</i> (my thought)	-We can express our views through articles, poems and jokes	Doctor's advice,	-It solves our queries about health	Serialized story on <i>Ravi abathulo bhayo</i> , Doctor's advice	-It advises us to get married only after achieving the goal in life. - One should only get married only after the appropriate marriage age.
Third	Exercises, Comic story on Aba Hami Aghi Badaun (lets move forward)	-It makes us work hard and concentrate - It empowers girls and women	Addresses	-We can send our queries to the doctors which we are not able to ask with our parents and elders	Addresses, Comic story on <i>Rajesh & Krishna</i> , contribution <i>Mero bichar</i> (my thought)	-We can send contributions - One friend is advising another friend not to steal - Can express our own views

Overall Suggestions

Question	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What does it look like?	-A book	-A poster -A book	-Book
Meaning of the Name? (Title)	-Name of the book, don't know the meaning	-Curiosity	-Can't say
Is the Newsletter appropriate or not? Why?	-Yes, appropriate	-Yes, appropriate	-Yes, appropriate
Confused items	-None	-None	-None
Offensive item	-None	-None	-None
Lengthy item	-None	-None	-None
Short item	-None	-None	-None
Size of the Newsletter	-Good	-Good	-Good
Proportion of the picture	-Good	-Good	-Good
Colour combination	-Good	-Good	-Good
Font Size	-Good	-Good	-Good
How attractive is the Newsletter?	-Good	-Good	-Good
Suggestions	-	-	-

Cover page

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A house, a woman carrying water, a girl studying, a group of girls talking. A marriage ceremony, a girl and a boy playing, a group of girls talking under the tree.	-A marriage ceremony, a girl and a boy playing, a group of girls talking under the tree.	-A woman is carrying water, house, a couple talking marriage ceremony, a girl is reading.
What do you understand? What is the cover about?	-It advises us to go to hospitals if we are sick, it is very important for us to study, should not get married at early age, we should have time to play, should examine with the doctor timely.	- It's about awareness creating items. It's about not getting married at early age.	-It is about sexual abuse -About we shouldn't get married at early age.
Appropriateness of pictures and materials	Yes, appropriate	Yes, appropriate	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good, very attractive	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-

Page 2-4 (Goal Setting)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A nurse examining a patient, a lady nursing the patient, a girl going to school, a marriage ceremony.	-A nurse is examining the patient, husband and wife are talking.	-A patient sleeping in the hospital, his wife is talking with the nurse
What is it about?	-It tells us not to get married at early age, and should not get married without completing the education, if you have set a goal you have to achieve it, it also tells that, we have to study hard and then serve others	-Goal setting, -Hard labour is needed to fulfil a goal,	-Goal setting
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate. Because it gives us the lesson that we should choose a goal and fulfil it.	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good, very attractive	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-The sister of the patient looks like his wife, it should make clear by replacing her sari by kurta salwar or other dress.

Page 5 (Comic Story of Rajesh and Krishna)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-House, tree, two friends talking	-House, tree, boys talking about stealing mangoes	-House, two boys talking, a big pencil
What is it about?	-It gives us lesson/advice not to steal, it also tells us that the empty space on the last picture is to be filled with the appropriate answers given below.	-It suggests us not to steal things of others and we should not keep friendship with bad friends.	-It suggests that we shouldn't steal things.
Appropriateness of pictures and materials	Yes, appropriate. Because it gives us knowledge about different issues.	Yes, appropriate. Because it gives us a lot of information.	Yes, appropriate. Because it gives us lesson about not to steal things of others.

Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good, very attractive	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-The mangoes should be shown clearly.

Page 6-7 (Exercise)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Brain storming game 'DIMAG KHIYAUN', matching the answers, fill in the blanks 'KHALI THAU BHARA'	-Brain storming game 'DIMAG KHIYAUN', matching the answers, fill in the blanks 'KHALI THAU BHARA'	-Brain storming game 'DIMAG KHIYAUN', matching the answers, fill in the blanks 'KHALI THAU BHARA'
What is it about?	-It is about exercises like filling in the blanks with appropriate words, matching the correct answers.	-HIV/AIDS, -Brain storming games (DIMAG KHIYAUNE) -Goal setting	-Fill in the blanks 'KHALI THAU BHARA'
Appropriateness of pictures and materials	-Yes, appropriate as it is knowledgeable and interesting.	Yes, appropriate	Yes, appropriate
Proportion of the pictures	- Good	-Good	-Good
Opinion about colour	- Good, very attractive	-Good, very attractive	-Good
Offensive items	-The title "ANSWER TO ISSUE II" should be highlighted.'	-None	-None
Difficult things and words	- None	-None	-None
Attractiveness	- Yes attractive	-Yes, attractive	-Yes, attractive
Suggestions	- The worked out exercise with the title 'ANSWER TO ISSUE II' is not clear. -The title should be improved enlarged and highlighted	-	-

Page 8-10 (Illustration)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-An old man, a woman carrying water, the father of the children smoking, one girl is playing, a boy is standing behind the pole and watching the children playing, the boy behind pole seems to be thinking of the girl, the father, mother, and the son going to the market, the boy behind the pole is watching, the girl is playing, the boy is giving chocolates, the girl is taking the chocolates and entering the house, the boy is following the girl and entering the house and closing the door, the boy is following the girl and entering the house and closing the door, the boy is holding the girl's hand, the boy is threatening the girl, the boy establishes forced sexual relation with the girl, but it also looks like the girl and boy are swimming, the boy is putting on the clothes the girl is crying and sleeping, the parents are back from the city, the girl is still thinking about that incident, the girl is thinking of the boy threatening her. the girl is	-A woman is carrying water, a girl is playing, the boy is thinking about the girl and thinking of having sexual relation with the girl, when her parents and younger brother are away in the market, the boy comes and gives her some chocolates, she goes into the room and he follows her and closes the doors the boy keeps forced sexual relation with her by threatening her with his fist, the girl is crying, she cries even in the school with her friend, her friend asks the reason, she tells her everything about the incident, her friend suggests her to confide it with her parents, she tells it to her mother and mother to father, finally her parents reports to the police and the police arrests the boy.	-Children are playing, father is sitting, a boy is peeping the girl from behind the pole, he is dreaming about the sexual relation with the girl, girl's father and mother are leaving for the market, girl is playing alone in the house, a boy gives her some chocolates and persuades her to have sexual relation with him, the girl takes chocolates and enters the house, the boy follows her and keeps forced sexual relation with her, he threatens the girl and leaves the house, the girl cries very much, she confides it to her friend and her friend suggests her to disclose it to her parents, she says it to her mother and her mother to father, her parents reports to the police and the police arrests the boy.

	confiding the incident to her friend, the friend is advising the girl to relate the incident to the parents the girl relating the event to the mother, the mother to the father, the parents reports to the two police and finally the police arrests the boy.		
What is it about?	-Sexual abuse -Rape case	-Sexual abuse -Unsafe sex	-It is about sexual abuse
Are the pictures/contents appropriate?	-Yes, appropriate. Because it advises us not to let unknown people enter the house, not to accept chocolates from unknown people, and also tells us not to play alone outside the house.	Yes, appropriate. Because it gives us knowledge that if we face this kind of problem, we should confide it to our friends.	Yes, appropriate. Because it teaches us that if we face the problems like this we should confide with our parents.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-Make some bubbles in picture 1.

Page 11 Aba Hami Aghi Badhau (lets move forward)

Questions	Groups		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A group of girls cutting grass, some digging, some talking, some making paper in a factory	-Some women are working in the field, talking, making papers	-Digging in the field, working in the field, girls are talking to each other
What is it about?	-It tells us about women empowerment -It advises us that not only sons, daughters should also get opportunities for education	-We shouldn't discriminate between son and daughter. -We must give the equal opportunity to our son and daughter.	-We should work in the group.
Appropriateness of pictures and materials	Yes, appropriate	Yes, appropriate. Because it tells us about the gender discrimination.	Yes, appropriate.
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour	-Good, very attractive	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Attractiveness	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-

Page 12-13 (Sexual Abuse)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-People are in the bus, one boy is touching the girl, two boys are teasing the girls who are going to school.	-A boy is teasing a girl, a girl is being teased by a group of boys, father and mother are sitting, mother and children are talking, someone is taking a girl to the brothel, the boy is pretending to talk with the parents of girl and placing his hand on the lap of the girl.	-A boy is persuading a girl, boy placing hand on the lap of girl, talking about the marriage.
What is it about?	-We should not tease others, should not threaten others, should not touch others in an insulting way in other words these are the forms of sexual abuse.	-It is about sexual abuse,	-It is about girls shouldn't go with the boy alone.
Appropriateness of pictures and materials	Yes, appropriate	Yes, appropriate. Because it informs that girls can also be sexually abused by the relatives.	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good, very attractive	-Good

Offensive items	-None	-None	-None
Difficult things and words	-UTSUKATA'	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-

Page 14-16 (Contribution)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A couple talking about AIDS, a couple visiting the doctor for consultation, it's about contributing our views and ideas, it gives knowledge about condom an injecting drug, parrot's message.	-A man and a girl are talking about sex, a boy and a girl standing, condom, a couple taking counselling from the health worker, cigarette, bottle.	-Husband and wife are talking about sex, a boy and a girl standing, condom, a couple taking counselling - from the health worker, cigarette.
What is it about?	-It's about contribution.	-Contribution	-Contribution
Appropriateness of pictures and materials	-Yes, appropriate	Yes, appropriate	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good, very attractive	-Good
Offensive items	-The AIDS virus is not clear	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-The AIDS virus is not clear	-	-The AIDS virus is not clear.

Page 17 (Doctor's Advice)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-A boy embracing a girl, doctor, parrot	-Marriage ceremony, parrot, doctor,	-Parrot, a marriage ceremony, a girl thinking about a boy and a boy thinking about a girl.
What is it about?	-Girl and boy getting married, parrot conveying message. -It's about doctor's advice	-Doctor's advice	-We shouldn't get marriage at early age. -About love
Appropriateness of pictures and materials	-Yes, appropriate	Yes, appropriate	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive	-Yes, attractive
Suggestions	-	-	-

Page 18-19 (Serialised Story on Ravi)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Father, mother and daughter talking, a boy and a girl, an office room with some people, some people going to the hospital, marriage.	-Father and mother advising her daughter, a girl and a boy, a marriage ceremony	-A boy and a girl, an office room with some people, some people going to the hospital, a marriage ceremony, health post
What is it about?	-It advises us to get married only after our education, one should get married only after achieving goal. For e.g. in this story Anuja gets married with Ravi only after becoming a lawyer.	-A serialised story of Ravi and Anuja	-It is about we should get marriage only after fulfilling our goal.
Appropriateness of pictures and materials	-Yes, appropriate	Yes, appropriate. Because it gives us lesson about the time to love and get marriage.	Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good, very attractive	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes, attractive	-Yes, attractive	-Yes, attractive

Suggestions	-	-The picture in the last of the story should be large and clear. -Picture Anuja becoming a lawyer should be large and clear.	-The dress of Anuja should look like lawyers'. -The picture of the health-post should be larger.
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Page 20 (Addresses)

Questions	Groups and their Comments		
	12-13 years (Literate)	14-16 years (Literate)	12-16 years (Ill/semiliterate)
What do you observe?	-Addresses -A boy and a girl writing	-Boy and girl	-Envelopes, -Address
What is it about?	-Addresses	-Addresses	-Address
Appropriateness of pictures and materials	-Yes, appropriate	-Yes, appropriate	-Yes, appropriate
Proportion of the pictures	-Good	-Good	-Good
Opinion about colour combination	-Good	-Good	-Good
Offensive items	-None	-None	-None
Difficult things and words	-None	-None	-None
Is it attractive?	-Yes	-Yes, it is	-Yes
Suggestions	-	-	-

District: Kavre
Project Site: FPAN,
FGD with Boys

Rank	12-13 years (Literate)		14-16 years (Literate)	
First	Topic	Reason	Topic	Reason
	Serialised story, illustrations, exercise, comic story of Rajesh and Krishna, doctor's advice	-Because of more Illustrations, -It is romantic, educational, -Knowledgeable -Inquisitive to read -Enthusiastic	Message through parrot, goal setting, aba hami aghi badhau (lets move forward), doctor's advice, serialised story	-The title itself is important -Issues are contemporary, -It teaches the unknown things, -It gives messages
Second	Goal setting, aba hami aghi badhau (lets move forward), sexual abuse, contribution, message through parrot	-It less educational -Story is very shorter -Poem is also very shorter	Exercise, illustration, sexual abuse, address, contribution,	-It teaches about how to do a work. -It is practical -Even an illiterate can understand from the illustration -Knowledgeable -Develops our knowledge
Third	Address	-Address does not give any education -It comes in use only to send mail and phone.		

Overall Suggestions

Question	12-13 years (Literate)	14-16 years (Literate)
What does it look like?	-Like a story book -Book	-Book -Magazine
Meaning of the Name? (Title)	-Curiosity -Feelings of the heart -Enthusiasm to know the feeling of the heart	-Trying to give any suggestion -Curious to know -Feelings of the heart -Jigyasa means inquisitiveness of the heart
Is the Newsletter appropriate or not? Why?	-Yes, appropriate. Because it develops our wisdom, -It is educational and knowledgeable	-Yes, appropriate. Because of practical issues of our family and society, it is educational and romantic.
Confused items	-None	-None
Offensive item	-Virus of AIDS	-Virus of the AIDS is unclear
Lengthy item	-None	-None
Short item	-None	-None
Size of the Newsletter	-Good	-Good
Proportion of the picture	-More pictures should be added	-If more pictures added and the given pictures are enlarged, the illiterate people also could understand it more clearly
Colour combination	-Good	-Good
Font Size	-Good	-Good
How attractive is the Newsletter?	-Yes, attractive. -Because of the illustration -Colour combination -Educational materials	-Yes, attractive. -Because of the practical issues -Illustration -Colour combination -Educational materials
Suggestions	-In the picture of marriage there is large different in the age between the boy and girl. -Picture of parrot is not clear. -Virus of the AIDS is not clear. -The picture of 'MERO BICHAR' is not clear. -Picture of lawyer should be made wearing a spectacles. -Picture is confusing either she is his sister or wife, make it clear by replacing her sari. -The picture of hay stack is not clear	-Picture inside the bus seems to be taking height of girl. -Leaves and branches should be shown in the picture of tree. -Colour of tree should be green. Give a step by step picture of a child setting a goal to be a great persona. -The picture of boy dreaming about to be a teacher is to be larged and face of the boy should be shown. -Picture of DIMAG KHIYAUNE should be i colour.

Cover page

<i>Question</i>	<i>12-13 years (Literate)</i>	<i>14-16 years (Literate)</i>
What do you observe?	-Playing, carrying water, loving each other, getting married, talking to their friends, lawyer	-Getting married, husband and wife are talking, a lawyer, a boy is looking a girl
What do you understand? What is the cover about?	-A health book -Feelings of the heart -Marriage	-A health magazine -Giving some suggestions -Feelings of the heart
Appropriateness of pictures and materials	-Yes, appropriate.	-Yes, appropriate.
Proportion of the pictures	Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes	-Yes, it is. It teaches us that we should not take drug. -It gives the message to read. -Because of colourful illustrations.
Suggestions	-In the picture of marriage there is large age difference between the boy and the girl. -Picture of parrot is not clear. -The virus of AIDS is not clear. -The picture of 'MERO BICHAR' is not clear.	-The picture in the bus seems to be taking height of girl. -Leaves and branches should be shown in the picture of tree. -The colour of the tree should be green.

Page 2-4 (Goal Setting)

<i>Question</i>	<i>12-13 years (Literate)</i>	<i>14-16 years (Literate)</i>
What do you observe?	-A seek person, his wife is asking something, we shouldn't get marriage at early age, setting goal to be a painter in the future, brain storming game (DIMAG KHIYAUNE)	-A patient is sleeping, studying, drawing, talking, picture of getting married
What is it about?	-Goal setting, -Achievement of a goal -Replace the obstacles	-Goal setting -Do according to the goal
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives us knowledge to set a goal and achieve it by regular hard labour.	-Yes, appropriate. It gives message that if we set only one goal and work hard to achieve it, it will be success.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-'ATTI' (past) and 'AULYAUNU' (point out)
Attractiveness	-Yes	-Yes, it is
Suggestions	-The picture is confusing either she is sister or wife of the patient, it should be make clear by replacing her sari.	-Give a step by step picture of a child setting a goal. -The picture of dreaming about to be a teacher should be enlarged and the face of the boy should be shown. -The picture of 'DIMAG KHIYAUNE' should be in colour.

Page 5 (Comic Story of Rajesh and Krishna)

<i>Question</i>	<i>12-13 years (Literate)</i>	<i>14-16 years (Literate)</i>
What do you observe?	-House, mango trees, talking about stealing things, bundle of straw	-House, mango, two friends are talking
What is it about?	-We shouldn't steal things, -Habit, -Advising the mischievous friend	-About we should not steal others things
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives lesson that we shouldn't steal others things and we shouldn't support the thieves to theft things.	-Yes, appropriate. Because it teaches us that we shouldn't steal things.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None

Attractiveness	-Yes, appropriate	-Yes, it is
Suggestions	-The picture of hay stack is not clear	-The roof should be clear. -Other small trees should be shown.

Page 6-7 (Exercise)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Find the way 'BATO PATTA LAGAUNE', cross word puzzle 'KOTHE PADA', Fill in the blanks 'KHALI THAU BHARNE',	-Find the way 'BATO PATTA LAGAUNE', Fill in the blanks 'KHALI THAU BHARNE', message through parrot, cross word puzzle 'KOTHE PADA'
What is it about?	-Exercise, -KOTHE PADA, -BATO PATTA LAGAUNE	-Exercise
Appropriateness of pictures and materials	-Yes, appropriate. Because it develops our knowledge.	-Yes, appropriate. Because it increases our knowledge and we know whether it's correct or not.
Proportion of the pictures	- Good	- Good
Opinion about colour	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes, Knowledge will increase if message is given about parrot.	-Yes, it is
Suggestions	-	-Doll's hair should be black. -There should be people in school's compound. -School's compound should be made green. -It should be difficult to find the way.

Page 8-10 (Illustration)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Playing, dreaming about sexual abuse, father and mother are leaving for the town, a boy having sexual abuse by closing the door, confiding the matter with her father and mother.	-A girl is playing, a boy is standing near her house and dreaming about having sexual relation with the girl, her father and mother are leaving to the market, she plays alone in the ground, the boy gives her some chocolates and convince her to have sexual relation with her, she enters the house and the boy follows her, the boy locks the door and keeps sexual relation by threatening her with his fist, she screams and cries a lot, she confides it to her friend and the friend suggest her to tell it to her parents so she tells it to her mother and mother tells it to father, the father and mother report it to the police and the police arrests the rapist (the boy)
What is it about?	-About sexual abuse, -About unsafe sexual relation	-About sexual abuse
Are the pictures/contents appropriate?	-Yes, appropriate. It gives the knowledge about sexual abuse,	-Yes, appropriate. It gives the lesson that we shouldn't rape others.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes	-Yes, it is
Suggestions	-The title of the illustration should be 'Result of Rape'. -The picture, boy striking the girl is not clear.	-The title of the illustration should be 'Sexual Abuse' -The chocolates should be colour, -The dress of the girl should be Nepali dress (DHOTI, CHOLO) -The book of page 9 is blank, it should be fulfil with some text. -In page 8, the boy smoking a cigarette should be shown.

Page 11 Aba Hami Aghi Badhau (lets move forward)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Digging, talking about something, working in the field,	-A wicker basket (DOKO) with grass, digging in the field,
What is it about?	-About gender discrimination, -About women also can do whatever men do if they got proper education and training.	-About to go to take training, we shouldn't discriminate between son and daughter.
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives lesson that if proper education and training is given to women they can do everything like men.	-Yes, appropriate. Because it teaches us about equality between son and daughter and we should think that they both are two part of the same coin.
Proportion of the pictures	-Good	-Good
Opinion about colour	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Attractiveness	-Yes	-Yes, it is
Suggestions	-The last picture is confusing. -While making paper there should be a bucket. -A wicker basket (DOKO) should be a little larger. -The tree should be green. -The steam of trees should be different colour. -Colour of ground should be grey.	-Colour of ground should be grey. -The tree should be green. -Colour of the wicker basket (DOKO) should be grey. -Trees should be green. -Making papers in the picture is not clear.

Page 12-13 (Sexual Abuse)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-A boy is going to sell girls for trafficking, boy placing hand on the lap of girl, boy holding on the hand of girl in bus.	-Talking, giving gifts, discussing with parent, getting into the bus, teasing for girls.
What is it about?	-Sexual abuse,	-About sexual abuse
Appropriateness of pictures and materials	-Yes, appropriate. Because it sensitises the illiterate people from sexual abuse and it also prevents many girls from trafficking.	-Yes, appropriate. Because it's about sexual abuse and gives us lesson about sexual abuse and to confide it with others or even we should report to police if we face this type of problems.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-The colour of the bus is not good.	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is
Suggestions	-Illustration should be big.	-

Page 14-16 (Contribution)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	Condom, AIDS virus, Health worker	-A health worker is advising something, condom, message of parrot, a girl and a boy
What is it about?	-AIDS, -Gender discrimination	-AIDS -STDs
Appropriateness of pictures and materials	-Yes, appropriate. Because we can express our talency and it gives us knowledge about gender discrimination.	-Yes, appropriate. Because it gives us the opportunity to share our views with the others.
Proportion of the pictures	- Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is
Suggestions	-Title of 'NASALU PADARTHA' should be big. -Virus of the AIDS should be labelled.	-Virus of the AIDS should be labelled. -The shadow of girl and boy should be removed. -The boy and girls should be shown wearing slippers. -The cigarette should be labelled.

Page 17 (Doctor's Advice)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Having sexual intercourse, getting marriage at early age, dreaming of bearing a child, girl is dreaming of sexual relation.	-Girl and boy are embracing, kissing, getting marriage, bearing children
What is it about?	-Doctor's advice	-About love, -Doctor's advice
Appropriateness of pictures and materials	-Yes, appropriate. Because it gives lesson not to have sexual relation at early age, not to get married at early age and not to love at early age.	-Yes, appropriate. Because we can query to doctor about any confusion and inquisitiveness.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is
Suggestions	-Letters should be a little larger.	-The letter should be. -Illustration should be larger. -Doctor's dress should be white.

Page 18-19 (Serialised Story on Ravi)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Getting married, going to court, getting divorced.	-A girl and her parents are talking about her marries, getting married, health-post
What is it about?	-It's not good to love at early age. -Girl shouldn't go alone with boy.	-Serialised story, Story of Ravi and Anuja
Appropriateness of pictures and materials	-Yes, appropriate. Because it makes curious to read the next issue if the first one is good.	-Yes, appropriate. Because it teaches us not to get married at early age and it also suggests us to get married only after achieving our goal.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is. It increases our inquisitiveness.
Suggestions	-	-Bride seems to be very small. -Place of marriage ceremony should look like a 'JAGGE' and other people standing there should be shown.

Page 20 (Addresses)

Question	12-13 years (Literate)	14-16 years (Literate)
What do you observe?	-Addresses -A boy and a girl writing	-Boy and girl
What is it about?	-Addresses	-Addresses
Appropriateness of pictures and materials	-Yes, appropriate. Because we can send the feelings of our heart.	-Yes, appropriate. Because we solve our curiosity and send the letters.
Proportion of the pictures	-Good	-Good
Opinion about colour combination	-Good	-Good
Offensive items	-None	-None
Difficult things and words	-None	-None
Is it attractive?	-Yes	-Yes, it is
Suggestions	-	-

List of Difficult words

Site	Boys			Girls		
	Literate 12-13 years	Literate 14-16 years	Illiterate/Semiliterate 12-16 years	Literate 12-13 years	Literate 14-16 years	Semiliterate /illiterate 12-16 years
Kirtipur (pneumonia- NEPAL)	-Tuberculosis (T.B.)	-	-	-	-अफिम (Opium) -Brown Sugar -Adolescents	-
Kavre (FPAN)	-सान्त्वना (Assurance)	-अतीत (Past) -प्रतिक्रिया (Reaction) -औल्याउनु (Pointout)	-	-उत्सुकता (Inquisitiveness)	- लत (Habit)	-
Lalitpur (AMK)	-Monerax -Morphin -Pensidril	-	-	- निश्चित (Certain)	-	-

Page-wise Suggestions for Newsletter-III Issue

First page		Cover Page		
Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-Picture of a girl dreaming to become a lawyer should show full.	-The dress of the lawyer should be white.	-
	Girls	-None	-None	-None
Phect-Nepal	Boys	-None	-The picture of the girl and boy standing in the bus should be clear.	-
	Girls	-None	-None	-None
FPAN	Boys	-In the picture of marriage there is large age difference between the boy and the girl. -Picture of parrot is not clear. -The virus of AIDS is not clear. -The picture of 'MERO BICHAR' is not clear.	-The picture in the bus seems to be taking height of girl. -Leaves and branches should be shown in the picture of tree. -The colour of the tree should be green.	-
	Girls	-None	-None	-None

Page 2-4		Goal Setting		
Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-The picture of pg. 4 is not clear. -A picture of a boy setting goal as to be an engineer should be added.	-A picture of a boy becoming engineer should be added. -Pictures of pg. 3 should be larger. -Picture of pg. 4 should be clear.	-Pictures should be added.
	Girls	-The picture of page 4 should be replaced by another suitable one. -In 'dimag khiyau', jigyasa anka 2 ko uttar' should be enlarged.	-More pictures should be added.	-More pictures and lesser text for illiterate people like us.
Phect-Nepal	Boys	-A picture of a man working hard to fulfil his goal should be added	-The tree should be green -The important sentence should be bolded and underlined -Add more knowledgeable items -It would be more interesting if it was given as a comic story -Add jokes, illustrations	-
	Girls	-the given in white and yellow colour. -The picture of pg. 3, the boy wearing a pant should be shown. -The shadow and green box should be black. -A man thinking to be an engineer should be shown. -In page 4, the 'Jigyasa anka dui ko uttar' should be written in larger red font. -Fill in the blank's later filled word should be underlined. -The picture of the girl isn't clear.	-The typo-errors should be corrected. -The picture of page 2 giving prize should be clear. -The title 'Ramro Lakshya Kasari' should be written in red colour and bolded	-

FPAN	Boys	-The picture is confusing either she is sister or wife of the patient, it should be make clear by replacing her sari.	-Give a step by step picture of a child setting a goal. -The picture of dreaming about a teacher should be enlarged and the face of the boy should be shown. -The picture of 'DIMAG KHIYAUNE' should be in colour.	-
	Girls	-None	-None	-The sister of the patient looks like his wife, it should make clear by removing her sari by <i>kurta salwar</i> .

Page 5 *Comic Story of Rajesh and Krishna*

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-Background should be red.	-None	-Trees should look like a tree.
	Girls	-None	-None	-None
Phect-Nepal	Boys	-None	-None	-
	Girls	-The story is very short, it should be enlarge. -The fonts written down of the first picture should be enlarged.	-None	-
FPAN	Boys	-The picture of hay stack is not clear	-The roof should be clear. -Other small trees should be shown.	-
	Girls	-None	-None	-The mangoes should be shown clearly.

Page 6-7 *Exercise*

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	- <i>bato patta lagaune</i> should be a little bit more puzzling.	- <i>bato patta lagaune</i> should be a little bit more puzzling.	-None
	Girls	-None	-None	-None
Phect-Nepal	Boys	-Find the way 'BATO PATTA LAGAUNE' should be little bit harder.	-Find the way 'BATO PATTA LAGAUNE' should be little bit harder. -SABDA JAAL. should be more	-
	Girls	-The hands in the two pictures in the 'picture competition' should be clear.	'BATO PATTA LAGAUNE' should be little bit harder by adding some more ways.	-
FPAN	Boys	-None	-Doll's hair should be black. -There should be people in school's compound. -School's compound should be made green. -It should be difficult to find the way.	-
	Girls	-The title should be improved enlarged and highlighted	-None	-None

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-Dress of the girl should be red. -The boy's shirt is not so good. -Write down about the pictures in the box.	-There is scars on the head of the boy in picture 4,5 of pg. 8 -The negative of pg. 9 should be removed.	-None
	Girls	-The rapist looks like an elder brother of the girl. -In pg. 9 the black cloth hanging on the wall looks like breakage in the wall, not like a cloth. -The boy in the picture looks like a bother of the girl, the boy should look like an outsider, for this, a boy hiding and watching the girl should be replaced. -The first picture on pg. 9 should be changed. The black coat hanging on the wall must either be replaced by a colourful coat or removed.	-The dress of the policemen in the last picture must be same.	-None
Phect-Nepal	Boys	-T-shirt of the girl should be red	-Girl looks small in the last picture. -Knife is very big -The T-shirt of girl is not good	-
	Girls	-The picture of thing hanging on the wall is not clear. -Chocolates should be colourful. -In picture 4, the straw should be clear. -Handle of knife should be same. -In the last picture of the pg. 9, there should be something written in the book. -In picture 21, full map of Nepal should be shown. -In picture 22, policemen must be in similar dress.	-The picture of the girl differs in the last two three pictures. -There should be a map of Nepal in the police office.	-
FPAN	Boys	-The title of the illustration should be 'Result of Rape'. -The picture, boy striking the girl is not clear.	-The title of the illustration should be 'Sexual Abuse' -The chocolates should be colour. -The dress of the girl should be Nepali dress (DHOTI, CHOLO) -The book of page 9 is blank, it should be fulfil with some text. -In page 8, the boy smoking a cigarette should be shown.	-
	Girls	-None	-None	-Make some bubbles in picture 1.

Page 12 Aba Hami Aghi Badhau

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	<ul style="list-style-type: none"> -Colour of the <i>doko</i> in the last picture should look like real. -Picture of the girl getting training should be added. -The picture of getting job after paper making training should be added. -The river should be white or the colour of water. 	<ul style="list-style-type: none"> -Soil's colour should be grey. -In the picture of pg... seems that one girl is hitting on the leg of another girl, that picture should be improved. -<i>doko</i> should look like <i>doko</i>. -Trees should be green. -A picture showing a group of girls taking training should be added. -After getting training, girls working in the office should be added. 	-
	Girls	-None	<ul style="list-style-type: none"> -The second picture should be corrected, last picture should be enlarged, the colour of the tree in the last picture should be green. 	-The second picture, which looks like the girl's foot being cut, should be corrected.
Phect-Nepal	Boys	<ul style="list-style-type: none"> -A picture of taking training should be added. 	<ul style="list-style-type: none"> -The colour of the sky should be blue -Tree should be green -The field should be grey -Illustrations should be added -Write about child rights 	-
	Girls	<ul style="list-style-type: none"> -The field should be grey. -The tree should be green. -The picture of a man in the background should be removed. -The picture of girl fulfilling her goal should be shown. 	<ul style="list-style-type: none"> -The picture on the title is very small. It should be enlarged. -Title should be written in the red/green fronts 	-
FPAN	Boys	<ul style="list-style-type: none"> -The last picture is confusing. -While making paper there should be a bucket. -A wicker basket (DOKO) should be a little larger. -The tree should be green. -The steam of trees should be different colour. -Colour of ground should be grey. 	<ul style="list-style-type: none"> -Colour of ground should be grey. -The tree should be green. -Colour of the wicker basket (DOKO) should be grey. -Trees should be green. -Making papers in the picture is not clear. 	-
	Girls	-None	-None	-None

Page 13-14 Article on Sexual Abuse

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	<ul style="list-style-type: none"> -The picture is not clear. -Add picture of a group of boys teasing a girl inside the classroom by whistling. 	<ul style="list-style-type: none"> -The shadow of the picture in the bus should be removed. -Add more men in the picture of the bus. -The picture of pg. 13 should be clear. -The picture of the bus looks klike in the hospital. 	<ul style="list-style-type: none"> -Add a picture of teasing some boys to girl instead of the picture of playing and reading. -The shirt of the boy standing in the bus should be grey. -Remove the shadow.
	Girls	<ul style="list-style-type: none"> -The first picture, it looks like a hospital scene. -The first picture must be changed and made clear to represent sexual abuse. 	<ul style="list-style-type: none"> -The first picture must be improved. 	-The first picture doesn't represent sexual abuse, should be improved.

Phect-Nepal	Boys	-Make colour -The picture of page 12 is not clear. -The picture of the page 13 is not clear.	-The green shadow of the first picture in page 12 should be black. -The wall of the picture in page 13 should be same. -The way to prevent the sexual abuse should be given in point. -Illustration should be added. -More picture such as teasing the girls, throwing pebbles upon the girls should be added.	-
	Girls	-None	-Typo-error should be corrected. -TYASO BHAYA KE... should be in a little larger fonts. -YOUN SOSHAN BHAYAMA should be in green fonts. -Picture of a group of boys teasing girls should be added.	-
FPAN	Boys	-Illustration should be big.	-None	-
	Girls	-None	-None	-None

Page 15-16 Contribution

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-None	-The word written in English in pg. 16 should be given in Nepali.	-The picture of tobacco should be straight. -Make a pack of tobacco. -The drugs should be labelled. -Picture of cigar looks like a cup.
	Girls	-AIDS virus should be labelled with a name or removed. The picture of the cigarette, tobacco is not clear, a clear picture should replaced it.	-The virus of AIDS is not clear, either label with a name or remove, the first right side picture is small (pg. 15) make it large and clear.	-The right hand side picture is not clear. (pg. 15) -The boy injecting should be a complete picture.
Phect-Nepal	Boys	-None	-Jokes, short poems, 'GAON KHANE KATHA' should be added	-
	Girls	-The shadow should be black in the 3 rd picture of pg. 14 -The font of title 'CHHOREE' is not good. -Virus of the AIDS should be labelled or removed. -The picture of the man, injecting drug in pg. 16 should be shown full. -The bottle of drug should be labelled and it's shadow should be black.	-In the poem, use 'KSHAYA ROG' instead of TB. -Virus of the AIDS should be labelled or removed. -The picture in pg. 15 should be clear and a little bit big. -The message through parrot should be given in black fonts. -The bottle of the drug should be labelled and it's shadow should be black. -The font of 'NASHALU PADHATHA' should be larger.	-
FPAN	Boys	-Title of 'NASALU PADARTHA' should be big. -Virus of the AIDS should be labelled.	-Virus of the AIDS should be labelled. -The shadow of girl and boy should be removed. -The boy and girls should be shown wearing slippers. -The cigarette should be labelled.	-
	Girls	-The AIDS virus is not clear	-None	-The AIDS virus is not clear.

Page 17 Doctor's Advice

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-None	-None	-None
	Girls	-The parrot's message should be written with black ink. -The doctor's dress should be black.	-The dress of the doctor should be white.	-None
Phect-Nepal	Boys	-The illustration should enlarge	-None	-
	Girls	-Doctor's face is not clear. It should be clear -Doctor's dress should be white	-The answer is very long so it is very difficult to understand. -It should be shorter. -Doctor's dress should be white. -Parrot's colour should be dark green.	-
FPAN	Boys	-Letters should be a little larger.	-The letter should be. -Illustration should be larger. -Doctor's dress should be white.	-
	Girls	-None	-None	-None

Page 18-19 Serialised Story

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-None	-None	-None
	Girls	-None	-None	-None
Phect-Nepal	Boys	-The picture of getting married should be placed in the last of page 19. -The picture of Ravi being a doctor and Anuja being a lawyer should be clear.	-Background of the picture of marriage is not good. -Temple, 'YAJYA' PANDIT and other people should be shown in the picture of marriage,	-
	Girls	-The picture of marriage should be white background.	-Picture of the marriage should be in page 19	-
FPAN	Boys	-None	-Bride seems to be very small. -Place of marriage ceremony should look like a 'JAGGE' and other people standing there should be shown.	-
	Girls	-None	-The picture in the last of the story should be large and clear. -Picture Anuja becoming a lawyer should be large and clear.	-The dress of Anuja should look like lawyers'. -The picture of the health-post should be larger.

Page 20 Addresses

Partner NGOs		12-13 Literate	14-16 Literate	12-16 Semi/illiterate
AMK	Boys	-None	-None	-None
	Girls	-None	-None	-None
Phect-Nepal	Boys	-None	-None	-
	Girls	-None	-None	-
FPAN	Boys	-None	-None	-
	Girls	-None	-None	-None



जिज्ञासा



मर्च २०१८

अङ्क



अब हामी अदि बढौं ।



EC UNFPA RHI Umbrella Project

लक्ष्य निर्धारण

हामीले याहै नपाए पनि दिनका दिन हामी सानोतिनो लक्ष्य राखेर त्यसलाई पुरा गर्ने प्रयास गरिरहेका हुन्छौं जस्तै कि स्कूल जाने, कुन पाठ पढ्ने, राम्रो/राम्री देखिन के गर्ने जस्ता कुराहरूको बारे हामी सोचिरहेका हुन्छौं । तर जीवनमा कुन लक्ष्य लिने भनेर निर्धारण गर्नु पर्दा हामीलाई धेरै नै सोच विचार गर्नु पर्छ । राम्ररी हेर्ने हो भने कुनै पनि मानिसले जीवनमा सफल हुन एउटा निश्चित लक्ष्य बनाएको हुन्छ । तर लक्ष्य निर्धारण मात्र गरेर लक्ष्य सम्म भने पुगिदैन । असल निर्णय गरेमा मात्र आफूले निर्धारण गरेको लक्ष्यमा पुग्न सकिन्छ । जस्तै आफू एक सफल फुटबल खेलाडी बन्ने लक्ष्य छ भने त्यसको लागि दिनहु फुटबल खेल्ने, कसरत गर्ने आदि गर्नु पर्छ । लक्ष्यहरू समय र परिस्थिती अनुसार फरक फरक हुन सक्छन् । आज साचेको लक्ष्य भन्दा ५ वर्ष पछि सोचेको लक्ष्य केही फरक हुन सक्छ । सानैवेला देखि नै राम्रो लक्ष्य निर्धारण गर्न सकिएन भने जीवनमा अनावश्यक अपठचाराहरू आउने, जीवन असफल हुने हुन्छ । सफल तथा सुखमय भविष्यको लागि अहिले नै राम्रो लक्ष्य निर्धारण गर्नु आवश्यक हुन्छ । र लक्ष्य हासिल गर्नको लागि जीवनमा असल निर्णय पनि लिनु पर्छ ।



राम्रो लक्ष्य कस्तो हुन्छ ?

१. कुनै पनि लक्ष्य स्पष्ट हुनु पर्छ ।

हामीहरू मध्ये कतिले कहिले डाक्टर बन्छु भनेर सोच्छौं त कहिले गायक बन्छु भनेर सोच्छौं । आफूले मन पराएको मानिसले जे गरेको छ त्यहि बन्न मन लाग्छ । उदाहरणका लागि राजेश हमालले चलचित्रमा हिरो भएर गरेको अभिनय देखेर हामी मध्ये कतिलाई हिरो बन्न मन लाग्यो होला । तर यसरी मन डुलाएर एक स्पष्ट लक्ष्य बनाएन भने हामी केहि पनि बन्न सक्दैनौं र हाम्रो जीवन असफल बन्न पुग्छ ।

२. हाम्रो हालको जीवन स्थितिलाई सुधार गर्ने किसिमको हुनुपर्छ । कुनै पनि लक्ष्य हाम्रो अहिलेको स्थितिलाई राम्रो बनाउने किसिमको हुनुपर्छ । जस्तै कि अहिले आफ्नो पढाई राम्रो छैन भने , हाम्रो लक्ष्य कक्षामा पहिलो हुने हुनुपर्छ । अथवा आफू कुनै कुलतमा लागेको छ भने त्यो लत हटाउने लक्ष्य बनाउनु पर्छ । उदाहरणको लागि यदि तपाईंको चुरोट पिउने लत छ भने त्यो लत हटाउने लक्ष्य बनाउने ।



३. कुनै पनि लक्ष्य व्यवहारीक र वास्तविक हुनुपर्छ । धेरै ठूलठूला र काल्पनिक लक्ष्यहरू बनाएमा मानिस केहि पनि पुगदैन । धेरै जस्तो मानिसहरू किशोरावस्थामा जिवन भन्दा ठूला कुराहरू गर्ने गर्छन् । उदाहरणको लागि आफू पनि फिल्म कलाकार जस्तै सवै कुरामा पोख्त भएको कल्पना गरी त्यस्तै बन्ने लक्ष्य राख्ने, फुटबल खेल्न नआउनेले एउटा सफल फुलबल खेलाडि बन्ने लक्ष्य राख्ने गर्छन् ।

४. कुनै पनि लक्ष्य प्राप्त गर्न सकिने किसिमको हुनु पर्छ । लक्ष्य निर्धारण गर्दा आफूमा भएका खुबी र कमजोरीहरूको बारे राम्ररी विचार गर्नु पर्छ । यदि स्वर नै नमिठो भएको मानिसले एउटा सफल गायक हुन्छु भनेर लक्ष्य राख्यो भने त्यसलाई प्राप्त गर्न सक्दैन ।

५. कुनै पनि लक्ष्य आफ्नो चाहना अनुसार हुनुपर्छ । आफ्नो रुचि चित्र बनाउने र चाहना पनि चित्रकार बन्ने हुदा हुँदै अभिभावक को चाहना अनुसार इन्जिनियर बन्नको लागि पढ्दा उनीहरु सफल नहुने संभावना बढि हुन्छ ।



राम्रो लक्ष्य कसरी निर्धारण गर्ने?

राम्रो लक्ष्य बनाउनको लागि विभिन्न कुराहरुको विचार गर्नु पर्छ । असल निर्णय गर्दा निम्न कुराहरुको विचार गर्नु पर्छ ।

१. सबै भन्दा बढी प्राथमिकता भएको लक्ष्य कुन हो निर्धारण गर्ने त्यो लक्ष्यमा पुग्न सम्भव छ छैन र वस्तविक छ कि छैन हेर्ने ।
२. लक्ष्यमा पुग्न तपाइले के के कुराहरु गर्नु पर्छ विचार गर्ने ।
३. तपाइले लक्ष्य पुरा गर्न बनाएको बाटोमा के कस्ता बाधा अडचन आउन सक्छ राम्ररी सोच्ने र ति बाधाहरुलाई हटाउने उपाय बनाउने ।



४. राम्ररी सोच विचार गरेर लक्ष्य सम्म पुग्ने सबैभन्दा राम्रो तरिका छान्ने । यसो गर्दा आफ्नो साथसाथै अरुको पनि चाहना, भावना प्रति ध्यान राख्ने ।
५. यो सबै राम्ररी सोचिसके पछि लक्ष्य हासिल हुने काम गर्ने ।



कुनै पनि निर्णय बनाए पछि त्यो निर्णयलाई कसरी सफल बनाउने योजना बनाउनु पर्छ ।

१. लक्ष्य निर्धारण कित गरेको राम्ररी विचार गर्ने । आफूले त्यो लक्ष्य कित बनाएको राम्ररी सोच्ने । आफूले निर्धारण गरेको लक्ष्य आफ्नो चाहना अनुरूप छ छैन सोच्ने ।
२. आफूलाई आफ्नो लक्ष्य सम्म पुग्न कसले मद्दत गर्छ विचार गर्ने । हाम्रो कति साथीहरुको खराब लत हुन्छ र उनीहरु लक्ष्य विहित जिन्दगी विताईरहेको हुन्छन् । उनीहरु अरुलाई पनि कुलतमा लगाउने लक्ष्य विमुख बनाउने आदि गर्दछन् । त्यसैले आफ्नो लक्ष्य सम्म पुग्न कसले मद्दत पुऱ्याउदै त्यसबाट टाढा बस्ने र लक्ष्य हासिल गर्न मद्दत पुऱ्याउने व्यक्तिहरुको संगत गर्नु पर्छ ।
३. कुन क्रियाकलाप कहिले गर्ने जसले गर्दा ठीकसमयमा काम बनोस् भन्ने योजना बनाउने ।
४. त्यो लक्ष्य सम्म पुग्न के के कुराको आवश्यकता पर्छ होला विचार गर्ने र सो कुरा जुटाउने ।

सानै देखि लक्ष्य
बनाएर काम गर्दा
हाम्रो जीवन सफल
बन्न पुग्छ ।



राम्ररी साथि लेखिएका कुराहरु
अत्यन्तमा साखि लक्ष्य बनाएमा र
त्यसलाई पुरा गर्ने काम गरेमा
हाम्रो जीवन सफल हुन्छ ।
लक्ष्य बिहित जीवन कष्ट प्रद र
सधै असफल हुन्छ ।



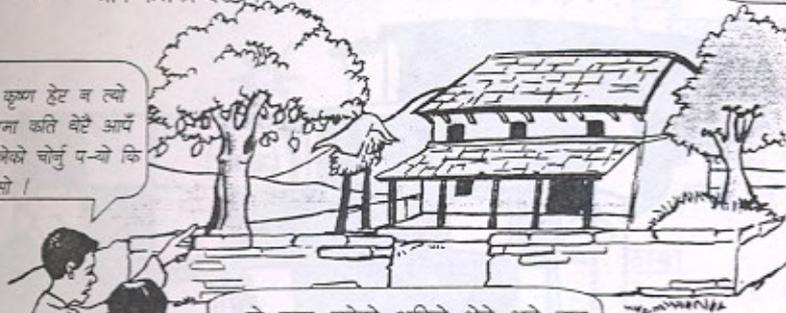
उत्तर कृष्णको विचार तपाईंको

राजेश र कृष्ण गाउँमा डुलिरहेको बेला राजेशले एउटा घरमा लटरम्म आँप फलेको देख्यु ।

ये कृष्ण हेर न त्यो घरमा कति बेहै आँप फलेको चोरु प-यो कि कसो ।

होइननी एकै छिनमा सिधै हाँल्छ नी ।

माई, न त जाँदिन....

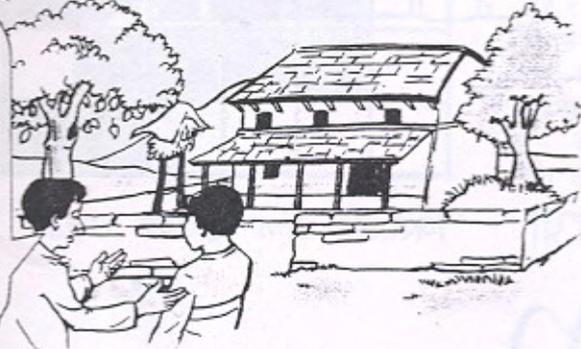


के कुरा गटेको अहिले भेटे भने हात खुटा भाची दिन्छु ।

राजेश कुम्ललाई जिस्काउँदै.....हामी चोरन आयो भन्दै कराउँदै जाने त

राजेशले आग्रह गर्दै

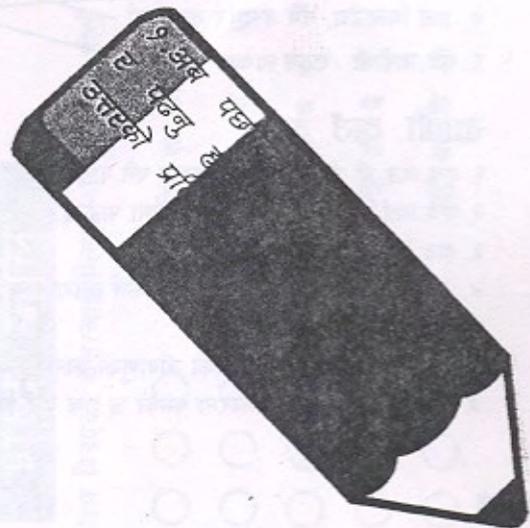
हेम किन उठाएको ...न छदै छुने । आइयन टिपेको जति आँप आधा आधा गरीला ए लउसना पनि पढ्यो आँप फलिरहेको टाउँना १०-१५ टिपैना के नै फलक पर्दछ ।



१ ल त ठिकै छ । म पनि आउछु । एक चोटि त हो नी त्यसमा पनि तैले भने भै धेरै फलेको ठाउ बाट १०-१२ वटा टिपेर के नै हुन्छ र ।

३ हेर राजेश .. मलाई यसरी आँप टिप्न ठिक लाग्दैन । र म यो काममा साथ दिन पनि सकिदैन । मेरोविचारमा हामीले यस्ता बाटो बाट कसैले यसरी केहि कुरा चोरेर लग्यो भने हामीलाई क्षति बरिस उठ्छ अन त । उस लाई पनि त यस्तै होला । आफूलाई मन नपर्ने कुरा रुलाई पनि त मन पर्दैननी विचार गर त ।

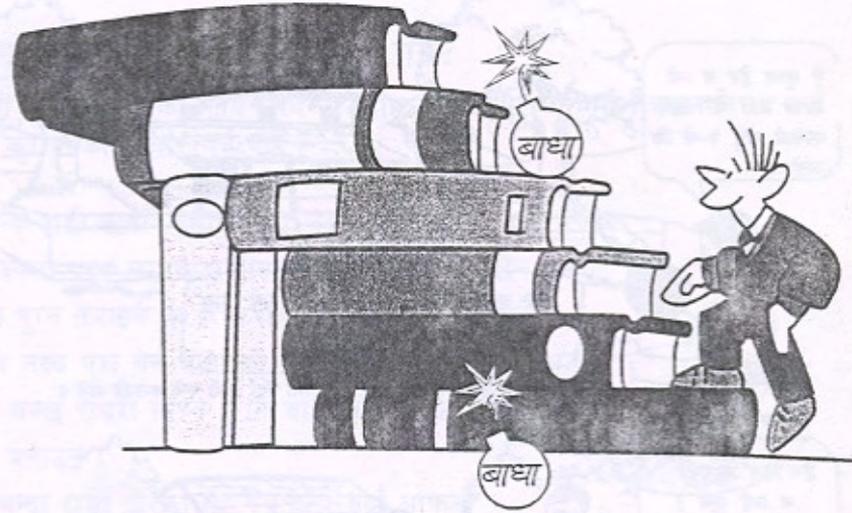
२ ऐ .. चोर सधै त्यसो गर्ने गरेको छ कि कसो आफूत विगिस अरुलाई पनि बिगाँन खोज्द पो रहेछ यो त । फेरी तैले मलाई पनि आफू जस्तै फटा ठानेको छ कि कसो । म त यस्तो गर्दिन । म भन्दै छु है आफ्नो बानी सुधार ।



हाम्रो लक्ष्य के हो ?

राम्ररी सोच्नुहोस् तपाईंलाई भविष्यमा के बन्नु छ र कस्तो व्यक्ति हुनु छ । एक चोटि तपाईंले लक्ष्य निर्धारण गरेपछि त्यसलाई पाउनको लागि गर्नु पर्ने कुराहरु लेख्नु होस् र लक्ष्य हासिल गर्ने क्रममा के कस्ता बाधाहरु आउन सक्छन् त्यो पनि लेख्नुहोस् । यी सबै कुराहरु लेखिसके पछि आफ्नो लक्ष्य र पुग्ने बाटो राम्ररी हेर्नु होस् र आफ्नो लक्ष्य हासिल गर्ने कामहरु गर्नुहोस् ।

लक्ष्य



दिनाङ्क

खियाओ

जिज्ञासा अंक २ को उत्तर

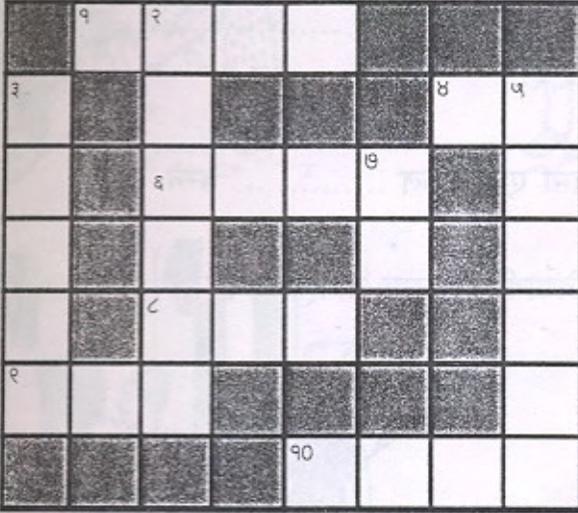
तल दिएका वाक्यको जोडा मिलाउनु होस् ।

- | | |
|---|--|
| १. यौन रोगको उपचार छ | १. एच.आई.भी., यौन रोग लाग्ने र गर्भवती हुने खतराबाट बच्ने हो |
| २. कुनै व्यक्तिलाई हेरेर | २. बाट यौन रोग र एड्सबाट बच्न सकिन्छ |
| ३. अहिले नै यौन सम्पर्क नराख्ने कारण | ३. तर एड्सको उपचार छैन |
| ४. कण्डमको सहि प्रयोग | ४. रगत, वीर्य र योनीरसमा पाइन्छ |
| ५. एच.आई.भी. जीवाणु/विषाणु | ५. एच.आई.भी. लागे नलागेको भन्न सकिदैन |
| ६. असुरक्षित यौन सम्पर्क राख्दा | ६. एच.आई.भी. सदैव |
| ७. एच.आई.भी. भएकी गर्भवती महिलाले जन्माएको बच्चालाई | ७. हेला गर्नु हुँदैन |
| ८. हात मिलाउँदा, सँगै बस्दा र कुरा गर्दा | ८. एच.आई.भी. सर्न सक्छ |
| ९. एच.आई.भी./एड्स लागेका मानिसलाई | ९. यौन रोग र एड्स लाग्ने डर हुन्छ |

खाती ठाउँ भए

१. एच.आई.भी.जीवाणु हाम्रो शरिरमा पसे पछि हाम्रो प्रतिरक्षा प्रणाली लाई नष्ट गर्छ ।
२. एच.आई.भी. रगत, वीर्य र योनीरसमा पाइन्छ ।
३. हात मिलाउँदा एड्स सदैव ।
४. असुरक्षित यौन सम्पर्क राख्दा एड्स सर्ने खतरा हुन्छ ।
५. लामखुट्टेले टोकेमा एड्स सदैव ।
६. एड्स एच.आई.भी. नाम गरेको जीवाणुको कारणले लाग्दछ ।
७. एच.आई.भी. जीवाणु शरिरमा पसेको छ देखि बाइ हप्ता सम्म रगत परिक्षण गराउँदा पनि देखिन्न ।





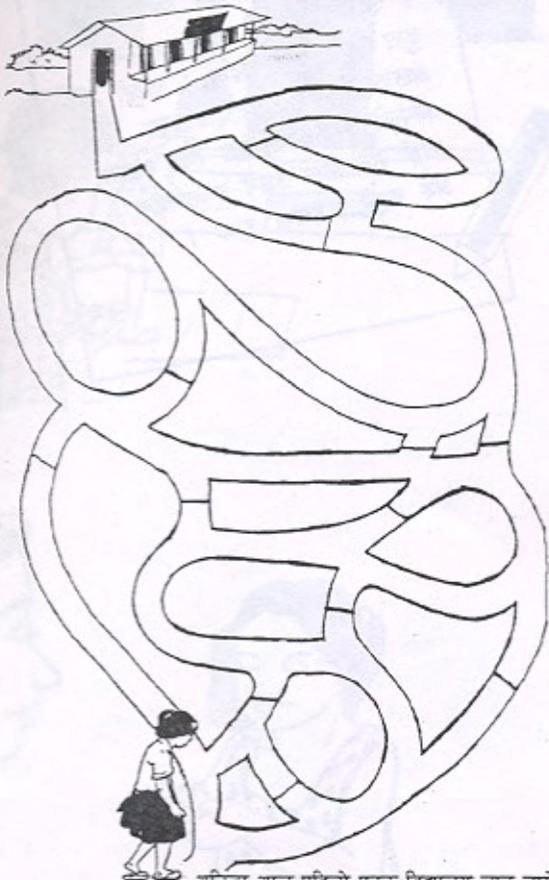
तेर्स

१. रोगहरसँग लडने हाम्रो शरिरमा भएको शक्ति । (प्रणाली)
४. केटीहरुको बाहिरी प्रजनन् अंग ।
६. यौन सम्पर्कबाट सर्ने रोग ।
८. एच. आई. भी. सर्ने एक माध्यम ।
९. यो रोगको अहिले सम्म औषधि पत्तालागेको छैन ।
१०. असर गर्नु ।

ठाडो

२. एच. आई. भी. जीवाणु शरिरमा प्रवेश गरेको कति महिनासम्म रगत जाँच गराउंदा एच. आई. भी. रगतमा भए नभएको थाहा पाइदैन ।
३. यो साधनको प्रयोगबाट यौन रोग, एड्स र गर्भधारणबाट बच्न सकिन्छ ।
५. सुई र अरु छाला छेड्ने औजारहरुलाई जीवाणु रहित बनाउने प्रकृया ।
६. एच. आई. भी. जीवाणु वीर्य र रगत बाहेक यसमा पनि पाइन्छ ।
७. एच. आई. भी. भएकी गर्भवती महिलाको को बच्चालाई पनि एच. आई. भी. सर्न सक्छ ।

बाटो पत्ता लगाउनुहोस् ।



अनिता आज पहिलो पटक विद्यालय जान लागेकी छिन् । उनलाई विद्यालय जाने सहि बाटो पत्तालागाएर मद्दत गर्नु होस् ।



चित्र बनाउने प्रतियोगिता

हाम्रो समाजमा केटा र केटीमा हुने भेदभाव देखाउने गरि चित्र बनाउनुहोस् । सबै भन्दा राम्रो चित्र जिज्ञासाको आगामी अंकमा छापिने छ ।

* चित्र पठाउदा आफ्नो नाम र ठेगाना पनि पठाउनुहोस् ।

सबै भन्दा राम्रो चित्र पठाउने भाईबहिनीलाई एउटा आकर्षक पुरस्कार दिनेछ ।

शब्द जाल

तल दिइएका अक्षरलाई मिलाई शब्द बनाएर गोलो कोठामा भर्नुहोस् ।

शि	को	ण			
श	ष	व	चे	मा	
न	यौ	व	बे	पि	
भा	भे	टी	या	ती	
	ली	ती			



दिमाग

खियाऔं

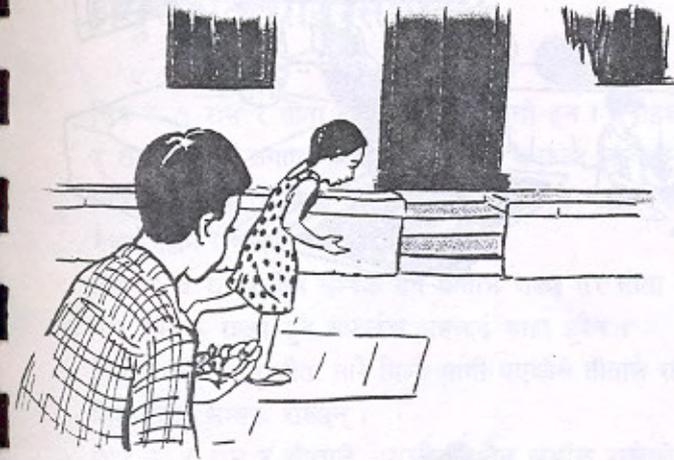
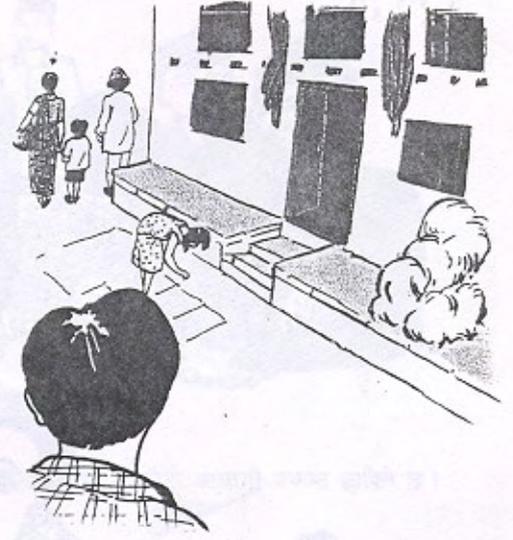
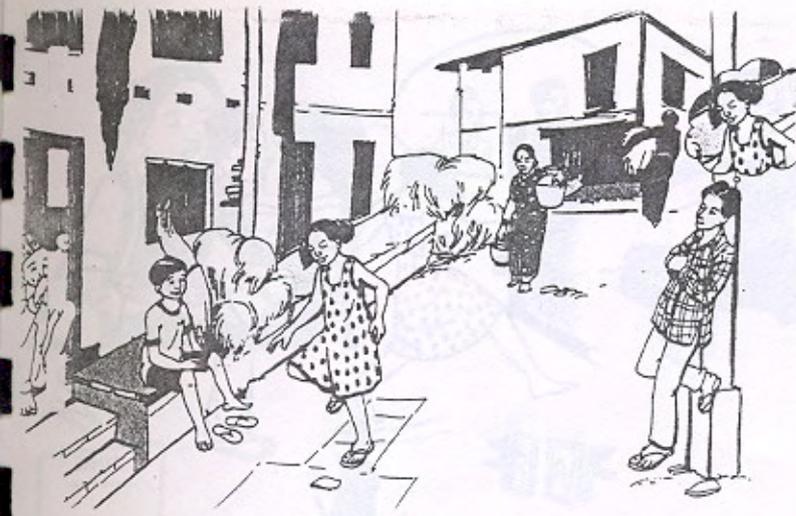
खाली ठाउँ भर

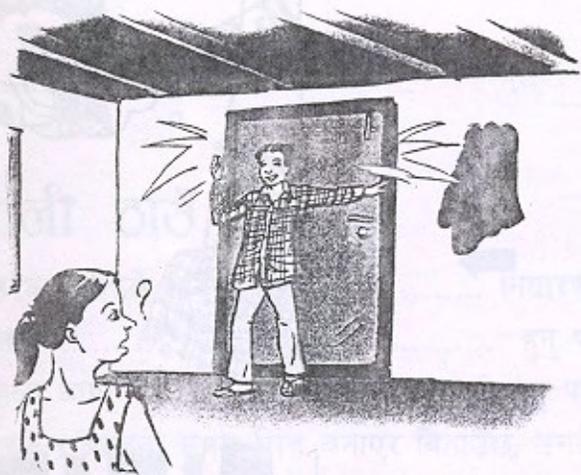
1. हरेक व्यक्तिले सानैमा निधारण गर्‍यो भने उसको जीवन हुन्छ । (२,३)
2. लक्ष्य र हुनु पर्छ । (५,५)
3. लक्ष्य आफ्नो अनुसारको हुनु पर्छ । (३)
4. अनिल आफ्नो समय चित्र बनाएर बिताउँछ, उसले भविष्यमा एक सफल बन्ने लक्ष्य बनाएको छ । (४)
5. एउटा व्यक्तिले डाक्टर बन्ने लक्ष्य राखेको छ भने, उसले विद्यार्थी जीवनमा आफ्नो समय धेरै बिताउँछ । (३)

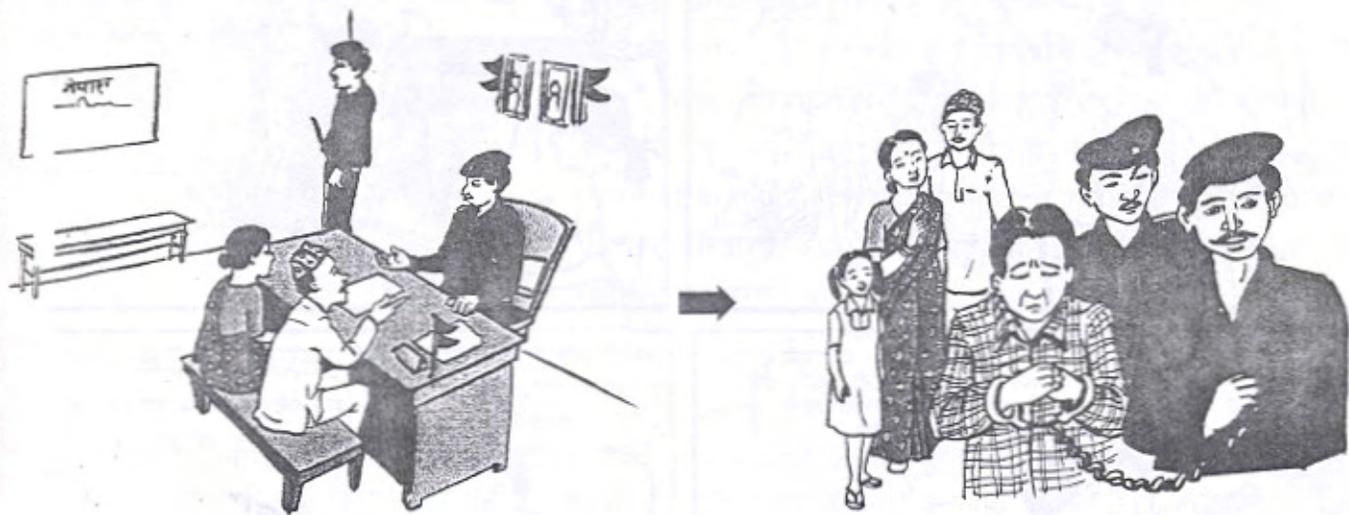
१. यस्तो प्रकारको कुराकानी निष्कृत कुराकानी हो । यस्तो जवाफ दिदा आफू गलत र अलु ठिक छ भन्ने विचारले दिइन्छ र आफूलाई नर्का पर्दा पनि चुपचाप सहैर बसिन्छ । यस्तो जवाफ दिदा एकै दिनको लागि त त्यो समस्याको हल हुन्छ तर पछि गपुए भन्न अफुठयारो स्थिति आउन सक्छ ।

२. रिम पोखरे आफ्ना कुराहरू भन्नेलाई आक्रमक कुराकानी भनिन्छ । यस्तो कुरा गर्ने मानिसहरू जहिले पनि आफै ठिक र अलुलाई गाली गरेर आफ्नो कुरा माथि पर्ने गर्दछ । यसरी अलुको मन दुखापुए, रिमपुए आफ्नो विचार राख्दा त्यो व्यक्ति लाई पनि रिम उठने र समस्या अझ बढ्ने संभावना हुन्छ ।

३. सकारात्मक अथवा वृढ कुराकानी गर्दा आफू र अलुलाई पनि नर्का नपर्ने गरी राम्ररी कुरा गरिन्छ । यस्ता अलु कुरा पनि राम्ररी सुन्ने, उसलाई आफ्नो विचार राख्न दिने हुन्छ । यस्तो प्रकारले कुराकानी गरेमा समाधान सजिलै सँग निष्कन्छ ।







माथि दिएको चित्र राम्ररी हर्नुहोस् र कथा सुहाउँदो शिर्षक दिनुहोस् । उत्कृष्ट शिर्षक पठाउने व्यक्तिको नाम र फोटो आगामी अंकमा छापिने छ ।

असुरक्षित यौन सम्पर्क

चित्र नं. १ राम र सीता दुई सारै मिल्ने साथी हुन । उनीहरू एक दिन स्कूलबाट बनभोज जाने निर्णय लिन्छन् र राम र सीता लगाएत अरु साथीहरू पनि बनभोज जान्छन् ।

चित्र नं. २ राम र उसको साथीहरू कुलतमा लागेका छन् र उनीहरू बनभोज कार्यक्रममा गएर नसालु पिय पदार्थ सेवन गछन् । नसालु पदार्थले मातिएर ।

चित्र नं. ३ रामले यौन सम्पर्क गर्ने प्रस्ताव राख्छ तर सीता भर्खर १५ वर्षकी मात्र भएकीले उसलाई असुरक्षित यौन सम्पर्क राख्या हुने बेफाईदा उसलाई थाहा हुदैन ।

चित्र नं. ४ राम र सीता सारै मिल्ने साथी भएकोले सीताले रामको कुरा काट्न सक्दीनन् र राम र सीताले असुरक्षित यौन सम्पर्क राख्छन् ।

चित्र नं. ५ राम र सीताले असुरक्षित यौन सम्पर्क राखेको हुनाले सीता गर्भवती हुन्छ र सीताकी आमाले देख्छन् । चित्र नं. ६. सीता गरीब परिवारमा जन्मेको हुनाले उसको बाबु हिरालाल र आमा मायादेवीले सीतालाई गाली गर्दछन् र पिट्छन् ।

चित्र नं. ७. सीताको बाबु हिरालाल रामको घरमा गएर आफ्ने छोरीलाई विहे गर्न आग्रह गछन् तर राम धनी भएकोले रामले सीतालाई विहे नगर्ने विचार गछ ।

चित्र नं. ८. एक दिन सीताको आमाबाबु राती बसेर सरसल्लाह गछन् र छोरीको गर्भपटन गर्ने विचार गछन् ।

चित्र नं. ९. अर्को दिन राती सीता लगाएत उसकी आमा बाबु गर्भपटन गर्न अर्को गाउँको सुडेनीकोमा जान्छन् ।

चित्र नं. १०. सुडेनीकोमा पुगेपछि सीतालाई विषालु औषधि खुवाएर गर्भपटन गराउन खोजेछिन ।

चित्र नं. ११. सीतालाई विषालु औषधि खुवाए पछि सीताको योनीबाट रगत बगेर जान्छन् र सीताको अकालमै मृत्यु हुन्छ र आमा बाबु पछि पछुताउछन् र आफ्नो एकली छोरीबाट विछोड हुन्छन् ।



अब हामी अधि बढौं ।



एउटा गाउँका कुरो हो । माईली सीता, मन्मथली र अन्नू खेतमा काम गर्दै गफ गरीरहेका छन् ।



हेर साथी हो...
हाम्रो जिन्दगी त यही
खेत नान्ना गर्दै बित्त
लागिसक्यो । कस्तो कर्म
लिएर जन्मेको रहेछो ?



हो भन्या भाई चाहि
बोर्डिङ्ग स्कूल जाने, हामी
चाहि मेला पात गर्ने
कस्तो अन्याय, रिसै
उठ्छ ।

माईतीमा त यस्तो
हेपाई खानु पर्छ, ति
गरे पाछि त भन
कति दुख पाईने हो
पढेको पनि छैन के
पैसा आउने काम
पनि आउदै...



हेन साथी हो ... हाम्रो जिवन यतिकै बित्ने हो त ? सधै
पिर गछौ तर यसबाट उम्किने बाटो भने खोज्दैनौ । हामी छौ
ी, छोरा भन्दा के कम, त्यो पल्लो गाउँको सुन्तलीलाई नै
हेर न मास्टरनी भएर कति पैसा कमाउदैछे.....

हो नी ...
मीका पाए न हामी पनि
केहि गर्न सक्छौ नि ।
तर हामीलाई अधि बढने
मीका कसले दिन्छ र ?



अर्को ले केहि गरी देला भनेर
भारा गयो भने त जीन्दगी बित्छ
बरु केहि तालिम लिनु पर्नो क्यारे...

हो तिमीले त मेरो मनको कुरा भन्यो । तर
के तालिम लिने ? बाहे छैन



मलाई कस्तो कागज बनाउन
सिक्न मन छ । फेरी कागज
बनाएर दिनमा ५०-६० रुपैया
सम्म कमाई हुन्छ रे ...

त्यसो भए गा.वि.स. ले
घसाइको कागज बनाउने
तालिममा भर्ति हुन आउँ
जाओ । त्यहाँ त अलि अलि
लेख पढ गर्न पनि
सिकाउछुन अरे ...



तर त्यहाँ त सबै
केटाहरु मात्रै
जान्छन् नी ..
मैले त एक जना
पनि केहि देखेको
छैन । हामी लाई
के भना लिनुयै ...

पहिले बुझ्न न जाओ ।
केटिलाई भना नलिने भने
मैले जानेको छु । फेरी ह
सबै जना ले कुराए पाछि
कमो नमान्नुन त ...



त त साथी हो
काम सिदिना साथै
त्यहाँ जाओ त...

यौन शोषण



कुनै एक व्यक्तिले अर्को व्यक्तिलाई नराम्रो विचारले हेर्ने, जिस्काउने, छुने वा डर धम्की देखाएर जबरजस्ती गरेमा त्यसलाई यौन शोषण गरेको भनिन्छ ।

हामीहरु धेरै जनालाई आफू माथि यौन शोषण भईरहेको छ भने पनि, यो कुरा स्पष्टसंग थाहा नहुन सक्छ । किन भने यौन शोषण विभिन्न प्रकार ले हुने गर्दछ । आजकल हामीहरुले बालबालिका माथि यौन शोषण भएका कुराहरु धेरै सुनेका छौं । यस्ता घटना एकान्त डर लाग्दो ठाउँको तुलनामा हाम्रो घर छिमेकमा नै बढी हुने गरेको पाइएको छ । चिरपरिचित र परिवारकै वयस्क मानिसहरुबाट ससाना बालबालिकाहरु यौन शोषित हुने गरेका छन् ।

त्यसो भए के भएमा यौन शोषण भएको भन्न सकिन्छ ?

- यदि आफू स्वीकृती दिन नसक्ने स्थितीमा हुँदा कसैले यौन सम्बन्धी कुरामा सताउने, डर देखाउने, छल गर्ने, दबाव दिने जस्ता कुरा गरी यौन क्रियाकलाप गर्न लगायो भने त्यो यौन शोषण हो । नशालु पदार्थ खाएको बेला, बेहोश भएको बेला, मानसिक स्थिती ठिक नभएको अवस्था वा सानो उमेरमा स्वीकृती दिन सक्ने स्थिती छन् ।
- यदि तपाईंले विश्वास गर्ने वा आफू भन्दा ठूलो नातेदारले आफ्नो नाताको फाइदा उठाई आफू माथि नराम्रो दृष्टीकोण राखी छुने, जिस्काउने वा जबरजस्ती गरेमा पनि त्यो शोषण हो ।
- यदि कसैको इच्छा नहुँदा नहुँदै जबरजस्ती बल प्रयोग गरेर यौन क्रियाकलापमा संलग्न गरेमा पनि त्यो शोषण हो ।



यौन शोषण विभिन्न रूपमा हुने गर्दछ ।
जस्तै जिस्काउने, कसैको स्वीकृती नभई उसलाई छुने,
यौन सम्बन्धी कुरा गर्ने, फोन बाट यौन सम्बन्धी कुरा गर्ने,
अस्लिन चित्रहरू देखाउने, बलात्कार गर्ने आदि ।



यौन शोषण भएमा कस्तो असर पर्दछ ?

यौन शोषण भएको मानिसमा यसको असर धेरै समय सम्म पर्न सक्छ । सानै उमेरमा यस्तो भएमा पछि वयस्क हुँदा पनि सधैँ असुरक्षित ठान्ने, मानिसहरु संग डराउने, आफूलाई दोषी ठान्ने र अरुसंग आत्मिय सम्बन्ध बनाउन पनि नसक्ने हुन्छन् । उनिहरुमा आत्म विश्वास कम हुने र पछि गएर उनीहरुको वैवाहिक जीवन पनि सुखद नहुन सक्छ ।



यौन शोषणबाट बच्न के गर्नु पर्छ ?

यौन शोषणको पछि सम्म नराम्रो असर परिरहन्छ। त्यसैले यौन शोषणको बारे सबैलाई जानकारी दिने र कसरी बच्न सकिन्छ भन्ने कुरा सिकाउनु पर्छ। एकान्त ठाउँमा वा कोठामा आफूले विश्वास गर्न नसकिने व्यक्तिसंग नजाने, उनीहरूसंग नबस्ने सल्लाह दिनु पर्छ। धेरै जसो अवस्थामा चिनेजाने कै मानिसले यौन शोषण गरिरहेका हुन्छन् त्यो कुरा हामीले राम्ररी बुझ्नु पर्छ। यदि कसैले नराम्रो मनसाय राखेर तपाईंलाई छुईरहेको छ भने त्यसको विरोध गर्ने र यस किसिमको कुरा तपाईं माथि

भईरहेको छ भने आफ्नो बाबु, आमालाई त्यसबारे बताउनु पर्छ। अनि केटाकेटीहरूले आफू माथि भएको यौन शोषणको बारे कुरा गर्न सक्ने वातावरण आमा बाबुले बनाइ दिनु पर्छ।

टेली बेटा बेच्न विस्वस

हाम्रो देशमा सोभो गाँउ घरको केटीहरूलाई ठूलो शहरमा लगेर काम सिदन्छु, फिल्मको हिरोईन बनाई दिन्छु आदि भनि बेच्ने गरिएको पाईएको छ। चेलीबेटी बेच विखन गर्ने पनि एक प्रकारको यौन शोषण हो। हामीले त्यस्ता केटी बेच विखन गर्नेहरू वाट जहिले पनि सतर्क हुनु



पर्छ। त्यस्ता बेच विखनमा लागेका व्यक्तिहरू चाहिने भन्दा बढी असल बनेर देखाउने। राम्रो काम लगाई दिन्छु भनेर लोभ्याउने, प्रेमको नाटक गर्ने अथवा ठूलो शहर देखाई दिने कुराअरु गर्दछन्। हामीले त्यस्ता मानिसहरूको कुरामा विश्वास गर्नु हुदैन र यदि जबरजस्ती गर्न खोजे त्यसबारे अरुलाई भन्नु पर्छ।



यौन शोषण भएको छ भने के गर्ने ?

यदि आफू माथि यौन शोषण भईरहेको छ भने त्यसलाई नलुकाई आफ्नो अभिभावकलाई भन्ने। यस्तो घटनाहरू लुकाउदा, यौन शोषण गर्ने व्यक्तिलाई प्रोत्साहन मिल्छ र उसले बारम्बार यस्तो काम गरिनै रहन्छ। यदि

बलात्कार भएको छ भने त्यसलाई नलुकाई आफ्नो घर परिवारमा भनि बलात्कार गर्ने व्यक्तिलाई सजाय दिलाउनु पर्छ।





एड्स



एड्स लाग्यो भन्दैमा नगर तिरस्कार ।
अलि यता आउ बरु सुन मेरो विचार ॥
TB जस्तो होइन एड्स खकारबाट सने ।
नत हावा नत पानी फोहरबाट सने ॥

एड्स भएको रगत तिम्रो घाउमा पर्दिनाले ।
सुई बिलेट एउटै उसको प्रयोग गर्दिनाले ॥
एड्स भाको व्यक्ति संग यौन सम्पर्क राखिनाले ।
एड्स भयो विचरा लाई कण्डम नलगाउनाले ॥

अरु कुरा भन्दा तिम्रो एउटा कुरा सुन ।
कण्डमको टुप्पो भित्र हावा छिन हुन्न ॥
कण्डमको सहि प्रयोग गर्न जान्नु पर्छ ।
यौन रोग र एड्स रोकी रक्षा तिम्रो गर्छ ।

नत लक्षण छनै एड्सको नत हेरी चिन्नु ।
यौन सम्बन्धि कदम चाल्दा एड्सलाई सम्झी हिडनु ॥

एड्स सधैं तिम्रा केहि गल्ती कमजोरीले ।
वीर्य रगत यौनरस यसको माध्यम भईदिनाले ॥
स्वास्ती साथै धेरैसित यौन सम्पर्क राखिनाले ।
श्रीमतीलाई भयो एड्स पोइलाई भईदिनाले ॥

सकेसम्म अन्त श्रीमतीलाई हामी बसौ यौन सम्पर्क नराखी ।
रक्त परे सधै गर्नु सुरक्षाको खोजी ॥
ज्यान वचाउने कण्डमले भर्दौ तिम्रो गोजी ।
सहि प्रयोग गर्न सिक जान्ने संग सोधी ॥

एड्स रोग भयानक छ व्यक्ति विशेष हुन्न ।
एड्स रोग लागे पछि उपचारले छुन्न ॥
नत ठूलो नत सानो न गरिब धनि भन्छ ।
एड्स रोग लागे पछि मानिस भने दिन गन्छ ॥



नाम : राजेन्द्र पौडेल
पोखरा

लैङ्गिक भेदभाव आजै देखि त्यागौं

छोरीलाई मात्र हाईन, छोरीलाई पनि स्कूल पठाऔं ।
डोको, कुटो, हँसिया मात्र हाईन कलम पनि समात्न सिकाऔं ।
छोरीलाई शिक्षा दिन हामी जागौं ।
लैङ्गिक भेदभाव आजै देखि त्यागौं ।

छोरालाई मात्र हाईन, छोरीलाई पनि माया गरौं ।
थपड दिएर हाईन, माया गरेर सम्झाऔं ।
छोरीलाई माया गर्न हामी सिकौं ।
लैङ्गिक भेदभाव आजै देखि त्यागौं ।

छोराले मात्र हाईन, छोरीले पनि गर्न सक्छे ठूलो काम ।
ठूलो काम गरेर उनले, कमाउन सक्छे आफ्नो नाम ।
त्यसैले छोरीलाई कमजोर नठानौं ।
लैङ्गिक भेदभाव आजै देखि त्यागौं ।

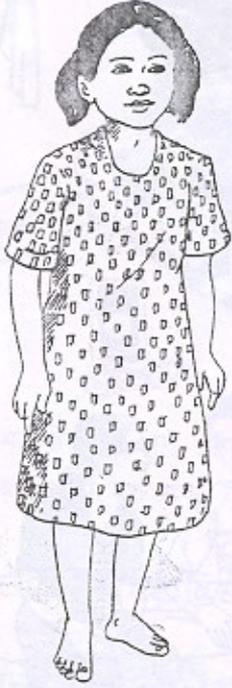
छोरामा मात्र हाईन, छोरीमा पनि हुन्छ केही ज्ञान ।
छोरीको स्वस्थमा पनि, दिनुपर्छ हामीले ध्यान ।
उनीहरुलाई गरौं हामीले मान ।
लैङ्गिक भेदभाव त्याग्न गरौं आकान ।

किन भन्छन् सबै छोरीको जन्म हारेको कर्म हो ।
को बुझिदेलो छोरीको मर्म त्यो ?
छोरीलाई पनि पढाउनु सबैको धर्म हो ।
छोरीलाई गर्छ हेला जो
सबैभन्दा ठूलो अपराधी हो त्यो ।
नाम त मेरो संजय मानन्धर हो ।
लैङ्गिक भेदभाव त्याग्न अनुरोध छ मेरो ।

नाम : संजय मानन्धर
कक्षा : ९
स्कूल : श्री नारायण जन मा. वि.
वर्ष : १४



छोरी



छोरीको जन्म नसम्म तिमी हारेको कर्म हो ।
 पार अवसर छोरीले यहाँ
 देश हाक्न नसक्ने कहाँ हो ।

इज्जत फाल्छे भनेर तिमी
 नकस बन्दान छोरीलाई समाजको
 तिमी र हामी जस्तै त हो
 शरिर उनको हाड र मासुको ।



किई शिक्षा अवसर किलाई
 बढाउने सिन् इज्जत तिमीलाई ।



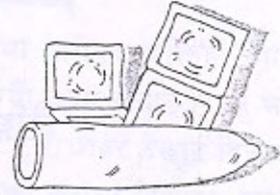
त्याजौं हामी कृत्स्नकार समाजको
 छोरीलाई किजौं हौं सला विकासकी ।
 नजर्न सक्ने उनीहरुले यहाँ
 के छ र पुरुष सरयो ।

नाम : रीता मसरात्री
 ठेगाना : सैबु, भैरहपाटी
 वडा नं. - ५

छोरीको जन्म नसम्म तिमी हारेको कर्म हो ।

यौन रोग

अनेक व्यक्ति संग हामीले
 नराखौं यौन सम्पर्क
 यो रोग लागेमा
 निकै हुन्छ डर ।



बेरै संग यौन सम्पर्क राख्दा
 लाग्छ युइस रोग
 युइस बाट बच्न सधै
 गर कण्डम प्रयोग ।

यौन रोगको उपचार छ
 तर युइसको छैन
 युके संग यौन सम्पर्क राखे
 नाबिस अकालमै नर्दैन ।

यौन सम्पर्क राख्दा खेरी
 कण्डम प्रयोग गर्ने पर्छ
 कण्डम प्रयोग नगरेमा
 सन्तानलाई पनि यो रोग
 लाग्न सक्छ ।

यौन रोग लागेको शंका हुनासाथ
 स्वास्थ्य चौकै जानै पर्छ
 दिइएको औषधि
 हामीले नियमित खानै पर्छ ।



नशालु पदार्थ



नशालु पदार्थ सेवन आजको विश्वको नै प्रमुख चुनौतीको रूपमा बढ्दै गएको छ । यो समस्या बाट नेपाल पनि मुक्त हुन सकेको छैन । हाम्रो देशमा नशालु पदार्थ जस्तै चुरोट जाड रक्सी, गाजा, भाड, अफिम, हिरोइन, ब्राउन सुगर आदि लिने प्रचलन बढिरहेको छ । अझ औषधिको रूपमा प्रयोग हुने मोनाराक्स (Monerax) मोर्फिन (Morphin) फेन्सीड्रिल (Phensidril) जस्ता औषधिलाई नै नशालु पदार्थ बनाई खाईरहेका छन् । अभाव्यबस यस्ता नशालु पदार्थको सेवन विशेषतः किशोरावस्थामा गरेको पाइन्छ । युवा वर्गमा धेरै कारणवश यो नशालु पदार्थ सेवन गरेको पाइन्छ ।

नशालु पदार्थ सेवन गर्नाको कारणहरु :

- १) सांस्कृतिक तथा सामाजिक कारणहरु ।
- २) नरामा साथीहरुको संगतले गर्दा ।
- ३) तनावमुक्त र अनाविदत हुन (Tension free +Relaxation)
- ४) सुलभताका साथ प्राप्त हुने हनाले आदि ।

नशालु पदार्थले गर्दा देश विकासका सम्बाहरु युवा शक्ति त्यसै खेर गइरहेका छन् । र त्यस कारणले गर्दा देशको विकास पनि पर्याप्त मात्रामा हुन सकिरहेको छैन । नशालु पदार्थ एक पटक प्रयोग गरीसकेपछि त्यसलाई छुटाउन लगभग असम्भव नै हुन्छ । नशालु पदार्थ सेवन गर्ने बानी हुरी आएको बेला आगो फैले भै फैलीरहेको छ ।



नशालु पदार्थले निम्त्याउने असरहरु :-

- १) स्वास्थ्य स्थिति बिगिन्छ ।
- २) समय र सम्पतिको खर्च हुन्छ ।
- ३) सेवन गर्ने व्यक्तिले अरुलाई पनि सिकाउँछन् ।
- ४) परिवार र समाजको लागि बोझ हुन्छ ।
- ५) सामाजिक मान मर्यादा गुमाउन पुग्छ । र
- ६) अन्त्यमा मृत्यु समेत हुन्छ ।

धेरै नशालु पदार्थ सेवनले शरीरमा विभिन्न प्रणालीहरु नरामो असर गर्दछन्, स्मरण शक्तिमा हानी पु-याउनुको साथै त्यस्ता व्यक्तिले आफ्नो काम पनि राम्ररी गर्न सक्दैनन् । धेरै नशालु पदार्थ लिने मानिसलाई कसैले पनि मन पराउदैन र सामजमा उ असल व्यक्तित्व मानिन्दैन ।

यसकारण पनि नशालु पदार्थको सेवनले हुने बेफाइदा बारे किशोर किशोरी तथा प्रौढ सबैलाई ज्ञान दिनु आवश्यक छ । त्यसैले यस्ता बस्तु बाट सक्भर टाढै बसी र बस्न अनुरोध गरौं ।

सन्तोष महंजन
किर्तिपुर नगर पालिका



जीवन्तीमा

असंख्य जीवन्तीमा मेरो पनि जीवन्ती
असाह महिनाको भेल सरी छ यो जीवन्ती
जीवन्तीमा रोमान्स गर्नु पर्दो रहेछ
रोमान्स गर्दा गर्दै HIV र AIDS पनि बोक्नु पर्दो रहेछ
युग क्षणले गर्दा आफ्नो जीवन गुमाउनु पर्दो रहेछ
जानो असावधानीले गर्दा तिष्ठृत हुनु पर्दो रहेछ
कसैको लापरवाहि बाट मेरो यो हाल भयो
अज्ञानताले गर्दा मेरो ज्यान जाने भयो
HIV र AIDS को बारे ज्ञान कसैले दिएको भए
उनीले कण्डन लगाउने सल्लाह दिएको भए
मेरो यो जीवन्ती कवितामा बग्ने थिएन
दुःख थोपा आँसुले के हुन्थ्यो यो जीवन्तीमा
दुइ छाक गाँसले मात्र के पुग्थ्यो र जीवन्तीमा
यदि नैले भनेको मान्छो भने साथी हो
यदि तिमीमा HIV/AIDS को ज्ञान छ भने साथी हो
HIV र AIDS को ज्ञान फैलाउ
जीवन्तीमा HIV र AIDS लाग्न बाट बची अमरत्व पाउ ।



राकेस तण्डुकर



प्रश्न : किशोर अवस्थामा हामीलाई बारम्बार प्रेम भएको अनुभव किन हुन्छ ?

उत्तर : प्रेमको बारे हामीले धेरै सुन्ने गरेता पनि यो के हो भन्ने कुरा चाहिं कसै सुन्ने गर्दछौं । किशोर अवस्थामा धेरै जना प्रेम र आकर्षणको बीचमा भएको भिन्नता छुट्टयाउन सक्दैनन् । प्रेम वास्तवमा विस्तारै हुने प्रकृत्या हो । यसमा अर्को व्यक्तिको भावना तथा शरिर दुवैलाई कदर गरिन्छ र आफूले प्रेम गर्ने व्यक्तिलाई सुखी राख्न कोशिश गरिन्छ । प्रेम विश्वासनीय, निश्चल र आत्म विश्वासले पूर्ण हुन्छ । प्रेम भएको बेला पछि सम्मको सम्बन्धको बारे सोचिएको हुन्छ र कुनै निर्णय वा कुस पनि हतारोमा गरिदैन । आकर्षण वा मोह अकर्षण वा मोह अकस्मात र धेरै जसो पहिलो भेटमा नै हुन्छ र आफू प्रेममा छु भन्ने मानिसहरु ठान्दछन् । यो केही आकर्षक कुराहरुमा मात्र आधारित हुन्छ । यस्तो मोहको सम्बन्धमा एक व्यक्तिले अर्कोलाई आफ्नो सुख, सुरक्षा र सन्तुष्टिको लागि शोषण गर्दछ । असुरक्षा, अविश्वास, ईष्या जस्ता कुरा यसमा हुन्छन् र सम्बन्धमा भविष्यको बारे केहि पनि सोचिदैन । यस्तो सम्बन्धमा यौन सम्पर्क धेरै जसो हुन्छ र त्यसमै समाप्त हुन्छ । किशोरावस्थामा यस्तो आकर्षण वा मोह धेरै हुने गर्दछ ।



प्रश्न : किशोरावस्थामा यौन चाहना बढि किन हुन्छ र यसलाई कम कसरी गर्न सकिन्छ ?

उत्तर : किशोरावस्थामा प्रवेश गर्न लाग्दा हाम्रो शरिरमा विभिन्न परिवर्तनहरु आउन थाल्दछ । जस्तै यौन अंगहरु विकसित हुनु, स्तन बढ्नु, स्वप्न दोष हुनु आदि । शरिर परिवर्तन र केटालाई केटी संग खेलन बोल्न लाज हुनु र केटीलाई पनि यस्तै हुनु जस्ता भावनात्मक परिवर्तनहरु भईरहेको हुन्छन् । यस्ता परिवर्तन आफूमा हुँदा किशोर किशोरीहरु यसमा जिज्ञासु र यसबारे बढि सोच्ने हुन्छन् । जिज्ञासु हुने कारणले गर्दा विभिन्न नयाँ नयाँ र रोमान्चक कुरा अनुभव गर्न उत्सुक हुन्छन् । यस्ता परिवर्तनहरु हुनु स्वभाविक र प्राकृतिक हो । यस अवस्थामा यौन सम्पर्क राख्ने चाहना भयो भन्दैमा यौन सम्पर्क राखिहाल्नु हुन्दैन । आफ्नो यौन सम्बन्धि कुराबाट हटाएर बरु आफूलाई पछि सम्म फाँड्दा हुने काममा लगाउने, सृजनात्मक कामहरु गर्ने र पढाई लेखाईमा बढि ध्यान दिने । यदि हामीले हाम्रो शरिरमा आउने परिवर्तनहरु बारे राम्रो ज्ञान पायौं भने पनि यस्ता कुराहरुमा धेरै कमीहरु आउँछ । त्यसैले आफूलाई लागेका जिज्ञासा आफ्नो अभिभावक अथवा शिक्षकलाई सोध्ने गर्नु पर्छ ।



प्रेम विश्वासनीय,
निश्चल र आत्म
विश्वासले पूर्ण हुन्छ ।



रवि अब ठूलो भयो

अनुजालाई सँगै हिडेको देखेर आमा रिसाउँदै यो कुरा अनुजाको बुबालाई ठूलो आघात पर्दछ । उनलाई आफ्नो छोरी माथि ठूलो विश्वास थियो । तर आजको कुरा सुनेर साह्रै नरमाईलो लाग्छ । अनुजाकी आमाले पनि बाबुलाई छोरीलाई बिद्यालय पढाएर बिगारेको भनि दोष लगाउँदै कर उछिन् ।

अनुजा ५ बजे तिर साथीकहाँ बाट गणित पढेर आउछिन् । बाबु आमा दुबै रिसाएको देखेर उनले सोछिन्, “ किन, के भयो ? तपाईंहरू किन रिसाएको ? ”



अनुजाकि आमा ठूल्लो स्वरमा,

“तैले त हाम्रो नाकै कटाइस ।” हामीले तेरो निम्ति कस्ता कस्ता सपना बुनेका थियौं, सबै चकनाचूर भयो” यति भन्दै उनी रुन लागिन् ।

आमा रोएको देखेर अनुजा छक्क पर्छिन् । “हैन मैले के गरे ? ” किन तपाईंहरूको नाक काटिने मैले त कुरै बभिन ?”

अभ्र तलाई लाज लाग्दैन, केटा संग हिडडुल गर्न ? गाउँलेले देखे के सोच्लान्

अनुजा “ऐ कुरा यो पो रहेछ ।” हेनुंस म र रवि एक

अर्काको राम्रो साथी मात्र हौं । हामी एक अर्कालाई पढाईमा सहयोग पनि गछौं । अनुजा कि आमा, “ केटा पनि कहाँ केटिको साथी हुन्छन् ? त्यसमा पनि त्यो केटाको विचारमा पक्कै पनि खोट भए जस्तो लाग्छ ।

अनुजा “ छैन आमा, रवि एक असल केटा हो, उसले मलाई कुनै पनि प्रकारले विर्गान खोज्दैन । बरु नराम्रो बाटो लागे राम्रो बाटो देखाई दिन्छ । मलाई धेरै दिन देखि तपाईंहरूसंग रविको विषयमा कुरा गर्ने विचा थियो । मैले तपाईंहरूलाई पहिले भनिन यस्को लागि माफि चाहन्छु । रवि र म एक अर्कालाई मन पराउछौं तर ...

“के रे कस्तो लाज नभएकी बाउ आमाको अगाडि यस्तो कुरा गर्न ”

अनुजाको

बुबा रिसाउँदै कराउँछन् ।

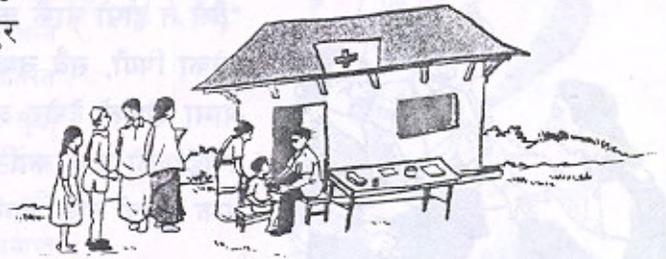
बुबा पहिले मेरो कुरा सुन्नुहोस् न । रवि र मैले हाम्रो पढाई नसिद्धिएसम्म एउटा असल साथी भएर बस्ने विचार गरेका छौं । हेनुंहोस, मलाई पनि त थाहा छ तपाईंहरूले मलाई पढाउन कति मेहेनत गर्नु भएको छ भनेर । तपाईंहरू निश्चिन्त हुनुहोस्, म तपाईंहरूको सपना अवश्य पनि पुरा गर्ने छु ।” तर त्यो केटाले मान्छ त ? तिमीहरूको पढाई पुरा हुन त अझै धेरै वर्ष बाँकि छ । बुबा त्यो कुरामा पिरै लिनु पर्दैन, उ पनि आफ्नो बाल बच्चा पाल्न सक्षम हुनु प-यो नि





। त्यसैले हामी दुबैले अहिले हाम्रो सम्पूर्ण समय पढाईमा लगाएका छौं । अनुजाको बुबा, हेर छोरी, मलाई तँ माथि पुरा विश्वास छ । तर हाम्रो समाज गाउँ घरको समाज हो त्यसैले यसरी केटा र केटी एकलै हिड्डा मानिसहरूले औंला ठरयाउने मौका पाउछन् । त्यसैले विचार गर्नु पर्छ । हो बुबा, तपाईंले भनेको कुरा ठिकै हो । अब देखि म रविलाई एकलै भेट्दिन र सधै साथी लिएर भेट्ने र चोटि त्यो केटा लाई हामी सँग भेट्न लिएर

हिड्डे गर्छु । अनुजाकी आमा हास्टै, “एक आईज है, मलाई राम्ररी कुरा गर्नु छ । हुन्छ आमा म उसलाई भोलि नै बोलाई दिन्छु । रवि अनुजाको घर आउछ र उनको बुबा आमा संग आफ्नो भविष्यको विचार राख्दछ । सात वर्ष पछिको कुरा हो पढाई लेखाई पूरा गरेर अनुजा अहिले एक वकिल बनेकी छिन् । उनी शहरमा पढ्न गएता पनि आफ्नो गाउघरमा फर्केर काम गर्न थालिसकेकि छिन् । दुबै जनाको आमा बुबा मिलेर रवि र अनुजाको बिहे गर्ने निर्णय गर्दछन् । र उनीहरूको विवाह भई सुखका साथ दाम्पत्य जिवन विताउन थाल्छन् ।



मनोज बाटोमा हिडिरहेको बेला

ये, त संग भयु जति पैसा मलाई दे न त नभयु न यो एच.आई.भी भयुको सुई तलाई लगाई दिन्छु । मनोज : मलाई के मतलब, लगाई देन । म त एक पैसा पनि दिन्न ।

ये....खुल्लक दे है । मलाई घेरे रिस नउठा ।

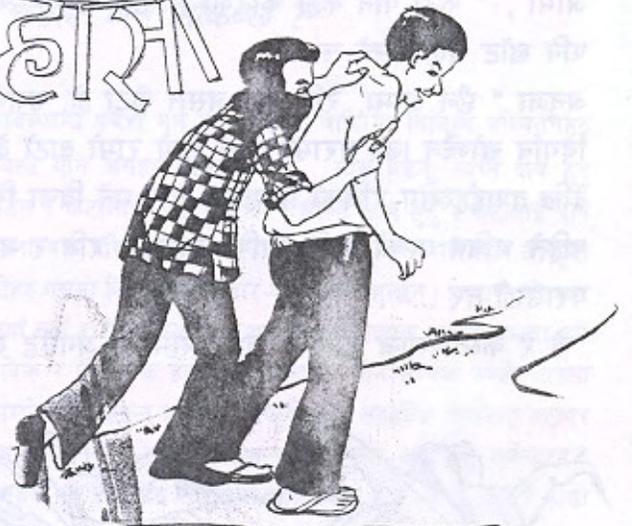
मनोज : एक दिन्न दुई दिन्न । सुई लगान ।

म उराउदिन ।

रिसासुर चोरले मनोजलाई एच.आई.भी पोजेटिभ रगत भयुको सुई लगाई दिन्छ ।

मनोज मरी मरी हास्टै: “मलाई एड्स सदेँन, मैले त कण्डम लगाएको छु ।

हाम्रो



नो कमेन्ट सूचना :

धुम्रपान गरौं जीवन बर्बाद गरौं

- प्रथम पुरस्कार “ मृत्यु ”
- दोस्रो पुरस्कार “ क्यान्सर ”
- तेस्रो पुरस्कार “ दम ”
- सानत्वना पुरस्कार “ खोवने ”
- अतिथि : नर्कपति
कालपति
यनराज

➤ पाइने स्थान : किराना पसल र पान पसल

लेखक : सागर राज कँडेल
काठमाडौं

मलाई एउटा कुरा सोध्न मनलागको
थियो ? यो पत्रिकालाई कहाँ पो चिठी
पठाएर सोध्ने हो कुन्ती ?



प्रश्न सोध्न मन लागे, कया,
कविता, निबन्ध, चुटकिला पठाउन मन
लागे तल दिएका ठेगानामा पठाए हुन्छ नि । पठाउँदा
आफ्नो नाम, ठेगाना र उमेर चाहिं
लेख्न नबिसौं नि है ।



प्रजनन स्वास्थ्य पहल - नेपाल
(RHI Umbrella Project)
बखुन्डोल, ललितपुर
पोस्ट बक्स: ८९७५-EPC-९५८९

मेरी स्टोपस क्लिनिक
कोहलपुर, बाँके
फोन नं. : ०८१-४००७४

सामुदायिक प्रजनन स्वास्थ्य तथा परामर्श केन्द्र
(pfect-NEPAL)
देवढोका बडा नं. - २, फिर्तीपुर नगर पालिका
फोन नं. : ०१-३३२९६०

अनुजा बानिया
C/O प्रकाश बानिया विराटनगर एयरपोर्ट
हवाई कायांमय
कन्चनबारी, विराटनगर
फोन नं. : ०२१-२९२७६

इन्दिरा पौडेल
आमा मिलन केन्द्र, स्थानीय शाखा
स्याङ्जा, पुतलीवजार
फोन नं. : ०६३-२०२१९

शकुन्तला बर्मा
आमा मिलन केन्द्र, स्थानीय शाखा
C/O लुम्बिनी इलेक्ट्रिक हाउस,
प्रहरी टोल, रुपन्देही
फोन नं. : ०७१-२०६११

आमा मिलन केन्द्र स्थानीय शाखा-ललितपुर
पोस्ट बक्स: ८९७५-EPC-९५८९
ललितपुर

नेपाल परिवार नियोजन संघ
दाङ्ग शाखा, घोराही
फोन नं. : ०८२-६००२३

नेपाल परिवार नियोजन संघ
अछाम परियोजना
साँफे बगर, अछाम

नेपाल परिवार नियोजन संघ
काभ्रे शाखा, बनेपा
फोन नं. : ०११-६९२३६

नेपाल परिवार नियोजन संघ
कैलाली शाखा, धनगढी
फोन नं. : ०९१-२११२१

नेपाल परिवार नियोजन संघ
कञ्चनपुर शाखा, महेन्द्र नगर
फोन नं. : ०९९-२१२७२

एडाग
सुविधा नगर, तीनकुने
पोस्ट बक्स : ३५१७, काठमाडौं
फोन नं. : ०१-४४००७९

यो खबर पत्रिका तपाईंहरू जस्तै किशोर किशोरीहरूका
लागि बनाइएको हो । यो त्रैमासिक पत्रिका हो र यसको हरेक
अंकमा नया र रोचक ढंगमा प्रजनन स्वास्थ्य संग सम्बन्धित कुरा
हरूको जानकारी प्रकाशित हुनेछ । यस अंकमा हामीले किशोर
अवस्थामा आउने परिवर्तन र त्यस संग सम्बन्धित जानकारी
दिएका छौ र आउने अंकमा एच.आई.भी / एड्स जस्ता यौन रोग
सम्बन्धित जानकारी दिने छौ ।

तपाईंहरू मध्ये कसैलाई आफ्नो विचार, लेख, कविता, कया लेखेर
पठाउने इच्छा छ भने तल लेखिएका कुनै पनि ठेगानामा पठाउने
सक्नु हुने छ ।

कया कविता वाहेक यस पत्रिका सम्बन्धी आफ्नो व्यक्तिगत
विचार पनि लेखेर पठाउने सक्नु

