



# 11th Asia Girl Child Peace Camp

**"Our Rights Our Future"**

**17 – 21 December**

**Kathmandu, Nepal**



**Bikalpa Gyan Tatha Bikas Kendra**

**Prepared by: Communication Unit**



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# 11th Asia Girl Child Peace Camp 2022

## Our Rights Our Future

Children are not things to be molded, but are people to be unfolded. The potential possibilities of any child are the most intriguing and stimulating in all creation.

The greatest gifts one can give their children are the roots of responsibilities and independence. Girls in the scenario of independence, are often either protected or deprived.

***“Finding your inner diamond, connecting to yourself”***

Bikalpa Gyan Tatha Bikas Kendra organized the 11th Asia Girl Child Peace Camp in Kathmandu, Nepal from 17 to 21 December, 2022 under Children Peace Program supported by Partage.

The theme of the Peace Camp was **Our Rights Our Future**. This is the report of 5 days closed camp of the same where 26 participants from different Asian countries participated with their parent's consent.

## Day 1

### Welcoming the participants

On 17th December, all the International and National participants arrived the camp before 7 am and registered. They were escorted to Pahuna Ghar and allocated their respective rooms. Everyone tried socializing wherever and whenever they felt comfortable. After their breakfast, they were invited in the Gol Ghar for the first session of the first day from 9 am to 11 am. The Camp Facilitator was Ms. Sachi Maniyar from India who is a child activist and has great experience in various capacity building. The Camp host from Bikalpa was Ms. Helina Rai, communication support was done by Ms. Devika Sunuwar and Logistics support was done by Ms. Ishwori Kulu. However, there was direct and indirect support from entire Bikalpa team all the time. Since, all the pre arrival and post arrival logistics information was circulated during the communication phase via email, direct call before their arrival, the first session began with the introduction of participants in the circle setting by passing the magic stone of Ms. Sachi.

During the intro session, inspiration or reason of being the part of 11th Asia Girl Child Peace Camp shared by every participants were to introduce and represent their respective nations, improve communication skills and English language, build leadership characteristics, advocate about sustainable development, political knowledge improvement, to come out of the comfort zone and be able to extrovert, share personal knowledge while gain knowledge from other participants, to create life time memories and friendship, skip from school routine, to find oneself and inner peace, to make their family proud, share cultural values, be able to stand up for their rights, learn feminism and advocate about their rights in general.

Some of the major request made by Ms. Sachi during the session with the participants are as follows:

- Maintain the NDA (Non-Disclosure Agreement) by keeping the stories within the Golghar and share the learnings out in the world
- Acknowledge and respect the organizers for the opportunity and space.
- Respecting each and every individual's emotions, language, culture, country
- Practice non-judgmental attitude during the camp



Arrival Registration



Breakfast at Bhansa Ghar



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**During the first session, Ms Helina conducted a game as part of the exercise in the following module:**

**Finding a friend**

- Make 13 pairs of animals (2 same animals) name on small cheat for 26 participants
- Let each participant randomly select one cheat and keep it secret
- Request the participants to act as the picked animals without disclosing the names. They can make sounds, walk, and act but cannot burst the name.
- When the partners are found, they have to sit together

The exercise will help make new friends unknowingly but in fun way. Participants can experience that friends can be made without talking as well.



Exercise of finding a friend by acting like an animal

**Formal Inauguration of the Peace Camp**

Formal inauguration ceremony of 11th Asia Girl Child Peace Camp was done by lighting the Diyo by Stella Ma'am, Founder & Executive Director of Bikalpa Gyan Tatha Bikas Kendra, Dr Tseten Yonjen Ma'am; President of Bikalpa Nepal and Ms Sachi, Facilitator of the Camp in front of the participants, Ms Sushma Limbu, Program Manager, Ms Helina and communication in charge. Participants joined the lighting ceremony and were given sagun of sweets in tapari in traditional way.

The ceremony contained the formal opening speech and was hosted by Ms Helina Rai; Assistant Director & Administration. The aim and motive of the camp was highlighted by Stella ma'am where she encouraged every girls to be an active part of this camp and take back lots of learning experience to their home. Dr Tseten Ma'am encouraged to imagine and dream despite of failure because the person who dreams always end up with either success or lots of knowledge. Sachi ma'am promised to be very supportive during the camp and encouraged to make most out of it. Ms Sushma added that a person grows when they learn. Once we do something, we need to reflect among ourselves so that we can learn from each other's point of understanding. High moral, ethics are required in every program. Until and unless the program goes in actor and action, it doesn't feel complete of any project. Training is useless until there is action.

Ms Stella expressed that she was extremely worried and happy at the same time since all the participants were travelling alone for the first time and made the journey successful by arriving safely. This has generated the feelings of independency among young girls where they can learn how to make decisions, tackle with problems and march bravely. The motto of the camp was to make the girls find themselves and connect with their soul. It was like a self-mirroring challenge as well. Then, she met every participants individually as rapport building.



Light illumination by Stella ma'am, Tseten Ma'am and Sachi ma'am



Garland and sagun giving to participants

Lunch break was from 12:30 pm to 2 pm according to the schedule. Participants were encouraged to clean their dishes so that it will help in generating the sense of responsibility. Before the second session, the energizer game was played where girls learned and act to listen to the speaker. It was more of like fun games.

The second session was regarding expressing oneself through the paintings where everyone expressed themselves very honestly. Participants were given papers and colors. They were very expressive about their feelings. Some of the participants expressed their emotions, joys and love for their parents. They were also given small colorful notes to put their expectations from the camp during their stay and put in the middle of the circle. These activities took place in Gol Ghar.



Feelings expression through drawings



Participants' expectations from the camp

The secret angel game was hosted by Ms Helina where everyone had to put secret wishes for their friend inside an envelope which will be given to respective participant at the end of the camp. The envelopes were stuck to the wall board with names of 26 participants, Sachi, Helina, Ishwori and Devika. Participants started to write secret messages to their favorite ones already and put secretly without being noticed.

The dinner was served by 7 pm and the evening session began from 8 pm which was the last session for they day. It was Bikalpa Presentation where participants were acknowledged what our organization is and does. Presentation was done by Ms Helina Rai and technical support by done by Devika and Ishwori. Then a brief reflection was done before the bed time.



Bikalpa's Presentation by Ms Helina Rai



Reflection of the day

## Day 2

The second day of the camp started with the breakfast from 7:30 am to 8:30 am followed by Yoga session till 9 am. First session of the day was **Labyrinth Walk** where participants were facilitated with Visualization Exercise (Looking back at self) with the following module:

1. Close your eyes or concentrate on one thing and feel how you feel growing from a child to the present  
Steps to make them visualize their life
  - Think of your time growing as a child,
  - first going to school
  - your favorite teacher
  - time you growing as teenager
  - moment that change your life
  - what is your happiness as a teenage
  - significant event and change in your life
  - your supporter
  - your strength
  - important things that had happened to you





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- your friends/ relative beside you
  - what is giving you peace
  - moment of your growing up
  - your present
  - important highlighted events
  - smell that you remember

2. Let them open their eyes slowly when they feel comfortable
3. Let them walk on the labyrinth slowly and put their milestones/objects chosen by them while making their way to the center
4. Take 5 deep breathe and collect the object way back to your seat
5. Write down how you feel
6. Divide participants into different groups and request to share among them (25 minutes)

### **Reflection of the exercise**

Participant 1: A lot of emotions came across my mind. When going to the center, I kept on looking at the floor but when I looked at others, I saw so many stories like mine in other friends' eyes. I had gone through a lot when growing up to now. I cried because I thought I didn't take care of my mother a lot. I don't feel like listening to the other.

Participant 2: I choose one of the objects as the Heart because What I do I do from the heart.

Participant 3: I choose a flying bird as an object because I should keep on flying in the highs and lows of life.

Participant 4: I picked an envelope as an object and put all my memories of my father in it.

Participant 5: I have always been in an abusive and decisive relationship in my life with my close ones and friends physically and emotionally. Whatever they did to me, they did and I am happy for them. Now I am slowly letting them go and being strong enough to tackle the problem.

Participant 6: Let your emotion go, don't make expectations STAY POSITIVE

Participant 7: If you can't laugh at the same joke again and again, then why do we keep on stressing out on the same emotion/ incident, just let it out and move.

There was a short break for 15 minutes. And then, an exercise was done where participants were requested to listen to the situation role played by Ms. Helina and Ms. Sachi to which they had to give their opinions. The exercise was done in the following mode:

### **LISTENING SCENARIOS**

TIME – 45 minutes

GROUP SIZE – Unlimited

MATERIALS – Flipchart and Markers

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## WHY?

Listening Scenarios allow the group to examine what often passes for 'listening' and how it is not. A critical piece of the Jam is deeply listening to each other and honoring one another's stories, struggles, sorrows, joys, and truths. Too often in life, we hear each other, but we do not listen. We respond to what others share with us in ways that do not make them feel heard—and often can make them feel even worse. This exercise models some of the ways listening does not happen, even when we think it is. Doing this exercise early on in the

Jam will allow participants to practice deep listening throughout, and to be mindful of how they're listening to each other.

## HOW?

After framing why we do this exercise, and the importance of listening, two facilitators model the following types of so-called 'listening'. One facilitator (A) comes to the other with a problem, something weighing heavily on them, something difficult happening to them. They tell the story. The second facilitator (B) responds in the ways below, one at a time.

So, facilitator A starts to tell their story and is interrupted by facilitator B through with the first response. Facilitator A stops, takes a few steps back (as if 'cutting' the scene) and then steps forward to start the interaction again. They tell their story again; this time facilitator B responds with the second response. And so on, until all eight scenarios have been played out.

One example of what facilitator A could say: "Oh, [facilitator B], I'm so devastated! I just got fired. It was awful! I'm so scared. What am I even going to do with myself now?"

Facilitator B responses:

1. Blaming/criticizing. "Well, I'm not surprised. You have been struggling with that job since day one. Of course, it was going to end! What else did you expect?"
2. Fixing. "Don't worry, you're going to be just fine. No, really, you're going to find a job very soon. I read somewhere that the economy is getting better. So I'm sure in two weeks you'll have another job and you won't even remember that you got fired. I have a friend in your field I'll call for you. Oh and you should update your resume, for your search. I'll take you shopping for new interview clothes. Don't worry, it's going to be fine."
3. Making it about you. "I know, I know, aren't bosses the worst? Once I got in a big argument with my boss about this client we had... she was terrible. Now I love my job. The best part about leaving the other job and coming to this one is... etc."
4. Blaming yourself. "Oh, this is all my fault! I should have never let you start that job. Oh, and that you went through pain... I feel so awful. I am such a terrible friend."
5. Making a joke. "Oh, let me cheer you up. Did you hear the one about the lawyer who went into the bar? It's hilarious. This lawyer walks into a bar. Ouch."



6. Generalizing/abstracting. “Well, you know, that seems to happen a lot to people in their twenties. I read that the economy is in a downturn, and thousands are people are being down-sized. And, also, as a woman, you must be facing institutionalized sexism. That’s pretty rampant too.”

7. Asking a million detailed questions. “And then what happened? Was this happening in your office or in theirs? This was this morning or yesterday? Why exactly did he say he was firing you?” And so on. The second facilitator can be interrupting the story of the first one as they pose these questions.

8. Hushing. “Oh honey, shhhhhh. Let me hug you, shhh don’t cry, don’t feel bad, shhh. Yeaaaaah, you’re going to be just fine, just stop crying, shhh.”

Feel free to come up with your own scenarios if you feel other reactions are really common within your context or group.

Once all eight scenarios have been played out, ask the group to reflect on what they saw. How was facilitator B responding every time? What were they doing?

How many of us can relate to these kinds of interactions? Participants will identify the dynamics above, perhaps in different words, and your job as the facilitator is to name and make each of them clear. Take reflections on how these listening scenarios can hurt. Ask the question, “So, how can we better listen to each other?”

At this point, facilitator A starts telling their story again, and facilitator B responds by modeling true, deep listening. “I’m sorry to hear that, my friend, how are you feeling? ... I can see you’re hurting and this is stressful... I hear you... How are you feeling now?” and so on. The difference between this scenario and the others will be clear, and this is the type of listening we want to encourage during the Jam, and afterwards!

Facilitators should take notes writing out the different listening scenarios on a flipchart beforehand, or throughout the process, as it’s being modeled.

Don’t be afraid to exaggerate, go over the top, and have fun with this! You can also play it out with seriousness, for another effect — meaningful in another way.

Some of the observations from the participants were; fixing the situation, self-importance rather than friend, general reasoning, out of topic questions, blocking the emotions and so on. There were the phases of judging, disrespecting and ignoring. The exercise was also practiced among participants in the pair. Participants made their partner feel safe and created confidential agreement during the practice.



Listening scenario exercise with role played by Ms. Helina and Chu Hnin (Myanmar)

Lunch break took place at 12:30 pm to 2 pm where participants were given buffet service of our traditional daal, bhat, tarkari (lentil, rice, curry). During this time, they could get refreshed, talk to their parents back home on phone, and take pictures. The second session started from 2 pm where an exercise was practiced in the following module:

### Short Step on letting go of all the emotions

- Make a circle and turn around
- Thank all your back supporters, yourself, and everything that shaped you to become YOU today
- Turn around and tell one thing yourself for your future self

Participant 1: I am becoming an independent woman who doesn't depend on anything with anyone

Participant 2: I am making my family by fulfilling my father's dream to

Participant 3: Independent, fearless girl in the future

Participant 4: Since I am insecure regarding my appearance, I wanted to tell myself you are perfect as you are

Participant 5: Don't be insecure about your body, love yourself

Participant 6: I want to own and run a business on my own

Participant 7: going through all the hurdles throughout my journey here I just wanted to tell myself that be strong enough to express myself.

Participant 8: I want to make my family proud

Participant 9: I want to do hard work and be a doctor

Participant 10: I want to pursue my dream by becoming a professional dancer.

Participant 11: Don't give up.

Participant 12: Enjoy every moment of your life

Participant 13: Be brave

Participant 14: Stop thinking about the past and live your life

Participant 15: Don't think about others but think about yourself

Participant 16: Never lose your confidence and be happy

Participant 17: Stay calm and look what you are worth for.

Facilitator: You can feel other pain and can't walk taking their pain as their own.



Tenzing (Bhutan) practicing of letting go of emotions by going to the past and wishing the future

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The second session was closed with an energizer. It was done by counting and shaking the different parts of your body. There was a 15 minutes tea break before the third session. Third session comprised of an exercise which was done in the following module:

### **Recognizing your diamond**

Needed materials: Paper, Color, Crayons, watercolor, color pencil

Note: Before getting started; start with the meditation

### **Methodology**

#### **Step 1: Finding your diamond**

- Close your eyes and take deep breathe
- Imagine yourself very calm and relaxed
- Feel your breath and body
- Imagine yourself far from the village and walking to the forest
- Feel everything there
- Just feel the environment and keep on walking
- Imagine yourself in the middle of the flower and smell and enjoy the environment
- Put behind all the hurdles and challenges
- Imagine yourself touching the running water
- Diamond inside your heart which is pure
- This is the place all your dream and hopes are
- It is a place that is like you were a baby, a happy place, a clear place
- Diamond has little space in your heart which tells you what to do
- Imagine that diamond in yourself
- Look at that diamond
- See it shine and glow
- Feel its warmth and look at what's in your diamond
- Is there peace, strength, love
- Feel that strength in your diamond
- Feel that Peace in your diamond
- When you feel that peace, love, and strength, slowly open your eyes

#### **Step 2: Express your diamond through a picture**

Draw your diamond with the flow of music



Diamond drawing with the flow of music



Dinner was served by 7 pm. Participants had to attend the last session of the day at 8 pm in Gol Ghar. Participants were divided in groups where they had to share about themselves to their group members however they like. This will generate 'we' feelings among the group. The day reflection was significant during this time. After this session, participants were allowed to use internet for some time and requested to go to bed.



Participants sharing about themselves in the group

### Day 3

By third day, participants had been able to keep up with the routine. They had their breakfast and arrived in the Gol Ghar for the Yoga. Short reflection of previous days was followed by the day's schedule announcement. On this day, participants had opportunity to exposure visit to Bikalpa units, Alternative Education Programs (AEP) Centers and a night stay at a resort on the outskirts of Kathmandu. Hearing the day schedule, participants were excited and joyful. Before the morning session was done, an energizer game was played where participants role played as cat and mouse in the circle. Cat had to chase the mouse without running meaning just by passing the scarf within the standing circle.

Participants were given time for getting ready, eating snacks, and take care of their belongings. Group of the participants then visited the Bikalpa Units; Programs, Communication, Finance and AEP units. During the unit visit, they raised the queries regarding our job responsibilities, hiring process, working motivations and so on. They were even thankful to us that Bikalpa team had put up efforts to bring them here and make this camp an exciting one. It reflected that these participants were aware, concerned and dedicated about their rights. This was also the motto of the camp to make them realize their capabilities, aim, rights and future.

The 3 groups of girls were divided to go to Mobile School, Angan School and Children Peace Council School. Before they left, 4 participants were selected to be the in charges of the camp for a day. They were Camp President, Hygiene In charge, Entertainment In charge and Reporting In charge nominated and selected by themselves. Participants had to follow the given module for exposure visits.

**Observe → Engage → Think & Reflect**



Participants visited Communication Unit



Participants visited Children Peace Council School

**There was a reflection with the presence of Stella Ma'am where participants expressed their visit experience.**

Mobile School - Children loved going to school even if there is roof or not children don't go to school, school goes to them, felt like cloud when children called the participant sister in her native language even if there was a language barrier, game made the involvement of everyone, learning from the children, meeting at the first didn't made it uncomfortable, loved the Baal doctor, social inclusion, learning together, take back this system of teaching, enjoyed the moment and would love to meet them again, connected with the past since lived a orphanage life, idea of the camp is inspiring that wanted to join the facilitator team.

Angan School - Receiving a handmade greeting card was very touching and adorable, commendable work by Ashok brother, the duties of Baal doctor was commendable, animator was very kind, thankful to Bikalpa team and would love to run a similar organization in Sri Lanka, wanted to be child again seeing the children, role of Baal doctor was attractive, garden, surrounding, picture, drawings, decoration was attractive.

CPC Kailash Bodhi – sharing about education system of each other's country, want to see more of Bikalpa and CPC councils all around, sang the national anthem of Nepal, feel lucky to be part of the camp realizing the buildup confidence in me and thankful for the opportunity Bikalpa has provided, 11 members of the council; president, secretary and 9 members.

Program explanation by Stella Ma'am – Bikalpa means alternative and Bikalpa always tries to create alternate ways to make the learning possible and accessible, taking the learning place to the doorstep of the children as per the name; Angan meaning courtyard, being poor doesn't mean to be stupid, even



poor people can be smart, children can bring their young siblings since they can learn and take care of their duties. Later, participants with the facilitation of Sachi, Helina and Devika headed towards Resort at Budhanilkantha later joined by Stella Ma'am after the lunch at around 5 pm. The motive of the night stay in the resort was to give opportunity to participants to show the beauty of Kathmandu from the top. There was a plan of short hiking to Jhamchen Gumba; one of the tourism spot from the resort followed by camp fire and music before dinner. Rooms for the group were allocated for making connections among everyone purposely for the bonding. After the dinner, there were country presentations of Bangladesh, Cambodia, Bhutan and India. Everyone showed up in their cultural dress along with well-prepared presentations. This generated the cross cultural knowledge.



Heading towards Resort, Budhanilkantha

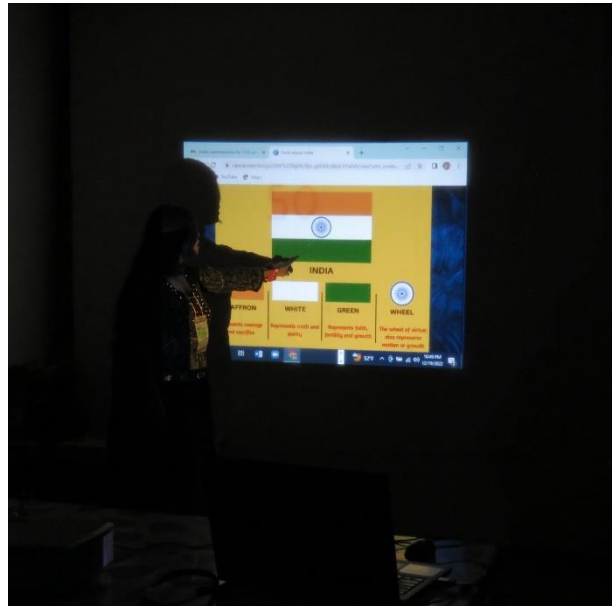


Short hiking towards Jhamchen Gumba from resort





Country Presentation of Cambodia by Sokun Theary and Mol Chenglin



Country presentation of India by Monika Rao and Muskan Imran

Stella ma'am stood till late night with the girls in the campfire, had conversation, ate dinner and left for home. She could not attend the country's presentation because it would have been late.



Participants enjoying the completion of hike at Jhamchen Gumba

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## Day 4

The second last day of the camp began with breakfast with Kathmandu valley view from the Resort. The bus dropped everyone back in the camp where girls gathered in Gol Ghar at 10 am. The warm up game was played followed by reflection. During the reflection, participants shared that the hiking would have been beautiful if they could have reached the resort before the dawn. Since, it was late, they could not enter the Jhamchen Gumba and explore. And for the warm up game, following module was used:

### 7 Up

- Gather everyone in circle position
- Each individual has to speak aloud a number from 1 up to 7 either clock wise or anti clock wise.
- But the twist is the person who has to say number '7' has to say '7 up' instead of just '7'
- If the participant refuses to say 7 up or another continues with number '8' instead of '1' will be eliminated
- The final remaining participant will be the winner

### Purpose of the game

- For warming up or energizing the participants
- For concentration and focus
- For making the learning sessions impactful for the entire day

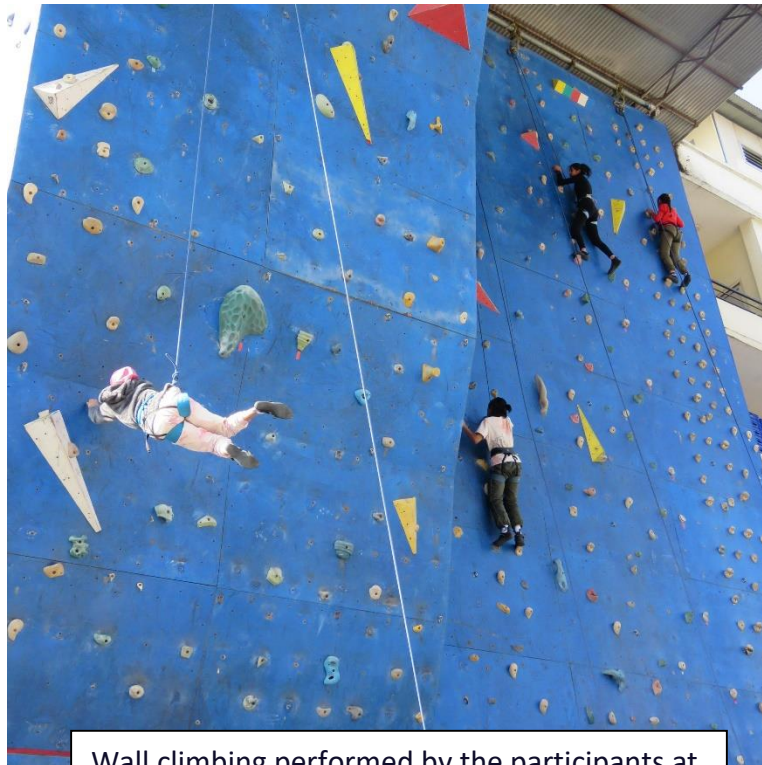
During the reflection of the third day, the nominated in charges shared that entertainment was full on with the Karuna's (Nepal) effort, cleanliness was done and supervised by Pranisha(Nepal) , overall reporting by Chu Hnin(Myanmar) and Yogashini(Sri Lanka).



Reflection and reporting of Day 3 by  
Yugashini (Sri Lanka) in the middle

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The second session of the day was scheduled for Wall Climbing at Pasang Lhamu Wall Climbing Center, Sukedhara. Participants were escorted by Bikalpa Bus to the venue at around 11:30 am. Since everyone were informed to show up in comfortable dress for the athletic session, they were alert and did the same. Is was new experience for almost all of the international participants while some Nepalese participants were experienced and excited. The professional trainers guided with the equipment, techniques and rules along with 20 minutes of stretching and warm up. Then, girls started climbing one by one. Some were successful while some could not complete. Karuna (Nepal), Tashi (Nepal), Dua (Pakistan) seemed to enjoy the most sine they climbed the wall more than 3 times. While Monika (India) completed with the cheering of the remaining girls from the ground. Tshewang (Bhutan), Pranisha (Nepal) could not complete due to their physical strength while Sanjeewani (Sri Lanka) completed half despite her health condition. Even Sachi (Faicilitator) could not complete the task despite the cheering of the girls. All in all it was quite fun and adventurous because no one denied to take the challenge. Even though it was fearful, they dared, cheered, motivated, overcame and succeeded together. Due to over consumption of time span in the wall climb session, participants reached the camp way behind the schedule. They has to rush to eat the lunch and again rushed to Mural Painting conducted by Children Peace Council at Taragaon Next Museum in Tushal.



Wall climbing performed by the participants at Pasang Lhamu Wall Climbing Center



The last session of the day was Mural Painting where Children Peace Council Schools were present along with special appearance of Asia Girl Child Peace Camp Participants. The program began with dreaming session where everyone present at the venue had to close the eye for meditation and imagination. Then, everyone were given canvas, colors and painting brushes where they could express their feelings related to peace. It could be done solely or in partners staying on the ground. It was beautiful sight to see. Everyone was happy and smiling. Soon after the completion of drawing within 45 minutes, they were requested to the peace light illumination from their respective places. The closing remarks was done by Stella ma'am (Founder & Executive Director), Kaplana Ghale (Children Peace Council Facilitator) and Sworaj Chitrakar (Manager of Taragaon Next). The objectives of the mural painting in mass were to bring the unison, solidarity, peace building, and creativity while peace light illumination indicates awareness raising, praying for peace, burning the hope of light for everyone.



Mural painting and Peace Light Illumination at Taragaon Next, Tushal

After the two big events, participants were given one hour to explore the Boudha Area nearby. For this, participants were divided in small groups in such way that each group had few Nepalese girls including Helina, Dadoma, Devika and Sachi. Everyone were excited to explore the Stupa. The participants were well directed the information during their errands. Some of them got back with many souvenirs and gifts for their friends and family. Buddhist participants from Bhutan, Thailand, and Cambodia were grateful that they could visit the Boudhanath Stupa while they were here. They expressed that their visit was worthwhile. After an hour or errands, everyone gathered at the same spot from where they were split. They were taken back to the camp where dinner was waiting for them.



Dinner time: 7 pm to 8 pm

The last session started from 8 pm. On this session, participants had to bring their diamonds on paper they drew on second day of camp. For this, they gathered in circle and check in with meditation. Each participant had to show their diamond in the circle while expressing what they feel about their diamonds.

Everyone drew the diamond of their own imagination. Someone drew rhombus shape, some drew crystal while some drew hard rock stone indicating that diamonds can come in any shapes and sizes. Different color diamond indicated different stories. One of the interesting sharing was done by Chu Hnin from Myanmar where she presented her diamond as a big black stone in round shape. She said that her diamond is still imperfect but she has been working on herself for the cuts and shine with her own pace. This camp has added her the strength to work on her diamond even more. She could now visualize her clarity in diamond. According to her, she came to this camp for her mother's rights in the beginning. Eventually, she realized how powerful she has had become within few days.

Sophatsun and Piyada Binsin from Thailand chose to express their diamonds in Thai language. Even though, other participants had difficulty in understanding but everyone connected with their gestures and expressions. They were very expressive and confident. Sokun Theary from Cambodia tried to translate in English as per her understanding. They were trying to express that the society has to accept them as real them no matter of their appearance and capabilities. Listening to their sharing, the room was filled with emotions and tears. There was a bond and strong connection built already. The session

was one of the most commendable and favorite sessions for most of the girls. After this session, everyone wrote beautiful notes and messages to each other on their note books and envelop on the board. There were country presentation of Myanmar, Pakistan, Sri Lanka, Thailand and Nepal. Participants of Myanmar made their country presentation interesting with graceful traditional dance, Pakistan handed their country flag badge before the beginning of the presentation along with one of the most devastating incident that took place in Pakistan. Sri Lankan participants talked about their history and culture while Sri Lankan participants amazed everyone with their vast knowledge of their country's geographical, cultural, traditional information. Everyone enjoyed the traditional snacks of Sri Lanka. Nepal shared the til ko laddu as the symbol of Nepalese sweets and presented the historical, natural and traditional beauty of Nepal. Overall, it was amazing to know and share about other's traditional and cultural values. Then, they went for the rest at their respective rooms at 9:30 pm.



Participants of Myanmar dancing along with the rest of the participants in Myanmar cultural song



## Day 5

The last day of the camp began with the yoga and heavy breakfast. At 8 am, reflection of the day 4 was done at Gol ghar by camp leaders and in charges. According to the reflection, most of the participants expressed that the wall climbing was fearful but adventurous. They enjoyed it. Mural painting was peaceful and roaming around Boudha area was quite interesting since some of the participants said that they might get lost. Some of them expressed that their bucket list of visiting Boudha Stupa and wall climbing has been fulfilled during this camp. During the mural painting, they felt like they were real artist. One of the Nepalese participant; Pinkey said that "you can do what you wish to do if you do by whole heart" and wished to climb Mt. Everest in future that was inspired by the camp's wall climbing session. Motivation moved and pushed participants to climb and reach top. Sanjivani from Sri Lanka expressed the gratitude towards the sisters from Cambodia to heal her during her sickness through Cambodian massaging technique.

Sachi ma'am introduced a new word to the participants. Ubuntu meaning humanity to others. It is often described as reminding us that 'I am what I am because of who we all are'. And she said that peace camp should never be another classroom. Because she studied every participants' expectations from this camp individually. The entire sessions were interesting, fun filled and healing to the participants.

During this session, Stella ma'am added that 'me' means we sometimes and sometimes we means me. There is support system for every individual. She also startled everyone by sharing that Ms. Helina Rai was one of the participants from the first peace camp. She tried to ignite everyone's potential through the diamond. She encouraged to speak up for girls' rights and future themselves. She was happy that this year, participants travelled alone without the help of escorts. Because at the beginning of peace camps in previous years, escorts were entertained and slowly it dropped. She quoted, "11th Asia Girl Child Peace Camp is commendable because we do not have any escort this year."



Stella ma'am explaining the Bikalpa Programs in Gol Ghar and reflection

Lunch break: 11 am to 12 noon

For the second session, it was short and sweet because participants had to practice and prepare for the evening cultural program conducted and hosted by themselves. They were interviewed from 12 noon till 2 pm in pairs as country representatives. The television program highlighted and covered by Baal Shanti Abhiyaan from Nepal Television which is aired on every Wednesday at 5:30 pm. Girls were nervous and excited at the same time for their interview. The TV program was hosted by Ms. Helina Rai as presenter while interview was taken by Devika Sunuwar. The most interesting part of the interview was when Yugashini from Sri Lanka gave her interview in English language fluently despite her hesitation. Her fellow partner Sanjiwani helped her a lot. By this time, participants seemed beautiful and elegant in their respective cultural attires, jewelries and charm in their face.



Dua and Ayesha from Pakistan during TV program interview



Sokun Theary and Mol Chenling from Cambodia for Baal Shanti Abhiyaan





Tenzing and Thewang from Bhutan for TV program interview



Sadia and Amoraboti from Bangladesh for Baal Shanti Abhiyaan Interview



Sophatsun and Piyada from Thailand for TV program interview



Shreeya, Kabita, Pratikshya, Rohisha and Rejina from Nepal for interview



The cultural program began from 4 pm in the Bikalpa premises which was arranged and assembled by the Bikalpa team who were indirectly always involved in Peace Camp. The official program was initially hosted by Ms Helina Rai to welcome special guest Dr. and Prof. Bhadraman Tuladhar, Ms. Stella Tamang, Dr. Tseren, Ms. Sachi and teachers and guests on their respective place. The inauguration (book launch) of Bikalpa Annual report was on the same event. Then, the hosting the program was handed over to Karuna (Nepal) and Ayesha (Pakistan). Yugashi (Sri Lanka) opened the program with graceful and amazing classical dance with attractive appearance. There were dances from the participants. Muskan (India), Sophatsun and Piyada (Thailand), Rejina (Nepal), Shreeya (Nepal), Pema (Nepal), Kabita (Nepal), Amoraboti (Bangladesh) gave dance performances in beautiful traditional attires. The dance skit of Cambodian girls; Sokuntheary and Mol Chhenglin amused the audience. Tashi (Nepal) and Sadia (Bangladesh) sang songs. Sadia was really looking like a little rockstar. The audience were cheering the performers. The other half program was hosted by Sanjeewani (Sri Lanka) and Monika (India). Audience were dancing along with the performance of Tshewang and Tenzing (Bhutan). Pwint and Chuu (Myanmar) were equally graceful during their country cultural dance. There was a Kirant Dhan dance which was energetic performed by Children Peace Council School. Also, small guest Yeshi played yukulele in confidence. Sanjeewani put forward her speech of Thanks for closing where she thanked Ms. Stella, Helina and the Bikalpa for putting effort to organize the 11th Aisa Girl Child Peace Camp. The certificates and trophies were handed to every participants.



Group photo after the cultural program hosted by the participants

Dinner: 7 pm

The last session of the last day was finding a secret friend. The game was simple where each participant had to write their own name in a small paper and fold it. The names were put into a small container and shuffled well. Then, each participant had to pick one name. One of the girls was invited in the center of the circle. She had to reveal her pick and speak about the picked name. She shared her good qualities, friendship and best moment with that friend. Then, the same girl had to come in the center where she would do the same and the previous girl had to join the circle. This would be done until everyone is done in the loop. During this session, almost all girls were emotional and full of tears. Then, another wishing candle lighting was done to wrap up the camp. The last sharing was done among all. Everyone cried a lot and shared what they have carried and taken from this camp. They filled up the feedback form, took pictures, hugged each other and thanked Sachi ma'am personally. They opened their message envelopes and went back to the pahuna ghar because some of them had departure flights the next day.

### Feedback

According to the feedback forms, the most liked events of the camp were wall climbing and team work. The meditation, healing, learning from past, self-realizations were their common learnings. Finding the inner diamond will be their strategy to fight for their rights and their secured future back in their country. One of the common complaint was water and the weather was cold. They suggested to organize camps in summer season. All in all, by the end of the camp, each girl was able to open up and speak without hesitation. Bikalpa created a safe space for learning.



Participants giving wishes and sharing their best moments of the camp



## Summary

Overall, the camp was an achievement for the Bikalpa team while a learning ground for the participants. The total of 26 participants from 9 countries participated the 11th Asia Girl Child Peace Camp organized by Bikalpa and supported by Partage. Participants from Bangladesh, Bhutan, Cambodia, India, Myanmar, Nepal, Pakistan, Sri Lanka and Thailand were present here for 5 days safely. Their health, arrival, departure, lodging, food, documents and stay were well taken care. There was direct communication with their parents, schools, colleges or organization from the beginning till their departure to their respective home countries. Furthermore, they are still in contact with Bikalpa and each other through messages and group video calls. To sum up, participants from Bhutan even developed their own pad bank back in their school inspired by Bikalpa. The important documents, logistics information, applications, feedback forms, daily schedule, arrival and departure are recorded in printed format by Ms. Devika Sunuwar and kept safely in Communication Department. It is also shared with Administration, Program and Finance unit upon request.

TV Episode - <https://youtu.be/IWeSlxffWFw>



Participants celebrating their 5 days achievement in the frames

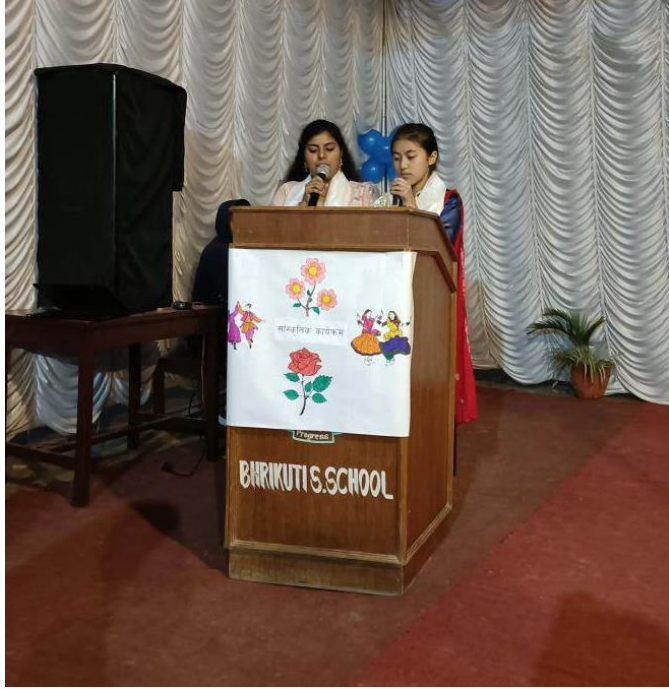
















Thank You!!!