

Case Story of Kritina

Kritina Majhi is a 17-year-old girl living in Bhimtar, Sindhupalchok. She lives with her family and there are six members in the family including her father, mother, two sisters and one brother. She shared her condition during the earthquake. Her house was completely demolished. All food grains of the house were buried and mixed in soil. Her family was surviving on some relief sent by few organizations. She stayed intent with her family during and post-earthquake and that time her younger brother got sick and was suffering from fever. She including her family was very much worried about her brother as there was no health post and medicine facility nearby. She was afraid that her brother's condition will get even more severe. Fortunately, his brother got recovered slowly and became fine after few days. However, Kritina Majhi and her family were still living in trauma because of earthquake and due to lack of coping mechanisms and resilience building. Child Nepal with the collaboration of Consortium/UNICEF conducted training on *Rupantaran* which was focused to mobilize adolescents for building the resilience to cope with the risk among adolescents along with capacity building for participation so that they can become change agents and contribute to building resilient communities as a part of the recovery process. Kritina got opportunity to take *Rupantaran* training and she was very happy and grateful to Child Nepal for providing such training. Before taking the *Rupantaran* training she was completely unknown about resilience building of post-earthquake and the different aspects and components of the training. *Rupantaran* training was life changing training for her. During *Rupantaran* training, her most liked contents were self-awareness and stress management. She is also very clear about the reproductive health, natural disasters, and child rights and so on. After participating in training, she worked as a *Rupantaran* volunteer in community and helped other adolescents to cope with the risk and in resilience building.

