



स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal



ANNUAL REPORT
2013



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Volunteers Initiative Nepal

Who are we?

Volunteers Initiative Nepal (VIN) is a non-governmental, non-profit organisation which was founded in 2005 by a diverse group of development workers, educationalists, social activists and other specialist professionals.

Unlike many other development NGOs, VIN serves to channel its efforts towards change in the hands of local people. We actively encourage them to volunteer within their communities, providing support and direction with the aim to unite all sectors of society to work together in setting up and running local projects.

VIN's main community-based pilot project is located at Jitpur, a rural community surrounded by woods, hills and fields. It lies 11 kilometres from the capital on the outskirts of the Kathmandu Valley near the beautiful Nagarjuna forest reserve.

There are also projects located close by within the region. VIN is currently working to expand its scope to a second community-based site, Okhaldhunga, in the north east of Nepal.

VIN's mission is to empower marginalized communities, with a focus on women and children, through enhanced educational programs and community training to promote equality, economic well-being and basic human rights.



VIN staff

Dear friends,

We are very pleased to present VIN's 2013 Annual Report. Through the generous support of our sponsors, hardworking staff, diverse and open-minded international volunteers and our dedicated stakeholders, this past year has been phenomenal. Through this report we would like to highlight to you our accomplishments.

In the beginning, in 2007, our work in community development VIN created several pilot community development programs within the Jitpurphedi community, facilitated through the Jitpurphedi Village Development Committee (VDC). Jitpurphedi VDC is 11 km from Kathmandu and, at latest count, has a population of approximately 5,230 people among 1033 homes, all within several castes and religions.

Through the past 6 years, VIN has taken the initiative and moved forward with a participatory program which spearheads community development through the partnership of both local and international volunteers.

The programs we initiated and continue to maintain:

- (1) Women's Empowerment**
- (2) Child Development**
- (3) Youth Empowerment**
- (4) Community Health and Environment**

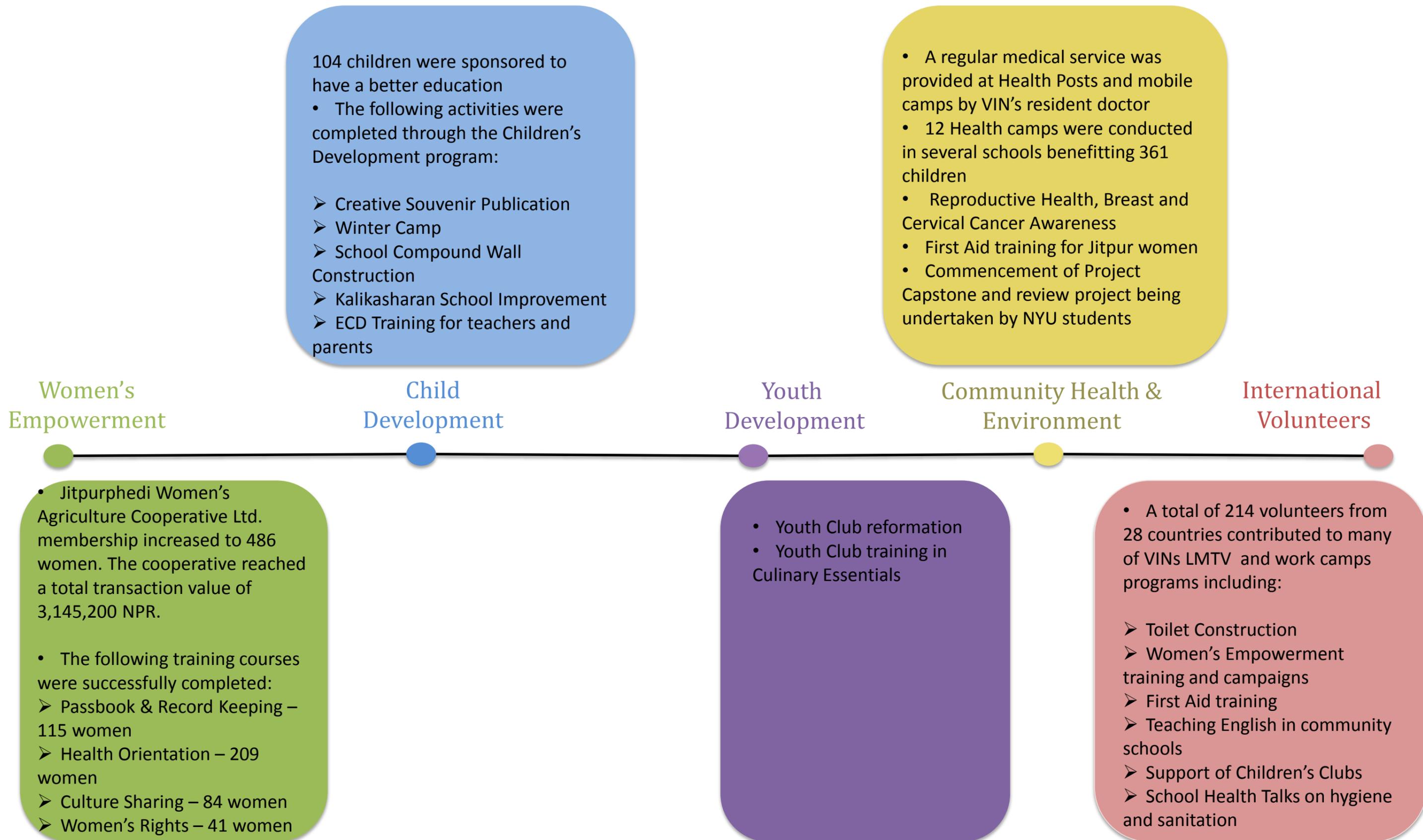
Within our time in the Jitpurphedi community our programs have quickly become woven into the fabric of its citizens. Women have created and sustained income through our Income Generation program and teachers are focused on and have access to specialized training, to name a few examples. All of these are part of a larger, intensive process which ultimately brings jobs, better health, and an overall recognition of improved opportunity for the individual and, more importantly, the community.

We take great pride in the work we have done and have a heightened vision for the additional work which always needs to be addressed. The following report will showcase our achievements and we also present our fiscal 2012-2013 financial statement, ensuring complete transparency of our organization.

Thank you for taking the opportunity to read about our past year. We hope you will consider becoming a member of our dedicated organization.

Yours sincerely,
Bhupendra Ghimire
Executive Director

2013 Highlights



Women's Empowerment

Women's Empowerment is a major initiative of VIN established in 2009. This program centers around 3 projects:

- ❖ Microcredit/cooperative
- ❖ Entrepreneurship & Income Generation
- ❖ Education in Life Skills



**Empowerment
through access to
financial services**

Microcredit

VIN established the Microcredit project in Jitpur in 2009. This ongoing project aims to develop autonomous and sustainable microcredit systems among the women's groups.

Using these skills the participating women created and managed a cooperative throughout the year.

The cooperative's financial activities for the 2012-2013 fiscal year have been analysed and the conclusion drawn is the Jitpur Microcredit project appears to be largely effective in helping local women develop cooperative skills and a saving attitude.

Activity Summary

- Cooperative distributed 486 shares to members and collected 204,400 NPR for these shares
- Total saving from members was 1,597,643 NPR
- Total loan distributed to the members was 3,145,200 NPR of which 1,301,141 NPR has already been repaid
- Total cooperative generated net profit 271,881 NPR

The next step in the Microcredit project would be to extend it and implement it in neighboring Village Development Committees (VDC) of Jitpurhedhi.

"I took a small amount of loan from cooperative and bought a cow. I could save a little amount from cow's milk. It has been very helpful for me. It made my life easier. Now I have taken loan of 50000 from co-operative and started a shop. The shop has given me employment. I have been saving money from it. It has made me able to contribute my family income. It is valuable for me that I am respected from people in my society." Ganga Gajurel, Kalika mai women group, general member of cooperative

Women's Empowerment

Entrepreneurship Development Training

Trainers, Samita Shrestha and Ishwori Prasad Sharma of the Industrial Entrepreneurship Development Office (IEDO) conducted a five day Micro Enterprise Creation training program. 28 women members from the Galchi and Athmail community benefited from this training.

The major objectives of this training was to discuss:

- Characteristics of successful entrepreneur
- Business plan preparation
- Expense planning and market and production planning
- Selection of business



Empowerment through financial independence

Model Agro Farm

VIN initiated an off season vegetable tunnel farming project in a 9 ropani area of leased land in Jitpurphedi VDC ward No. 6 Chisapani. The objectives of this project were to:

- Develop an agro-farm model to encourage women's groups to farm off season high value vegetables/crops and to develop entrepreneurship.
- Develop an agro-farm model as a training center to provide practical training to the women's group members.

In order to meet the objectives a full time worker was hired for the farming requirements and 34 farming tunnels were prepared for cultivation. In addition a hut and toilet was constructed along with installation of electricity and fresh drinking water.

The main commercial crop cultivated in this farm was tomatoes. Supplementary crops of beans, okra, radish and chili were also produced.

At the end of this program VIN changed its strategy regarding the model agro-farm. VIN will provide support to farmers who are interested in developing a model agro-farm, however, VIN will no longer be directly involved in the farming activities.

Income Generation Project

The main objective of the non-agricultural sector is to identify specialty non-agricultural products on the markets that can generate sufficient income during the off season.

During 2013 focus was placed on a basic and advanced sewing and cutting training programs. Six women took part in the basic training course and four women took part in the advanced course provided by VIN.

The women shared 75% of the trainer fees and the remaining 25% was provided by VIN.

Three of the participants; Parbati Ghimire, Sarita Gjarel and Sabitri Aryal have already been able to establish their own business making use of these new skills.

On evaluation of this program it is considered this training provides effective skills for women who are currently unemployed and do not have enough land for cultivation. Starting a tailoring business does not need a large budget and so it proves to be a popular business among the women.

“I used to do small scale vegetable farming. I couldn’t earn more money and also I had to work hard. But after receiving sewing cutting training I started own business. My income has been increasing, I am happy and would like to thanks to co-operative and VIN.” Parbati Ghimire



**Empowerment
through alternative
ventures**

Women's Empowerment

Education & Life Skills

Since 2009 VIN has been working alongside the local Village Development Committees (VDCs) and District Education Offices (DEOs) to deliver literacy and life skills training programs in the Jitpurphedi community. Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.

The objectives of VIN's Life Skills training program are to:

- Educate women about their rights and life skills
- Increase the literacy rate to 95% for women aged 14-45

In 2013 the following training was successfully delivered:

- Orientation on Passbook, Record Keeping and Group Management – 115 women
- Communication Skills – 12 women
- Stress Management – 14 women
- Self Esteem – 14 women
- Women's Rights – 41 women
- Time Management – 18 women
- Culture Sharing – 84 women
- Entrepreneurship Training– 28 women
- English Language – 20 women
- Health Orientation – 209 women

Empowerment through education



“I got the opportunity to attend language class arranged by VIN. I learn Basic English from that class. I and My family are happy to speak English with volunteers so I want to give thanks to VIN and international volunteers” Ritu Aryal, one of the participants

Children's Development



It takes a whole village to raise a child. VIN's mission through the Children's Development program is to empower the village – the parents, teachers and schools – to enable the children to receive an education, explore creative outlets, and develop as a whole for better quality education.

As part of this program, VIN focuses on four major initiatives:

- ❖ Helping very young children develop their cognitive and social skills through Early Childhood Development Centers (ECDs).
- ❖ Enabling creative outlets and installing social awareness through Children's Clubs.
- ❖ School Attendance Program (SAP) which also includes child sponsorship, teacher training and infrastructure development
- ❖ Providing support to selected orphanages.

Early Childhood Development

Throughout the year VIN has been implementing different programs in the ECD centre for young children. These programs focus on developing their cognitive, emotional, social and physical potential.

VIN has also conducted parent and teacher training in ECD concepts to help them properly use the materials and methods effectively. The main objectives of the training were to:

- Orient parents about the concept and importance of ECD
- Orient parents about child health, sanitation and nutrition
- Orient parents about the importance of their role in ECD

Interactive meetings with parents, teachers and the management committee were conducted throughout the year with participation from 147 parents. These meetings provided opportunity to discuss commonly found child problems and facilitated teachers and parents developing solutions.

Empowering the village



School Compound Wall Construction

The school improvement program is a prime concern of VINs Children's Development Program. Through this program VIN has been able to construct compound fences and gates for three schools in Jitpurphedi including KalikaSharan High School and Mahadevsthan Primary School.

Although the fence construction for Mahadevsthan Primary School completed in October 2012, throughout August VINs volunteers were able to put the finishing touches to the project by painting the fence. A presentation of all the efforts required to complete the project was put on display at the grand opening ceremony.

The construction of the KalikaSharan School compound concrete and wire fence was a key result of a collaboration with G Market Korea, eBay Korea and Better World Korea and VIN.



KalikaSharan School Improvement Program

During July VIN received a group of 22 volunteers from Korea. These volunteers participated in an improvement program at KalikaSharan School where they participated in teaching activities, wall construction and colouring and painting the classrooms.

The work group successfully completed 90m of wall construction. The school ground is now a safe and secure place for the children to play. 6 classrooms, including 2 ECD classrooms, were decorated with attractive pictures and alphabets.

It was found that this intensive mini program contributed significantly in the development of the school's infrastructure .

“After the construction of school compound, we have been safe from thieves and cattle, because of this our students have felt safe and teaching environment has gone better than past so the population of student are increase and our school looking beautiful thanks to VIN”
Gopal Prasad Gajurel, Principal of KalikaSharan School

Inspiring Creativity

Enabling creative outlets

Children's Club

VIN's Children's Clubs focus on ways to explore and develop the innate talents and creativity of their club members. Each year VIN reviews the existing Children's Clubs in the schools of Jitpur and conducts different types of strengthening activities. Most of the teachers in the Jitpur community feel the Children's Clubs are vital for the development of the children.

The following sections cover some of the activities VIN has performed for the Children's Clubs this year

Reformation of Jitpurphedi United Children's Club

During September monitoring was carried out on all of the children's clubs in Jitpurphedi. With the help of VIN 8 children's clubs have been established within the local schools and one united children's club has been formed. The monitoring evaluated how well each of the clubs were performing. The clubs in the primary schools were found to be performing very well with many programs in place and the rules of the club being followed. The clubs within secondary schools, particularly Sarawati were not performing quite as well in comparison. The children's clubs conduct regular programs such as regular meetings and magazine publications.



"It has provided us the opportunity to get trained on child club facilitation. This program made us more responsible for clubs and these kinds of training must be organized from time to time."

**Hari Prasad Aryal,
KarlikaSharan School**



Children's Club Annual Publication of Creative Souvenir

VIN's children's development program has been working with 8 schools of Jitpurphedi (6 government schools and 2 private) since its inception. This program focuses on fostering the creative talent of the children of Jitpurphedi. One facet of this program is managed through the children's clubs where the children put together a 'Creative Souvenir' publication which provides a platform for the children to showcase their talents including poems, songs, creative writing and articles on general knowledge.

Publication requires funds so a committee for financial collection was formed. It was decided that VIN would shoulder half the publication costs and the remaining half would be provided by the school and advertising income. The advertisement collection was executed by visiting local institutions, hotels, enterprises, individuals and political parties. These enterprises and individuals made a commitment of 25,000 NRs which will be collected after the publication of the 'Creative Souvenir' book.

VIN staff and local teachers from Jitpur VDC managed to complete the editing of some 70 articles provided by the children and teachers of Jitpur for the annual publication of the Creative Souvenir.

"The publication of this book has played a great role in fostering out talents of children. Also this kind of activities encourages children to get involved into the creative writing. I consider this as a most important event in school life. I hope it may influence children to develop their career on writing. I wish there should be a mechanism to continue this program in future."

Dr Duraa Prasad Dahal, chief guest, poet



Developing a better quality education

School Attendance Program

VIN's overall goal for the School Attendance Program is to provide an opportunity for children ages 6 – 17, within the Jitpurphedi VDC, to obtain a quality education.

The main project objective is to increase school attendance and create a child friendly environment in all schools.

Child Sponsorship

The child sponsorship program is one of VIN's major programs under the Child Development Program. Child sponsorship is concerned with providing support, through educational materials and school fees, to children who have low or no access to education.

Altogether, 104 children have received sponsorship through VIN. 25 children were from orphanages, 52 from Jitpur and 27 from Okhaldhunga.

The sponsorship materials packs that were distributed include all education materials (uniforms, bags, stationery, shoes and fees) needed for 1 year for each sponsored child.

Children with a low economic background are selected for sponsorship.

“VIN has been doing a great job by giving educational support to the children like ours as we are suffering from hand-to-mouth problem due to severe poverty ”

guardian of one of VIN's sponsored children



Winter Camp

A Children's winter camp was conducted to utilize the children's idle time, encouraging growth in their physical, mental and social spheres. This camp was conducted in two Jitpurphedi locations: MahadevSthan Primary School and Dadagau and Kalikasaran Secondary School, Tinpiple.

A total of 106 children benefited from this program. Also, during the first quarter of 2013, VIN was able to provide educational/stationery support to 38 children from Jitpurphedi and 24 children from Okhaldhunga. Intake documents for 84 sponsored children from the Jitpurphedi and Okhaldhunga communities were prepared and sent to their sponsors.

“Our children spent winter vacation ideally. They have utilized their leisure time in learning process; this program has taught them many creative things that are never taught at schools, which is appreciated”
Sunita Pariyar, guardian of one of the children involved

Children's Rights Training

VIN identified that although everyone should be responsible for the complete development of children the lack of effort from parents and teachers has lead to a violation of the children's rights. In light of this VIN conducted a training program to raise the awareness of children's rights among the teachers and parents of Jitpur.



“Child right is the thing that we all should have known. If we can't ensure child right then his development is not possible. We, the parents are the people who should know about this and teach others about this. VIN have done good work by teaching us about this. Program like this should be implemented time to time. Thank you VIN”

Jamuna Phuyal, one of the training participants

Youth Development

The goal of VIN's Youth Development Program is to empower the young people of Jitpur by:

- ❖ Educating children in life skills and providing them with awareness of their rights
- ❖ Creating career development opportunities
- ❖ Encouraging voluntarism

Youth Club Reformation

VIN'S youth development program is focused on gathering all the youth of this community with an aim to develop their potential and capabilities to foster growth in the community.

During 2013 VIN gathered youth club members for development of Jitpur community's youths. New youth clubs were formed in wards number 1 and 5.

20 youths participated in this program.



Youth Club Training in Culinary Essentials

In the first quarter of this year a Professional Culinary Essentials program was carried out with the Youth Groups. The major objective of this program was to impart the skills and knowledge required to enable the youths to compete in the culinary job market. VIN coordinated this training with the Pacific Manpower Training Centre at Jamal to provide this program, training was provided to 10 youths.

The selection of eligible candidates for this program was on the basis of their future possibility of adopting these skills as a profession. The participants were provided with theoretical and practical training.

"We were unemployed even we were literate but as we participated in youth club made by VIN, we got opportunity to take part in different trainings. Even we are trained now for cook training for small or big employment. This is thing that makes us very happy. We have full faith after this training we will be able to run hotels or be involved in this types of employment programs. We thank VIN for organizing this training session"

Bishwonath Phuyal, one of the training participants

Empowerment through new career opportunities

Community Health

The goal of VIN's Community Health Program in Jitpur is to sustainably and significantly improve the basic health conditions of the residents by improving access to quality health services and hygiene facilities. Also to promote awareness of health and hygiene issues.

Various activities of this program have been implemented in 3 major areas:

- ❖ Health Post
- ❖ Community
- ❖ Schools

School Health Program

The School Health Program is a component of the Community Health Program designed to ensure the good health of all school children within the community.

The program focuses on improving children's health by treating illnesses, conducting awareness programs on Health and Hygiene and improving the school environment from a health and hygiene point of view. There are three main components to this:

- Health Camps
- Awareness programs
- Waste Management within schools

This program has been implemented in all of the schools in Jitpur.

Improving access to quality health services

Health Camp

The main objectives of Health Camps is to check the general health of the children, screen their oral health, perform de-worming and promote awareness on hygiene and sanitation.

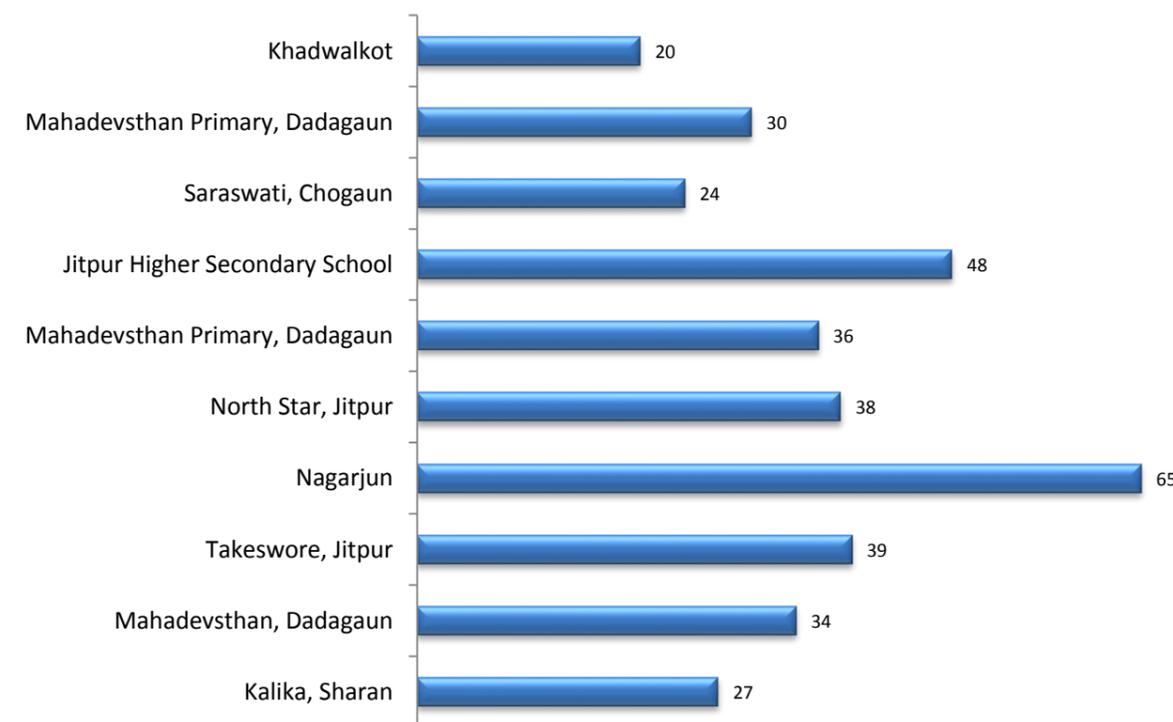
Health talks were also conducted in the schools facilitated by International volunteers with the assistance of local translators. The children were encouraged to share their problems and ask any questions they liked.

The graph presentation below details the number of children that were treated at the various Health Camps. A total of 12 Health Camps were held and a total of 361 children of the age group 4 – 14 benefited from this program. Similarly, two health camps were organized at the orphanage.

In the main the children were found to be suffering from gastrointestinal and respiratory diseases such as the common cold. The children were given medicine and advised to follow home remedies. It has been found that the school health camps have benefited the children's health and should continue.



Number of Children benefiting from School Health Camps



“Health camp conducted by VIN had helped to explore and manage the health problem of sick children at our school.”

Shiva Phuyal, Vice Principle, Nagarjun School

A Life Changing Moment

This young lady, Chandra Maya, 13, from the Jitpurphedi VDC was suffering from an ectopic bladder condition. Physically handicapped in this way she was also suffering from depression.

Surgery was necessary to get Chandra on the road to recovery. VIN, with the invaluable support of two international volunteers; Nicole Schouwenaar and Tom Konert, was able to provide the necessary treatment. Chandra's operation was carried out in a city hospital that has advanced facilities.

The operation was a resounding success and Chandra wishes to extend her thanks to VIN, Nicole, Tom, Dr Laxmi and all others who supported her through this operation.



Reproductive Health, Cervical & Breast Cancer Awareness

VIN conducted several health campaigns on Breast and Cervical Cancer and Reproductive Health in various locations including Galichi, Kot, Athmile, Jitpurphedi, Pachmane and Chogaun.

Altogether 198 women in the age group 23-65 benefited from this campaign. International volunteers Anna, Elizabeth and Dr Emily facilitated some of these classes teaching the women about the symptoms and process of breast cancer.

They trained the women in self-breast-examination techniques to detect cancer at an early stage and she also taught the women pelvic floor exercises. The women found the class to be very effective and they appreciated being able to learn about these health issues. Most women were experiencing some issues such as irregular menstrual cycle and lower abdominal pain and they were advised to visit the health post.

"I came to know a lot about reproductive health. I will take care of the problem. Also I will use these skills in daily life. Self-Breast examination was really useful."

Saraswoti Lamichane, participant from Jitpurphedi, LamichaneGaun



Training on First Aid for Local Jitpur Women

VIN has been conducting first aid training for several women's groups in Jitpur. The main aim of providing this training is to empower people in practicing healthy behaviours.

Local women were trained in Cardio Pulmonary Resuscitation (CPR). Other items such as common injuries, bleeding, choking, burns were discussed with simple management techniques provided. 11 women participated in this training. A practice dummy was used for the CPR training.

"We learnt a lot about reproductive health. We were suffered from problem like these, today we got opportunities to learn about the problem. We will use these skills in daily life. Self-Breast examination was really useful."

Januka Phuyal, participant from unit-8

Working with NYU Students

This year VIN started working with five NYU medical students who plan to perform an evaluation of VIN's health program for their 2014 bachelor degree. This project has been named "The Capstone Project".

All documents required for their research have been collated and transcribed and provided for review. The students will also conduct field work out in the community to monitor and assess the effects of VIN's health program. This project is expected to provide learnings on what has worked well and what has not.



Awareness through training programs & campaigns

Volunteers

VIN has attracted international and local volunteers in its various programs, helping make a sustainable difference whilst improving the lives of Nepali people in the most disadvantaged communities. Most of the volunteering and internship programs of VIN are community-based aiding VIN's community projects in Jitpurphedi VDC. In addition, VIN also offers other programs such as Teaching English at Buddhist Monastery and Nunnery, Orphanage and International Journalism Internships are available that are more geared towards fundraising for community development programs.

Specific volunteer achievements during 2013 include:

- Fundraising for Chandra Maya's life changing operation
- Placement in the Okhaldhunga Project
- Facilitation of Health Camps in schools and within the Jitpur community
- Organised Women's Health talks and awareness programs
- Facilitation of First Aid training programs for women's groups
- Completed construction of 61 toilets in the Jitpur community
- Construction of a secure fence for the KalikaSharan School playground
- English language classes for the Jitpur women's groups
- Classes on women's rights
- Support of Children's Club activities
- Facilitation of the hand washing and tooth brushing awareness campaign
- School health talks on hygiene and sanitation

A Snapshot of Volunteer Contributions this Year



In 2013, 12 volunteers were involved in VIN's toilet construction program. VIN constructed 61 toilets in 2013. Volunteer activities included plastering of the toilet walls, digging of holes, providing skilled labor.

International Volunteers participating in the Women's Empowerment program. Activities included : conducting English language training, developing self sustainable practices, providing manual labour in vegetable farms, conducting Stress Management classes.



28 International Volunteers participated in the Children's Development program throughout 2013. Their activities included: Playing games which help to develop their vocabulary, working on writing skills and rhymes, dancing and singing, story telling.

17 International Volunteers took part in VIN's Orphanage care program. Here the volunteers prepared and delivered tutoring classes for the kids, teaching dancing, singing and new games to play. They also taught the children English vocabulary and grammar, and assisted with their homework.

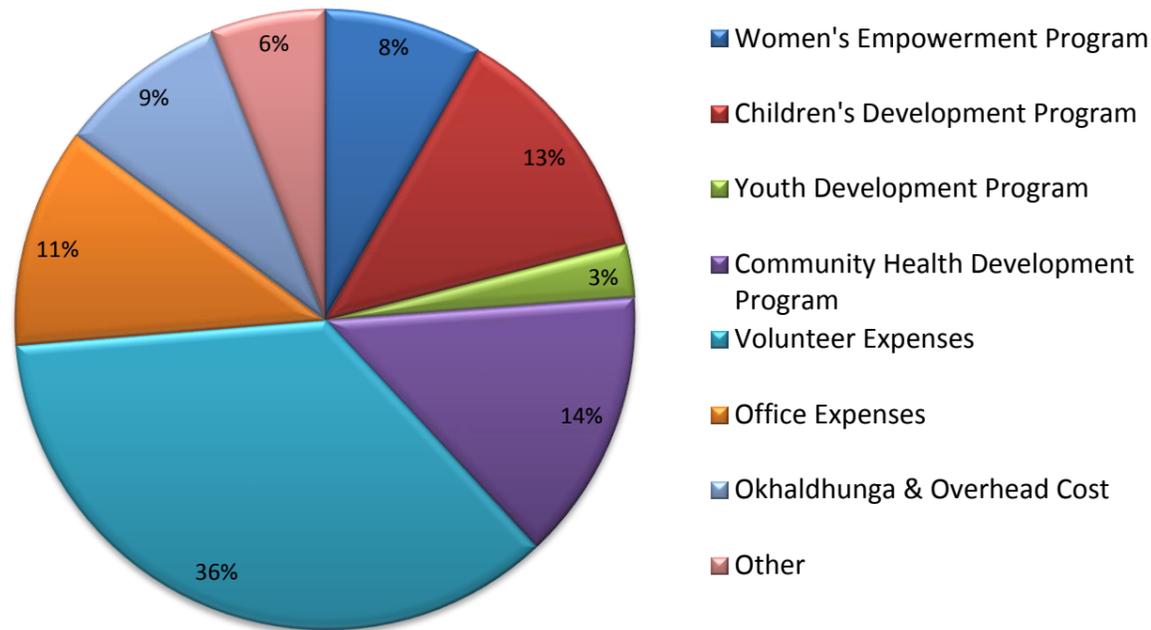


4 International Volunteers took part in VIN's Journalism program. Here the volunteers wrote articles on VIN and the local community, took photos used to update VIN's Website, prepared a film documentary for promotion of VIN's programs

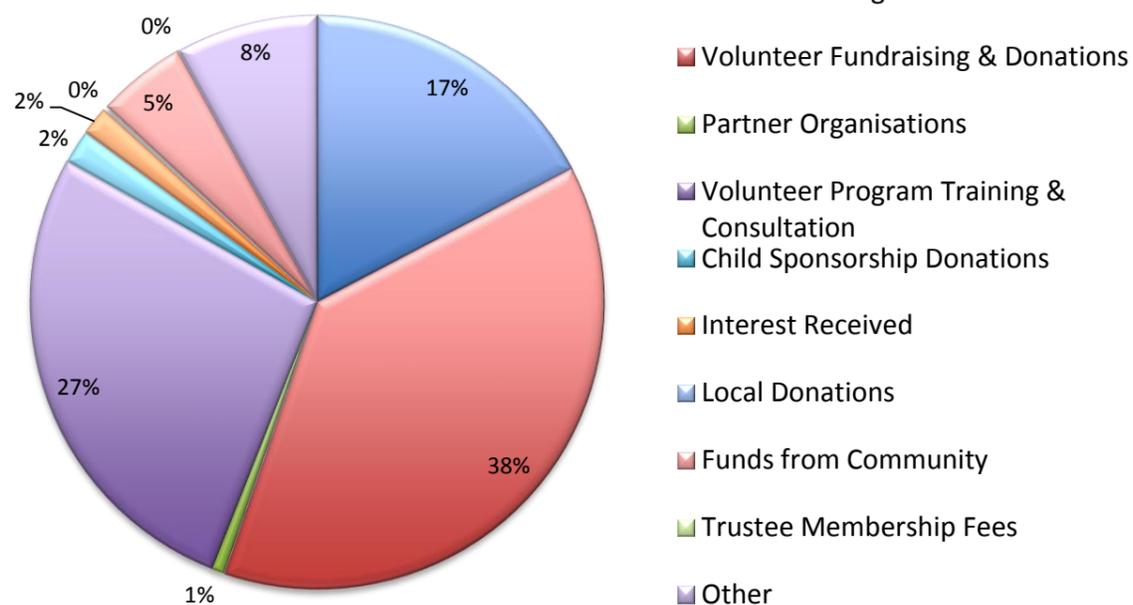
Financial Highlights

2012-2013

Expenses



Income



Expenses (NRs) 2012 - 2013

Women's Empowerment Program

Literacy	1380.00
Income Generation	143121.00
Micro-credit	160564.00
Remuneration	539753.00
Other	63407.00

908225.00

Children's Development Program

Early Childhood Development (ECD)	20500.00
Children's Club	96750.00
Teacher's Development	35045.00
School Infrastructure	340735.00
Orphanage	265429.00
Sponsorship	309505.00
Remuneration	294853.00
Other	52222.00

1415039.00

Youth Development Program

Community Health Development Program

Health Post Support	142865.00
Health Camp	20940.00
Toilet Construction	1013610.00
Remuneration	355154.00
Other	36100.00

306371.00

1568669.00

Volunteer Expenses

Office Expenses

Okhaldhunga & Overhead Cost

Other

Total Expenses

11034884.57

3933930.56

1268278.00

974001.00

660371.01

Income (NRs) 2012-2013

Volunteer Program Fees	2504223.30
Volunteer Fundraising & Donations	5478867.19
Partner Organisations	107039.00
Volunteer Program Training & Consultation	3923258.59
Child Sponsorship Donations	271673.00
Interest Received	234627.64
Local Donations	32215.00
Funds from Community	726039.00
Trustee Membership Fees	10200.00
Other	1161372.53

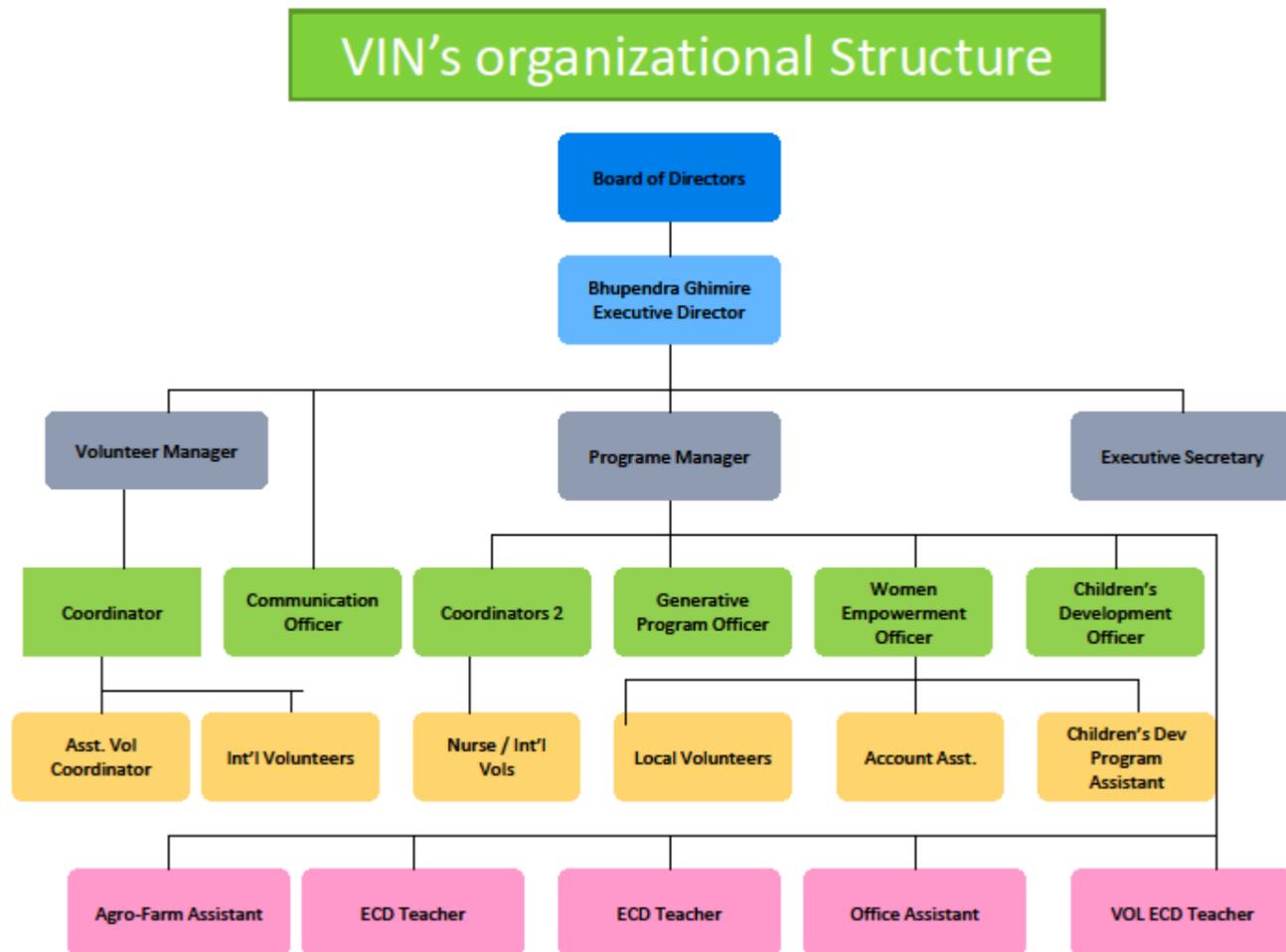
Total Income

14449515.25

Board of Directors

1. Chairman: Bhupendra Ghimire, Master's in Education
2. Vice-Chairman: Shantiram Khatiwada, Master's in Law
3. General Secretary: Dinesh Kumar Khatiwada, Master's in Education
4. Treasurer: Loknath Neupane, Bachelor's in Arts
5. Member: Dipika Shrestha, Master's in Environmental Science
6. Member: Narayan Kaji, Ghimire, Master's in Education
7. Member: Surendra Kumar Bogati, Bachelor's in Law

Staff

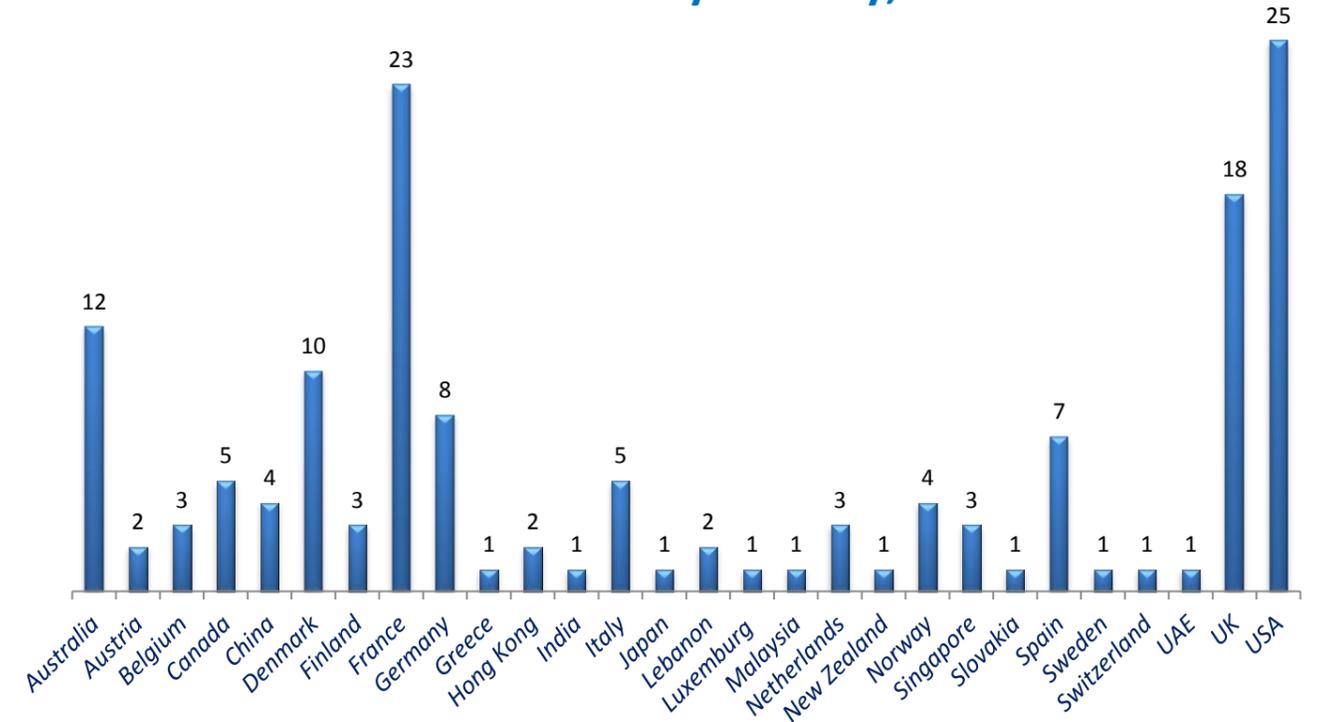


2012-2013 Volunteers

We would like to thank all the local and international volunteers who participated from 28 different countries in our volunteer programs. Of these International Volunteers, 146 held places in our mid/long term volunteer programs, 30 provided support through a work camp and 38 through a group camp.

We acknowledge their contribution in achieving our goal to empower marginalised communities. Without their support, VIN would not be able to achieve so many of its goals!

International Volunteers by Country, 2012-2013



Thank you for taking your time to read our 2013 Annual Report. If you would like to get involved in one of our projects, please visit www.volunteeringnepal.org