



स्वयंसेवी अभियान नेपाल  
Volunteers Initiative Nepal

Annual Report

2014

## TABLE OF CONTENTS

List of abbreviation and acronyms .....	5
Executive Summary .....	7
VIN's Major Programs, Projects, Activities and Beneficiaries till 2014 .....	9
CHAPTER 1 INTRODUCTION .....	15
CHAPTER 2: WOMEN'S EMPOWERMENT PROGRAM .....	17
2.1 Micro Credit .....	17
2.2 Women's entrepreneurship development .....	23
2.3 Women education and life skills program .....	26
CHAPTER 3 : CHILDREN DEVELOPMENT PROGRAM.....	32
3.1 Children's Clubs Facilitation.....	32
3.2 Child sponsorship .....	36
3.3 School Infrastructure Development.....	38
3.4 Early childhood development program .....	41
CHAPTER 4 YOUTH DEVELOPMENT PROGRAM.....	47
4.1 Youth Club Reformation .....	47
4.2 Volunteering in Projects .....	48
CHAPTER 5 PUBLIC HEALTH AND MEDICAL CARE PROGRAM .....	49
5.1 Health Hygiene and Sanitation Education.....	49
5.2 Medical Support .....	57
5.3 Health and Hygiene Facilities.....	60
5.4 Volunteering in Public health and medical care program .....	63
CHAPTER 6 OKHALDHUNGA PROGRAM.....	64
6.1. Public Health and Medical Care Program .....	64
6.2. Children's Development Program .....	66
6.3. Women Empowerment Program .....	70

Key Achievements:.....	71
CHAPTER 7 VOLUNTEERING PROGRAM.....	73
7.1 Participants in 2014 .....	74
7.2 Volunteering programs .....	76
7.2.1 Public Health and Medical Care (PHMC).....	76
7.2.2 Children's Development Program (CD):.....	77
7.2.3 Women's Empowerment Program (WE): .....	79
7.2.4 Environment and conservation (EC): .....	79
7.2.4 Youth Empowerment program (YE): .....	80
7.3 Testimonials of Volunteers:.....	80
7.5 Feedback for VIN: .....	81
Conclusion .....	82
Financial Statement of the fiscal year 2070/71 (2013/2014) .....	83
Annual Income sheet (NRs.) .....	83
Annual expenses sheet (NRs.) .....	84



## **LIST OF ABBREVIATION AND ACRONYMS**

CCF: Child club facilitation  
CCs: Children's Clubs  
CD: Children's Development  
CH: Community Health  
CPR: Cardio pulmonary resuscitation  
DPHO: District public health office  
DWASHCC: District Water Sanitation and hygiene coordination committee  
ECD: Early Childhood Development  
ED: Executive Director  
FCHVs: Female Community Health Volunteers  
H & S: Health & Sanitation  
H&H: Health & Hygiene  
HH: Household  
HSS: Higher Secondary School  
HT: Head Teacher  
HW: Hand Washing  
IGP: Income generating Program  
JAWCL: Jitpurphedi Agriculture Women Cooperative Limited  
MDG: Millennium Development Goal  
NGO: Non-government organization  
ODF: Open defecation free  
PE: Parenting education  
PiSL: Partnership in sustainable learning  
SHP: School Health Program  
SID: School infrastructure development  
STDs: Sexually Transmitted Diseases  
SWC: social welfare council  
TB: Tooth Brushing  
TT: Teacher's training  
UP: Uterine Prolapse

UP: Uterine prolapsed

VDC: Village development Committee

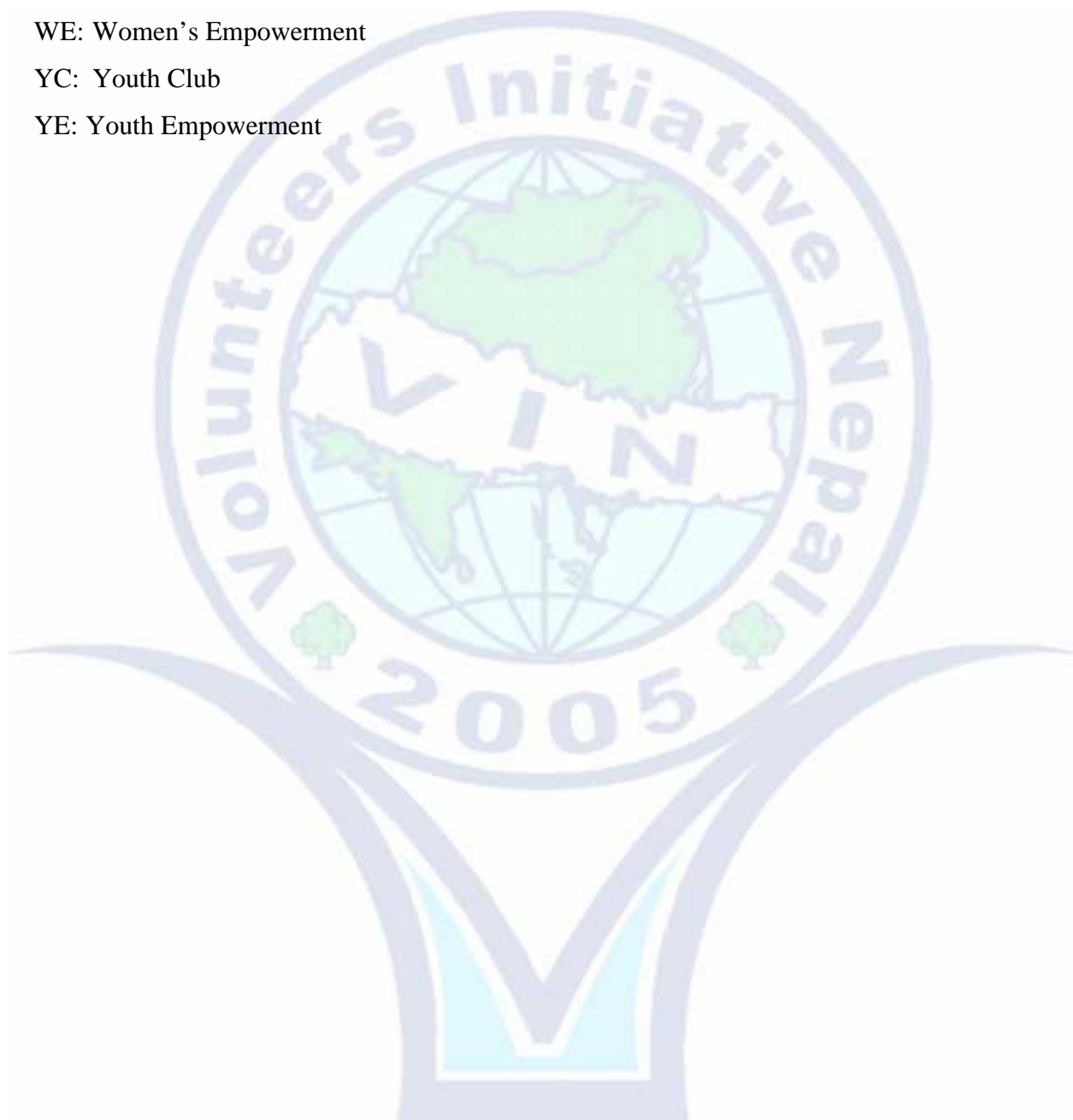
VIN: Volunteers Initiative Nepal

WASH: water sanitation and hygiene

WE: Women's Empowerment

YC: Youth Club

YE: Youth Empowerment





## EXECUTIVE SUMMARY

VIN has been working in Jitpurphedi community since 2007 with integrated development approach. It had focused women and children who are considered as vulnerable and are at the verge of development. Therefore, it had developed programs to empower those groups involving all community people. Major programs are Women's Empowerment, Children's Development, Youth Empowerment and Public health and Medical care and Environment & Conservation.

The programs were implemented in Jitpur and Okhaldhunga with aim to overall development of community. In the year 2014, 704 women received various trainings on life skills and health issues conducted by VIN like; women's right and domestic violence, leadership, self-esteem, computer class, English language class, disaster management, mental wellbeing, Communication, Reproductive health, Basic first aid, blood pressure, diabetes and many more. Women were supported through entrepreneurship projects like embroidery, vegetable farming and farmyard management trainings from which 14, 315 and 67 women were benefited. A family was supported in adopting modern farm technology. There are 77 women groups with 632 members. VIN supported women in cooperative which made transaction of NRs. 6742035 with net profit NRs. 417610. Co-operative had invested in productive sectors lending loan to its members. It had increased access to saving and credits to women and contributed to empower them.

The year 2014 has been a breakthrough for children development. The children have been imparted with different knowledge and skills through Children Camp, Children Clubs (CC), sponsorship program and various training and awareness programs. Winter children camp was conducted in Jitpurphedi with the spontaneous and enthusiastic participation of 150 children. That was an extracurricular activity which helped in enhancing the creativity of children and built proper environment to learn from. They were trained on different life skills which will help them to grow and compete. Similarly, children had been conducting the activities under CCs effectively and with efficacy. There were altogether 9 CCs which had been supporting for fostering out the inner talent of children as well as enabling them to raise their voice against any form of discrimination or exploitation among them. Altogether 91 children received scholarship from VIN in the year, 2013. With the support of VIN's sponsorship program, these children were able to continue their education.

School Improvement Programs were also conducted for creating the cozy learning environment for children. Under this program, various orientation programs for the parents of school children and ECD children were conducted; supported in school fence construction of Jitpur higher secondary school and compound wall painting in Nagarjun higher secondary school. ECD rooms in Jitpur and Okhaldhunga was painted and supported with materials. All the teachers were trained on teaching techniques.

The youths being united in Youth Clubs had been conducting various development works in their community. The youths were involved in volunteering projects.

Under community health program, 1631 community people were benefited from extended services in health post; various training and awareness sessions on different health issues were conducted targeting women, children and youth at school and community level. School health camps were conducted to check school children health from which 318 children were benefited. A gynae specialist health camp was conducted in Taluwa from where 245 people were benefited.

In Okhaldhunga, 18 ECDs rooms were renovated and supplied with materials. Altogether 37 ECDs teachers were provided training. Thirty seven children were benefited from sponsor. It was supported 55 households to build toilets. A cooperative was registered in which 235 women are involved. Women were supplied with different life skills and educational activities. There were 340 international volunteers and 50 national volunteers get involved into the VIN's volunteering program. Including all the regular programs, work camps and group work, VIN mobilized volunteers in more than 26 programs.



**VIN's MAJOR PROGRAMS, PROJECTS, ACTIVITIES AND BENEFICIARIES TILL  
2014**

Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
<b>Women's Empowerment</b>	<b>Micro – Credit</b>	Group formation	147	912
		Women's Cooperatives	2	1000
		Share distribution	4	2800
		Loan distribution	251	251
		AGM	4	1000
		Excursion Visit	2	55
		Social events (International women's day & Teej)	2	1000
		Seed and seedling Distribution	5	500
		Donated a laptop, desktop and power back up (worth NRs 150000)	1	500
	<b>Income Generation</b>	Vegetable farming , seasonal and off seasonal	66	1500
		Farmyard manual management	5	67
		Vermi - compost making	5	45
		Low cost irrigation program	1	10
		Plastic tunnel making	1	5
		Mushroom farming	4	36
		Embroidery	1	14
		Basic Sewing, cutting	4	38
		Advance sewing/cutting	3	18
		Entrepreneurship Skill Development	4	100
		Basic livestock management	6	120
		Goat keeping	3	81
		Candle making	2	18
		Dry food making	1	9

Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
		Dhoop stick making	2	18
		Organic farming	5	45
		Cheese making	18	500
		Filter making	18	500
	<b>Life Skill Training</b>  <b>Life Skill Training</b>	Women right , Domestic violence, leadership and self esteem	45	1000
		Computer class and Language class	12	90
		Communication and stress management	49	489
		Self esteem	27	279
		Disaster management	13	200
		Problem solving	4	50
		legal rights	6	220
		Time management	11	130
		Gender	2	50
		Culture sharing	6	150
		Creative thinking	5	56
		Emotion management	2	23
		Proposal writing	1	9
		Account keeping	1	27
		Women education/Literacy	27	550
		Human rights and women's trafficking	17	319
		Mental well being	2	100
		Health and sanitation	80	1000
		Health orientation (Reproductive health, breast cancer, cervical cancer, new born care, uterine prolapsed, family planning etc.)	80	1000
	Children Clubs	CC Reformation and Refreshment	64	877
		Child club	64	877

Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
Children's Development		Monitoring and Support		
		CC Facilitator Teachers training	10	50
		Child club meeting	10	8424
		Child rights Training to CCs	10	1000
		Report writing training to CCs	2	120
		Art training to CCs	18	500
		Public speaking and creative writing training	36	500
		Drama Training to CCs	9	117
		Anchoring Training	18	129
		Creative Souvenir published	5	5200
	Sponsorship Program	Sponsored Profile Update	6	738
		Communicate to Sponsors	18	624
		Sponsor Material distribution	10	149
		Sponsor parents' meeting	10	149
		Art training to Sponsor child	9	800
		English Language class	18	93
	Children Camp	Winter Children Camp	4	469
	Parent's training	Child Rights with Parents	4	136
	School construction	School's compound wall construction	4	558
	ECD Program	ECD building construction	5	500
		ECD class room improvement	36	600
		ECD teacher's training	7	120

Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
Youth Empowerment		ECD teachers meeting	20	120
		ECD parents meeting	21	1350
		ECD curriculum development	2	29
		ECD teacher's excursion visit	2	35
	Clubs	Set up	3	200
		Youth club Management training	18	200
	Trainings & workshops	Vocational Training	1	10
		PRA & Community work	3	75
		Job hunting & counseling	5	81
		Cook	1	10
		English language training	4	160
		Human rights and peace development training to Youth	1	10
		Project planning and proposal writing training with Youths	1	25
		First aid training with youth	18	83
		Basic computer skills	2	57
		Blood donation campaign	1	300
		Local youths as Volunteers	-	366
Public Health and medical care Program	School Health	Mobile Camps with medicines	75	2750
		Hygiene and Sanitation Ed.	80	2000
		Health Talks	105	2000
		BIN installation	9	9
	Hygiene and Sanitation Ed.	ECD parents	9	194
	Orphanages	Hygiene and	5	184

Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
		Sanitation Ed.		
		Health Camps	5	184
	<b>Community Awareness Program</b>	Awareness campaign on reproductive health care and breast cancer among women	36	1000
		Campaigns on Blood pressure and diabetes	18	350
		Training on basic health and first aid	34	700
		Conducted campaign on waste management	9	500
		Training on first aid to local female health volunteers	1	9
		Managed public bin at Dadagaun	18	100
	<b>Health Clinic Program</b>	Checked patients at Health Post	4	12800
		Medical stuffs, Materials and instrument supply	4	15000
		Donate a Computer	1	1
		Facilities upgrade (Doctor service and pathology lab)	2	15000
	<b>Specialist clinic</b>	Gynecology clinic	2	600
		Physiotherapy clinic	18	500
	<b>General health camp</b>	Mobile camp in Okhaldhunga	3	544
	<b>Health support to poor people</b>	Financial support to the child with ectopic bladder to get operation	1	1
		Support to a depressed women	2	1



Program Title	Projects	Activity Details	Frequency	No. of Beneficiaries
		to get treatment for her mental and eye problem		
Hygiene and sanitation support	Construction	Toilet construction	300+	1500
Social events	JitpurPhedi Community Day		2	950
	International volunteers Day		2	500
	International women's day		2	550
	Campaign on World Peace day		1	500+
	International food day		1	25
Research	Survey	Baseline survey in Jitpur and Okhaldhunga		
	Health projects	Knowledge and practice on chronic respiratory illness among women from Jitpur		
		Knowledge and practice about personal hygiene among school children		
		Knowledge, practice and challenges about garbage management in Jitpur		
		Public health and sanitation programs in jitpur and its impact in Health		
	Water research	Identify natural resources of water and management		
		Rain water harvesting in Jitpur and Okhaldhunga		
		Water quality testing in Jitpur and Okhaldhunga		
	General	Mid - term and final evaluation of the projects		
		House hold survey – toilets with permanent toilets		
Volunteering	International Volunteers from all around the world			1048
	National volunteers			360
Other	English teaching in 15 monasteries			5000
	Trainings to primary & secondary level schools teachers from Kathmandu			150

## CHAPTER 1 INTRODUCTION

### Background

Volunteers Initiative Nepal (VIN) is a non-religious, non-political, non-governmental, non-for-profit organization (NGO) which was founded in 2005 by a diverse group drawn from development workers, educationalists, social activists and other professionals. VIN is officially registered under the Society Act with the District Administration Office Kathmandu (Regd. No. 147/062/63), and is also affiliated to the Social Welfare Council Nepal (SWC) (Affiliation No. 20910). VIN focuses on community-based projects involving local volunteers backed up by international volunteers in Nepal.

The mission of Volunteers Initiative Nepal's (VIN) is to empower marginalized communities through enhanced Education, Health and Income generation under Women empowerment, Children development, Youth empowerment and Community health programs with special focus on women and children by conducting training and research, developing basic infrastructure, mobilizing skilled local and international volunteers to promote equality, economic well-being and basic human rights.

VIN has been implementing projects in Jitpur VDC of Kathmandu District, 12 km away from city with extreme potential for development activities. The baseline study had shown that the education level and the living standards of the people were very low despite being within the proximity to the capital of the country. It was found lack with minimum facilities in the social institutions such as schools and health center. It was selected as a potential site after the baseline research and need survey. VIN has been working in Jitpur since the beginning of the year 2007.

VIN has been intervening programs in five major sectors; which are as follows:

**Women's Empowerment (WE):** - The goal of this program is to empower women socially and economically through education, life skills and income generation initiatives. This program includes the projects women's entrepreneurship development, micro credit, education and life skills and research.

**Youth Empowerment (YE):**- The goal of the program is to empower youth socially and economically through education, life skills, and entrepreneurship development and involve them on community development initiatives. This program includes Youth Club Facilitation,

Youth Entrepreneurship Development, Education and Life skills, Volunteering and research projects.

**Children's Development (CD):-** The goal of the program is to contribute in children's all-round development (physical, mental, social and creativity). This program includes Children Club Facilitation (CCF), Sponsorship, Early Childhood Development (ECD), School Infrastructure Development (SID), Teachers Training (TT), Parenting Education (PE), Child care: Orphanage and research projects.

**Public health and medical care: -** The goal of the program is to create healthy communities by controlling and preventing diseases and addressing other health conditions through research, medical care support, health and hygiene facilities and health, hygiene and sanitation education. This includes health hygiene and sanitation education, medical support, health hygiene and sanitation facilities and research projects.

**Environment and conservation:-** The goal of the program is to conserve, promote and protect environment and culture and to prevent, abate and control water, land and air pollution in order to enhance health, safety and welfare of this and future generation. This includes projects such as agro forestry, agro farm, climate change, cultural heritage conservation, waste management, emergency risk and disaster management, bio diversity and research.

## CHAPTER 2: WOMEN'S EMPOWERMENT PROGRAM

The goal of VIN's women's empowerment program is to empower women socially and economically through education, life skills and income generation initiatives. This program includes the projects women's entrepreneurship development, micro credit, education and life skills and research.

The women entrepreneurship project includes activities related to agriculture and non-agriculture sectors that motivate women to generate income and develop them as an entrepreneur. The microcredit project based on cooperative, includes saving and credit among women groups and registration on cooperative. Women education and life skills program include the literacy program and different types of life skills training that help women to develop knowledge and skills. Women are trained on health practices and special clinics are organized. Currently the projects are implementing in Jitpur and Okhaldhunga Communities.

### **Major Objectives of the program are:**

1. To educate women on their rights, life skills, trafficking prevention and health and sanitation
2. To ensure economic freedom for women through establishment of micro credit system
3. To develop women as entrepreneur through income generation initiative.
4. To conduct research on women's issues

### **2.1 Micro Credit**

Microfinance is considered to be a key poverty alleviation strategy to enable poor women to cope with adverse economic impacts. VIN facilitates project to unite women into community groups, thus form saving and credit co-operatives. By providing women with greater access to savings and credit, enables them to have a stronger position in economic decision making.

A saving and credit cooperative named **“Jitpurphedi Agriculture Women Cooperative Limited” (JAWCL)** is formed and run by the community women from 2010.

#### **2.1.1 Autonomous and sustainable microcredit system – fifth general assembly of cooperative**

VIN has been supporting various activities under the Jitpurphjedi women agriculture co-operative limited from the date of its establishment. This co-operative was created for a number of reasons. One of the primary reasons is pooling together the funds from individual Women's



Savings Groups into a main Cooperative and thereby creating a central fund large enough to supply more substantial, low-cost loans to the women, thus encouraging economic growth. The annual general assembly was held among its all share members on 3<sup>rd</sup> January 2014. The main objectives of general assembly were to present the annual co-operative transaction into the members and stakeholders and also to make agreement of annual plan 2014 from members and stakeholders. During this time various activities have been presented among all members. Presidents presented summary of annual financial transaction and upcoming year plan. Likewise treasurer presented detail of completed income and expenditure and financial plan.



***Figure 1 Women participants in Fifth general assembly of Jitpur Women's cooperative***

In assembly different stakeholders had been invited. All of stakeholders and shareholders were happy with progress of co-operative. Some stakeholders expressed thanks for leading the women and gave good wishes for future. VIN executive director said that the co-operative has lead women financially and socially. So, VIN will be continuing its direct and indirect support to the co-operative. He said when women will have access to freedom on economic activities, the society will be developed sustainably. He hoped that this co-operative will be sustainably developed by women unity. Women members expressed that VIN has been helping from initial



time to now. They said that VIN's support has been very valuable for co-operative. They express thanks to VIN and expect support in future as well.

*Annual status of Cooperative presented in fourth general assembly. (Audit copy FY- 70/71)*

S.N.	Activities	Amount
1	Total co-operative members	622
2	Total Share amount	Rs. 378000
3	Total saving amount	Rs. 3265694
4	Total investment amount.	Rs. 3476341
5	Total Income	Rs.774388
6	Total Expenses	Rs.356778
7	Total profit	Rs.417610

It was found that women have taken loan to start a business. They are happy to get low interest loan at their own place. It has motivated women to start their business. It is proved by the views expressed by one of the cooperative member and beneficiary of cooperative.

#### **Case Box- 2.1.1**

After taking loan, I bought a 1500 chicken and get income from it. It has been very helpful for me. I am managing this business alone. It made my life easy.” *Gauri Gajurel, general member cooperative*

#### **2.1.2 Women excursion visit**

It was organized an exposure visit to women. The main objectives were to visit and get insight on some income generation activities conducted by other organizations, to visit model cooperative to learn about its governance and progress, to interact with the members of model cooperative and get knowledge on management and coordination systems. VIN supported the excursion visit for three days through Jitputphedi Women's Agriculture Co-operative Limited.

## Khairenitar Women Development Multipurpose Co-operative Limited



*Figure 2 Interaction with Board members of Khairenitar Women cooperative*

Women got opportunity to know about Kharenitar Women development multipurpose co-operative limited

*Some facts about Kharenitar Women development multipurpose cooperative limited and major activities done by it*

- 5 Crore transaction of co-operative.
- Establish in 2058 - twelve years old, 35 women committees, and 1483 women members, running as women co-operative.
- Prepared five years plan.
- Kinds of saving; compulsory and self welling, child and group.
- Facilitated ODF program
- Own Co-operative building and manage emergency fund for members.
- Interest rate=saving 10%, 12%, 15%, 16%.
- Share the plan with different organizations.
- Work in women violence.
- Income generation program, Duna tapari, sanitary Pad, collection centre, agriculture farming etc

### **2.1.3 International women day celebrated in Jitpurphedi**

On the auspicious occasion of International women day, Jitpurphedi women agriculture cooperative limited had organized an **Interaction and cultural programs** on 7<sup>th</sup>, March 2014. VIN supported cooperative to conduct the program in the ground of Kalikasharan School. There are altogether 98 participants in the program. The main objective of the program was to discuss and interact about the Women right in Nepal & Domestic Violence. Ganga pant- DSP of Balaju headquater is the Chief Guest of the program. Besides that there was participation of politicians, social workers, teachers and big mass of women.

There was speech and discussion about stopping domestic violence, women right, being independent, equality etc. It was found that the program was useful to make local women aware about women's right, domestic violence and legal action for violence.



*Figure 3 Participants in International Women's Day*

#### **2.1.4 Social Event- Teej Festival**



*Figure 4 Women celebrating Teej*

Teej festival is a very famous festival among the Hindu women in Nepal. In this festival women take a fast for the long life and health of her husband. Women have been celebrating this festival since ancient times. In this festival woman also visit their maternal home. Various programs are organized in this day, Dar Khane, worshipping the god Shiva and saptarishi.

The teej song singing and dancing program was specialty of this event. Jitpurphedi women co-operative had organized a dar khane program on the 22nd of August. The main objective of this program was to gather women at a place to celebrate local event. There were presented about 100 women.

#### **2.1.5 Co-operative management training**

Women's Co-operative has organized the "Co-operative management training" during 22<sup>nd</sup> September to 24<sup>th</sup> September 2014 by the supporting of VIN in Tinpipe. The co-operative management training was conducted for three days with co-operative board members. International volunteer Anaëlle from France had facilitated this training.



The main objectives of training were to change behavior by teaching the role and responsibilities of management committees and transforming knowledge about co-operative management system. The main curriculums were meaning, principles, roles and responsibilities of management, loan subcommittee, account subcommittee of co-operative, roles and responsibilities of president, vice president, secretary, treasurer, other members and staffs.

### **2.1.6 Materials donated to co-operative**



*Figure 5 Materials are handed to Cooperative president by VIN and Danish Red Cross representative.*

VIN in coordination with Danish Red cross donated computers and back up to Women's Cooperative in Jitpur. It was handed over to Cooperative in a program by VIN representative and Danish Red cross representative to president of cooperative. Women were excited to get the donation. They gave thanks to VIN and Danish Red cross. They ensure that they will utilize the equipment in cooperative for welfare of

women.

## **2.2 Women's entrepreneurship development**

### **2.2.1 Non-Agriculture**

VIN aims to empower the women by establish income generation activities. The major objective of non-agriculture sector is; to identify a special nonagricultural branded product in the market that generates a sufficient income during off-season (e.g. handicraft, other vocational skills training).

VIN has been supporting in various program to Jitpurphedi women Agriculture Co-operative Limited .It has supported on different type of program like vegetable farming, sewing cutting, embroidery, candle making etc for women empowerment.



VIN supported to manage embroidery training to women in 2014. Embroidery training is one of important IGP program. The major objectives was to train embroidery technology for the members of women groups and support them being an entrepreneur. The program was conducted in coordination with small and cottage industry office. VIN supported to manage materials and classes, small and cottage industry office provided facilitator and cooperative coordinate the project. The training curriculums were introduction, importance, kind, technique in theory and practical knowledge on Saul, Sadi, Blause and Kurta embroidery design. The total participants were fourteen. Women were very happy from this program and thanked VIN for its wonderful contribution on this project.



*Figure 6 Women were busy in embroidery training*

It was found that fourteen women were benefited from embroidery training. Women got opportunity to learn skills about embroidery. They were excited to start small business after training. The project was effective to support women to develop their career as an entrepreneur.

### **2.2.2 Agriculture**

There are two different sub sectors in agriculture - vegetable production (seasonal and off seasonal types) and livestock Management.

The main objectives of the project was to establish sensor and modal women farmer, reduce chemical fertilizer and pesticide and increase their income. VIN has coordinated this program with Jitpurphedi women Agriculture co-operative limited. The vegetable farming program was done to 77 women groups with 532 participants.



*Figure 7 Women in Vegetable farming training*

Trainer Ramji Dhakal, agriculture specialist facilitated the training class in different communities. It was on Seasonal and off seasonal vegetable farming. The special focus on nursery bed preparation, correct methods of seed planting, growing crops and planting. It was about fertilizers. Compost fertilizer and tea fertilizers and its importance for crops were discussed. It included vegetable

farming management and making more profit from their business.

The training was divided into two parts i.e. theoretical and practical. It was conducted theoretical in 1<sup>st</sup> day and practical in 2<sup>nd</sup>. They practiced in second day class, to replicate of first day theory in practical field. The training was effective for women farmer who cannot read and write. There were good in participation in both theory and practical class. They are more excited to learn farming technology. They learnt the proper skills, technology and scientific method of nursery preparation, seed growing, planting method, etc. They promised to apply this technique on vegetable farming in coming days. The program was held in Thulagaun, Panchmane, Phedi, Jitpur, Dhitalgaun, Dandagaun, Tinpile, Kisandol, Devasthan, Kot, Athmail and Thulagaun. In total 309 people were presented in training. The total budget for the trainings was NRs 53569.

It was found that vegetable farming training was done in 12 places in Jitpur from which 309 people were benefited. Farmers got opportunity to learn about new techniques of farming. They were trained to make compost and use it as manure to reduce the use of chemical fertilizer. The training was largely appeared to be effective in providing skills of vegetable farming. Farmers were happy to receive the training. They gave thanks to VIN and Jitpur women cooperative for the training. They ensured that they will practice the skills in their farm. Also they expect advance training in future.

### **2.2.3 Farmyard manual management training**



*Figure 8 A day training on Farmyard manual preparation*

Farmyard manual management training was conducted by VIN in coordination with Jitpurphedi women Agriculture co-operative limited. The main objectives were to introduce the sources of compost manual to all the farmers, to explain the defects and merits of the new and improved manual, to get the available manpower for the

improvement of farmyard manual, to teach the farmers about farmyard manual and the ways of using them. The training was facilitated by Ramji Dhakal. A day training was conducted in different places to focus women farmer and farmer in Panchmane , Aathmail, Thula gaun and Dandagaun. Altogether 67 farmer were benefited from the training. In training it was focused on the importance of farmyard manual management. The information such as basic info about green manual, how to improve the condition of green manual, advantages of green manual were given in different communities of Jitpurphedi VDC.

## **2.3 Women education and life skills program**

### **2.3.1 Life Skill and Education Training in Jitpurphedi**

Empowerment often address member of group that social discrimination have excluded from decision making processes through race, gender, ethnicity etc. Empowerment as methodology is basically associated with the Feminism. Nepalese women occupy 50% of the total population. Generating women's power is referred to as Women Empowerment. The prime keys to their empowerment are academic enhancement, economic independence and removal of discriminatory laws, play the crucial role to strengthen and boost up their status. To empower women basically, Life skill training, Income generation and Micro credit program should be done.

Objectives:



- To educate women about their rights and provide life skills
- To increase the literacy rate to 95% of women aged 14-45 who participate in different community activities.

**Life skill Class:** Life skill education is the adaptive and positive behavior that enable individual to deal effectively with demand and challenges of everyday life. In the context of Nepal, It is important basically to women because women here are mostly illiterate. Due to early age of marriage, women are unable to complete their study which results in backwardness than men, less social mobilization, dependent to other etc.

### 2.3.2 Women Rights and Domestic Violence :



*Figure 9 Domestic Violence and women rights campaign*

Women Rights are rights and entitlements claim for women and girl of many societies worldwide. In many areas this has been practiced and implemented by laws, custom behavior but there are also such areas where these rights are suppressed or ignored. There are also thousands of women who are unaware by this rights.

Domestic Violence is also known as domestic abuse. It is the pattern of behavior which involves the abuse by one partner against another in an intimate relationship. It is necessary to have knowledge of domestic violence. Due to lack to knowledge, women are facing a lot of problem in their households. Though they are victim of it, they hide those things and cannot share to other.

### 2.3.3 Leadership:

Leadership is described as a process of social influence in which one person can enlist the aid and support to other in the accomplishment of common task. This lesson is important because it helps to uplift the determining role.

In the context of Nepal, women occupy fifty percent of the total population. Though women occupied half of total population, we can observe remarkable mode of discrimination between men and women. Due to various factors like academic, economic, socio cultural and political status, Men are given more priority than women. This is because there are only 24 percent of women that are literate and other 75 percent of Nepalese women are completely illiterate. The place Jitpurphedi where our campaign is mostly focused, is also one of the backward area of Nepal. Though Jitpurphedi is only 12 km apart from the capital city Kathmandu, it is totally underdeveloped and the situation of women is also worst. So to gear up the pace of development of well cultured and just society, empowerment plays crucial role to women.

### **Objectives of Campaign:**

**Major Objective:** To aware about the fundamental rights of women, consolidate their potentiality and gear up the acceleration of humanity.

### **Other objectives:**

- To aware about the power of making decision for self.
- Enhance to think positively and to bring about a change.
- Developing new skills for group power and self-improvement .
- Encourage women to be a leader
- To give sufficient knowledge to be safe from Domestic Violence

### **Course Content:**

- Lesson of Women rights
- Domestic Violence
- Leadership
- Self Esteem to Women of Jitpurphedi , Kathmandu.

### **About Classes:**

There were altogether 20 classes conducted in different areas of Jitpurphedi . The name of places where classes are conducted





*Figure 10 Training on leadership*

### **Training Approach:**

Life Skill Training was conducted from Monday to Thursday, two hours per day. The whole Programme was conducted in two parts one is **Leadership and self esteem development** and other is class of **Women Right and Domestic Violence**. Pien, one of the international volunteer gave a lesson in Leadership and Self esteem. The main Focus of this class is how to build leadership, how to develop leadership skill, for being a leader what kind of qualities should be there. She explained this topic by discussing,

interacting and also by engaging them into a play so that women would understand about the value of Leadership.

The other was part of this training is of **Women Right and Domestic Violence**. Lilli, international volunteer taught a lesson in Women Violence and Rights. The main Focus of this class was about the women rights, universal practice of women right, practices of women right in Nepal, meaning of domestic violence, how to protect from domestic violence, etc. This class has also been conducted by interacting and discussing with women. From this training, women become well known about the women rights that have been declared universally.

Trained women are directly involved in role play, discussion, interaction on leadership development, domestic violence and women right etc.

### **Participants:**

There were altogether 201 women participants in the Training.

### **Feedback from the Participants:**

- 1.Expressed glad towards the topic especially women rights and domestic Violence.
- 2.Women thankful to us and eager to learn more and more this type of lesson further .
- 3.Requested us to come again and again with informative class like this one.
- 4.Happy to know the informative lesson within short period.
- 5.Glad to show the way and give solution to the victim of domestic violence.

6. Want to learn a depth lesson about the Women violence and law towards it.

**Challenges :**

It is true that non of the campaign will run easily and efficiently. There may have to face a lot of problems because it is a community. To Conduct the class in community is really difficult work .we also face many challenges, problems during campaign which are listed below:

1. Classes were not run in time.
2. Difficulty in collecting women in one place.
3. Disturbances occur by the children.
4. Many Women weren't informed and they gave only few time.
5. Though classes are of 2 hour, sometimes it must have to finish before time because women are unable to give time.

**2.3.4 Computer and Language class**



***Figure 11 A volunteer was teaching Language class to women***

International volunteers taught women English and basic computer skills. They taught about basic English writing and speaking. In computers classes they discussed about internet, how to use it, what is window, Excel and PowerPoint, yahoo, google, Email etc. There were 9 participants in computer class and 15 participants in language class.

It was found that women were happy to get this opportunity. They gave thanks to volunteers and VIN for organizing this event.

### **2.3.5 Disaster management training in Jitpurphedi**

VIN has conducted Education and people awareness program on risk and disaster management with some international volunteers, Danish as well as local volunteers. The project was placed in the community of Jitpurphedi VDC, which is 11km far from outside of Kathmandu. VIN conducted the education program about the earthquake, landslide and fire management in the community to give some knowledge about the preventive measures. VIN has organized these programs in Athmail, Galchhi/Thulagaun, Panchmane, Ghitalgaun, Phedi, Jitpur, Ramghat, Tinpile, Devasthan, Dandagaun, Kisandol, Chogaun & Khawalkot, the areas of Jitpurphedi.

The main objective of this training or project was to give more knowledge about the safety and preventive measures of earthquake, landslide, and fire. Disaster management training was conducted from Monday to Thursday, two hours per day. They were divided into two groups and each group had three members and one local volunteer for translating their class which helped people to understand. The group of the International volunteers gave a lesson about the ideas in earthquake, landslide and fire. The main focus of this class was how to manage disaster. They explained this topic by discussing, interacting and demonstrating. International volunteers taught a lesson in disaster management. The main focus of this class was about the causes, effect, signals and preventions of earthquake, fire and landslide. From this training, community people became well known about disaster management. They liked this type of class because it is directly related to human life. They did more interaction with trainers and gave thanks to Danish volunteers and VIN.

It was found that 200 community people were benefited from the class. They were happy to learn new ideas and management skills about disaster.



## CHAPTER 3 : CHILDREN DEVELOPMENT PROGRAM

### 3.1 Children's Clubs Facilitation

VIN has been conducting different programs for overall development of children. One of them is the activation of school-based Children Clubs (CCs). CCs have been formed in all school in Jitpurphedi. There are altogether 9 CCs, where each CC in every school (i.e., 8 schools) and a united CC (UCC) as an umbrella of all CCs. These CCs have been organizing different programs like debate, poetry, village and school cleaning campaign, fund raising, etc. It has inspired them for creative and reformative ideas and works, equipping them with empowerment tools. CC can be considered as a platform for the children to discuss and find solutions for their problems.

#### 3.1.1 Children Club Reformation and Refreshment Training

Like every year, this year too, children club was reformed and refreshment training was provided to all CC members. Altogether, 88 students from 8 different schools were reformed under children club and continued their programs actively. The refresher training has supported the children to design and implement their programs effectively through children clubs. About 1,000 of children were indirectly benefited by the program of children clubs.

#### 3.1.2 Children Club Facilitation Training to teachers

It was conducted a training to CC facilitator teachers to provide feedback and monitor the continuous and sustainable functioning of children club. They were trained about all spheres of CCs including the concept, rationale, ways of formation and reformation, conducting meetings, writing minutes, publication of wall magazine, communication skill, resource mapping, fund raising, account keeping, making plans, library management, etc.

It was targeted to CC facilitator teachers from all schools. Altogether 8 teachers from 8 different schools of Jitpur were benefited by the program. The teachers learnt the ways and methods of facilitating CC. The program was found effective. The views expressed in the case box below by a participant support the Fact

#### **Case Box-3.1.2**

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

### 3.1.3 Child Club Management training

VIN has been continuing support and cooperation to empower the children of Jitpur community. The program which were conducted by the children are observed and have been giving then direction, training and support from the VIN. VIN managed two child club management trainings for children clubs in 2014. Members of the child clubs have been given training about how to make child club functional and manage child club effectively. Altogether 26 club members were benifited from two times training.

It was conducted training for Child club executive members. The training related to the issues of child club has been given to them. Sessions were on Introduction, Rational of CC, Forming CC, Roles and responsibilities of CC members, Conducting meeting, Writing minutes, Wall magazine publication, Communication skill, Resource Mapping, Fund Raising, Account keeping, Making plans, Library Management, possible work on CC and Role of facilitator's teacher.



*Figure 12 Participants in CC management training*

In training participants discussed about training activities, problems, challenges, etc. They discussed about solving those problems. On training there were two different child club facilitators and 26 members. They informed they got ideas about the program and they can collect the information about the process of conducting the child club activities of their school. They ensured they can conduct child club activities by them self.

It is concluded that child club management training is effective to motivate children to increase self-confidence and inspire to get the creative role and developed their skilled. It is recommended to manage such trainings in future.

### 3.1.4 Problem solving training with child club members

VIN has been conducting different life skills training with child club members. It was conducted problem solving training in 2014. It was conducted in two schools, North Star English Secondary School and Tarkeshwor Vidya Kunja Secondary School. Students ranging from



grade 4 to 10 were actively participated in the program. The major objective of the project was to make children understand about problem solving and involve them in problem solving activities.

The students were found enthusiastic and content to learn new strategies and ideas. Visual presentation was an integral part during the program, with the examples of the most common problems like 'passing the exam' and above all the hilarious ones 'I want to become an elephant'. The beautiful amalgamation of seriousness in addition to hilarity maintained the program's objectivity- ways to deal with the problems and the success was evident as the two hundred eighty one students were able to identify their problems and come up with an effective solution.

The program was found to be effective in supporting children to think in different ways and develop new ideas. It is proved by the views expressed by one of the participant-

#### **Case Box 3.1.4**

Trainings such as problem solving, decision making, stress management, group work and so on are useful for us. After this training we got many ideas which helped us in our class work and daily work. It is found effective for us. *Ashutosh Aryal, Secretary, Rastriya Namuna*

#### **3.1.5 Publication of Children's Magazine 'Creative souvenir'**

The Jitpurphedi United Children club has run different programs continuously in schools and societies. Among those programs this children magazine publish is the one, which has been

brought to publish annually by



**Figure 13 Teachers are editing articles**

children's club in their own effort. The magazine was with articles and creations of the students from 9 schools from Jitpur and Okhaldhunga schools. It was published on 31<sup>st</sup> October, 2014, in the presence of chief guest Yuvaraj

Nayaghare with principals, students and social workers from Jitpur and neighboring village schools. The major objectives of publishing child magazine was

- To develop the children's artistic internal skills.
- To launch the published children's magazine.

The continuity of the book "Creative souvenir" publication by Jitpurphedi United Children club can be considered the first success or achievement. The members of Jitpurphedi United child club and 1200 children of related eight schools have been directly benefited from this book. The publication of this child magazine "Shirjanatmak Saugat" (Creative Souvenir) has got a significant achievement by giving encouragement to show and develop the creative writings and skills of the members of eight school's club and other children. Likewise this book has got important place for poet, social workers, teachers and other who have interest in education, etc. The publication of 'Creative Souvenir' book published by Jitpurphedi United child club has made 1200 children benefit directly. This book publication program has been successful to bring out the internal creative talent of children. It is also proved by the views expressed by local poet and a guest in publication program.

#### Case Box 3.1.5

This child magazine publication has helped children very much to bring up their internal talent. If these kind of program can be continued every year, this will help the children for their overall development. The Jitpurphedi United child club being successful to handle these kind of program, would like to grant congratulation and would like to thank Volunteer Initiative Nepal for playing the role of organizer. *Ghan Shyam Pudasaini, local*

#### 3.1.6 Children Winter Camp

VIN conducted winter camps for children to provide opportunity to utilize winter vacation. Children of ages 5 – 12 years were involved in the program. The major objective of the program was to utilize their leisure time and involve them in extracurricular activities to make them more creative.

VIN  
in  
It



had conducted three winter camps  
2014 at different places of Jitpur.  
was conducted at Dadagaun,  
Tinpipple and Khadwalkot.

*Figure 14 Children were busy in children camp*

Altogether 150 children were involved in the camps and it was for a week. In the camp, children were taught different activities with the use of local materials and resources like; physical exercise, singing national anthem, songs related to children right, entertaining and intellectual games, drawing, painting, making toys out of paper, dancing, English language followed by the activities related to personal development, like, anchoring, socialization. Health and hygiene was another important aspect of the club, where the children learnt the ways of teeth brushing and were made aware about health issues.

It was found that 150 children were benefited from the winter camps. They had utilized winter vacation to develop skills. Also they learnt to work in group. The views expressed by a child and guardian have proved it.

#### **Case Box**

“Our children spent winter vacation ideally. VIN has supported them to utilize their leisure time in learning process; this program has taught them many creative things

### **3.2 Child sponsorship**

#### **3.2.1 Sponsor Child Profile Updating**

VIN has been sponsoring children who are from poor family and are deprived from education. VIN also helps them to find sponsor. It has updated children profile in its website So that they are visible to interested sponsors. Also it has updated information to past sponsors about the progress of children. Specially, it was focused on child family background, birth date, school, favorite subject, sports etc.

This program has supported children in continuing their sponsors. It has supported education of poor, marginalized and abandoned children.

#### **3.2.2 Sponsor Material Distribution**

VIN has been sponsoring the education of children, those who are from poor family, orphan and abandoned. It has sponsored education materials and ensures the child rights of getting education to those deprived groups of children. It has provided copies, books, school uniform, bag etc. Those sponsored children from community were provided materials in a function at schools. There was a big gathering of students, children and parents. Sponsored materials were distributed by VIN's Board member, Dinesh Khatiwada and program manager DR Laxmi.

Altogether, 91 children have received sponsorship, where 13 children were from orphanages and 41 from Jitpur and 37 were from Okhaldhunga.

It was found that the sponsorship program has supported poor children to continue education. Also it was found that children did progress in exam scores at school. They were found active in learning process.

It is



has

*Figure 15 Materials distributed to a sponsor child*

concluded that sponsor program is largely effective to support children in education and ensures child rights to get education. This program been greatly appreciated, which is also proved by the views expressed by the guardian of one of the

sponsored child as-

#### **Case Box 3.2.2**

VIN has been doing a great job by providing educational support to the poor children. We have a financial problem as we are suffering from hand-to-mouth problem, financing to our child education is impossible. We would like to give thanks to VIN

#### **3.2.3 Sponsor Children Parents Meeting**

Volunteer Initiative Nepal has been providing scholarship to the children of Jitpur community to protect the child rights that every child has access to education despite family background. VIN has provided scholarship to 45 children in this year 2014. The program was held not only to support the scholarship program but to increase the awareness on importance of education to children among the guardian even without the support of any institution.



*Figure 16 Meeting with Sponsor children parents*



Program objectives:

- 1) To analysis on scholarship program.
- 2) To discussed on stability of scholarship.
- 3) To discuss on possible ways to improve the earning and uplift the living standard of the Guardian.
- 4) To discuss with parents about the related economic prosperity.
- 5) To discuss about possible assistant from VIN.

It was hold a meeting in Jitpur with parents of sponsor children. There were 30 parents out of invited 39. In the program it was reviewed about VIN's sponsor program. It was discussion about improvement in child education after VIN's effort. Also parents were made aware about some children who has no significant improvement in mark sheet even after VIN's support.

In the second part it was discussed on making sponsor project a sustainable. VIN proposed to involve parents in Income generating activities. Parents were found excited with idea. They were found ready to get involved in the different occupational activities such as goat keeping, agriculture, tailoring, poultry farming, and vegetable farming, soap making, etc. It was concluded engage in occupational activities has a potential to make the sponsor project sustainable so that in coming years they can provide education to their children without the support of VIN or other else.

### **3.3 School Infrastructure Development**

#### **3.3.1 School Improvement meeting**

Under the school improvement program, VIN conducts a mass meeting every year with coordination with all the schools of Jitpurphedi to discuss about school improvement and its development. For this the meeting was conducted in Jitpur higher secondary school in which all the teachers and management committee of the schools were participated.

The main objective of this program was to evaluate all the achievements of the schools and to prepare the new educational year 2071, start new admission operation and prepare the upcoming action plan.

It was Organized a mass meeting of Teachers, School Management committee and VIN. There was a discussion on Evaluation of the achievement and challenges. At the end meeting was concluded with preparation of action plan for future programs.

Through the mass meeting it was decided not to decrease the number of children in the school and to continue the studies of students, the guardians should be given feedback. If any child is kept away from school and education the committee will help that child to bring to the school and door to door program is organizes for new admissions in the schools. Likewise from the coming years the teachers are encouraged to teach in English medium, increase the quality of education for the Early childhood education, request to VIN to build the walls under the school infrastructure, build a building for children's club were discussed in the meeting and the participants are given responsibilities to implement.

### **3.3.2 Child friendly environment and child education**

VIN supports school to create a child friendly environment school infrastructure development project. Volunteers are involved in the project. Specially volunteers under work camp program and group volunteering program are involved in school ground wall fencing and toilet construction.

Major activities done under this project were school wall construction, painting fences and decoration of classes. Also they supported to conduct classes on English language.

**Project-1. Painting wall and language class in Nagarjun School.** It was supported wall painting and language classes in Nagarjun School. It was found that 80 children were benefitted from educational development programme. It was painted 100 m wall in Nagarjun School.

#### **Project-2. Surface water management project in Mahadevsthan School**

**Project name:** - Mahadevstan Primary School Compound surface water drainage management

**Project cost:** Rs. 7000

**Total benefitted:** 100

The project was conducted in Mahadevstan Primary School in Jitpurphedi VDC in August. In the past, VIN had constructed Compound wall and fences in the school. But, the compound wall was damaged so to renovate the walls VIN provided raw materials to the school. An intake was made so as to drain the water to distant place. This has helped in controlling landslide in the area and conserving soil. Also, due to these activities conducted by VIN, the nearby school, temple and other areas have been protected.

#### **Project-3 Construction of Compound wall and fencing in Jitpur School**

**Project Name:** Jitpur Higher Secondary School compound wall and fencing project

Project Duration: July – August

Beneficiaries: 300 students and teachers

Involved organization: VIN, VW  
and school.

It was constructed compound  
walls, fences and gates. The  
volunteers from Better World  
helped in construction works  
whereas VIN provided raw

materials and skilled labor.  
Jitpur Higher Secondary  
School compound wall and

retaining wall construction  
project in Jitpurphedi-9  
Kisandol.



*Figure 17 Volunteers working in construction of compound wall*



*Figure 18 Volunteers supporting in fencing compound wall*

Detail about the project- The  
total cost of the project was  
NRs. 992000. Whole work  
was divided in two phase. In  
first phase 290 ft. long  
compound wall construction  
work was completed. The cost  
was 263000 out of which 25%  
was borne by School and  
remaining 75% by VIN. The

compound wall was composed  
of stone masonry wall and

chicken mess wire fencing. Twenty two Korean volunteers had supported in compound wall  
construction, class room painting and teaching work in Jitpur Higher Secondary School. They  
involved in foundation preparation, carrying construction materials, wall making, pole fixing,



wire mesh fixing, gate construction and ground leveling. Besides these volunteers, four other volunteers coming for toilet construction and two local volunteers were also involved. Twenty eight skilled labor had worked for 10 days and volunteers had involved for 8 days.

### **3.3.3 Garbage management campaign in schools and community**

VIN celebrated International Volunteer Day with garbage management campaign in Jitpur. Volunteers, VIN staffs local people were involved in a village cleaning campaign. was a interaction with participants at the end of the It was found that public places in



*Figure 19 Children are collecting garbage from surrounding*

and  
day  
There  
day.

Tinpipple was clean. All the trashes were collected and disposed.

## **3.4 Early childhood development program**

### **3.4.1 Materials support to ECDs**

VIN wants to provide the environment for children to develop their cognitive, emotional, social and physical potential in the school of Jitpurphedi VDC. It has given training to teachers on ECD concept and provide using learning materials aimed at the age groups for their overall development. It has support the ECD materials with minimum requirement to make child friendly learning environment. So VIN is providing ECD materials as a Matching fund of school and VIN. This matching is not equal to primary and secondary school. For primary schools matching are 1:2 and secondary schools matching are 1:1 ratio. The following table show the budget of the ECD materials.



Particulars	Pachama.	Khadwal.	Mahade.	Kalikasha.	Jitpur	Nagarjun	Sarasw.	Tarkesh.	North s.	Total
Furniture	750	750	250	4,500	11,760	4,600	500	3,500	6,100	32,710
Stationary	1,715	1,390	3,265	4,135	3,645	2,145	810	0	4,290	21,395
Entertainment	4,640	1,150	2,150	5,405	2,805	3,625	0	2,175	2,075	24,025
Accessories	1,400	1,960	0	2,425	2,050	390	950	900	1,700	11,775
Tableware	270	330	300	735	1,810	600	30	600	850	5,525
Education	5,598	2,465	3,205	3,245	1,850	3,753	1,680	2,250	3,978	28,024
Health & Sanitation	5,780	5,540	4,725	1,965	1,850	1,715	75	5,450	6,250	33,350
Total supplies	20,153	13,585	13,895	22,410	25,770	16,828	4,045	14,875	25,243	156,804
Transport & loading	2,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	10,000
School total	22,153	14,585	14,895	23,410	26,770	17,828	5,045	15,875	26,243	166,804
%	13%	9%	9%	14%	16%	11%	3%	10%	16%	100%
Contingency (5%)	1107	729	744	1170	1338	891	252	793	1312	8340
Grand total	23,261	15,314	15,640	29,581	28,109	18,719	7500	16,669	27,555	182,347
VIN contribut.	23,261	10209	10426	14790	14054	9359.7	3531	8334	13777	107,744
Schools contribut.	0	5,105	5,213	14,790	14,054	9,360	1,766	0	13,778	64,066

### 3.4.2 ECD training Reports

*VIN ECD centers and the workshop held in Jitpur (on 17<sup>th</sup> – 18<sup>th</sup> June 2014)*

ECD teacher workshop was held in Jitpur higher secondary school on 17<sup>th</sup> – 18<sup>th</sup> June, 2014. There were 17 ECD teachers from all around Jitpur VDC. This workshop was based on ‘‘Practical Life learning areas’’ The main objectives were to teach about Montessori principle and its implementation technique, what is and how to use materials in practical life areas, to teach sharing of ideas and finding the problem with its solution. The workshop was facilitated by Pru Ramsey. It was two days training. The training was focus especially on practical classes with some theories. Bishwo Devkota shared the knowledge of using Montessori materials and Pru Ramsey shared the knowledge of practically using of Montessori materials. It was found that 17 ECD teachers were benefited from the training. Participants were happy and satisfied from class. They gave lots of positive responses and feedback. They have shared their feeling that they never took this type of training. They gave thanks to VIN and Trainer.

**Here are some Feedbacks from participants of ECD Teacher Training**

- I feel that this type of training is one of the most important trainings which help to know about teaching behavior with children, how to use of given equipment, and how to manage the children participation in the class room.
- I feel this training is so excited and very useful for the Montessori
- Yes this training is so benefited for all the children and teacher who involve for the purpose of learning skill.
  - How to use of equipment
  - Know about children behavior
  - Practical teaching is more effective than oral teaching
- Vast Knowledge about Montessori from its basic level given by madam was important for
  - how to manage the classroom
  - how to control the children
  - we create circle teaching children
  - How to maintain the discipline in class.
  - How to use of the equipment, manage Montessori principle, focus about

### 3.4.3 Early childhood development training in Jitpur VDC, Kathmandu

VIN had organized a ECD teacher's training on 28 and 29 October 2014 with the involvement of international volunteer in Northstar English Boarding School Tinpile, Jitpurphedi VDC, Kathmandu. It was conducted for ECD teachers (16 teachers) of the schools from Jitpurphedi VDC. The main objectives were to introduce of new curriculum of ECD and to discuss about methods and use of ECD materials for children's overall development. The training was starting by using name games. There were many activities like practice on ground rules, rhyme and stories. Reading and writing method was also practiced. It was taught about sound, colors, rhyme, how to teach letters and alphabets, sound of alphabet, Mathematics drawing of shapes.

The training was found to be successful. In the training 16 ECD teachers Jitpur were benefited. Throughout the training period, it was discussed



*Figure 20 Teachers were practicing with materials in training*

mostly about methods and use of ECD materials for children's overall development. It was provided extra teaching materials for all ECDs. According to participants, the training was very interesting and effective. They ensured they will follow the ideas in their schools. All the participants were found happy and satisfied from this training. Also they were expecting more practical work. They appreciated about the program and expected more in future.

#### 3.4.4 ECD parents meeting

Teacher and parents meeting:

VIN is providing regular support to improve school environment through parenting education such as student's parents meeting, ECD teacher meeting, school management committee meeting, mass awareness raising of parents of 3-5 yrs old children and teachers training etc.

VIN



*Figure 21 Participants in parents meeting*

has been organizing the ECD parents meeting every year. The main objectives of meetings were to inform about sectors of childhood development, inform about balance diet and nutrition, inform about child diseases, inform

about teaching and learning process, collect the comments of both parents and teachers and find their solutions. In orientation the participants were ECD teachers, head teachers and parents'. VIN staff conducted the class on steps of development among under five years children like growth development, mental development, educational development, emotional development, social development and creativity development. The program was conducted in 8 centers with 85 parents throughout the year 2014. Details about schools, students and participants is presented in the table below.

List of schools and parents is presented in the table below:

School name	No. of Participants	No. of ECD students
Saraswati P.School	14	10
Panchmane Bal Bikas Kendra	11	17



Khadwalkot P. School	6	11
Mahadevsthan P. School	14	24
Nagarjun Thulagaun H.S School	5	34
Jitpur HSS	7	30
Kalikasaran HS	21	60
North star HS	7	88
	<b>85</b>	<b>274</b>

Along with development milestones, it was discussed on child nutrition and common diseases from malnutrition. It was discussed about more sources of vitamin and protein. In the program it was also discussed about current ECD situation. It was collected feedback from parents and children and discussed about the ways to improve the ECD from existing condition.

It was found that 85 parents were benefited from the orientation. It was effective to improve children status and ECD classes from this interactive meeting. It was also proved by the feedbacks provided by parents and teachers.

#### **Feedbacks from the parents**

- ❖ Because of these type of programs children are being capable of talking, studying and learning process.
- ❖ They are happy to see their children going to school regularly and studying.
- ❖ Teachers seems taking care of the children.
- ❖ The children has shown good behaviors.
- ❖ The environment of the school getting better.
- ❖ Home works should be regular.

#### **Feedbacks from the Teachers**

- ❖ Parents should not provide junk food to their children.
- ❖ Parents should not provide money which they demand
- ❖ The children should be sent with Tiffin, books and copies and should be wearing uniform
- ❖ The personal hygiene of the child should be maintained

#### **3.4.5 Educational exposure visit of head teachers and early childhood development teachers, Kathmandu**

VIN organizes educational excursions for the preschool teachers of Jitpur community every year.

The main objective of the project was to introduce of new curriculum, teaching method, materials production technique of ECD and to interact about methods and technique of ECD teaching for children's overall development. In 2014, 22 participants including the head teachers had visited in different preschools to learn technology of teaching method and



managing of teaching materials from ECD centers. They visited to Excelsior high school of Swoyambu, Gyanodaya High school Bafal, Tilingataar Higher secondary school of Dhapasi, Triyog high school of Dhapasi and Fluorescent English high school of Baniyataar. There observed class rooms. Primary co-coordinator teacher from all schools explained about the school rule, teaching techniques and class room management. Teachers had actively participated to share knowledge about the teaching techniques of using rhyme and stories, reading and writing method, materials production, lesson planning developing, child coping skills, materials demonstration and managing skills etc.

It was



*Figure 22 Teachers on exposure visit*

found that the exposure visit to teachers was effective in sharing knowledge. The program supported to provide exposure to 22 teachers from Jitpur. According to participants, these types of exposure visit are very importance for getting knowledge and implement

the technology in their schools. They said that they will really follow the gained knowledge in their own schools. All the participants were found happy and satisfied from the visit. They appreciated about the program and expected to see more advance centers in Future. Teachers gave thanks to VIN for managing the educational visit.

## CHAPTER 4 YOUTH DEVELOPMENT PROGRAM

Youth are the most active and productive resources in the community. Youth development program focused on different projects to empower youth. It has a strategy to form a youth clubs, transform knowledge and skills and motivate them to get involved into the development work or for self sustain.

Youth clubs are formed in each ward of Jitpur VDC. Major objectives of the youth clubs are:

- To unite youth in a active group
- To capacitate the youth with skill and trainings
- To motivate youth to get involved into the social activities and development of the community

VIN has supported these clubs with different trainings, which are as follows:-

### 4.1 Youth Club Reformation

#### Introduction

VIN has started youth development programs in Jitpurphedi keeping the youngsters in target. VIN have been doing different development programs yearly by gathering all the youths together keeping aim of developing all the youths of this community. VIN has aimed to include all the youths in development programs equally and planned to form youth club. Initiative is made for all of the VDC of Jitpurphedi to participate in this program.

#### Process

As it was pre-informed, all the VDC of Jitpurphedi was gathered through meetings and conversations. The participants were informed about importance of youth club and VIN's programs and formed youth's club so that representatives could be made.

#### Objective

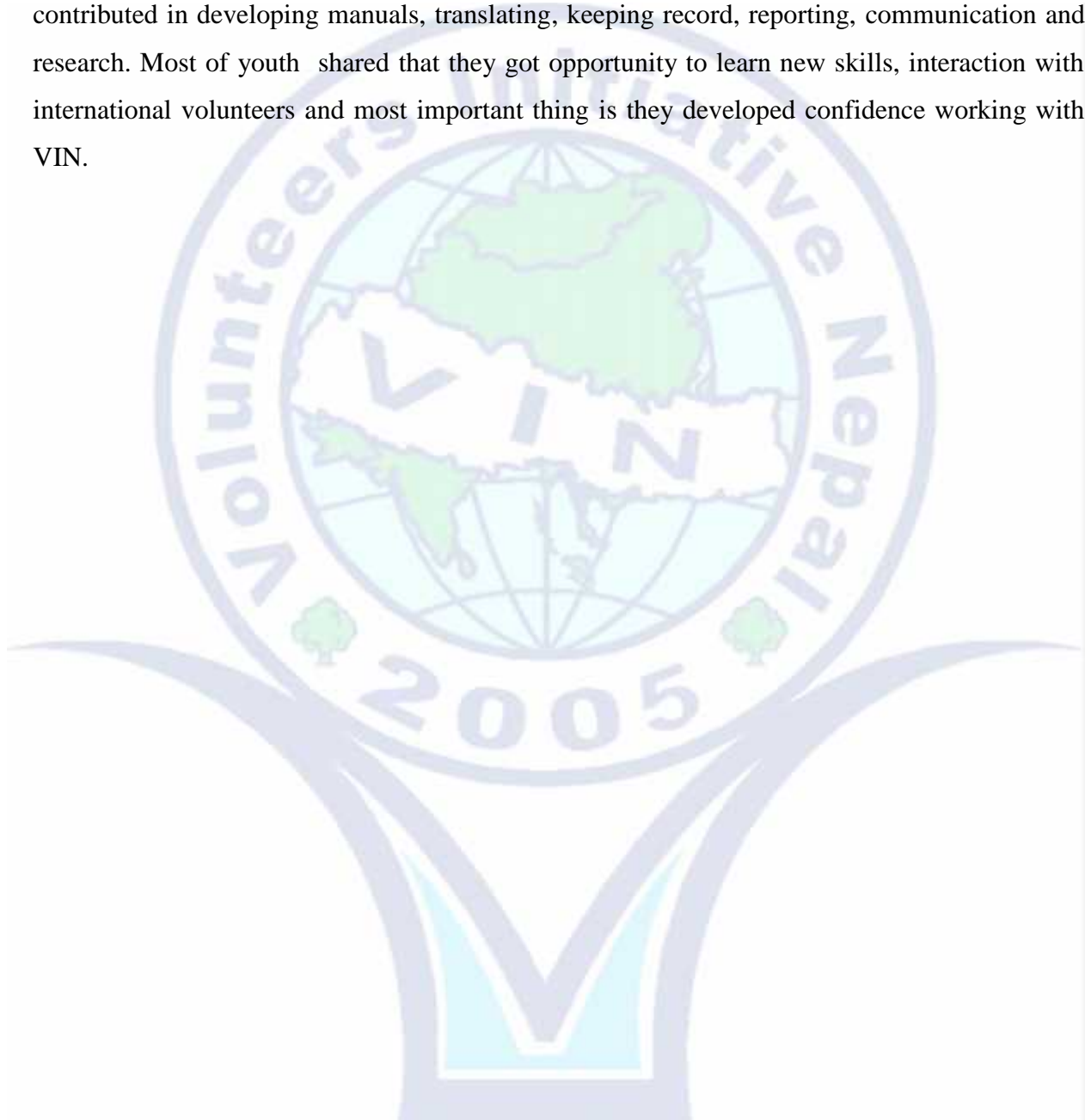
The main objective of this program was to unite all the youths through youth's club and support them to get involved in development sector.

#### Achievement

VIN has gathered or re-gathered youth club members for development of Jitpur community's youths. For the same reason, youth club was formed in ward number 1 and 5. There were 20 youths participated in this program. All the youths of ward number 1 and 5 could take part in development of youths and get benefited.

#### **4.2 Volunteering in Projects**

Local youth and national youth get involved in volunteering project. In 2014, 50 youth were involved in VIN's project. They worked in children's development, women's empowerment, public health and medical care, youth empowerment and environment and conservation. Youth contributed in developing manuals, translating, keeping record, reporting, communication and research. Most of youth shared that they got opportunity to learn new skills, interaction with international volunteers and most important thing is they developed confidence working with VIN.



## **CHAPTER 5 PUBLIC HEALTH AND MEDICAL CARE PROGRAM**

Community Health program is one of the major programs of VIN with a goal to create healthy communities by controlling and preventing diseases and addressing other health conditions through research, medical care support, health and hygiene facilities and health, hygiene and sanitation education with the following objectives:-

### **Objectives**

- 1.To identify common health problems and it's associated risk factors in communities
- 2.To make aware community people about health hygiene and sanitation
- 3.To increase access to hygiene and sanitation facilities
- 4.To increase access to quality health services at the community level
- 5.To provide training on First aid to community people

Under this program, different activities were conducted in 2014, in order to develop and deliver quality medical and health care services for the community people of Jitpur. Major programs and their activities are mentioned below in detail:-

### **5.1 Health Hygiene and Sanitation Education**

#### **5.1.1 School health program (SHP)**

SHP is the major component of community health program designed to ensure good health of school children. SHP was focused to improve children health by treating the illness, conducting awareness program on H & H and improving environment of schools. It had three components: Health camps, awareness programs and waste management of schools encouraging school children. It was targeted to all schools of Jitpur.

##### **5.1.1.1 Health talks at schools**

Health talks were conducted at all schools in Jitpur. It was focused on major health issues among children. VIN has found health issues among children from research and survey. Major health issues were hygiene and sanitation, diarrheal diseases, communicable and non-communicable diseases, drugs, HIV/AIDS, Mental health, Menstrual hygiene among female adolescents, Nutrition etc. Health talk was targeted to all age groups school children.

Major aim of health talk was to raise awareness and transform correct practice on health and health issues among school children. During the year 2014, it was conducted health talks at all schools in Jitpur. It was on about Communicable diseases, skin infection and general



management of wound, mental wellbeing, Health orientation to ECD parents, health hygiene and sanitation campaigns, Hand washing and Teeth brushings campaigns, Garbage management techniques and a day garbage management campaign at all schools and Basic health and First aid.

Health talks were facilitated by international volunteers with local translators. Children were informed about the issues and health effects from the issues. Sessions were conducted at class with total participation of the particular class. Children were encouraged to share the problem and also asked to put questions if they have in their mind. Children had assured that they would continue the skills they had learnt from health talks in daily life.

It was found that health talks on 7 topics were conducted at schools. Mental wellbeing, garbage management and first aid trainings were conducted among secondary school children i.e. 6-10 classes. Health hygiene and sanitation campaigns, Hand washing and Teeth brushings campaigns, Garbage management techniques were conducted among primary school children.

It is concluded that school children were benefited from health talks conducted at schools. Children got opportunity to participate on the sessions and discuss about the common health problems. They got chance to put questions and were able to get more information about the health issues.

On the basis of findings and conclusion it is recommended that health talks are important to aware and transform practices to school children. It should be continued in future on different health issues.

#### 5.1.1.2 Health camps

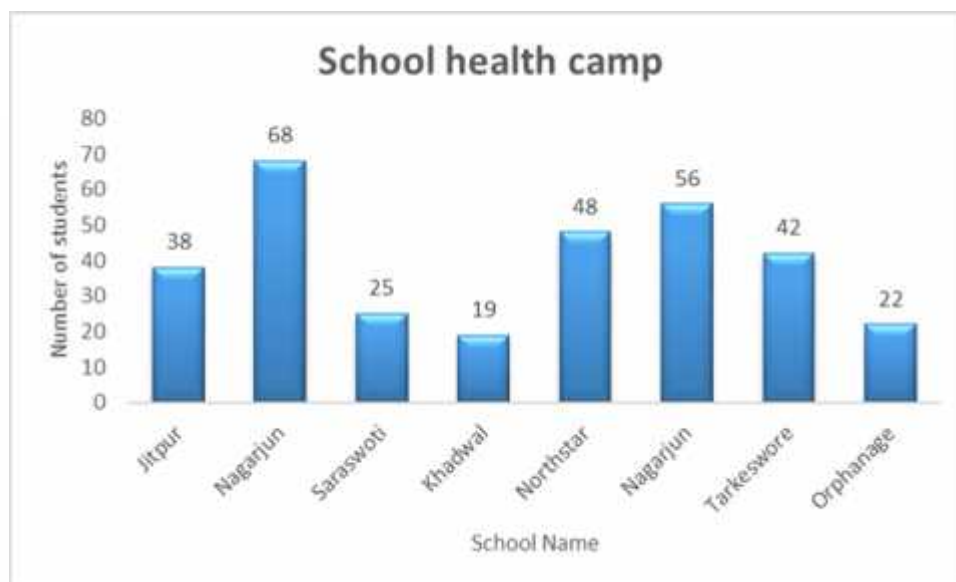
VIN has been conducting health camps since the beginning of implementing health programs in Jitpur. Health camps under school health programme focus on school children's health.

Major objectives of health camps were as follows:

- To check general health of the children
- To screen the oral hygiene of the children
- De worming the children
- To aware children on hygiene and sanitation

Based on this there were conducted 8 health camps at different schools, where 318 children in the age group of 4-14 were treated for various diseases. Mostly the children were suffered from gastrointestinal illnesses or respiratory diseases, such as the common cold. The children were

given medicine and advised to follow with home remedies, as well as going to the health post for check-ups. In all of the schools most of the patients were girls.



It was found that the health camps at school benefitted the children's health and that it should be continued, to keep the good progress moving, and the case box underneath shows one of the Vice Principal's views on the health campaign.

#### **Case Box- 5.1.1.2**

"Health camp conducted by VIN had helped to explore and manage the health problem of sick children at our school." Shiva phuyal, *Vice Principal, Nagarjun school*

### **5.1.2 Community awareness programme**

#### **5.1.2.1 Awareness campaign on waste management**

##### **Rally and interaction program on Sanitation in Jitpur**

VIN has been implementing WASH project in Jitpur since 2009. It has initiated a campaign to declare Jitpur VDC with a total sanitation status. VIN has been supporting toilet construction in all households and raising awareness campaign on health and hygiene. It has supported more than 200 toilets to be built from which about 1000 people are directly benefited. VIN has a target to support in constructing toilets in all households by the end of this year. It has already worked out to declare Jitpur as an open defecation free (ODF) community by the end of 2014.



**Figure 23 A rally organized at Jitpur on sanitation week**

On this context, it was conducted a rally and interaction program on sanitation in Jitpur. It was a day campaign conducted on the auspicious occasion of fifteenth national sanitation week. The program was organized with joint efforts of VIN, children's club, Jitpurphedi VDC and DWASHCC. It was successfully completed with the participation of children's club members, Village development committee (VDC),

District water supply office representative, local police, representative from school and communities. VIN aims to declare Jitpur VDC as an Open Defecation free Area.

The rally was started from Jitpur Higher secondary school with a big line of people. People were carrying play cards with sanitation slogans. They were making a voice on sanitation and its importance. People were requesting all to keep village clean. It was a rally from Jitpur School to Kalika Sharan School where it was transformed to an interaction program at the end. All the participants expressed their views regarding the importance of sanitation. They were excited to declare Jitpur as an Open Defecation free Area. They were committed to provide any support for the successful completion of the project. VIN's representative Dr Laxmi presented data of households to build toilets that about 150 households out of 1050 households didn't have toilets. It was planned to work together with Jitpur VDC and DWASHCC to complete the project. VIN and Jitpur VDC have a plan to support equal percentage to complete 100 toilets.

It was found that there was a good participation of school children and community people in rally.

People were found excited with campaign. They are found interested to declare community as an ODF village. They all have expressed their views to make the campaign success with kind support from all sides. It is also proved by the views expressed by one of a Political representative –



### Case Box-5.1.2.1

“We would like to respect the sanitation efforts initiated by VIN. The campaign was really good. It is already declared by VDC to support in ODF campaign. We would like to say that we are ready to help in this project and make it success.” *Parshuram Aryal, NC*

Based on the evidence and findings it is concluded that the rally and interaction program on sanitation was largely appeared to be effective. It has helped to disseminate the information to community people about ODF campaign.

It is recommended that similar rally and campaign are effective to disseminate information; it should be done in regular basis with people from all villages of Jitpur.

### 5.1.2.2 Conducted Training/ awareness campaign on Physiotherapy

VIN



**Figure 24 Training/ Awareness campaign on Physiotherapy in Jitpur**

has been conducting different health trainings and awareness campaigns in Jitpur. It has identified major health issues in the community. Mostly the campaigns are focused on child and women. Public health and medical care team along with volunteers go to community for campaigns. On this context during May VIN organized campaign on physiotherapy targeting

to community women. It was aim to train women on physiotherapy and aware them about the health problems that can be managed by physiotherapy.

The program was facilitated by Mathilde, French physiotherapist and local translator Namita. The campaign was planned on two sessions, first one to give presentation and second one to train practical activities to manage common health problems. First session training/ awareness campaign was focused on introduction about physiotherapy, Physiotherapy treatment and Techniques. In second session Math demonstrated techniques of physiotherapy to manage common health problems like joints pain and back pain. Along with campaigns the team did survey about the problem of the participants. It was found that most of women were suffered from backache and joints pain. They were taught about safety to reduce back pain and some



preventive measures for back. During survey it was found that back pain was due to hard work and load carrying on back. Also most of the time women had to work bending forward.

It was conducted campaigns in 17 places of Jitpur VDC. Altogether there were 300 women in campaigns. All of them were trained on physiotherapy. They were provided information about the city clinics. Women were taught on physiotherapy techniques according to their problems.

It was found that 300 women were benefited from the campaigns. Women got opportunity to know about physiotherapy. It has helped to motivate women to use alternative treatment for pain instead of using pain killer for longer duration. Participants were found happy to get involved into the training. It was new for them but found interested. It was largely appeared to be useful for the people in the community. It is proved by the views expressed by participants-

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**Case Box-5.1.2.2-A**

“I found training useful. I learnt about physiotherapy. I was using pain killer for my back problem since 2 years. Now I tried physiotherapy which helped me a lot. I think it is better option for me. Thank you VIN and Math for this campaign.”

d that the training / awareness campaign on physiotherapy is largely appeared to be effective in Jitpur. Based on finding and conclusion it is recommended that the training/ awareness campaign on physiotherapy should be continued in future and it should include all the people from the community. Math also recommended arranging a part time physiotherapist in the community clinic.

Here is the short report and her views expressed by Mathilde –

### **Case Box-5.1.2.2-B**

“In this project, I met more than 300 women and few men, in 17 villages.

The goal and this campaign were not to look after all of these women, but we just want to talk about physiotherapy. This profession isn't known in Nepal. But it's very important for the people who have articular pain, muscular pain, physical handicap, trauma, uterine prolapse...

I know these women don't have the time or the money to see the physiotherapist. But, now, they know that physiotherapy exist, and if they have big physical problem they know that they can go in hospital to have physiotherapy.

This experience was amazing. I met many women and all these women were amazing... They were curious, interested and so friendly. They look happy to follow this campaign. Often, they wanted to try exercises and it was so funny... And they asked me many questions!

I learned lot of thing with these women and they always wanted to know about me my country, my family. It was an extraordinary exchange! I just regret we don't speak the same language...

One day, a young girl said me thank you because with this program, we gave them some

### **5.1.2.3 Conducted campaign in community to monitor women's blood pressure**

VIN has been conducting different health trainings and awareness campaigns in Jitpur. It has identified major health issues in the community. Mostly the campaigns are focused on child and women. Public health and medical care team along with volunteers go to community for campaigns. On this context during May VIN organized campaign on Health problems and Blood pressure survey with women.

VIN's public health and medical care team with two international medical internees had visited all places of Jitpur to conduct campaign. Campaign was focused to collect information or demographics of women, women's health problem and monitor blood pressure. It was done at 9 places in Jitpur. There were 115 women and other men in the campaigns.

It



**Figure 25 Blood pressure monitoring campaigns in Jitpur**

was found that 115 women were benefited from the campaigns. Most of the women had low blood pressure (lower than normal value 120/80), few had high blood pressure and other was normal. Most of the women were found suffered from back pain and few had gastritis. Back pain was probably because of hard work and load carrying on back. Women with high blood

pressure were referred to health clinic and with low blood pressure were advised to have a good nutrition with enough fluid diet.

It is concluded that Health campaigns conducted by VIN have helped to elaborate the health problems of people and monitor blood pressure. It was largely appeared to be effective for Jitpur community. It was also proved by the views expressed by one of the participants-

#### **Case Box-5.1.2.3**

“I got opportunity to know my blood pressure at my home. I am really happy. I was told to go to clinic for regular blood pressure check up. I would like to give thanks to

Based on findings and conclusion it is recommended that the campaigns should be done to all the communities and it should include detail information about blood pressure and major health problems.

#### **5.1.2.4 Training on first aid to local women from Jitpur**

VIN has been providing first aid training to different groups of people from Jitpur community. VIN's major aim to provide such training to community people is to empower people on practicing healthy behavior. VIN assumes first aid training will support people to manage certain emergency by their own till the casualty is taken to hospital or ambulance arrives at the place. In this context VIN had provided training to local women from Jitpur in this month. Objectives of this training were as mentioned below.

General Objective:

- To build local women capacity to manage injuries and illness during normal daily life and during disasters.

Specific Objectives:

- To establish first aid service in the Jitpur communities through trained FA volunteers
- To establish an enabling environment to practice positive health behavior in the community
- To organize and prepare Women for local disaster response

Based on these objectives, local women were trained on Cardio pulmonary resuscitation (CPR). It was discussed on common injury, bleedings, choking, burn and simple management techniques of these cases at community level. There were altogether 11 participants. All participants had practiced CPR on dummy. It was active participation from women.

It was found that the First aid training provided by VIN had helped local women to get knowledge on common health issues and practice on CPR.

The following Case Box 1 with views expressed by one of the participants also supports this finding.

#### **Case Box 5.1.2.4**

“A training conducted by VIN was great. I hope this training will be useful for us in future. It has helped us to know about first aid and we get opportunity to practice CPR on Dummy. I hope we can do this in community on demand. I think we can manage simple incidents in the community when we are in need” *Binda Tiwari, local women from unit-3.*

The analysis and finding concludes that First aid training provided to local women largely appeared to be effective in developing CPR and first aid skill in participants.

Based on the finding and conclusion CHP strongly recommends that first aid training should be continued in other groups of community and also extended in neighboring villages.

## **5.2 Medical Support**

### **5.2.1 Health clinic**

Major activities done in health clinic program were:



Medical doctor's duty in regular basis

Inauguration of pathology lab in health post

Supply of essential medicines in health camps

Communication about services providing from HP through personal contact and campaign

Health checkup through mobile clinics

Keeping records of health post patients and mobile clinic patients

Interaction with Local Female Health Volunteers

#### 5.2.1 Patients checkup at health post



Medical team (doctor, health volunteers and nurse) had visited health post thrice a week (Sunday, Tuesday and Thursday). It was altogether 86 days and examined 1631 patients. Among them 932 were female other were male. Detail about the working days, number of patients visiting the clinic by their sex is presented in the table below.

Months	Days	Patients	Female	Male
Jan	10	122	74	48
Feb	8	138	89	49
Mar	5	97	60	37
April	8	141	51	90
May	7	128	66	62
June	8	158	98	60

<b>July</b>	9	194	114	80
<b>Aug</b>	9	202	116	86
<b>Sep</b>	7	163	91	72
<b>Oct</b>	5	94	56	38
<b>Nov</b>	6	119	71	48
<b>Dec</b>	4	75	46	29
<b>Total</b>	<b>86</b>	<b>1631</b>	<b>932</b>	<b>699</b>

Most of the patients visiting health post were suffered from acute infections like acute respiratory infections, gastroenteritis, conjunctivitis, otitis and wounds<sup>1</sup>.

From the findings and analysis it is concluded that VIN's health clinic program run by doctor is largely effective in improving health condition of community people.

### 5.2.2 Conducted a Gynae Specialist Health camp in OKD



**Organized by**  
Volunteers Initiative Nepal

**Funded by**  
Friends of Volunteers Initiative Nepal, Netherlands

8<sup>th</sup> and 9<sup>th</sup> Nov, 2014

- A two days health camp was conducted in Taluwa VDC, Okhaldhunga<sup>2</sup>

### Objectives of Health Camp

<sup>1</sup> Details about the health problems will be presented after analysis of the record book.

<sup>2</sup> Taluwa VDC-

About 250 km from Kathmandu city lies in rural area of eastern development region of Nepal

In total there are 446 households with 2962 population. Among them, total number of female is 1055, male 1076 and child population is 831. Average female in the household are 2.36, male 2.41 and children are 1.86. Similarly average size of family is 6.64.

- To provide medical treatment to people by trained medical team at VDC level
- To explore major health problems in Taluwa VDC focus to women

#### **Facilities in Health camp**

- Free doctor consultation and check up by Gynaecologist and general Practitioner
- Free dispensing of medicines
- Free family planning
- Free management of uterine prolapse by ring pessary
- Referral facilities to District hospital

#### **Achievements**

- Total number of people benefited from the camp- 243
- Total number of Female- 134
- Age- 2-86 Average- 29

#### **Common health problems**

- General - Headache- 10, APD- 18, cough and common cold- 26, Fever- 6, Skin Infection- 12, Rhinitis-11, HTN-11, OA-7
- Gynaecology- Dysmenorrhoea- 3, Uterine prolapse-5, PID-17, Cervicitis -3, Irregular mens- 2,
- Other- COPD, Back pain, BPH, Conjunctivitis, CSOM, CP, Dental Caries, Cataract

### **5.3 Health and Hygiene Facilities**

#### **5.3.1 Toilet Construction Project**

Most of the houses (60%) in JitpurPhedi VDC had no toilets when VIN had started its program. Therefore, it was initiated a Toilet Construction Project in the area from 2009. VIN's approach was to create stool-free communities by ensuring that every family would have access to a toilet by the end of 2014.

The objectives of this program were;

- To improve general health and hygiene of community people health through community health program
- To construct toilet for all the families of the community.

Strategies for toilet construction:

1. VIN has strategy to collaborate the toilet construction Project with Jitpur Village Development Committee, Drinking water and sanitation regional monitoring and supervision Office Kathmandu, Local stakeholders and partners.
2. It is emphasized on Education, Motivation and Infrastructure development in the sector of hygiene and sanitation to secure a holistic and sustainably approach towards acquiring a safe socio economic wellbeing for the people in the Jitphurphedi community.
3. The family is prioritized based on low socio economic status and marginalized communities.
4. VIN provides technical assistance, material supply and shares the cost of toilet construction with the local community.
5. VIN provides construction materials that are not easily available in the community like cement, iron rods, aluminum (roofing materials) and binding wires.
6. The family manages wall materials (brick, stone, block etc) and labor cost. Also VIN volunteers support labor work for poor family.
7. VIN program staffs and volunteers raised awareness on health hygiene and sanitation in coordination with other programs viz. the community health, women empowerment, youth development, and children development.
8. VIN, VDC and local stakeholders are responsible for the monitoring of the projects.
9. It is targeted to build permanent toilets in all households and major public places. Jitpur will be declared as an “Open defecation free” community by the end of 2015.

VIN had supported non local materials for toilet construction and family had managed the locally available materials and the labor. If it was in terms of money, VIN had contributed about 10000 NRs. for each toilet and family had managed 20-30,000 NRs. Also international volunteers had supported unskilled labor to those families who were poor. In 2014 VIN has supported toilet construction in Tinpile, Devistan, Khadwalkot, Kisandol, Thumki, Ghimiregaun, Dhitalgaun, Aathmail, Panchmane, Lamichhanegaun, jitpur and Kot.

Altogether 44 toilets were built throughout the year.

Detail about toilets built in 2014

A detail about families and toilet construction is as listed below.

***Table 1 Details about toilets built in Jitpur throughout the year 2014***

<u>Village</u>	<u>Number</u>	<u>of</u>
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	<u>toilets built</u>
<b>Jitpur -3</b>	6
<b>Phedi</b>	5
<b>Aathmaile</b>	1
<b>Aryal gaun</b>	4
<b>Devisthan</b>	9
<b>Dhitalgaun</b>	6
<b>Khadwalkot</b>	1
<b>Kot</b>	2
<b>Panchmane</b>	4
<b>Dandagaun</b>	2
<b>Ramghat</b>	2
<b>Thulagaun</b>	2
<b>Total</b>	<b>44</b>

In the table 4 it is presented that toilet was built in 12 villages. There was variation in number of the toilet built. In Jitpur-3, 6 toilets were built. Similarly, 5 toilets were built in Phedi, 2 each in Athmile, Khadwalkot and Kisandole, 4 in Aapchaur, 10 in Devisthan, 6 in Dhitalgaun, only one in each Ghimire gaun, 9 in Kot and Thumki, 3 in Pachmane. Altogether 61 toilets were built throughout the year.

VIN toilet construction project had supported 61 families to built toilets in 2013. It had supported poor families to

built toilet in their home.

It had contributed in developing healthy environment in the communities. It was also proved by the views from one of the family members as presented in case box below-

#### **Case Box: 5.3.1 A**

“Our family members feel safer because there are fewer chances of diseases after the

It has brought changes in people belief about using toilet and keeping environment safe and healthy. One of the benefited family members said

#### **Case Box: 5.3.2B**

“Before the construction of the toilets, we used to excrete in the nearby river. But after the construction, our environment is much cleaner and it is much easier to live in the village”- *Astha Shahi-Lamichhane*

#### 5.4 Other activities done under Public health and medical care program

- *Health tips to new volunteers*- Each and every month there have been given health tips to volunteers, not only in the health programme, but in all of the programs. This is important, as the volunteers come from all over the world and may not be used to the health risks that they face, here in Nepal.
- *Orientation to new health volunteers*
- *Facilitated data collection for research*
- *Prepared programme processing documents*

- *Supported intern on research*
- *Developed plan of CHP annual budget*
- *Attended workshop at office on strategic plan and process document development*
- *Developed strategic plan of the health programme up to 20 and submitted*
- *Worked on website content*
- *Coordinated support from the Danish Red Cross*

#### **5.4 Volunteering in Public health and medical care program**

##### **5.4.1 Number of health volunteers**

There were altogether 42 international health volunteers and internee in this year.

##### **5.4.2 Contribution of health volunteers**

The contribution of the health volunteers has been very useful. The health volunteers have this year been helping at the health post, with patients' check-ups, and teaching first aid, at the community, as well as in the private schools in Kathmandu. The health volunteers have been working both at the community and in the office. They have also been helping by raising awareness by conducting different campaigns as well as health talks at the schools.

The volunteers also conducted research. They developed trainings and campaigns manual.

## CHAPTER 6 OKHALDHUNGA PROGRAM

VIN piloted its first program in Jitpurphedi VDC of Kathmandu District. It has extended working site in three VDCs of Okhaldhunga (Taluwa, Bhadaure and Thulachhap). These VDCs are comparatively less developed than other VDCs of the Okhaldhunga. After conducting baseline survey in 2012 Taluwa, Bhadaure and Thulachhap VDCs of the Okhaldhunga district, VIN have been working in the sector of Children, Youth, Women and Public Health in Taluwa VDC since November 2013. And from 2014, Children Development program had been implemented in Thulachhap VDC. The major objective of the different projects are to empower community people of this rural area and to increase the level of knowledge of people about health & sanitation, education, and environment.

### Major activities completed:

#### 6.1. Public Health and Medical Care Program

##### 6.1.1. Medical Support Project

- Coordinated with District Public Health Office - Okhaldhunga and Okhaldhunga Community Hospital for Health Camp
- Conducted 2 day Specialized Health Camp in Taluwa

The Taluwa Specialized Health Camp was supported by FoVIN Netherland. With the help from Okhaldhunga District Public Health Office (DPHO), Taluwa Sub Health Post, Taluwa VDC office and assistance from VDC stakeholders, national and international volunteers, the Health Camp was successfully completed. To provide medical services, there were 1 Gynecologist from Kathmandu, 2 Doctors and 3 Nurses from DPHO Okhaldhunga and 3 International volunteers from Netherlands. Along this, VIN staff team, 7 National volunteer from Taluwa community, 3 international



Figure 26 Specialist Health camp in Okhaldhunga

volunteer from US had contributed for the success of the health camp. The Health Camp was for 2 day which was started on 8<sup>th</sup> of November. The camp was formally started and closed where the program was chaired by Program Manager of VIN and Chief Guest was Senior District Public Health Officer Mr. Gyan Bd. Basnet. The total beneficiaries of the Health Camp were 245.

#### **6.1.2. Health and Hygiene facilities support Project**

- Monitoring visits in wards for Toilet Construction
- Prepared complete toilet construction profile of Taluwa VDC

For the installation of Toilets in the Taluwa community, different toilet construction materials are provided to the community. Routine monitoring of the construction site and awareness to community on hygiene and sanitation have been done regularly. Until December 2014, The Health and Hygiene facilities support Projects of Okhaldhunga had supported 55 Toilet in the Taluwa VDC.

#### **Toilet Construction in Taluwa**

Detail about toilet construction in 2014

	Total Family	Male	Female	Total Population
First Lot	20	56	70	126
Second Lot	20	64	64	128
Third Lot	15	54	49	103
Total Beneficiaries	55	174	183	357





*Figure 27A toilet supported by VIN in Okhaldhunga*

## **6.2. Children's Development Program**

### **6.2.1. Early Childhood Development (ECD)**

- Painted 18 ECD centers of Taluwa VDC with white color
- ECD Teachers and Volunteer teachers refresher training in Thulachhap and Taluwa
- Monitoring visit of all 20 ECD centers of Okhaldhunga with PISL USA
- Observation visit of Bhadaure VDC for ECD project expansion

There are 20 ECD centers in Taluwa and Thulachhap VDC of Okhaldhunga District. In those ECD centers, VIN is working in close coordination with District Education Office, Okhaldhunga and respective school management committee of the school. Out of 20 ECD centers, VIN continued to provide salaries to 7 ECD teachers and provided bonus to all the other teachers and volunteer teachers. In September 2014, VIN provided painting materials to 18 ECD centers of Taluwa and Thulachhap where plastering of wall and floor had been completed. 2

ECD classes left for painting are from Taluwa ward 3 (school ECD) and Taluwa ward 3 (community ECD).

Refresher Training of ECD teachers and volunteer teachers were completed in both VDC. 8 teacher and 9 volunteer teacher were present in the training of Thulachhap VDC which was conducted for 3 days in the ECD class room of Himalaya Higher Secondary School, Thulachhap which was started from 5<sup>th</sup> November. In Taluwa, 1 day training was conducted on 10<sup>th</sup> November in ECD class room of Bimire, Taluwa-6 where 10 ECD teachers and 10 volunteer teachers were present. The training was successfully completed. The training was provided by Executive Director of PISL Diann Grimm, which was translated and facilitated by VIN District Program Coordinator Sujan Sapkota.

With PISL team, VIN monitor all the 20 ECD centers of Taluwa and Thulachhap VDC of Okhaldhunga. Most of the ECD classes were running well. But some of the ECD centers of both VDC have different educational and administrative problems which should be sorted out as soon as possible. All the teachers and volunteer teachers seems to be satisfied and trying their best for children's development of their community. But due to lack of proper educational background and old age of the teachers, some of the ECD centers are not functioning as per our expectation.

*Figure 28 Training to ECD children in ECD center of Okhaldhunga*

With the support from PISL, VIN is planning to implement ECD project in Bhadaure from April 2015. To plan the overall ECD project for Bhadaure, we observe the 5 different schools and one community of Bhadaure VDC on 17<sup>th</sup> of November. All the visited schools welcome us warmly and were very much interested to start the project in their schools. Ward 3 of Bhadaure did not have any schools in the ward, after in-depth communication with the community people on importance of ECD center, one of the community people named Mr. Pushpa was ready to provide his private land for ECD building construction.



**Figure 29 ECD teachers after training in Okhaldhunga**

#### 6.2.2. Sponsorship

- Prepared sponsored children intake documents
- Prepared sponsored children intake documents
- Conducted sponsored material distribution program and distributed sponsored material to 37 sponsored children of Okhaldhunga

VIN continued to provide scholarship to 37 school going students of Taluwa VDC. During this period, august and December intake documents were prepared and forwarded to line managers.

The Sponsored Educational materials were distributed to all the sponsored children of the VDC



on 26<sup>th</sup> September. The students who were getting sponsorship were very happy to get those materials. Other students of the community were also expecting those kind of help.



### 2.3. School Infrastructure Development

- Observation visit of School Infrastructure of Taluwa and Thulachhap VDC by FoVIN Australia
- Supported furniture to Dudhkoshi Primary School of Taluwa VDC

VIN have the objective to develop the educational structure of the working community. Starting from ECD class, VIN is planning to support the primary classroom of the Taluwa from next year starting from grade 1. In view of that, the partner organization Executive Director of FoVIN Australia visited Okhaldhunga from 23<sup>rd</sup> September to 27<sup>th</sup> September. They visited and interacted with 7 different schools of Taluwa and Thulachhap VDC. After the observation and communication with school management committee, parents, students and other local stakeholders they were strongly motivated to improve the infrastructure of the primary classrooms of Taluwa and Thulachhap VDC.

*Figure 30 Students after getting sponsor materials*

For the development of infrastructure of Taluwa schools VIN supported furniture (Tables and Cupboards) to the kindergarten class of Dudhkoshi Primary school of Taluwa ward – 7. After getting the materials, the teaching learning environment of the classes were very good. The school Head teacher and other members of school management committee looks very happy and trying their best to improve the quality of education.

### 6.2.4. Parenting Education/ Teachers Training

- Completed Exposure visit of Head Teachers from Jitpur community

The Head teacher exposure visit of the schools from Jitpurphedi VDC where VIN is being implementing Children Development Program visited Okhaldhunga on 25<sup>th</sup> November. VIN organized and held an interaction program where 7 Teachers from Jitpurphedi and almost all the head teachers of Taluwa and Thulachhap,







Okhaldhunga Schools Resource person and VIN team were present. The interaction program was majorly focused on VIN's children development activity on both the communities and its importance and challenges. The interaction went well, as all the Children Development activities and knowledge

on strategies and difficulty of children development program were discussed. Along with the interaction with head teachers of Okhaldhunga, they observe and interacted with 3 schools of Thulachhap and 4 schools of Taluwa.

As per the informal discussion with the Head teachers of Jitpurphedi Schools, they were very emotional by seeing the educational condition of the Okhaldhunga. They also contribute some funds to schools of Taluwa and Thulachhap and also shared the technical solutions and provide advice to improve the educational condition of the schools.

### **6.3. Women Empowerment Program**

#### **3.1. Microcredit**

- Conducted monthly cooperative meetings in wards
- Conducted monthly cooperative meetings with cooperative board members

Taluwa Multipurpose Women's Cooperative limited was established in Taluwa on 2014 with the financial and technical support of VIN.

*Figure 31 Cooperative meeting in ward 3, Taluwa*

The cooperative is running effectively and doing its saving and credit

activities, but due to lack of sufficient cash, the major objective of making entrepreneur women in the community is still far ahead. Women group of cooperative in each ward held their monthly meetings regularly. During this period, there were 2 cooperative board meeting. The discussion was mostly focused on cooperative activities, formation of new board members and recruitment of new staff. Cooperative members were expecting loan support from VIN to provide credit to interested women who want to be an entrepreneur of the community.

#### **6.3.2. Women Education and life skill**

- Conducted Training on Human Trafficking in two women's group of Taluwa

- Conducted Training on Human Trafficking to teen aged girls in one high school of Nishenkhey Thulachhap and one secondary school of Taluwa.
- Celebrated awareness event on the occasion of International Day for the elimination of violence against women in Taluwa

International volunteer named Maddie Craig from US came to Okhaldhunga on 3<sup>rd</sup> November and stayed for 15 days. During this period, she trained 48 Community women of Bimire and Nalsu, Taluwa and 171 teenaged boys and girls of Taluwa and Thulachhap VDC on Human Trafficking and its prevention. The training went well.

On the occasion of International Day for Elimination of violence against women, VIN organized an awareness Rally in coordination with Taluwa Multipurpose Cooperative limited on 24<sup>th</sup> of Mangsir. Women and stakeholders from different wards were participated in the rally. Nearly all the community people of Taluwa ward-6 of Taluwa were aware on elimination of violence against women.

**Figure 32** Training in Janachetana school

#### **Key Achievements:**

- 245 community people got free health checkup and medicines.
- 55 household of the Taluwa VDC have their own toilet facility.
- 18 ECD rooms were successfully painted and looks very student friendly.
- 18 ECD teachers and 19 volunteer teachers from Taluwa and Thulachhap got knowledge on using Early Childhood Development methodologies and skills of using ECD teaching learning materials.



- 37 students of Taluwa VDC got educational sponsored materials for their education.
- 235 women of Taluwa VDC are actively involved in saving and credit through Taluwa Multipurpose Cooperative limited for generating income for their family.

- 48 Community women of Bimire, Taluwa and Nalsu, Taluwa got knowledge on Human Trafficking and its prevention.

- 171 teenaged girls and boys of Taluwa and Thulachhap VDC got knowledge on Human Trafficking and its prevention.
- Good rapport and coordination channel has been established with different stakeholders of Okhaldhunga district.

### **Challenges**

- Late arrival of community people in program day
- Less number of youths in the community for the effectiveness and sustainability of the programs.
- High migration of people towards terai region and developed cities in search of better education for their children.
- Have to push and motivate the community towards developmental activities, self-motivation of the community still far ahead.
- Poor communication
- Scary transportation
- Geographical difficulty, difficult to walk a long distance to complete simple tasks.
- Difficult to follow-up multiple programs at the same time

### **Conclusion**

It is concluded that all the projects were implemented successfully in Okhaldhunga. Community people were benefited from different educational activities on health, Human Trafficking prevention etc. and getting support for toilet construction. Local leaders, teachers, social worker helped and showed their cooperation, even provide guidance in some of the cases during this program time period. Volunteers even get glad to be in lap of natural beauty and experience the difficult life people have to live in these poor and least developed communities of Nepal. They were happy to share their knowledge and share different cultures between one another. Also, volunteers were happy to live in helpful, innocent community.





## **CHAPTER 7 VOLUNTEERING PROGRAM**

VIN has been mobilizing international and local volunteers in its various programs, helping make a sustainable difference and improve the lives of Nepali people in the most disadvantaged communities. VIN has altogether 18 volunteering and 5 internship programs along with the opportunity of volunteering with travel and trekking program or take part in adventure programs regardless of volunteering programs. Majority of the volunteering and internship programs of VIN are community based aiding to community projects of VIN at Jitpurphedi VDC. In addition, VIN also offers other programs such as Teaching English at Buddhist Monastery and Nunnery, Orphanage and International Journalism Internship that are more concerted towards fund raising for community development program. At the same time, such volunteering program gives the volunteers an opportunity to experience a different environment, enhance their skills and serve a different community of monks, nuns, orphan children and so on though they might not be the target group of VIN's Community Development Program.

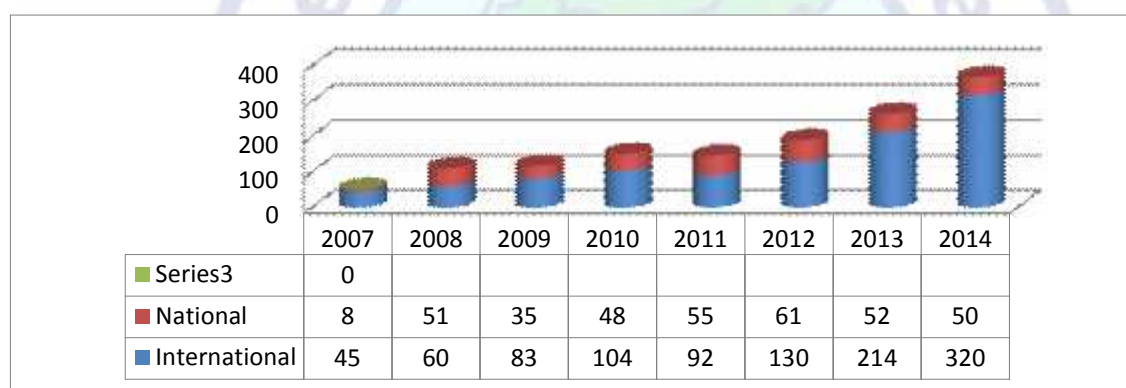
The objective of VIN to mobilize international volunteers for community development is to use the skills, expertise and knowledge of international people on various sector of



development work. VIN provides a platform for general service as well as professional help for international people who want to contribute their time, skill and energy for needy people of Nepal. VIN aims at utilizing the skills of volunteer to optimum so that the community projects as well as the beneficiaries of volunteers' service would benefit most out of the volunteering programs.

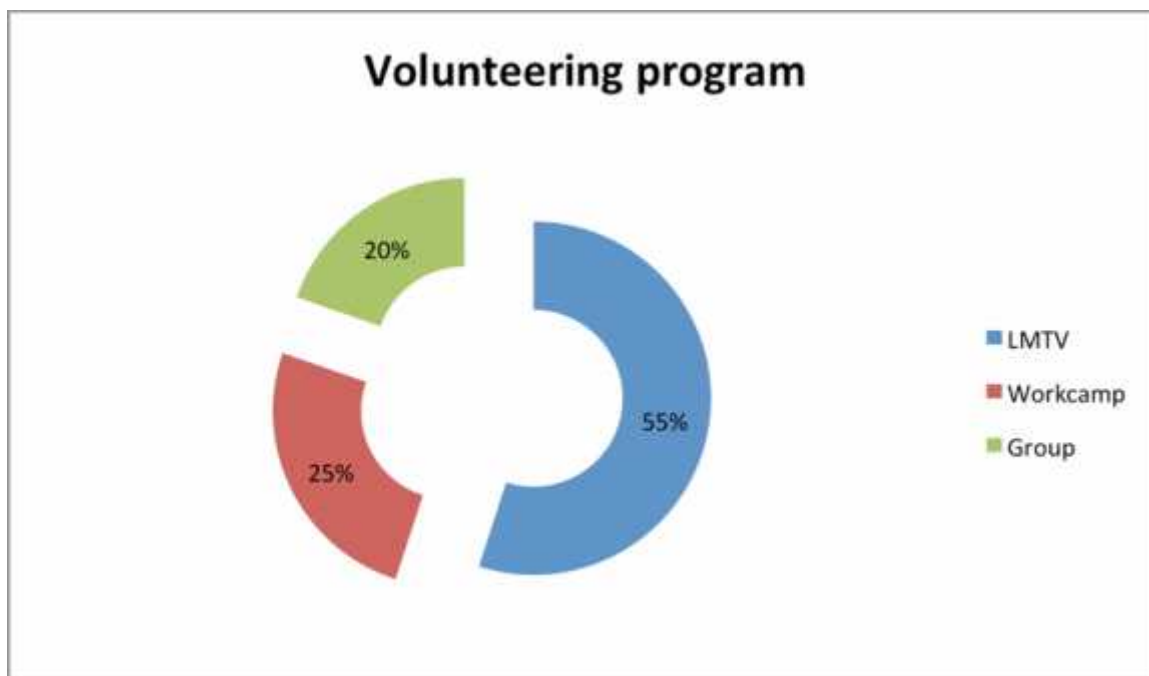
### 7.1 Participants in 2014

In 2014, VIN welcomed 370 volunteers, which represents an increase in 39% compared with the previous year (266 in 2013). This is the highest number of volunteers ever received by VIN since its creation.



**Figure 33 No of volunteers each year (2007-2014)**

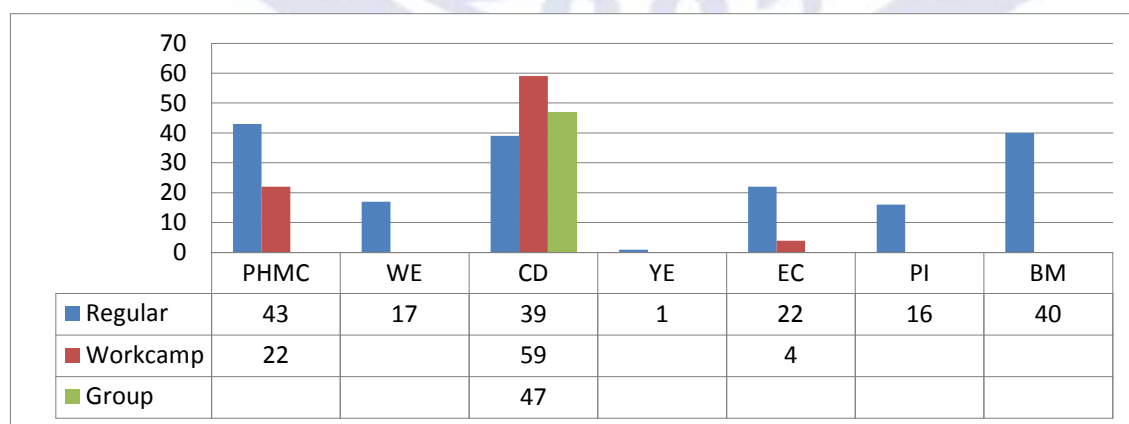
Comparing the number of volunteers from 2007 to 2014 (as seen in the graph above), the incremental increases in each year can be clearly seen. The total number of volunteers received by VIN from its establishment is 1,408. As shown in the graph: VIN received 266 volunteers in 2013 and 370 in 2014. This is a considerable increase and the most impressive amount of registered volunteers to date.



**Figure 34: Percentage of volunteers in each Volunteering program**

Out of the 320 international volunteers welcomed by VIN in 2014:

- 176 were assigned to regular (long/mid-term volunteer) programs (146 in 2013, +20%)
- 81 to twenty-five different work camps (30 in 2013, +170%)
- 63 volunteers took part group camps (38 in 2013, +65%)



**Figure 35 No of volunteers according to program**

Due its involvement in Jitpur, a large number of VIN programs are designed to fill the gaps and make the lives more prosperous in that community, with a focus on Children's Development

(CD), Women's Empowerment (WE), Youth Empowerment (YE), Public Health and Medical Care (PHMC) and Environment & Conservation (EC).

VIN has also established non-community programs, which come under Public Interest (PI), and Buddhist Monastery (BM) programs. VIN now runs more than 23 projects in total. Working concurrently in Jitpur, VIN has also begun mobilizing international volunteers in Okhaldhunga (since October 2013) and is at the commencement of planning to mobilize volunteers in Okharpauwa (a new community site).

The diagram above shows the number of volunteers received in different programs.

## **7.2 Volunteering programs**

### **7.2.1 Public Health and Medical Care (PHMC)**

Under LMTV project, VIN received 43 volunteers and interns for Public Health and Medical care and 22 volunteers for workcamp project. VIN designed 2 workcamps under PHMC for 2014 which were health talks on 'Hygiene and Sanitation' and the 'Stop Open Defecation' Campaign.

Roles and activities of volunteers in the PHMC Programs:

- Working at the health post and assisting Dr. Laxmi, the Doctor on staff at VIN
- Organizing Women's and School Health Camps
- Conducting 'Teaching and Awareness' Campaigns on reproductive health to girls in schools and women of the community
- Facilitating 'Health Education Workshops' covering important topics such as asthma, breast cancer, hygiene, contagious disease, prolapsed uterus, cervical cancer and more
- Writing manuals on breast feeding and prenatal care and giving presentations on breast feeding, nutrition and hygiene to girls and women of the community
- Carrying out research on Nepal's national health status and specifically maternal and childhood health

*Public health and Medical care program is one of the vital programs in the community. Under this program, there are 4 different project and they are Health hygiene and sanitation project, Medical Support, Health and Hygiene*

### PHMC Project: Health Hygiene and Sanitation Education

‘Health, Hygiene and Sanitation Education’ focuses on educating people of the community on vital information such as hygiene and sanitation through different campaigns. This program focuses on school children, women’s groups and also youth of the community. The main role of volunteers working in this project is to facilitate the awareness campaigns on different health issues. VIN received 9 volunteers under the Health, Hygiene and Sanitation Education project and was therefore able to successfully educate 9 children’s schools on washing hands and brushing teeth.

### Public health

#### PHMC Project: Medical Support

In Medical Support Project, VIN received 25 international volunteers. The main role of the volunteers under this project was to support the doctor in the Health Post and facilitate the Health Camps at schools and different parts of the community. Through this project the majority of the population of the community benefitted.

#### PHMC Project: Health and Hygiene Facilities (Toilet Construction)

Under the Public Health and Medical Care, ‘Health and Hygiene Facilities’ project is one of the major projects to improve the health status of the population. VIN received 12 LMTV, 10 Workcamp volunteers and 10 group volunteers from a university to construct toilets and teach awareness on the importance of health and hygiene facilities to the local community families. Overall, VIN successfully constructed 44 toilets through the help of volunteers.

### 7.2.2 Children’s Development Program (CD):

#### CD Project: Children Club Facilitation

VIN received 4 volunteers for the Children Club Facilitation project. Under this project the volunteer’s main role is to organize club management training, facilitation, working with children clubs in community schools and organizing activities to promote children's physical, mental, emotional and social development. The volunteers received for this project facilitated club management classes to all clubs of the schools.

*Figure 36A Volunteer with school children*

#### CD Project: Early Childhood Development (ECD)



Early Childhood Development project is one of the well-liked projects in the Children Development Program. VIN received 10 volunteers in ECD project. The main responsibility of



ECD volunteers are to assist the teacher of ECD with their daily activities, organize different activities with children, play games, teach new rhymes and ensure that the children are aware of health and hygiene (such as washing hands and brushing teeth). This year VIN received highly interested and skilled volunteers for the project. VIN is thankful for all the

efforts they showed whilst volunteering.

#### CD Project: School Infrastructure Development

Under this project, VIN focused on needy schools and mobilized volunteers to construct walls, build and paint fences, and make playgrounds. In 2014, VIN received mainly group volunteers and workcamp volunteers to develop the infrastructures like building walls, painting classrooms, making playgrounds etc. VIN received 90 volunteers for this project. VIN covered the costs of painting the ECDs and all the schools in Jitpur and also building the fences and walls to surround the school and its playground.

#### CD Project: Teachers Training

Under the Children Development Program, Teacher's Training is one of the major projects to reach its goals. VIN organized different trainings throughout 2014 for the teacher's development. VIN received 17 total teacher trainers from the UK and Australia. These trainings were not only limited to the teachers at Jitpurphedi schools but also included teachers from different schools in Kathmandu.

#### CD Project: Child Care Orphanage

The Child Care: Orphanage project is yet another popular project. VIN received 10 international volunteers for this project. VIN has three actively involved partner organizations who work for Orphan children. The main role of

*Figure 37 Volunteer with women groups*

volunteer is to help them with their homework, teach them English and organize different creative activities.

#### CD Project: Teaching English at Community Schools

Teaching English at Community schools also comes under the Children Development program.

VIN received 7 volunteers for this project. The main role of Volunteers under this project is to teach children English and organize different activities in the schools for them.



### **7.2.3 Women's Empowerment Program (WE):**

VIN received 17 international volunteers

for the Women Empowerment Program. Through this program, many women from the community greatly benefitted. The women were interested in every classes, programs or campaign projected in the community.

### **7.2.4 Environment and conservation (EC):**

Environment and conservation program has many different projects under it. It is one of the important programs for the communities of Nepal. Following are the different project under this program and the details of volunteers received under this program.

1. Agroforestry
2. Agrofarm
3. Climate change
4. Cultural heritage conservation
5. Waste and garbage management
6. Emergency risk and disaster management
7. Biodiversity conservation
8. Research

EC Project: Agroforestry

VIN received 6 international volunteers for Agroforestry project. The Environment and Agroforestry project is conducted with a German partner organization, Kaule-Ev, in the Okharpauwa Village Development Community (VDC) to introduce a sustainable farming alternative. Agroforestry adopts an integrated approach to farming, using the interactive benefits of combining trees and shrubs with crops and/or livestock, leading to a more productive, profitable and healthy use of the land. The project took 6 volunteers on board in 2014

#### EC Project: Agrofarm

VIN received only two volunteers for agrofarm project. The main role of the volunteers under this project is to help different families in farming, promote organic farming, aware people about the effect of chemical fertilizers.

#### EC Project: Waste and Garbage Management

Through the Environment and Conservation program, VIN is focusing on the reduction of Garbage and waste in Nepal. In the communities of Nepal, the management of garbage/waste is very vital. There were few campaigns designed for workcamps where VIN received 4 volunteers for this project.

#### EC Project: Emergency Risk and Disaster Management

VIN received 11 interns and volunteers for this project. This project mainly focuses on the awareness programs. The main of this project is to reduce the risk factors in daily life, prevent from disasters and risks. Under this project, VIN has successfully conducted classes on preventive measure for Earthquake and firing in all the schools of Jitpur community. It also covered certain monasteries and schools in Kathmandu.

#### **7.2.4 Youth Empowerment program (YE):**

Under Youth empowerment program , VIN received two volunteers. They were involved in teaching English and computer to the youth at Jitpurphedi community.

#### **7.3 Testimonials of Volunteers:**

“Thank you for the experience. It was very interesting and very nice. The cultural immersion was perfect in the community and thank you for that and all another.” – Anais Picard, France, Toilet construction project

“What a wonderful experience here in Nepal. The host family was the best. Good luck in the future with the organization and hope we will meet again someday!!” – Pim Kranenburg, Netherlands, PHMC

“Thank you for everything. Your hospitality, kindness humor and the difference you made for me in my life. I will never forget. You, VIN and Nepal has got a place in my heart forever” – Isabelle Kathleen, Denmark, Chil club facilitation

“I commend you for the dedication and amazing work that you do! It shows, your passion for the work that you do. I hope to return for more laugh and dances!!” – Crystal Soares, Canada, Women Trafficking Prevention



“Thank you very much for this amazing experience! I got to learn a lot about the culture of Nepal, Meet interesting people and see beautiful places. I would also like to congratulate you for the amazing work you’re doing here! VIN is a great Organization and i hope i will have the chance to cooperate with you again! So keep it up that way. Best of Luck” – Angeliki Loukaidi, Greece, Child Care: Orphanage

#### **7.5 Feedback for VIN:**



#### VIN's Introduction

VIN's Introduction was considered very good by almost all of the volunteers. They further explained that it was a good and enthusiastic overview of the organization but some of the volunteers explained that its too long and tiring.

#### Nepali Language

Volunteers rated this section ‘very good’ too. They judged the session well organized and interesting. They further explained that its good and understanding but some explains that it’s hard to learn new language in two days.

#### Cultural tips

This section was given a ‘good’ rating by most volunteers who found it interesting and helpful. They explained that its very comprehensive and good advices are given.

#### Health Tips



Health Tips is also rated 'Good' by most of the volunteers who found it very informative. Some volunteer suggested that such information could be sent before departure so in order to allow vaccination in the home country of the volunteer.

#### Sightseeing

Very refreshing visit and good guide.

#### Program Orientation

Some volunteers found this section too general and would prefer specific information about the project. Records from previous volunteers are missing, handover notes are important

#### Teaching Tips

Very important for young volunteers. Very helpful and useful

#### **Accommodation:**

##### Host family:

Volunteers expressed their gratefulness towards VIN for sending them to the host family. They explained that it was a good way to learn the nepali culture. Almost all the host family got excellent in ranking. There were few comments on how cold it was during the winter season.

##### Monastery:

Volunteers placed in Monastery had great experience too. They said that the accommodation provided by Monastery is very good. There were few negative comments on hot water in the bathrooms

#### **Conclusion**

VIN has received more volunteers than ever in 2014 and even saw a growth of 39% compared to 2013. VIN has grown in many aspects, making further contribution in Jitpurphedi, launching the projects in Okhaldhunga in 2013 and now aiming to start different programs in Okharpauwa where volunteers will now be placed. This is another great achievement in VIN's history.

In 2014, VIN received a total of 50 national volunteers, 176 regular international volunteers, 81 workcamp and 63 group camp volunteers from different countries around the world. VIN has welcomed of a lot positive feedback and comments on their different programs but has also identified some areas of improvement that it is determined to work hard on. Feedback is always highly valued by VIN and comments received in year 2013 alone have enabled VIN to improve in many areas, which made its work more organized and manageable.

To conclude this report, VIN would like to thank all the national and international volunteers as well as all the program staff for their help, which allowed the volunteering programs to work smoothly. Support through VIN to the community as well as other program was only possible through the volunteer's help and dedication. Their work and time is much appreciated by VIN.



### FINANCIAL STATEMENT OF THE FISCAL YEAR 2070/71 (2013/2014)

#### Annual Income sheet (NRs.)

Particulars	Amount
Friends of VIN, Netherland	5965525.34
Friend of VIN US	377806.9

<b>Cazalla (EVS)</b>	3144093.75
<b>Better World</b>	941701
<b>PiSL</b>	1328109.25
<b>LRTT</b>	285702.55
<b>Pien Van Riessen</b>	346513
<b>Philipp and Austrid</b>	570890.55
<b>Lidewij Van Den Berg</b>	497022.18
<b>Volunteer Program fees</b>	2851226.05
<b>volunteer program training and consultation</b>	8659069.31
<b>Interest Received</b>	602396.68
<b>child sponsorship</b>	478854.23
<b>Fund Raiser activities: charity travels and trek</b>	1847075
<b>Funds from communities</b>	2065500
<b>Partner organizations</b>	26596
<b>Membership Renewal fees</b>	13500
<b>Fixed assets donation received</b>	1255378
<b>Donation box</b>	21000
<b>Profit from vehicle sales</b>	375000
<b>Vehicle on hire</b>	622600
<b>Total Income</b>	<b>32275559.79</b>

#### Annual expenses sheet (NRs.)

<b>Programs</b>	<b>Particulars</b>	<b>Expenses</b>
<b>Women's empowerment Program</b>	Literacy	0
	Microcredit	83200
	Income generation	127700
	Transportation and Communication	66600

	Salaries	213000
	Stationary	4605
	Grant to Jitpur Women's cooperative	252855
	Other	37800
	<b>Total</b>	<b>785760</b>
<b>Children's Development Program</b>	Early Childhood development	219620
	Children's club	92251
	Teacher's development	109599
	Orphanage	227005
	Infrastructure development	776998
	Sponsorship	330766
	Salaries	359217
	Transportation and communication	32400
	Stationary	52481
	Other	54875
	<b>Total</b>	<b>2255212</b>
<b>Youth Empowerment Program</b>		<b>399015</b>
<b>Public health and medical care</b>	Health post support	152395
	Health camp	16106
	Toilet Construction	1104581
	Salaries and allowance	547740
	Transportation and communication	28800
	Stationary	452
	Other	63064
	<b>Total</b>	<b>1913138</b>
<b>Volunteer Expenses</b>		6585113
<b>Administrative and overhead Expenses</b>		2355862
<b>Okhaldhunga project expenses</b>		6463815
<b>Other</b>		793472.76
<b>Total Expenses</b>		<b>21551387.76</b>