



स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal

ANNUAL REPORT

2017



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LIST OF ABBREVIATIONS AND ACRONYMS

CCF	Child Club Facilitation
CCs	Children’s Clubs
CD	Children’s Development
CPR	Cardio Pulmonary Resuscitation
DPHO	District Public Health Office
DWASHCC	District Water Sanitation and Hygiene Coordination Committee
ECD	Early Childhood Development
FCHVs	Female Community Health Volunteers
H & S	Health & Sanitation
H&H	Health & Hygiene
HIV	Human Immune Deficiency Virus
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
NPA	National Plan of Action
NPABSON	National private and boarding schools’ organization of Nepal
ODF	Open Defecation Free
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
VDC	Village Development Committee
VIN	Volunteers Initiative Nepal
WASH	Water Sanitation and Hygiene
WE	Women’s Empowerment
YE	Youth Empowerment

EXECUTIVE SUMMARY

Volunteers Initiative Nepal (VIN) has been working in three districts in Nepal; Kathmandu, Okhaldhunga and Nuwakot, by using a holistic approach since 2007. The project was initiated in 2007 in Jitpurphedi, Kathmandu District. The primary focus of these development projects are vulnerable women and children who are living on the edge of poverty. VIN has developed comprehensive programs to empower all the members of the community, such as Women's Empowerment, Children's Development, Youth Empowerment, Public Health and Medical Care, Environment conservation and Disaster Response and Relief.

The Women's Empowerment Project in 2017 helped 1000 +women to better understand life skills and health issues. Entrepreneurship development projects such as entrepreneurship development training, knitting, soap making, sanitary pad making provided women with financial support. 1142 women received access to financial means through two cooperatives supported by VIN.

Children's Camps, Children's Clubs, the school sponsorship program, training programs, and early childhood education have improved the lives of many children. Children's camps in Kavresthali, Jitpurphedi and Okhaldhunga have provided fun experiences for 300+ children. Education about discrimination or exploitation was provided to thirteen different Children's Clubs. Sixty-four children received school scholarships that allowed them to attend school. 52 Early Childhood Centres in Jitpurphedi, Kavresthali, Okharpauwa and Okhaldhunga are currently serving over 600 children in well-equipped classrooms with trained teachers. A compound wall was built in Badreni Primary School, Chitwan. 80 youths have been involved in volunteering projects in their communities.

VIN's public health and medical care program provided 524 community people extended services at the health post. Training and awareness sessions on health issues were conducted targeting women in the communities, children, and youth at school. WASH project was implemented in Kavresthali, Okharpauwa and Okhaldhunga. Bhadaure was declared an ODF community. Research was conducted on water resource management and climate change. Water quality testing was carried out in Kavresthali. Earthquake resistant ECD buildings were built in Okhaldhunga, a community-learning centre is under construction at Okhaldhunga, 14 families were supported with reconstruction of their houses, and seven were supported to clear the debris from their broken houses. Altogether 643 international and 80 national volunteers were instrumental in the success of VIN's community development programs. Total budget of the project was NPR **32,142,389.22** (about \$321,423 USD).

MAJOR ACHIEVEMENTS OF 2017

Table 1:- Summary table of projects and major achievements in 2017.

Program	Project	Detail of Activities	No of activities	Beneficiaries
Women's empowerment	Micro-credit	Fundraise to build a cooperative	1	800
		Annual general assembly	2	1142
		Cooperative management training	2	49
		Picnic	1	180
		New Women's group	50	377
		Managed the fertilizer and seed	12	800
		Celebrated Women's day and Teej festival	2	180
		Group management	4	46
		Conducted trainings on – business plan preparation, Cooperative management, life skills, Cooperative management, public speaking, account management, group facilitation	1	227
		Publish calendar	1	800
	Entrepreneurship Development	Entrepreneurship Skill	8	85
		Body soap making	4	32
		Liquid soap making	1	7
		Sanitary pad making	2	64
		Knitting	1	19
	Women education and life skills	Women right and domestic violence	2	245
		Communication, stress management, leadership, disaster management, time management, Gender and equity, healthy relationship, sanitation, public speaking, women trafficking, problem solving, creative thinking and self-esteem class	19	293
		Leadership training at Okhaldhunga	2	60
		Group work	85	774
		Computer training	2	240
		English language	2	240
		Yoga	6	38

Children Development	Children's Winter camp	Winter camp	2	120
		Summer camp	2	160
		Library camp	1	550
	Children's Club	Health sessions	2	1500
		Child rights training	7	1000
		CC/UCC Formation	14	289
		Children's Club Facilitation Training to teachers	2	17
		Computer training	3	80
		Report writing training	1	320
		Child club management training	17	289
		Fun with Kids	1	350
	ECD	Basic ECD Teacher Training	1	17
		ECD Materials Distribution Okharpauwa	9	200
		ECD teachers Refreshment Training	4	63
		ECD classrooms maintenance	1	52
		ECD building construction	2	60
	Sponsorship	Sponsor materials Distribution	2	65
	Teacher Development	LRTT training	2	200
	School Improvement	Painting and teaching at Schools	4	600
		School compound wall construction	1	100
Youth Empowerment	Youth Capacity build up	Youth employability skills orientation	1	40
		Youth volunteering	1	80
	School health	Health Talks	7	300
		Hygiene and Sanitation Ed.	16	700
		First aid training	7	300
		Nutrition	-	-
		Menstrual hygiene and sex education	10	290
	Health campaigns	Campaigns on Blood pressure	18	350
		Conducted campaign on waste management	10	650
		Diarrheal diseases	10	200
		Breast and cervix cancer	28	500
		Pelvic floor exercises	10	60
		Women's reproductive health care	28	500
	Health Clinic Program	Non-communicable diseases	18	200
		Checked patients at Health Post	1	524
		Physiotherapy clinic	3	3

WASH		Medical stuffs, Materials and instrument supply	2	5000
		Pathology lab	1	3000
	Campaigns	Hygiene and Sanitation Ed.	50	1500
	Construction	Family Toilet construction	8	50
		School toilet construction	1	360
	ODF	ODF campaign	1	4000
Environment and Conservation	Heritage site	Bajrayogini temple	1	-
	Schools' environment	Environmental clubs	7	600
	Community's environment	Environment management committee	9	6000
	Waste management	Environment cleaning	9	6000
	Agro farm	Farming	19	55
Post Disaster	Construction	House reconstruction	14	76
	Clearance	House clearance	7	40
	School construction	Badreni school's compound wall construction	1	100
	Construction	ECD	2	400
Social events	Social events	International volunteers Day	1	500
		International women's day	1	550
		Christmas day	1	50
		Holi	1	35
		Dashain festival	1	50
		Staff Retreat	1	25
Research	Health research	Health survey on diarrheal diseases at Kavresthali		
		Nutritional status of school going children and under five children at Kavresthali		
		Status of non-communicable diseases at Kavresthali		
		Women's health issues at Kavresthali and Thulachhap		
		Major illnesses of senior citizens above 60 years		
	Environment research	Water resource management		
		Waste management practice at Kavresthali		
		Climate change portfolio of Kavresthali		
		Water conflicts issues and solution in Kavresthali		
	Women's empowerment research	Water quality testing in Jitpur and Kavresthali		
		Women's need assessment at Kavresthali		
Volunteering	Volunteering	International Volunteers from all around the world		643
		National volunteers		80

CHAPTER 1 INTRODUCTION

Background:

Volunteers Initiative Nepal (VIN) is a non-religious, non-political, non-governmental, non-profit organization (NGO) founded in 2005 by a diverse group of 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). VIN is also affiliated with the Social Welfare Council Nepal (SWC) (Affiliation No. 20910).

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

VIN has been implementing projects in 4 districts of Nepal; Kathmandu, Okhaldhunga, Nuwakot and Rasuwa. Each of these districts has great potential for developmental activities. Baseline studies from each area have shown that the educational level and living standards of the people are very low. Limited social facilities, such as quality schools and well-equipped health centres are lacking.

VIN has intervened through six major programs. These 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 is accomplished through training in women's entrepreneurship development, implementation of microcredit programs and essential life skills.

Youth Empowerment (YE): The goal of the program is to empower youth socially and economically through education, life skills, and entrepreneurship development, with the final objective being their involvement in bettering their own community. 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 support the development of the "Whole Child" through meaningful and functional activities that develop physical, mental, social and creative skills. This program includes Children's Club Facilitation (CCF), Child Sponsorship, Early Childhood Development (ECD), School Infrastructure Development (SID), Teachers' Development (TD), Parenting Education (PE), Child Care, Children's homes, and research projects.

Public Health and Medical Care: The goal of the program is to create healthy communities by controlling and preventing diseases. This is accomplished by addressing health conditions through research, providing medical care and support, improving health and hygiene facilities and providing education in health, hygiene and sanitation.

Environment and Conservation: The goal of the program is to conserve, promote and protect the environment and culture by controlling water, land and air pollution. This project aims to safeguard the health, safety and welfare of this generation and those to come. This program includes projects such as agro-forestry, agro-farming, climate change, cultural heritage conservation, waste management, water research, biodiversity research.

Disaster Response & Relief: The goal of this program is to minimize the risks of natural disasters and provide safety to vulnerable people. This program includes how to implement WASH in emergencies, rebuilding earthquake resistant infrastructure, including homes, schools and other community buildings.

CHAPTER 2 WOMEN'S EMPOWERMENT PROGRAM

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

The women's entrepreneurship project includes agricultural and non-agricultural activities that train women to generate income and develop as entrepreneurs. The microcredit project, based on the cooperative model, includes learning about saving and using credit within women's groups and registered cooperatives. The women's education and life skills project include teaching literacy and life skills that will help women develop knowledge and capability. Women are trained on health practices and special clinics are organized to focus on specific health issues common to women. Current projects are being implemented in communities outside of Kathmandu and within the Okhaldhunga district.

Major Program Objectives:

1. To educate women on their rights, life skills, health and sanitation practices, and prevention of trafficking.
2. To ensure economic freedom for women by establishing micro credit system.
3. To develop women as entrepreneurs through income generation initiatives.

To conduct research on women's issues to find solutions to pervasive problems of women in rural Nepal.

Microfinance has been documenting to be a key poverty alleviation strategy that can enable poor women to overcome adverse economic stress. VIN organizes women into community groups and then helps them to form a saving and credit Cooperative. By providing women with access to savings and credit, they are able to have a stronger position in economic decision-making in their homes and communities.

The community women run these cooperatives completely: **Jitpurphedi Agriculture Women Cooperative Limited (JAWCL)** was established in 2010. **Taluwa Multipurpose Cooperative Limited (TMCL)** was established in 2014.

2.1. Micro-credit Project

The major objective of micro-credit project is to ensure economic freedom for women through establishing micro-credit system. This project mainly focusses on different types of activities related to micro-credit. VIN has been implementing this project in Kavresthali, Jitpurphedi, Taluwa, and Thulachhap.

Micro-credit is considered 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 Cooperatives. By providing women with greater access to savings and credit, they obtain a stronger position in economic decision-making.

The micro credit cooperatives named "Jitpurphedi Agriculture Women Cooperative Limited" (JAWCL) is established and run by the community women from 2010.

Eighth General Assembly of Jitpurphedi Agriculture Women Cooperative Limited

VIN established JAWCL on 2010. JAWCL has conducted the eighth general assembly with 356 women shareholders in Tarkeshwor municipality-3 Tinpile on 23rd December 2017. The main objectives of the general assembly were to present the annual cooperative transaction to the members and stakeholders and make agreement of annual plan 2017. The president

presented the summary of the annual activities performed by the cooperative and the plan for the coming year. The treasurer presented the summary of the financial transactions.

There were parliamentary members, regional members, municipality ward president, social workers and representatives from different governmental and non-governmental organizations present at the assembly. The parliamentary member, regional member and municipality ward president had committed to support Cooperative and its building construction. Similarly, VIN's president expressed that VIN will support them financially to build Cooperative building and supports them for capacity build up. Women members expressed their gratitude towards VIN for the important support from the beginning of the establishment.

Annual Status of Cooperative Presented at Eight General Assembly. (Audit copy FY- 73/74) (2016 July to 2017 June)



Fig: -1 Eighth annual general assembly of Jitpurphedi women cooperative.

SN	ACTIVITIES	AMOUNT
1	Total cooperatives members	774
2	Total share amount	10,66,600 00
3	Total saving amount	1,78,65,911 00
4	Total loan investment amount	1,63,00,933 00
5	Total income	19,62,541 00
6	Total expenses	19,38,138 86
7	Total profit	24,402 14

Table 2. Summary of the financial transaction of Jitpurphedi agriculture women's cooperative limited- FY 73/74

Social Event Organized by Cooperative

Teej -On 18th August 2017, JAWCL organized Teej festival. Teej festival is famous and popular amongst the Hindu women in Nepal; it involves the women fasting for a long and healthy life of their husbands. "Darkhanne" and worship god "Shiva and Saptarishi" are the famous part of Teej. They did different wishes like; forever happy marriage life, long life of husband and themselves. In the program, more than 60 women were participated. They enjoyed by singing and dancing. Picnic-Women from JAWCL organized a day picnic program. There were 180 women participated in the picnic. They went to Thankot, west of Kathmandu.



Fig: - 2 Women celebrating Teej at Jitpurphedi



Fig: - 3 Women involvement in picnic program of women agriculture cooperative limited.

Cooperative Board Member's Meeting

VIN, together with Cooperative board members, has been coordinating monthly meetings in the cooperative office in Jitpurphedi. Last year, fourteen meetings were held. Major agendas of the meetings were Cooperative building, compound wall construction, proposals to municipality office, construction committee formation, reviewing loan volume, sewing-cutting training, review staff salary, co-ordination with other organizations, re-form management committee, trainings, picnic program, annual general assembly, revision Cooperative constitution to reduce management and account committee's member etc.



Fig: - 4 Monthly meeting of Jitpurphedi women agriculture cooperative limited.

Cooperative Management Training.

The Cooperative management training for board members of JAWCL was organized. District division Cooperative supervisor facilitated one day training. The main objective of the training was to orient the cooperative's board members about the new Cooperative law of 2074 BS. It was focus to explain difference between the Cooperative law of 2048 BS and 2074 BS. It was oriented about the role and responsibility of different Cooperative committees and annual general assembly. There were 18 participants from cooperative.

Boundary Wall Construction around Cooperative's Land. A compound wall of 41m X 0.95 m was constructed around cooperative's land at Tinpipple. The fund for the project was funded by Tarkeshwor municipality ward office 3.



Fig: - 5 Cooperative management training with board members of JAWCL

Kavresthali Community

A Need Assessment Survey of Kavresthali

A need assessment survey was conducted in Kavresthali. The main objective of the survey was to collect data of the demographic, the socio-economic status of the women and to identify the women's needs. The survey was done with 130 women between the ages of 18 – 60, living in the Kavresthali area. The survey revealed that majority of women supported their livelihood through the agricultural sector and they were already involved in some form of women's group. Using case studies and interviews, we found that most women were educated but very busy. The key finding of survey is mention in following points.

Key Findings from the Survey:

- ❖ 88% of the women were from the Brahmin cast.
- ❖ 39% were illiterate, 26% received primary education, and 6% attended college. The illiteracy rate was higher among the older age group.
- ❖ Women from the older age group were more likely to support themselves through agriculture.
- ❖ 81% of the women were already involved in women's groups, and 84% were interested in joining new groups. Women from the older age groups are more interested in women's groups than the younger ones.
- ❖ Agriculture and the husband's job were the two biggest sources of income.
- ❖ 64% had debt from either a cooperative, the women's group, bank or husband's job.
- ❖ The husband is the decision maker in more than half of the households.
- ❖ 89% are interested in joining a new cooperative.

- ❖ The purchase of agricultural products is the most expected service of the cooperative.
- ❖ 30% of the women have already received some kind of training.
- ❖ 74% were interested in receiving life skills training. The older generation were more interested in agricultural training, while the younger ones are interested in sewing and business training.

Women's Groups Formation

VIN facilitated the forming of 25 women groups in Kavresthali throughout 2017. Each group is formed with 7-9 women. The groups were formed by initiating communication with the women, conducting meetings, informing the women about VIN's working strategy and working process with groups and collecting information about their needs and challenges. Groups were formed in Bhandarigaun, Thanti, Lamichhanegaun, Simleshwor, Thumka, Karkigaun, Thali, Kaure and Bherigoth villages of Kavresthali. Altogether 25 women groups are formed with 223 women in Kavresthali.



Fig: - 6 Women in-group formation meeting.

Women's Groups Meeting

Every month VIN has been coordinating the groups meeting for collecting savings. The meeting of 25 women groups was held every month. They are involved in income generation activities as a farmer, animal keeping, home stay, business, tailors and liquid soap entrepreneur. All group members are saving a minimum of 100 rupees by the name of the group. These meetings provide opportunity to women to get together, discuss, and share about the new issue. They try to solve the problems from the groups.



Fig: - 7 Saving collection meeting in Kavresthali community.

Group Management Training

VIN conducted group management training to women groups from Kavresthali. The main objectives are to train women about group dynamics and orient group members about roles and responsibilities. The roles of the president, the secretary, the treasurer and general members were discussed. The President has a major role to work as a head of the group, mobilize the group, monitor the group members, and make final decisions and recruits new members. The secretary has a major role such as write letters to the group members, sends the invitations to the meetings to all the attendees, prepares the agenda for meetings, write the minutes, and work as a leader in the absence of president. The treasurer has a role such as taking responsibility for finance and bookkeeping, advises on financial planning, and keeps record of the money flows. The member's roles are to discuss about problems and find solutions within the group, take responsibility for the projects organized by the group, collect as much information as possible on projects and discuss and attend all the meetings.



Fig: - 8 Group management training.

The group members were oriented about conducting meeting and writing a minute. The training was conducted at Thali, Kaure, Dhakalgaun, Simleshwor, Lamichhanegaun, and Bhandarigaun for 6 groups. The training was found to be effective to orient and train groups' members about group dynamics and their roles and responsibilities.

Education and Life Skills

- ❖ To educate women on their rights, life skills, trafficking prevention, health, and sanitation.

English Language Sessions

VIN has facilitated English language sessions with women. The main objective of the language sessions was to develop the Basic English speaking skill and replicate the knowledge in their personal life.



Fig: - 9 Language classes with women at Kavresthal

The major topics for the sessions were “Introduce myself”, “Family”, “farming”, “health and disease” “marketing”, “month and season”, “Fashion”, “Around the town”, and “Hobbies”. Women were taught about basic conversations, tense and some vocabulary. The sessions were conducted at Bhandarigaun, Thumka, Simleshwor, Thali, Thanti and Lamichhanegaun of Kavresthali. About 90 women benefitted from the language classes. Women found it effective as this can be useful in their daily life and help them to use social networks.

Training on Computer Use

VIN has conducted the computer training with women in Kavresthali. The main objectives of the training were to make women able to open, create file/folder, create email ID and to provide them with knowledge about the internet. The sessions were planned for two groups of women based on their computer knowledge. Basic and advanced computer sessions were designed. Basic sessions consist of “how to turn on and turn off the computer?”, “how to create a file and a folder?”, “how to use the keyboard?”, “computer vocabulary”, “Facebook vocabulary” etc. Advanced sessions consist of CV writing with cover letter on Word, create an email account, using popular social Medias like Facebook and using Skype. The classes were interactive and women found it useful. About 60 women benefitted from computer sessions. It was conducted at Bhandarigaun, Thumka, Simleshwor, Thali, Thanti and Lamichhanegaun villages of Kavresthali.



Fig: - 10 A woman learning computer in Kavresthali community.

Life skills orientation

VIN has conducted different types of life skills orientation sessions to women. Major topics covered in 2017 were stress and time management, self-esteem, public speaking, domestic violence, assertive communication.

Communication and public speaking sessions

VIN has conducted day orientation sessions on public speaking and communication in different places of Kavresthali. The main objectives of the sessions were to enable the women to speak assertively and enhance their public speaking capacity. The major discussions in the sessions was the importance of assertive communication, tips for good speech and public speaking styles. Women were asked to work in pairs and prepare a speech on different topics. Some of the topics were advantages and disadvantages of “living in Nepal”, “being involved in a women group”, “living in the country side”, “living in the city” and “being a farmer”. Women practiced the public speaking in group which has supported them to enhance their capacity. Altogether 175 women from Kaure, Biruwa, Bhandarigaun, Thanti, Thumka, Bhedigoth, Lamichhanegaun and Thali villages benefitted from the sessions. Women were found happy to be a part of the sessions. They found it useful.



Fig: - 11 Communication and public speaking session in Kavresthali.

Stress management sessions

VIN has conducted a day orientation on stress management with women. The main objectives of the session were to enable them to reduce their level of stress and train them to manage it. The sessions were divided into two parts. First part was discussion about stress, symptoms and examples from participants. In second part, relaxation exercises were discussed with special focus on practical exercises that help women to reduce or manage the stress. Women found it useful in their daily life. About 64 women benefitted from the sessions. Women from Kaure, Biruwa, Bhandari gaun, Thanti, Thumka, Bhedigoth, Lamichanegaun and Thali villages benefitted from the campaigns.



Fig: - 12 Women in stress management session.

Self-esteem sessions

VIN has conducted a day orientation on self-esteem sessions. The main objectives of the session were to orient women about the importance of self-esteem and enhance their ability to raise self-esteem. The session was divided in two parts: a theoretical and a practical part. In first part, they discussed about self-esteem. Women shared their experiences like “my husband has a good job” and “my son is doing great studies”. Women were found happy to get these sessions. About 96 women from Kaure, Birwa, Bhandarigaun, Thanti, Thumka, Bherigoth, Lamichhanegaun and Thali villages benefitted from the sessions. It was found that the sessions appeared to be highly effective for women. It is also proved by the views expressed by one of the participants - “The self –esteem session was useful for me to improve my habit. I feel that self-esteem is very much important in our daily life.”



Fig: - 13 Participants from Self-esteem sessions at Kavresthali.

Domestic violence and women's rights campaign

VIN has conducted a domestic violence and women's right awareness sessions in Kavresthali. The objective of the sessions was to make women aware of domestic violence and women's rights. The following were discussed; Torture, Elder discrimination, Social discrimination, Beating, Blaming, Bad words, Fighting, Gender discrimination, Bad thinking, Wife dominated, Forced work, Lack of education, Caste discrimination, Economic issues, Dowry system, sexual problems and Health discrimination. They were informed about physical abuse, emotional violence, economic issues, sexual abuse, threats, using male's privileges, intimidation and isolation. It was discussed on the cycle of violence. Women shared their stories about domestic violence. Lawyer as a consultant for the legal rights has explained about acts on constitution against domestic violence. Altogether 95 women from Thumka, Karkithok, Bhandarigaun and Thali were benefited from the sessions.



Fig: - 14 orientation on women's right with women in Kavresthali community.

Research on Women's trafficking

Documents review and interview with local people has revealed that - Nepal's courts have no jurisdiction over brothel owners in India, who are one of the main drivers of trafficking. In 70% of the trafficking cases, the police submit the investigation report to the Government attorney on the last day of the submission of the investigation report in court (this delayed the investigation by the government attorney). In addition, there is a lack of awareness on gender issues, lack of conceptual clarity on trafficking issues, lack of skilled human resources, corruption, political pressure and lack of coordination among police and Government attorney. Another explanation to underreporting is that after trafficking raids in India, many women are immediately deported to their homelands before they can give evidence against traffickers.

Furthermore, women who are divorced, abandoned, victims of rape, or sex workers face enormous levels of stigma and are ostracized by their families and communities, making them vulnerable to trafficking. The physical consequences of women's trafficking include; sexually transmitted diseases, tuberculosis, injuries and other diseases. Psychological consequences include; anxiety, depression, post-traumatic stress (an even higher prevalence in sex workers compared to those trafficked for non-sex work) and insomnia. And the women also face reintegration problems, as there is a stigma surrounding women who have been trafficked, many of the women will face social exclusion and are outcast from the community and even their own family members.

Some important facts:

- ❖ Because of the stigma and lack of skills and education, combined with Nepal's limited employment and livelihood opportunities for women that are considered socially acceptable, many survivors re-enter sex-work.
- ❖ Over 50% of the Human Immune Deficiency Virus (HIV) positive women in Nepal are women who were deported after working in the sex industry in India.
- ❖ The open-border between Nepal and India, lack of enforcement of laws due to increasingly communal violence, political instability, corruption, inadequate funding and implementation of National Plan of Action (NPA) against trafficking, and less priority of anti-trafficking activities on the Nepali government agenda

4.2.6. Yoga with women

Yoga training sessions are organized in Kavresthali with women. The objectives of the yoga campaign are to train women in different postures to manage their health problems at home.

Yoga helps women to prevent sickness as well. One-hour sessions each day was organized with a group. In a day, three sessions were organized for 3 groups. They were taught about breathing exercises and different postures of yoga for relief of joints pain and back pain. Altogether 26 women from Thanti, Simleshwor and Bhandarigaun villages of Kavresthali are benefited from the campaign. Yoga campaigns are found effective to manage physical and mental health of women. It is also proved by a view expressed by one of the participants Sarswoti Aryal, “I am thankful to yoga class. It helped me a lot for my weight management. It made me healthier. I am happy with health progress in my body.”



Fig: - 15 Women from Kavresthali are practicing yoga at community.

Women’s entrepreneurship development project

The objective of the women’s entrepreneurship development project is to develop women as entrepreneurs through income generation initiatives

VIN aims to empower the women by bringing and involving them in income generation activities. The major objective of the non-agriculture sector is; to identify a special nonagricultural branded product in the market that generates sufficient earning opportunities during off-season period (e.g. handicraft, sewing cutting, embroidery, candle making, soap making and other vocational skills training).

Liquid soap making training

VIN organized a liquid soap making training with the women from Thanti of Kavresthali community. The main objectives of the training were to orient about soap components and its ratio in liquid soap, to orient about industry registration process and to orient about price determination of production. Liquid soap is used to clean kitchen, utensils, and bathroom and laundry.

Soap making- Ingredients use: caustic soda, acid solari, urea, oil, color, G-salt and so on. These components have their specific function to derive the properties of soap. For example, acid solari produces lather with water. Urea helps to remove dirt from the surface and salt makes it soft. Registration process- At first, those who are willing to run cottage industries should apply with application form in Department of Industry with detail information. The owner should get a pan number for validation. The logo is made which includes the name of product,



Fig: - 16 women in soap making training.

A group of women started to run the business. The training about soap making is found to be largely effective to help women run the small enterprises.

Knitting Project

According to research, women were found interested to do small businesses on handicrafts. They were found interested in sewing and knitting. VIN has conducted the knitting training with women. For this training, VIN supported them with a trainer and materials and anything else needed for knitting training in Simleshwor community of Kavresthali. The knitting project was organized for two weeks. Altogether 18 women benefited from the training. They learnt to start the knitting art. They learnt to make socks and hats for babies and adults. The women are found happy to learn the skills.



Fig: - 1 Women are learning the knitting technique.

Body soap making training

VIN has organized a handmade body soap making training. The main objectives of training was to train women to make a soap. The equipment's used for the training were 1 spoon, 2 thermometers, 1 cardboard or Styrofoam box that can maintain the temperature, 1 whisk, 2 glasses or stainless-steel bowls, 2 heat-resisting meter cups, 1 scale, 1 mold (paper or aluminium, something easy to peel off), apron and rubber gloves. The ingredients needed for soap making are Oil – 620grams (it can be vegetable oil, sunflower oil, olive oil, coconut oil or other natural oils), Purified water – 217grams, Caustic soda – 81 grams and Sent oil - to make 6-7 soaps.

Women are trained on mixing and maintaining temperature to make soaps. Although there was challenges with the lack of proper equipment and proper thermometer that can measure the temperature up to 100 degrees Celsius, they were explained about the process in details.



Fig: - 2 women are trained to make soap.

Entrepreneurship development training

VIN has conducted two entrepreneurship development trainings with women at Kavresthali. An intensive entrepreneurship development training of 10 days was organized with 20 highly motivated women entrepreneurs. A basic 4-day entrepreneurship development training was organized with 7 groups of women at their own community.



Fig: - 3 handmade soap.

An intensive entrepreneurship development training was conducted in partnership with Industrial Entrepreneurship Development Institute, Kathmandu. The major topics of the training were self-analysis, goal setting, market survey, market strategy, production plan, financial plan, business plan preparation and presentation in a group. Women prepared business plan on small businesses of soap making, vegetable farming and cow keeping.



Fig: - 4 A group of women after entrepreneurship development training at Kavresthali.

VIN conducted a four-day entrepreneurship development training with each group from Bhandarigaun, Simleshwor, Thali Karkithok-A, Karkithok-B and Kaure in Kavresthali. They were trained on the self-analysis, market analysis, production plan, price determination and

business plan through games, role-play, brainstorming, discussion and group work. Women are trained to develop a business plan of what they are interested in. They develop a business plan for soap making, vegetable farming, cattle keeping, chicken farm, knitting, mobile shop, stationary shop, sewing/knitting and home stay. Altogether 65 women were benefited from the basic entrepreneurship development training.

It is found that altogether 85 women benefited from entrepreneurship development training conducted by VIN. Women have developed their business plan for the small businesses. It is concluded that the entrepreneurship development training with women conducted by VIN is highly effective. It is also proved by the views expressed by one of the participants from the training – “The entrepreneurship development training is very useful and practical. After receiving the training, I am able to make a business plan and establish a cosmetics shop. It has supported me a lot and I hope I can run this business successfully.” Shila Bajgain. Based on above findings, we highly recommend that entrepreneurship development training is initiated with other groups of women from Kavresthali.

Okhaldhunga (women’s empowerment program)

VIN has been conducting the women’s empowerment program in Okhaldhunga since 2014. The program was started from Taluwa and expand to Thulachap from 2017. In Taluwa, Siddicharan Municipality ward 1, 55 women groups with 342 women has formed a cooperative. In Thulachap, Siddhicharam Municipality ward 2, 25 women groups with 150 women has formed a cooperative. In 2017, VIN has conducted Cooperative management training, sanitary pad making training, English and computer class, life skills training, women rights, and domestic violence campaigns with women.

Micro-credit project

Third general assembly of Taluwa women multipurpose Cooperative limited

The third annual general assembly of Taluwa Women Multipurpose Cooperative Ltd. Okhaldhunga was held among share members on 29th Jan 2017. The main objectives of general assembly were to present the annual cooperative transaction among the members and stakeholders and to make agreement of annual plan 2017. The president summarized the annual achievements and presented the major plan of cooperative for 2017. Treasurer presented details of last fiscal year audit report and coming year financial plan.

There were the VDC secretary, coordinators, different stakeholders, political leaders, social workers and representatives of other organizations in a program. All the stakeholders

expressed their happiness to see the progress made by the cooperative. VIN's project staff said that it has led women to socio-economic empowerment.



Fig: - 5 Third general assembly of Taluwa Women multipurpose cooperative limited.

Table: - 3 Annual status of Cooperative presented in Third general assembly. (Audit copy FY- 72/73)

S.N.	Activities	Amount
1	Total Cooperative members	342
2	Women groups	55
3	Total Share amount	349500 NRs
4	Total saving amount	255770 NRs
5	Total loan investment amount.	2323500 NRs
6	Total Income	188456.50 NRs
7	Total Expenses	87000 NRs
8	Total profit	101456.5 NRs

It is found that the cooperative has made good progress and women are obtaining financial benefits from it. They are happy to get loans with low interest from the cooperative at their own place. It is concluded that the microcredit project through cooperative has been successful enough to empower women from Okhaldhunga.

Women education and life skills

Life skills session at Okhaldhunga - VIN has conducted language and computer classes to women in Nisankhe, Okhaldhunga. There were altogether 110 women in the training.



Fig: - 6 Women in Computer class at Okhaldhunga.

The main objective of the sessions was to educate women about reading and writing English language, proper pronunciation, and article, be verb and grammar. There were different types of activities like; conversations between friends, questions and answers, using article, making short sentence, time, date, color, session etc. And they were also doing activities to inspire them to learn English, helping them to build their confidence in presenting themselves in English, providing them with proper text book, making them aware about the benefits of English language. And under computer class there were taught how to open and close computer, Keyboard, open new folder/ file, what is task bar, change date and time, numbering, bullet point, modify front and use header and internet.

CHAPTER-3 CHILDREN'S DEVELOPMENT

Children's Winter Camp

VIN organized two children camps at Kavresthali. The major objective of the program was to utilize their leisure time and involve 6-14-year-olds in extracurricular activities to make them more creative.

In total 108 children benefited from the two camps which were held over a period of eight days. In the camp, children engaged in physical exercise, singing songs, dance, entertaining and intellectual games, drawing, painting, making toys out of paper, English and languages, followed by the activities related to personal development such as anchoring, socialization. Children were taught about the importance of hand washing and tooth brushing.

The winter camp organized by VIN largely appears to be effective in developing children skills for different activities by utilizing their free time. It is also proved by the views expressed by child, parent and teacher presented in the case box below.



Fig: - 7 Children in winter camp organized by VIN.

Case Box-

“Our School’s children spent winter vacation by playing and watching TV. When VIN conducted this kind of Children’s camp they have utilized their leisure time and I believed they learnt many things which are very important for them. I have seen many children have participated this camp. This is appreciated. Thanks to VIN for such wonderful project.”- **Pralahad Phuyal** -Head teacher Gaynodaya Basics School.

School profile from Kavresthali and surroundings

VIN has collected information of schools in Kavresthali, Jhor, Phutung and Okharpauwa. Altogether 14 schools' profiles are developed; 6 schools kavresthali, 3 from Jhor, 1 from Tokha, 2 from Phutung and 2 from Okharpauwa. The information collected was about the school children, teachers, physical infrastructure, child clubs and need of the schools. The school's profile is documented in children development program files.

Table: - 4 List of the schools collected profile by VIN.

S. N	Name of the school	Address
1.	Kalidevi secondary school	Kavresthali
2.	Kavresthali secondary school	Kavresthali
3.	Gyanodaya basic school	Kavresthali
4.	Milan Dharmasthali English Boarding school	Kavresthali
5.	Green hills academy	Kavresthali
6.	United scholars academy	Kavresthali
7.	Baudeswore Secondary school	Jhor
8.	Jhor Mahankal Secondary school	Tokha
9.	Sangla Balkumari secondary school	Sangla
10.	Kalika katheri Basic school	Sangla
11.	Kunchi pwakal Secondary school	Jhor
12.	Phutung secondary school	Phutung
13.	Okharpauwa secondary school	Okharpauwa
14.	Shivalaya secondary school	Okharpauwa

Children's Clubs (CCs) Facilitation

Altogether 4 Children's club from 4 schools have been formed in Kavresthali. The main objective of this program is to establish children's clubs and develop the capacity of children to run the clubs. Children's clubs organized debate, poetry, culture, sports, village and school cleaning campaign, fund raising, child right awareness etc. It has inspired them to create and reform ideas and support them to develop tools. Children can discuss children's issues and find solutions for it at CCs. Altogether 42 students from 4 different schools of Kavresthali were involved in the project.



Fig: - 8 CC orientation session at Kavresthali school.

Early Childhood Development Education (ECD)

VIN and PiSL conducted a one-day refresher training to 9 ECD teachers from Okharpauwa, Nuwakot. It was the follow-up training of last year's training. The main aim of the training was to explain all the aspects of child development such as physical, cognitive, social and emotional development to ECD teachers; encourage them to prepare the daily work schedule to conduct class more effectively and child-friendly and promote knowledge and practice on Child Friendly Teaching Learning methods. Nine ECD teachers benefited from the training. All the ECD centers received teaching and learning materials.



Fig: - 9 A view of training session for ECD teachers.

Class room renovation and teaching work camp

An ECD and grade 1 classrooms of Kavresthali higher secondary school are painted. Rooms are decorated with pictures and letters. On the same camp, children are taught about health hygiene and sanitation. About 80 children benefitted from the project.



Fig:- 10 Volunteers are painting ECD classroom.

School Attendance Project

Teacher's Development (TT)

Teachers Development training was organized for 2 weeks in the month of April to primary teachers. The major objective of the program was to train teachers on teaching methods and support them in enhancing their English language skills. Twelve teachers were trained during this project.



Fig: 11 International trainer facilitating the primary teachers training at Kavresthali.

Limited Resource Teachers Training (LRTT):

VIN organized two teachers training in partnership with LRTT for 200 public and private teachers from Kathmandu. The training was supported by municipality offices, resource centers, NPABSON, Schools and teachers. The training was divided into 3 parts: Pre-observation, main training and post-observation. First, the trainers went for the pre-observation of the classes to observe the teaching techniques of participant's teachers. In second, they did 4 days close conference with 100 participants in each place. Altogether 10 groups were formed with 10 participants in each group. They did group discussions, presentations, group work, games and role-play to empower teachers. At last, trainers visited schools to observe the classes. The trainings were found effective to train public private teachers from Kathmandu.

Scholarship

VIN has been sponsoring the education of children, those who are from poor family, orphan and abandoned. It has sponsored education materials and ensures children's rights of getting education to these deprived groups of children.



Fig: - 12 Jitpurphedi ward chairman distributing educational materials to sponsors' children.

VIN has provided copies, books, school uniforms, bags etc. The sponsored children from the communities were provided with materials at an event at Jitpur school where students, teachers, and parents were gathered. Sponsored materials were distributed by VIN's President Mr. Bhupendra Ghimire and Chairperson Mr. Manohari Tiwari. Altogether, 64 children have received sponsorship; 43 children from Okhaldhunga and 21 from Jitpur community.

Children's Summer Camps

VIN conducted summer camps in Kavresthali and Okhaldhunga for children to provide opportunity to utilize summer vacation. Children of ages 6 – 14 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. Children's summer camp is a 7-day camp that gives the opportunities for the children to explore their creativity and to socialize. There were 85 children from Kavresthali and 250 children from Okhaldhunga in the camps. The major activities done in the summer camp are physical exercises, team building, drawing, coloring & painting, art, craft & origami, singing, dancing, music and games.



Figure 13: Children's Summer Camps.

The summer camp is found to be effective for the children to use the summer vacation. The views expressed by a child and guardian have also proved it.

Case Box:

"I learnt how to draw, play, speak, singing and dancing. I like to work in a group. I got opportunity to use different skill. I really liked this camp I like to involve in future too".
Said by Roshani Dahal, one of the participants at children's camp"

Kids' Education Camp

VIN organized a kids' education campaign at Kavresthali. The camp was organized to provide children with the opportunity for extracurricular activities. The campaign was organized in Milan Dharmasthali School. The major activities carried out in the campaign were team building, drawing, coloring, art, craft & origami, singing, dancing and games. Altogether 90 children benefitted from the campaigns.



Fig: - 14 Children in a Kids' education campaign

VIN organized a library management campaign at Jitpur Higher Secondary school. It has supported the school to manage a library and inform children about importance of library. The major activities carried out during the camp are cleaning, painting and decorating the library room, arrangement of resources in the library and record them in proper order, conduct the session with children and teachers for the proper use of library. The major achievements of the projects are painting and decorating the library room and children are oriented about use of library.

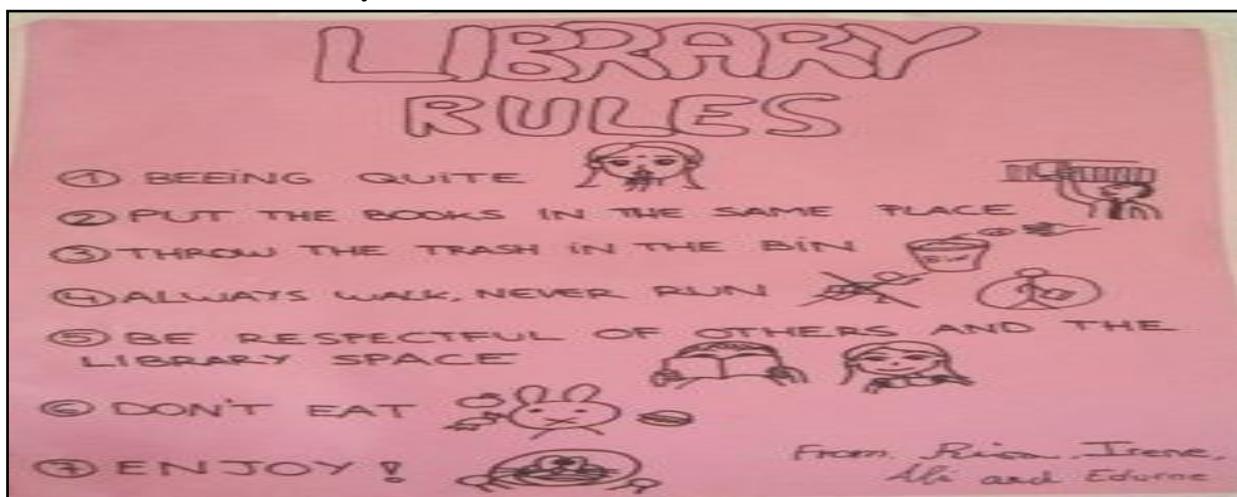


Fig: - 15 Library rules developed by students

United Children Club Reformation

Srijanshil United Children's Club, an umbrella organization of four Children's clubs from Kavresthali, was formed in 2017. The children's club members and facilitating teachers were oriented about UCC. They were oriented to motivate CCs members for UCC. The UCC was formed with 17 members from 4 children clubs. The UCC members were oriented about UCC and their roles and responsibilities. They were encouraged to make an annual plan.



Fig: - 16 Children holding a UCC meeting

Children's Club Facilitation Training to Teachers

Children's Club management training was conducted to Children's Club facilitator teachers to provide feedback and monitor the continuous and sustainable functioning of children club. They were trained about all areas 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, action plan, account keeping, library management, etc. The objective of the training was to train children's club facilitator teachers on Children's club mobilization and facilitation.

It was targeted at CC facilitator teachers from four schools. The teachers learnt ways and methods of facilitating Children's Club. The program was found effective. It was supported by views expressed by one of the participant teachers.



Fig: - 17 Teachers on Child club facilitation training.

Case Box-

It has provided us the opportunity to get trained on children's club facilitation. This program made us more responsible confident for clubs and these kinds of training must be organized from time to time. - *Apshara Bhandari (CC Facilitators teacher, Milan Dharmasthali)*

Children's Clubs Follow-up and Support

VIN has an explicit program of follow-up with the Children's Clubs on a regular basis to monitor and support their activities and to help the children continuing the activities. VIN staff and volunteers visited schools and monitored the monthly meetings of the Clubs. They helped and guided them and supported the teachers. Many of the Children's Clubs conducted different activities, such as fundraising, magazine publication, cleaning, regular meetings and others. It was found that the teachers in the secondary schools provided good support to CCs. However, child clubs from the primary schools needed more support from the teachers.

It seems that the eight child clubs from Jitpurphedi and four from Kavresthali are functioning well. Child clubs from secondary schools are more active and child clubs from primary schools need more support from the schools and the teachers to assure success.



Fig: - 18 Children's club conducting the monthly meeting.

Refreshment Training to ECD Teachers from Okharpauwa, Nuwakot and Okhaldhunga

VIN conducted one-day refresher training for the ECD teachers and volunteers at Thulachhap, Bhadaure and Taluwa of Okhaldhunga and Okharpauwa, Nuwakot. Diann Grimm, director of PiSL facilitated the training. There were 49 (17 from Thulachhap, 15 from Bhadaure and 17 from Taluwa) teachers and volunteers from Okhaldhunga and 9 ECD teachers from Okharpauwa. Diann visited all the ECD centers to observe the classes and coach teachers after this refresher training.



Fig: - 19 An ECD orientation training being conducted at Okharpauwa.

Updated and follow-up ECD in Okharpauwa

VIN has been supporting ECD centers regularly. Every year VIN collects information about ECD centers and supports them as per their individual need. This year VIN collected information of all ECD centers in Okharpauwa, Nuwakot.

From the observation in nine ECD centers in Okharpauwa community, most of the schools are in a good situation. In some schools, there isn't sufficient ECD materials for teaching and playing with children. Surya Basic School is in a very difficult situation with regards to ECD as they do not have an appropriate room, carpeting, furniture and materials. The principal informed us that they would shift to a new building in the near future.



Fig: - 20 ECD class at Shivalaya, Okharpauwa.

Shivalaya Secondary School's ECD is in very good situation with a well-painted room and carpeted floor. Also, they utilize their ECD materials. Mahalaxmi Basic School's ECD is also going well; they manage everything for ECD purpose. World Light Saraswoti Home's ECD is good, but they need to manage the classroom as well as ECD room. Materials have to be utilized and kept safe. Shantidevi Basic School's ECD center is fine, but some ECD materials were missing.

Painting and Teaching project at Community School

VIN has supported Gyanodaya Primary School from Kavresthali with painting of the classroom and teaching students. The project has aimed at making the classrooms child friendly, bright and fun. About 90 students have benefitted from the project.

VIN has done different kinds of activities in Kavresthali community like construction, ECD development, painting and teaching and so on. Including these programs, painting and teaching are the major activities in the community. In the beginning of 2018, VIN has done painting and teaching program in Gyanodaya Basic School with international volunteers from different countries, including VIN Staff and local volunteers. In this community school, VIN completed major activities.

The volunteer program: Teaching and Painting Work Camp was done nicely. A total 90 children benefited from this program.



Fig: - 21 Volunteers painting a classroom at Kavresthali.

Case Box-

It has provided us the opportunity to get trained on children's club facilitation. This program made us more responsible confident for clubs and these kinds of training must be organized from time to time. - *Apshara Bhandari (CC Facilitators teacher, Milan Dharmasthali)*

CHAPTER 4 PUBLIC HEALTH AND MEDICAL CARE

The public health and medical care program is one of the major programs conducted by VIN. The goal of this project is to create healthy communities by controlling and preventing diseases by addressing health conditions through research, medical support, provision of health and hygiene facilities, and health, hygiene and sanitation education.

Objectives

- ❖ To identify common health problems and their associated risk factors
- ❖ To increase community awareness of health hygiene and sanitation
- ❖ To increase access to hygiene and sanitation facilities
- ❖ To increase access to quality health services at the community level
- ❖ To provide training on first aid to community people

Under this program, different activities were conducted in 2017, in order to develop and deliver quality medical and health care services for the community people of Kavresthali and Okhaldhunga. Major programs and their activities are summarized below in more detail.

1. Water, Sanitation and Hygiene (WASH) Project

VIN has implemented WASH as disaster relief projects in Kathmandu, Nuwakot and Okhaldhunga in 2017. The main objectives of the projects were to create awareness on water, health hygiene and sanitation and increase their access to hygiene and sanitation facilities. Major activities of the project were education, behaviour change campaigns on WASH and partnerships to build toilets.

VIN has supported more than 1500 earthquake victim families from Nuwakot, Kathmandu and Okhaldhunga through water sanitation and hygiene (WASH) projects. Altogether 1565 families have permanent toilets and received education on WASH. The key concepts of VIN's WASH projects were to: -

- ❖ Combine education with the provision of facilities.
- ❖ Form coordination and users' committees and utilize social groups created as part of VIN's other programs or groups already existing in the communities, especially women's groups, children's clubs and youth clubs.
- ❖ Encourage community participation and adopt a cost-sharing approach.

Firstly, VIN facilitated campaigns and training on general health, hygiene, safe drinking water and sanitation concepts and practices. It focused on behaviour change communication which would help to transform deeply rooted beliefs and practices about hygiene and sanitation among target groups. The programs were conducted by mobilizing youth groups, women groups, local female health volunteers and child clubs. The programs were targeted at women, children, students, parents and teachers from schools in the communities. The content of the campaigns was: -

- ❖ Importance of health hygiene and sanitation
- ❖ Importance of hand washing, techniques and timing
- ❖ Use of toilet and its importance
- ❖ Water purification techniques

- ❖ Toilet construction project of VIN, role and responsibilities of families, and about using sanitary products.

Secondly, VIN supported the construction of a toilet. VIN provided technical assistance and shared cost of construction with the local community. Specifically, it was funded and provided certain construction materials that were harder to source, while the community has provided the physical labor and construction materials that was available locally. We bought pan, syphon, cement, iron rod, HDP (connection pipe), LDP (gas pipe), CGI sheet and binding wire. It took 5 days to complete a toilet, where family and skilled manpower made everything ready prior to the material delivery.

Table: -5 Non-locally available materials for toilet construction.

Non-local materials from VIN

S.N.	Line Item	Quantity	Unit
1	Pan	1	Pc
2	Pipe (HDP)- 4mm	2	meter
3	Gas pipe - 2 mm	2	meter
4	Cement	2	Bags
5	Iron Rod	16	KG
6	Wire	1.5	KG
7	CGI sheet	3	Pc
8	Syphon	1	Pc

Local Materials from family

9	Stone	2	Cu. m (1 nissan)
10	Bricks	1000	Number
11	Wood	1.25	Cu. Ft
12	Bamboo	2	Pc
13	Sand	15	bags
14	Aggregate (Gitti)	2	bags
15	Nail	1.5	kg
16	Kabja	3	pc
17	inside lock	1	pc
18	Outside lock	1	pc

It has been concluded that VIN has successfully implemented WASH projects in Jitpurphedi, Okharpauwa and Okhaldhunga. The projects have supported the construction of 1565 toilets. Families from 1565 houses are trained on hygiene and sanitation practices. VIN has facilitated the formation of WASH committees, VDC level coordination committee (VWASCC) and ward level water and sanitation users committee (WSUC) in all project sites. It has enriched the capacity of the local WASH committee to follow up and monitor the project. The project is successful in bringing about the change in people's behavior regarding WASH. They have been using toilet and washing hands with soap and water. It has increased people's access to hygiene and sanitation facilities. The project has contributed to achieve an Open Defecation status of the communities. Furthermore, it has contributed to meet the targets for

Sustainable Development Goals 6 which includes basic water supply coverage to 99% of household, piped water supply and improved sanitation to 90%, including other targets to free 99% of the communities from open defecation, to reach 95% of the households with improved sanitation facilities which are not shared, and to ensure 98% of the population using a latrine.

1.1 Survey on Hygiene and Sanitation in Kavresthali

A survey on hygiene and sanitation was conducted in Kavresthali with 150 interviewees and with household observation. The survey was about basic health and hygiene, with questions about hand washing, tooth brushing, menstruation and waste management. It was also observed at the facilities in each house (bathroom, toilets, waste can and surrounding).

In almost every household we visited people had good basic hygiene, clean hands and teeth and seemed healthy. They had a good knowledge of hygiene and sanitation. Many of them have toothbrushes and soap at their home. But it was observed that they were not washing hands with soap and water before going into the kitchen to prepare something to drink and to eat.

We found a big problem with waste management. There are very few houses with waste cans; most of the people collect their waste in a plastic bag or just throw it in a fixed place or throw everything in the river.

In conclusion, people have a good knowledge about hygiene and sanitation but they do not seem aware of why they have to do it. If people knew more about why it is important to wash hands; how it can prevent the transmission of germs and the spreading of infectious diseases, it would soon become a habit and they would feel the necessity more to do it. We need to show them concrete proof of the correlation between the one and the other. We, especially make them feel the need to wash their hands after different activities and before eating and cooking meals. They are all aware of waste problem and all think that there should be bins everywhere and a system to collect the waste and burn it. It is something that should be worked on, may be on a bigger scale because placing bins is not enough; people are also needed to collect and manage it.

In the future in Kavresthali, we may need to work on the awareness of the importance of basic health measures and the consequences of not doing it. If people see the real percentages (99% of the infectious diseases can be eradicated by only washing hands) and get objective information they would be shocked and realize the importance of it and improve their behaviour.

1.2 Gender friendly Toilet Construction at Kavresthali School

VIN in partnership with The Salvation Mission has built a gender friendly earthquake resistant toilet in Kavresthali Secondary School at Tarkeshwor municipality, Ward 2.

Objectives: -

1. To make school children, teachers and parents aware of correct health and hygiene practices including washing their hands with soap water. This was done through campaigns and trainings.

2. To ensure school children's access to safe drinking water, hygiene and sanitation facilities at Kavresthali Secondary School.



Fig: - 22A child friendly earthquake resistant toilet was built in Kavresthali school.

The project was implemented in two phases – first, children from the school were taught about hygiene and sanitation. All school children were trained on toilet use and hand washing with soap and water. Second, VIN supported to build the toilets. About 250 school children and 20 teachers benefited from the project.

1.3 Toilet Construction at Okharpauwa

VIN built eight toilets in Okharpauwa. It supported eight families from Okharpauwa of which about 50 people benefited. VIN supported with construction materials, local people managed local materials and volunteers worked with skilled manpower to build the toilets.



Fig: - 23A toilet is under construction at Okharpauwa VDC, Nuwakot.

1.4 ODF at Bhadaure

Bhadaure VDC of Okhaldhunga is declared an Open Defecation Free zone as of March 2017. VIN initiated the WASH campaign in the area by teaching people about water, sanitation and hygiene. It supported families to construct the toilets. All households from the area have toilets and people are practicing hygiene and sanitation behaviour. Bhadaure was declared an ODF area in an event where there was a presence of members of parliament from the area, district offices, local government bodies, political representatives, teachers, students and local people.

1.5 Health and Hygiene Campaign at Thulachhap

European voluntary service (EVS) volunteers conducted hygiene and sanitation campaigns at Thulachhap, Okhaldhunga. They visited 285 households to observe the hygiene practices of the family and cleanliness of toilets. They taught families with poor hygiene and sanitation about hand washing, toilet using and regular cleaning of the toilets.



Fig:- 24 Volunteer has demonstrated hand washing at WASH campaign Okhaldhunga.

2. Health campaigns

2.1 Health campaigns on

- 1) Diarrhea and Infection Disease Prevention and
- 2) Breast Cancer Awareness including self-breast exams

A health campaign was organized on Diarrhea and Infectious Disease Prevention, as well as Breast Cancer Awareness including breast self-screening exams in Kavresthali.

The primary objective of the project was to deliver two educational campaigns (1) Diarrhea and Infectious Disease Prevention and (2) Breast Cancer Awareness including breast self-exams. Hand-washing was emphasized and encouraged as an effective means of controlling diarrhea and other infection rates. Furthermore, it taught women the proper hand-washing technique as well as how to conduct breast self-exams. Through these workshops, our goal was to engage the women to improve their awareness of diarrheal causes and exhibit proper hygiene practices, as well as

become educated about the clinical signs of breast cancer and conduct monthly self-breast-exams.

Methodology

- 1) The campaign was conducted in 10 different communities in two wards (Wards 4 & 6) in the Kavresthali Village and then in a central location during the women's lunch hour. The communities were Thumki, Karkithok, Kaure, Thaligaun, Bhandarigau, Daikap, Simleshsor, Lamichhanegaun, Thati and Devasthan. Female community health workers and local volunteers helped to inform and gather the women for campaign.
- 2) We spoke to these women about diarrheal prevention and breast cancer and how to conduct a self-screening exam.
- 3) To engage the women for the first workshop on Diarrhea and Infectious Disease Prevention, we utilized visual aids and demonstrations. We created 3 posters showing that toilets should be plumbed into a septic tank to prevent contamination of local water sources, the importance of hand-washing with soap immediately after using the toilet, and all of the times it is especially important to wash our hands, such as after working in the field or with animals, changing babies' diapers, using the toilet, before and after eating, etc. We also utilized a Nepali video about hand-washing made by the Water Supply & Sanitation Collaborative Council (WSSCC) and the Community Development Forum (CODEF) Nepal to assist in engaging the women. This video called "Michi Michi" or "Scrub Scrub" is a Nepali song encouraging hand washing and personal hygiene. We demonstrated the proper technique for hand-washing and engaged the women by having them count the steps and practice with us.



Fig:- 25 Diarrhea and Infectious disease prevention and breast cancer education campaign in Kavresthali.

- 4) We showed the women images of signs of concern for breast cancer and also demonstrated the proper technique to conduct a breast cancer self-screening exam. We had the women practice this with us. We occasionally performed a breast exam when asked by the woman to look for signs of breast cancer. We emphasized that if there was any concern, she should go to the Kavresthali Health Post to be officially evaluated by a medical professional at no cost.

Results

Below are the results of the two public health workshops.

Table: - 6 Public health campaigns at Kavresthali

Community	No. of Participants	Causes of Diarrhea	Water Treatment Method
Thumki	12	Eating rotten food or food with flies, not drinking contaminated water, not washing hands.	Filter.
Karkithok	15	Water contamination, flies in food, rotten and stale food, waste products and dirty hands.	Unknown.
Kaure	12	Stale and rotten food, dust and pollution, no hand washing.	Unknown
Thaligaun	12	Stale and rotten food, eating without hand washing, flies in food.	Half of the women drink directly from tap and other half treat water, however method was unknown.
Bhandarigaun	12	Flies in food, dirty environment, stale food and contaminated water.	Half of the women drink directly from the tap and the other half use a filter system.
Daikap	12	Contaminated water and stale food.	All women drink directly from the tap.
Simleshsor	15	Bad food and water, hygiene & sanitation.	In winter, most boil or use the solar technique, in summer they drink directly from the tap.
Lamichhane Gaun	12	Bad food and water, hygiene & sanitation.	Some use the solar technique.
Thati	10	Contaminated water, pollution, stale food.	Half use a filter and other half drink directly from tap.

In the above table, the causes of diarrhea are those suggested by the participants in each community and the water treatment methods are the responses when we asked the participants how they treated their water. The water treatment method of the second and third communities is unknown because we did not ask the question in these communities.

All women were engaged and willing to learn during the workshops. Most communities displayed good knowledge of the correct hand washing technique and were able to demonstrate this to us. However, there was limited knowledge on water treatment and food hygiene.

In regards to breast cancer awareness, the knowledge was limited. However, a few women in some of the communities knew how to conduct a breast self-exam, as they demonstrated this to us. These women were mainly the local health workers. We were asked many basic questions related to breasts, which we were able to respond to, and conducted two breast exams of women who wanted us to check their breasts. There was one woman with breast cancer in the community that many women knew and mentioned during the presentation.

2.2 Blood Pressure and Blood Sugar Campaigns in Kavresthali

A group of volunteers from Volunteers Initiative Nepal organized a health campaign to raise awareness about blood pressure and its consequences among local people from Kavresthali, Tarkeshwor municipality ward number 2.

Altogether 147 people benefited from the campaign; 38 men, 109 women. The campaign was divided into two parts - education campaign and blood pressure check-up.



Fig: - 26 Blood pressure campaign in Kavresthali

In the first session, it was explained about normal blood pressure (BP), high BP and low BP. Causes, symptoms, consequences and treatment of high BP and low BP were explained. Content was:

- 1) **Causes:** Intake of too much salt, sugar and fats, smoking, anxiety, stress, lack of exercises and obesity.
- 2) **Symptoms:** Headache, dizziness, disorder both hearing and visual, bleeding, nose and gum, vomiting, tiredness and paresis.
- 3) **Consequences of high B.P:** Heart attack: obstruction of an artery by a clot preventing good circulation. Symptom include pain on chest, jaw and left arm. Stroke: bleeding artery in brain. Symptom includes visual disorder and paralysis. Renal insufficiency: incompetence kidney to clean blood pressure. Dementia and risk for pregnant woman for miscarriage.
- 4) **Management of high B.P:** Stop smoking, sport and physical exercises, for high BP seek for medical treatment.
- 5) **Management of low B.P:** Lie down and lift leg to high, drink more salt and sugar water or electrolyte. If taking medicine for high BP stop treatment for High BP and consult with Doctor.

Results showed that the men between 20 - 40 years have good B.P. Five men (out of 11) between 40-60 years were diagnosed with high B.P among which 2 men smoke. Three men (out of 10) between 60-85years were diagnosed with high BP. One man (out of 10) from the group of 60-85-year-olds had low BP. About five women (out of 23) between 40-60 years had high BP and one-woman smoke, two women had very high BP and three were under regular treatment. Five women (out of 20) between 60-85 years had high BP with headache. Three women (out of 63) between 20-40 years had low BP. One

woman had a low BP. One woman (out of 20) between 60-85 years had low BP. All women with low BP have headache and dizziness. There was a pregnant woman in the campaign who had no health problem. The campaign conducted in Kavresthali was effective to assess the blood pressure of local people and educate them about blood pressure and its consequences. People were happy to have this campaign in their community.

2.3 Cardiovascular Diseases

More than 200 people from Kavresthali benefited from the campaign organized by Volunteers Initiative Nepal on cardiovascular diseases. VIN's public health volunteers organized campaigns in different places of Kavresthali to make people aware of cardiovascular diseases. They did sessions with different groups of people and gave presentations on cardiovascular diseases, causes, consequences and prevention. The campaign was focused on risk factors and prevention of the problem. They checked the blood pressure of local people and informed them to go to health post for regular check-up. Also, they gave fliers with information to the local people for their future updates.



Fig: - 27 Volunteers using posters to aware people about Cardiovascular diseases.

The project has created cardiovascular disease awareness among local people and they are well informed about the risk factors, consequences and prevention techniques. It has supported to control the top most emerging health problem in rural Nepal and the biggest killing health problem in the world. People were happy to be a part of this campaign. Many of them have realized that smoking can be dangerous for them at any point of life. They realize that smoking and drinking alcohol are major risk factors for cardiovascular diseases. We hope this campaign has supported to aware people about the diseases and motivate people to change their behaviour.

2.4 Women's Health: Reproductive Health Care and Pelvic Floor Exercises

A group of VIN's volunteers conducted a women's reproductive health campaign. The goal of the campaign was to educate women about female reproductive organs, brief physiological explanations and diseases related to reproductive organs. The campaign was conducted at Kavresthali. Women were taught about pelvic floor exercises to strengthen the capacity of pelvic muscles.

Women found the campaign useful. Though it was challenging to engage women to practice the pelvic floor exercises by lifting the pelvic region from the ground on supine position, they were interested in the exercises. The volunteers who were involved in the campaigns found it useful to do the campaigns.

2.5 Nutrition

A campaign was conducted at Kavresthali on the topic of child malnutrition. The campaign started after research had been done by public health volunteers. This research was done to evaluate the nutritional status of school aged children in Kavresthali. The volunteers went to five schools in Kavresthali and did nutritional assessments using clinical, anthropometric, and dietary measures of the students. From this research, it was determined that a very high percentage of the children in Kavresthali suffer from malnutrition to some degree. It was also found that there is a very high prevalence of Vitamin A and Vitamin B deficiencies in these children. The volunteers then started a campaign to educate members of the community about child malnutrition and how it can be avoided. The campaign was done by going from house to house, with the volunteers visiting 165 houses in the community. They used posters to educate the community members about how much their children should be eating. They showed how many portions of all different food groups the children should eat as well as the portion sizes for these foods. Along with describing portion sizes, the volunteers also educated the families about foods high in Vitamin A and Vitamin B to help lower the prevalence of deficiencies in those vitamins. As well as educating the families, the volunteers also measured the BMI of the children to determine if they were malnourished. If a child was found to be severely malnourished, they were referred to go to the local health clinic to receive supplements to help them gain weight. We believe this campaign will have a lasting effect on the health of children in the community of Kavresthali.

2.6 Physiotherapy

A French graduate on Physiotherapy trained family members in Kavresthali on exercises for paralyzed patients. She worked with three families. One was a paraplegic woman, a woman with hemiplegia and a boy in coma. She assisted the patients and developed ideas on how to support them with exercises to move the body parts. Family members were trained on the movement techniques and support they had to provide the sick persons. Usually paralyzed people in rural Nepal are ignored. They do not get much support from their families. They struggle to survive. Also, many of them are not taken to hospitals and clinic for physiotherapy consultation. This was a great opportunity for the sick people that VIN's volunteer could go and help them. At the end of 4 weeks process sick people were found with good progress in their movement. Obviously, it takes a long time for recovery, it helps them not to limit their progress in body parts movement.

3. School Health Campaigns

3.1 Hygiene and Sanitation Education to School Children – School-led Sanitation

VIN organized WASH awareness campaign at Schools from Kapan, Kathmandu. The campaign was organized to make school children aware about transmission of diseases and maintaining hygiene and sanitation. School children were oriented on different type of communicable diseases like diarrhea, typhoid, cholera and hepatitis and prevention techniques of the infections. Two sessions were developed for each school. There were fun games with hand washing and tooth brushing practice for primary children and presentation with question answer sessions on diseases for secondary level.

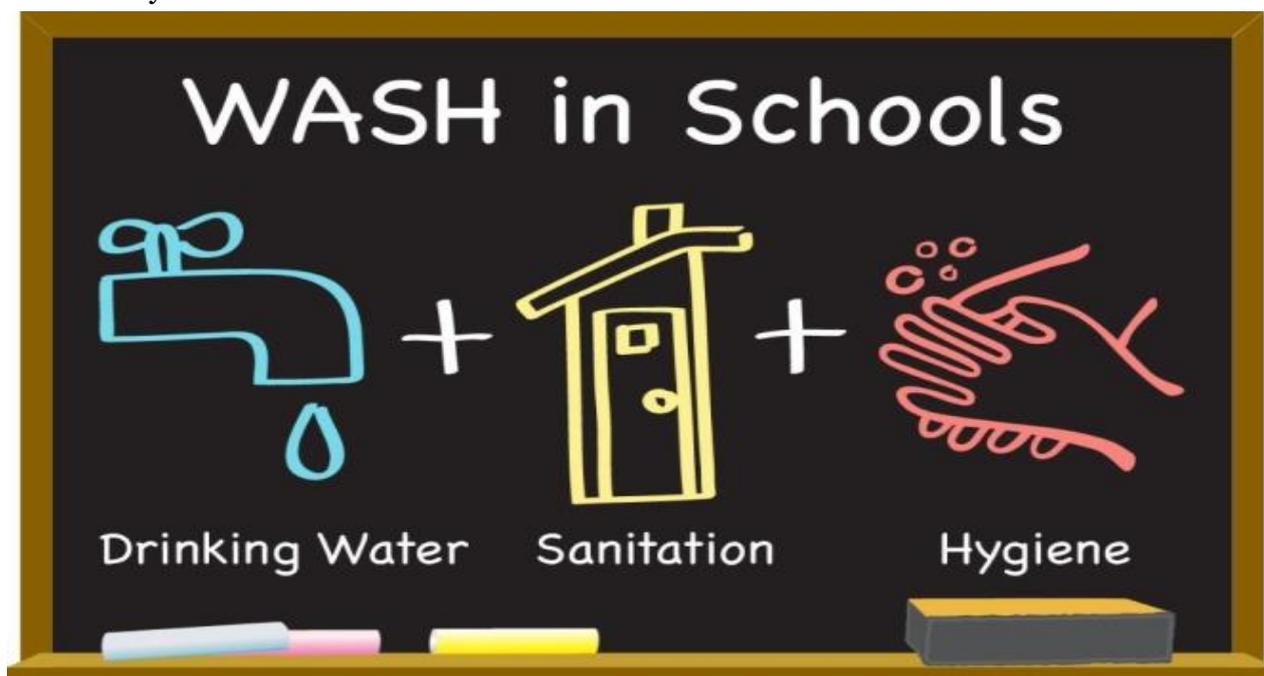


Fig: - 28 A poster use for hand washing campaign.

Primary school children were oriented about hygiene and sanitation with “My habit chart”. In this chart they were asked about their brushing habit and washing their hands in different time of the day. After the chart game, the children were involved in practical hand washing and tooth brushing sessions. VIN volunteers presented about communicable diseases such as diarrhea, typhoid, cholera and hepatitis with secondary school children. They were oriented on disease prevention and its techniques. Though most of them were found aware about it, they have a problem to practice. Children were motivated to follow the skills they learn in daily life.

3.2 Menstrual Hygiene and Sex Education

Local People and School Children were Trained on Menstrual Hygiene and Sex Education

About 50 girls from communities and 250 children from 4 schools of Kavresthali were trained on menstrual hygiene and sex education. The campaign was conducted at the community by VIN’s public health volunteers throughout November and December. Young students from the schools are found to be interested in the topic



Fig: - 29 VIN's volunteer facilitating the sex education session at school.

and are happy to get involved with the campaign. They said that they have never learnt this before.

VIN's volunteers have been to 4 schools to enhance their knowledge on menstrual hygiene, sex education and in addition to aware them about safe sex and sexual harassment. They found at first, it was difficult to convince the teachers but eventually they did succeed and the whole experience was useful for the kids (10-16 yrs. old) and interesting for them. They did sessions on the demonstration of condom usage, which was a first session of a kind in school. Students never get these opportunities. These sessions have supported school children and local women about menstrual hygiene and sex education.

The project seems successful in spreading the information about menstrual hygiene and sex education. "Overall it was a good experience for us and we are glad that we could contribute to the improvement of the health, hygiene and sanitation education." Said by Unisha, local volunteer.

3.3 First Aid Training

About 500 School children were Trained on First Aid

"I learnt about importance of first aid and CPR technique from the training, which I had no idea before" said one of the student from Kavresthali higher secondary school, Kavresthali. About 500 children from grade 5-10 are, in one day, trained on basic first aid and CPR. VIN volunteers went to 7 schools of Kavresthali to teach school children about first aid and CPR. VIN identifies that first aid is very useful in the community as they have no emergency health services. These techniques help victims to stabilize before they reach a hospital in Kathmandu. Students at schools get trauma and injury while playing and on sports activities. They need a first aid kit ready for the management of simple wounds, bleeding and fractures. VIN donated a first aid kit to seven schools from Kavresthali with medicines and wound dressing supplies. "It is a useful tool kit for our school as the students get injured we had nothing to take care of the wound. Now we have a box where we can keep the materials. We would like to thank VIN for this wonderful help" said by the Principal of Kalidevi Higher Secondary School.

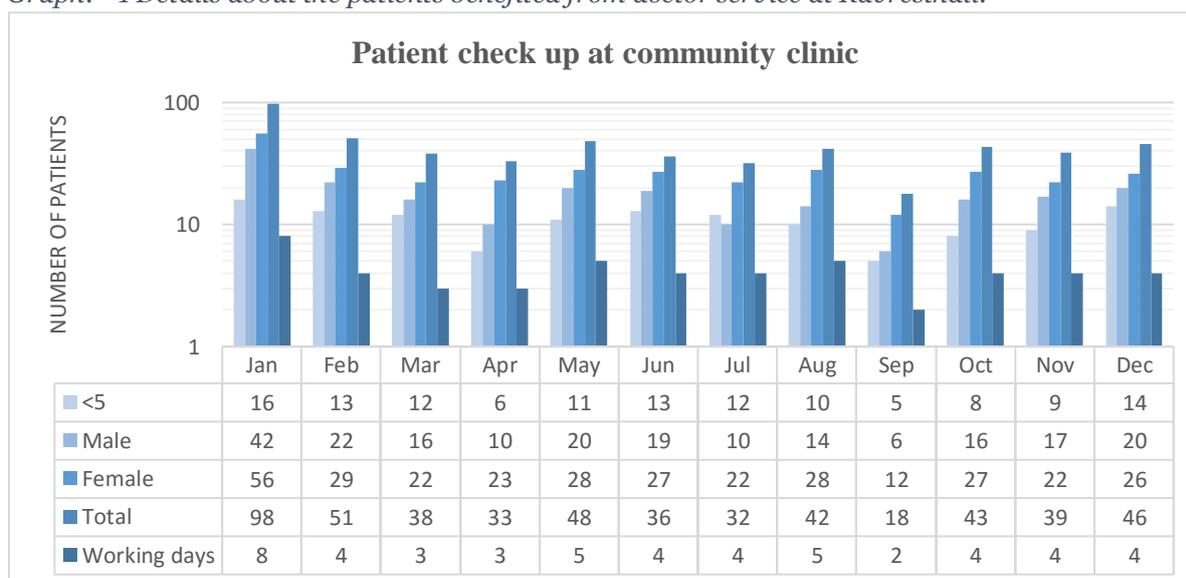


Fig: - 30 A volunteer has handover the first aid kit to school.

4. Support to Health Center in Kavresthali

4.1 Patient Check-up at Health Center

Graph: - 1 Details about the patients benefited from doctor service at Kavresthali.



As presented in above graph 1, VIN’s medical team has visited the clinic throughout the year. They have visited 8 days in January from which 98 people benefitted. Among the total number of patients in January 56 were females and 42 were males. Also, 16 were children under five years old. In February, 51 patients were benefitted from 4 days doctor service. Among them 29 were female and 13 were of <5 children. In the remaining months of the year except September, the doctor visited the clinic 4 to 5 days in the month. About 30 to 50 patients benefitted from the clinic service. In September doctor has visited clinic only 2 days and 18 people benefitted from the service.

Medical team (doctor, health volunteers and nurse) had visited health clinic for 50 days and examined 524 patients. Among them 322 were female 202 were male. Most

of the patients visiting the health post suffered from acute infections like acute respiratory infections, gastroenteritis, conjunctivitis, otitis and wounds.

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

4.2 Medical Supplies to Health Center

VIN has supplied medical instruments, medicines and pathology lab equipment to Kavresthali health post. The materials were handed to the president of the health post management committee and medical in charge of health post by Alyssa Toroop, a Dutch health volunteer who raised funds, and Dr Laxmi from VIN.

Donated items included: infrared thermometers, paracetamol, ibuprofen, hand sanitation, disinfection products, pulse oximeter, suture materials, bandages, mouth masks, needles, compresses gaze, urethral catheter, cohesive fixation bandage, surgical clip applier, latex medical gloves, sterilization boxes, stethoscope, examination light, syringes, blue bandages, cervical dilator, toothbrushes with toothpaste and semi-auto analyzer for pathology lab. All the materials were brought from UK except the semi-auto analyzer which was bought in Kathmandu. The cost for all materials were about 350,000 NRs. (About USD3500) VIN has supplied a box of antibiotics and some emergency medicines to Okhaldhunga. It was donated to Taluwa health center by Australian volunteer, Lynne.

VIN's doctor and team has noticed that the health post lacks enough equipment and supplies in order to perform better services at the health post. A list of needed materials was prepared after interaction with the person in charge and staff at the health post. The list was forwarded to the volunteers with pre-departure information. Alyssa worked to raise the fund for the project. It was a great help for public health and medical care program. Also, VIN managed to send some of the materials to Okhaldhunga district.



Fig: - 31 VIN's president in a Pathology lab inauguration program at Kavresthali community clinic.

The president of health post management committee was happy to express sincere thanks to VIN and Alyssa for her great work. She ensured that the materials supplied to health post will be utilized for the poor people from the area. Similarly, the person in charge at the health post expressed his sincere gratitude to VIN and the volunteer for the kind support to the center. It was always their dream to start a pathology lab in the health center. They didn't have many funds and also lacked good instruments like analyzer for good services. Dr Laxmi from VIN gave thanks to all presented members and special thanks to Alyssa who really worked hard to collect the money. Now we can help poor people to diagnose the health problem and get a specific treatment at the health post. The moment is a historical and important for health center and community people.

4.3 Supply Paper Bags to Distribute Medicine to Kavresthali Health Center

VIN supplied 10,000 paper bags to Kavresthali health post. The bags are for patients to put prescribed medicine to take home. Before the supply of the bags, people were carrying medicines in their hand. They often lost the medicine and there were no clear instructions on how to use the medicine. This supported people to carry medicine safely and the instructions were mentioned outside on the bag to make it easy for them to understand the instructions. Also, there are health messages on the other side of the medicine instructions, its adverse effects and message to seek doctor on getting sick. This has supported health post for systemic dispensing of medicine and reduce plastic use contributing the environment safety. The health post management committee and health service providers are happy to get this support. They feel happy with the paper bags and they appreciate the support from VIN.

VIN has been supporting remote health centers of Nepal through public health and medical care projects. The organization has supported Jitpurphedi health post and Taluwa health post with medical supplies and health care. Now we are working for Kavresthali health post. We work to improve the services providing by the health center. People would get the basic health services in these centers free of charge.

We would like to thank all Public Health and Medical Care volunteer Maeve Hawkes from Australia for her kind contribution of the paper bags. We appreciate the support provided by her.

<p>औषधि सेवन विधि:</p> <p>औषधिको नाम: १. बिहान दिउँसो बेलुका साँझ खाना अघि खाना पछि</p> <p>औषधिको नाम: २. बिहान दिउँसो बेलुका साँझ खाना अघि खाना पछि</p> <p>औषधिको नाम: १. बिहान दिउँसो बेलुका साँझ खाना अघि खाना पछि</p> <p>औषधिको नाम: २. बिहान दिउँसो बेलुका साँझ खाना अघि खाना पछि</p> <p>औषधिको मात्रा अनुसार नियमित सेवन गरौं ।</p> <p></p>	<p>स्वास्थ्य सन्देश:</p> <ol style="list-style-type: none"> बिरानी हुँदा लजिकको स्वास्थ्य संस्थामा जाँच उपचार गराउनुहोस् । स्वास्थ्यकर्मीको सल्लाह बमोजिम औषधिको सेवन गरौं । जयमाती औषधि सेवनले शरीरलाई नराम्रो हुनेछ । औषधि सुरक्षित स्थानमा पिसो सुरक्षा र घामको किरण नपर्ने ठाउँमा राख्नुहोस् । स्वास्थ्यकर्मीले बोलाएको बेलामा अनुज्ञान (फलोअप) मा अवश्य आउनु होला । घण्टिवाचोटिकको पूरा मात्रा सेवन गर्नुहोस् । औषधि सेवन पश्चात कुनै दुःप्रभाव वा शरीरमा नराम्रो असर देखिएमा औषधि लिइर तुरुन्त स्वास्थ्य संस्थामा सम्पर्क गर्नुहोस् । औषधि सेवन गर्दा रोग लाग्न नदिने उपायहरु जस्तै: सरसफाई गर्ने, आँठ रक्ती, चुरोट आदिको सेवन नगर्ने, नियमित व्यायाम गर्ने र उचित स्थानपान खाँने गर्नुपर्छ । <p></p>
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Fig: - 32 Paper bags to keep medicine.

5. Health Research

5.1 Health Survey on Diarrheal Diseases

A study was done to understand how diarrheal illnesses affect residents living in Kavresthali. The primary data was in the form of individual health surveys and the secondary data was collected from the Kavresthali Health Post.

A team of health volunteers, public health specialist Jo from the US and local volunteer Debaki did the research in Kavresthali.

The household interviews were done with questions focused upon household demographics, the number of times someone had been ill in the house with diarrhea in the last 6 months, and peoples' attitudes, knowledge, and preferred methods for treating diarrheal illnesses. It was observed hygiene and sanitation status of houses.

5.2 Nutritional Status of School Going Children and under 5-year-old Children at Kavresthali

In Nepal, the nutritional status of children is very poor with 41% of children being stunted as well as a high prevalence of micronutrient deficiencies. This poor nutrition is caused by several factors, including improper diet, diarrhea and other diseases or infections, and other underlying causes. Progress has been made in recent years, however malnutrition and micronutrient deficiencies are still a major problem in Nepal, especially in rural areas. Assessing and improving the health and nutrition of school age students is extremely important in improving the health of Nepal.

The study was a descriptive type conducted at five schools in the village of Kavresthali; three public and two private. The purpose of the study was explained to the school principals and they gave permission to conduct the study on their schools. Students were selected from grades nursery to grade 8, with 3 students selected from each class. The study population consisted of 150 students aged 3 to 15. Because of an extra focus on children with age below 5 in this study, 20 children from nursery grade were selected. The study design used anthropometric, clinical, and dietary assessments to measure nutritional status of school children. Each child was identified by age, sex, and grade. Anthropometric measurements included height in centimeters; weight in kilograms; BMI; and for children under age 5 mid-arm circumference and head circumference were also measured in centimeters. Clinical assessment was done by examining the hair, mouth, eyes, nails, skin, and thyroid gland of students to look for symptoms of possible nutrient deficiencies. Dietary assessment was done using a food frequency, asking how many times different foods were consumed in a week. Core foods were also asked of the students, asking them what food they ate every day. The collected data was entered into Microsoft Excel. Simple frequencies and averages were used to analyze the data.

Results of the study revealed that the nutrition status of children in Kavresthali is very poor. A majority of students are malnourished and there were numerous micronutrient deficiencies observed, with vitamin A and vitamin B complex being the most prevalent. These problems need to be dealt with to improve the health of Kavresthali and Nepal as a whole. Progress has been made at improving the health and nutrition of Nepal but work still needs to be done to keep improving it.

5.3 Status of Non-Communicable Diseases in Kavresthali

The study has revealed that there is a significant rise in the number of cardiovascular diseases in Kavresthali.

5.4 Major Illnesses Among Senior Citizens older than 60 years From Kavresthali

Data has been collected for the research. It is now under analysis and report writing.

5.5 Women's Health Issues at Kavresthali and Thulachhap

The study has revealed that women from rural Nepal has limited knowledge about STDs, contraception and menstrual hygiene. The study was done by interviewing 200 women from Okhaldhunga.

6. Volunteers' Involvement

Most of the activities such as field research, campaigns, trainings and public health awareness are done by international and local volunteers. There were 42 international and 15 local volunteers involved in these projects.



Fig: - 33 An Australian nurse busy at community clinic working with local health staff.

CHAPTER 5 YOUTH EMPOWERMENT PROGRAM

Youth club, Youth Education and Life Skill class

VIN is currently administering various programs in the Jitpur community. Among them, the Youth Empowerment program is one of the most important ones. Youth clubs transform knowledge and skills and motivate the youth to get involved in the self- development projects.

The goal of the program is to empower youth socially and economically through education, life skills instruction, entrepreneurship, and involvement with community development initiatives. This program includes Youth Club Facilitation, Youth Entrepreneurship Development, Education and Life skills, Volunteering and Research projects. The goals are as follows:

- ❖ To capacitate the youth with personal skills and knowledge.
- ❖ To motivate youth to get involved into the social activities and development of the community.

“CHARGER- Fighting Youth Unemployment by Developing Employability Skills”

A group of 3 Nepali youth, representing VIN got opportunity to attend an eight-day training on “Fighting youth unemployment by developing employability skills” organized by ‘Cazalla Intercultural’, Spain under the Erasmus+ program. The main objective of the training was to create a strategy to empower unemployed youth. The training included leadership skills, teamwork, and group work techniques.



Fig: - 34 Group photograph of training in.

Dissemination workshop on "CHARGER- Fighting youth unemployment by developing employability skills"

The dissemination event was organized by VIN at Milandharmesthali School at Kavresthali on 12 December 2017 to discuss different employability skills to overcome youth unemployment. There was 35 youth participated in the workshop.

The event commenced with the introduction of organizer and participants. The workshop was divided into two sessions. In the first session, there was presentation on project “**CHARGER- Fighting youth unemployment by developing employability skills**”, its phases, international training, youth exchange as well as Youth Empowerment Possibilities at Kavresthali community. After the presentation, the participants were divided into 6 groups and given the topic like youth unemployment problem, challenges and the need of employability skills. They were told to discuss the given topic in groups and make a presentation on the basis of their discussion. The group leader of each group gave the presentation. From this group discussion, different views and opinions of youth came out. Some participants pointed out lack of vocational education, computer skills, leadership quality, communication skills, job related training, other skillful training etc. to get employment in the community. Also, political instability, lack of resources, lack of experience, low economic condition etc. were the challenges for youth employment.

In the second session, the video made by the project was displayed. They knew about employability skills highly desired by employers like learning to learn, organization skills, team work, initiative and entrepreneurship, problem solving, leadership skills, social competence, knowing yourself and self-management and communication skills. Youth are encouraged to develop these skills which helped them to get employed in near future.



Fig: - 35 Youth in Employability skills orientation.

CHAPTER 6 ENVIRONMENT AND CONSERVATION

VIN's Environment and Conservation Program focuses on promoting community awareness of crucial environmental issues and developing solutions by contributing to major research. We believe that the well-being of the Nepali people can only ever reflect the well-being of the environment. VIN conducts research with partner organizations to understand national environmental issues and develop solutions. If climate change, diminished water sources, deforestation and soil erosion continue, our goal of empowerment will always be threatened.

VIN has different projects for environment and conservation that help to educate and assist local communities, liaise with local authorities and investigate environment issues in the community. The Environment and Conservation Program consists of the following sub -programs:

- ❖ Agro-Forestry
- ❖ Agro-farm
- ❖ Climate change research
- ❖ Environment Initiative research
- ❖ Water research

Agro Farm The major objectives of agro farm project is to manage land effectively and develop best practices of agro-forestry and agro-farm system in community. In 2017, 19 VIN volunteers provided support to farmers from Kavresthali in agro-farm activities. The major activities carried out by volunteers were planting, cultivating and harvesting the crops. They worked in harvesting tomato, cauliflower, bitter gourd, beans, cucumber, spinach, wheat, digging up potatoes in the field, curing the cucumber and preparation of soil for planting spinach and putting organic fertilizer and compost and closing the holes with the soil, removing unnecessary and dead leaves of tomato, removing weeds of tomato plants and putting them on the compost pit, harvesting cauliflower and beans, and preparation of the rice fields. VIN also supported non-local materials and labor force to construct model compost bin in same community.



Fig: - 36 volunteer helping farmer at organic farm house in Kavresthali.

Women were happy with VIN's contribution in the agro-farming project. A large number of families benefitted from organic farming and compost fertilizer production technique in Thaligaun, Thumka and Lamichhanegaun, Kavresthali.

Organic Farming Training in Thali and Lamichhanegaun

VIN has organized a one-day organic farming training with women farmers in Thaligaun and Lamichhanegaun. They were informed about organic fertilizers and pesticides. Organic fertilizers consist of no harmful chemicals which is good for the environment and human health. Farmers were oriented on composting technique. For composting, to aerate, turn, mix are essential because the microorganisms' decomposers need oxygen plus maintaining a sufficient porosity will accelerate the decomposition.



Fig: - 37 An organic farming orientation session at Kavresthali.

Women were happy with VIN's contribution to agro-farming training. More than fourteen families benefitted from organic farming training in Lamichhanegaun and Thaligaun.

Campaign on Waste Management

An awareness campaign was organized in the period between the 7 to 17th of March 2017, and focused on the Environmental section, under the Environment and Conservation program. The major objectives of the campaign were:

- ❖ Gather information related to the environmental issues of the local community areas, with a focus on the problems related to the waste production and management.
- ❖ Raise awareness of the local community members, to the environmental consequences of poor waste management.
- ❖ Raise the awareness of the local community members to the environmental damage caused by some of their daily actions related to their household waste.
- ❖ Propose alternative, more sustainable solutions to the community members current waste management related practices.

Methodology

A brainstorming session was performed with the members of each community, in order to understand the main environmental issues of the living area of the participants. In particular, it focused on the problems related to the management of their daily produced waste.

Also, we asked about their farming activities and if they were familiar with organic farming practices.

Following the brainstorming, a lecture on how to reduce the environmental damage of their daily practices of waste management was given.

In particular, it focused on the importance of the separation of organic from non-organic waste, and how the use of organic components to prepare manure can be a sustainable and profitable way to reduce waste production.

Moreover, it was explained the environmental impact of some of the daily practices they performed, related to the management of their produced waste. For example, it was underlined the damage provoked by plastic burning and by dumping the rubbish in the streets or into a river to the crops they may cultivate, the soil, the air and the water resources.

Alternative methods of waste management were then suggested to the community members.

Apart from the construction and usage of compost bins to manage organic waste, we have suggested that practices of waste burning should be avoided or at least, when performed, they should take place as far away as possible from places where people live and cultivation sites, as well as water resources, in order to avoid direct impoverishment of the farming soil, the health issues related to plastic-smoke breathing and the poisoning of water resources and the onset of acid rain.

The three R's were presented with the intention of showing how to minimize the non-organic waste production: Reduce, Reuse and Recycle.

In addition, it has been suggested that the community organizes itself in small groups that through collective action can ease the transportation of non-organic waste to the municipality and can also be responsible of cleaning the public local area from dumped rubbish. We have also suggested that those organizations could build and maintain little landfills in appropriate sites, which could be able to reduce the impact of inappropriate waste management related practices.

Achievements

- ❖ Deeper knowledge of the material and psychological biases related to poor waste management techniques.
- ❖ Improvement of the awareness of the potential impact of environmentally damaging practices related to poor waste management in the community area.
- ❖ Improvement of the community members' understanding of organic farming practices and the potential impact of the use of chemical products such as pesticides and fertilizers on the cultivations.
- ❖ Potential creation of cleaning groups.

- ❖ Raised awareness of the importance of civil society collective addressing of the environmental and waste management issues to the local municipalities.

Campaign on Environmental Protection and Compost-Making to Manage Biodegradable Waste in Kavresthali

The workshops were conducted to assess people's views about waste management in Kavresthali at 15 spots. Based on the findings from the workshops, we planned to train the locals about compost-making to manage big portions of the waste generated in community.

For the campaign, posters were made to explain the concept in more detail. The general structure of the workshops was the following:

The workshop mainly focused on 3 important educational aspects.

- a) The importance of maintaining remnant forests and planting trees where possible.
- b) The benefits of composting (to the individual and environment), and step by step how to make good compost.
- c) The RRR (Reduce, Reuse, Recycle) concept {because of the lack of waste facilities i.e. no program or system to take away waste or manage it, we emphasized reducing plastics by buying in bulk and avoiding plastic bags when buying fruit and other stuffs and using reusable bags}. In workshop local people were trained to make a compost bin from local materials. The compost bin was built from locally grown bamboo, wire, nails and twine. The roofs varied from clear plastic, to recycled tin, to a leaf/grain bag/bamboo structure. The gates also varied as our construction techniques evolved and improved each time. This variation will be helpful in identifying the most study and effective structures over time to help inform future projects.



Fig: - 38 A compost bin made by farmer at Kavresthali.

Study on Water Scarcity and Plastic Pond Construction in Okhaldhunga

Water shortage in the higher lying parts of the mid-hills of Nepal is a natural characteristic of the area. In the target area of the survey, in the upper parts of Taluwa VDC, Okhaldhunga, we could observe a relatively high number of mountain springs and natural ponds; however, they are exposed to ever lengthening seasonal drying-outs due to increased water withdrawal by humans and decreasing water recharge from rain due to climate change. This water shortage is an increasing problem that the people of Taluwa VDC cannot solve themselves; they are waiting for the government or any other donor or investor organization to realize sophisticated water management projects. This study assesses the current situation of agriculture, drinking and irrigation water supply and aims to find way how the farmer families of Taluwa VDC could be supported in their everyday challenges related to water supply. It is looking at the feasibility of short, medium and longer-term solutions that can help on a smaller household and community scale for the families to manage their water.



Fig: - 39 A plastic pond was made at Okhaldhunga to harvest the rain water.

Key findings of the survey were that there are substantial differences among the wards of Taluwa in the depth of water shortage problems. Generally, we can conclude that Ward 8, 2 and 1 are the most severe situation with regards of drinking and irrigation water shortage.

In terms of irrigation water, it can be highlighted that climate change impacts manifest themselves in drying irrigation channels and ponds. When examining 32 water harvesting ponds, we found the shocking result that 59% of the ponds are broken, of which all were made of plastic. Nevertheless, we also found that the reasons for breakage could be eventually prevented with better implementation and capacity building related to the plastic ponds.

Based on the findings of the survey and the highlighted problem areas the study recommends to explore following project ideas in the area of Taluwa:

- ❖ Water Harvesting Pond rehabilitation and construction, with high focus on capacity building.
- ❖ Distribution of hardware for kulo channel maintenance for those who have rice fields.
- ❖ Water Source Maintenance, such as constructing inlets and taps where they don't exist.
- ❖ Water Quality Testing Research, to confirm the assumption that drinking water is safe.

Voluntour Project - A voluntour project with the theme of “Better environment, Better Tomorrow” was organized at Kavresthali. Voluntour volunteers carried out the environment cleaning campaigns. They coordinate the project with local authorities responsible for waste management, establish the local users committee and conducted the cleaning campaigns.



Fig: - 40 Volunteers in front of trash collecting truck at Kavresthali.

Nature Club at Schools: Eco-clubs were created at 6 different schools of Kavresthali. Club members were oriented about Eco-clubs, waste management, and managing green surroundings at the schools and conducting environment activities at school. They also held an inter-school drawing competition for the children of these schools.



Fig: - 41 Drawing competition with eco clubs at schools.

Water Quality Testing in Kavresthali

During 2017, international and local volunteers from VIN conducted a series of water tests as well as household interviews in the Kavresthali area. This research was completed in order to obtain a general understanding of the local water system, water quality and resident hygiene awareness.

Kavresthali is especially vulnerable to water scarcity and contamination of water. The major objectives of the study were:

- ❖ To find the water resources and distribution channels within the village.
- ❖ To determine the level of the contamination of water within the channel.
- ❖ To identify the most applicable and cost-effective water purification techniques for locals.
- ❖ To assess the hygiene status and awareness level of local communities.

Water Purification Campaigns

Based on the findings from the research, the team designed two posters to raise awareness of local residents.

Poster 1 aims to help women in the households understand how to prevent possible transmission of pathogens through dirty hands and water in the house.

Poster 2 aims to teach villagers the most cost-effective drinking water purification method. This is the solar light disinfection system which allows the villagers to safely drink safely from the surface water source. The posters were used to teach the villagers about water contamination and the techniques of water purification.

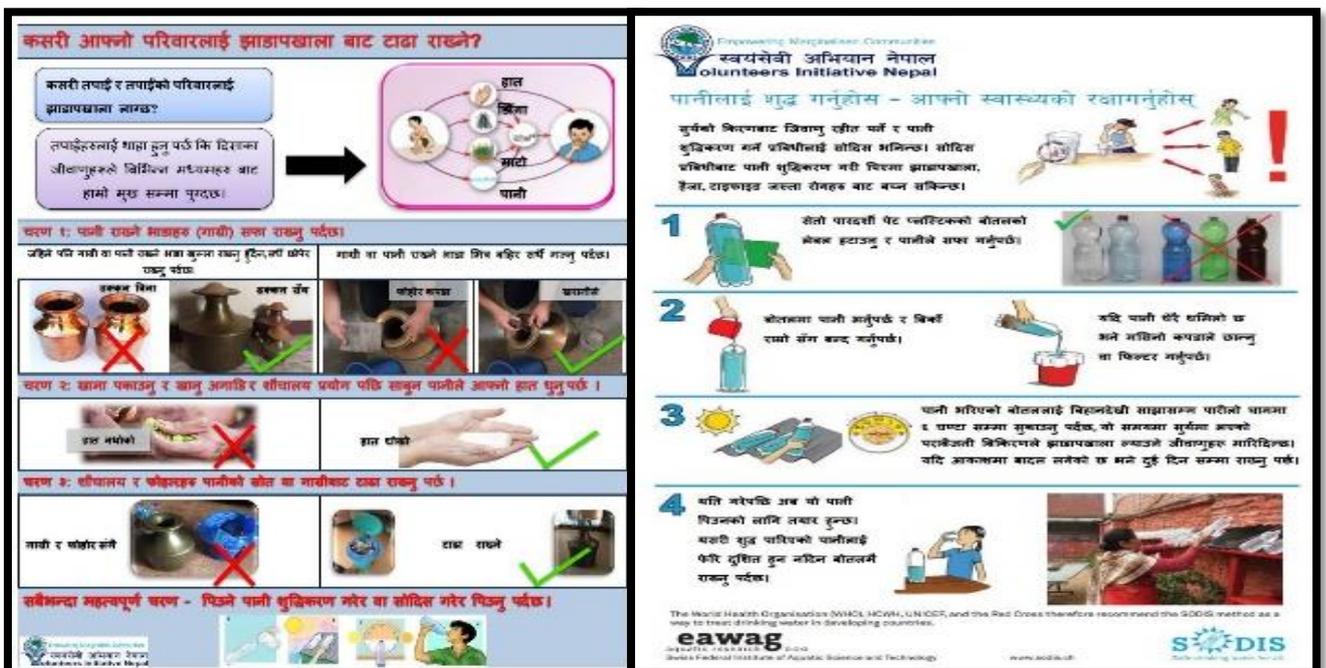


Fig: - 42 Posters for water purification techniques.

Water Quality Testing from Kavresthali Schools

VIN volunteers completed water quality testing of tap and drinking water from all five schools in Kavresthali and one school in Phedi. The tap water and drinking water from the container were tested in a number of schools, including, Kalidevi School, New Life Free School, Green Hill School, Milan Dhanmasthali School, Kavestrali Secondary School and Tarkeshwar Vidhya Kunja English Secondary School.

For each sample, physical, chemical and biological tests were conducted. Physical parameters were tested using the corresponding digital meters. Electrical conductivity was tested to measure the ability of water to carry an electrical current. This is directly related to the amount of dissolved solid which is ionized in water. The required standard for electrical conductivity is under 1500 us/cm. This was met by all the tested samples.

For the chemical parameters, Nitrite, Amonia, Chloride and Fluoride were tested. The results for the chemical test is measured by 10 ml. A biological test was carried out in an incubator to see the growth of microorganisms.

In the schools, a high contamination was found in the water. The water was contaminated with coliform bacteria. Teachers and principals were interviewed in order to find out more about the reason for the contamination in the water. The results reveal that almost all of the schools have issues with contaminated drinking water. Also, a number of people were identified to be ill from drinking the water.



Fig: - 60 Water sample with contamination.

Cleaning and Rebuild Campaign at Bajrayogini

VIN volunteers worked at Bajrayogini temple, a heritage site, to clean the area and support the temple management committee to rebuild the temple area.

CHAPTER 7 POST DISASTER RELIEF PROGRAM

VIN volunteers helped local people from Koiralagaun maintain a damaged road. They dug a trench on the roadside to provide water drainage. This was an important road that links the village with the main road. The damaged road had caused a great deal of problems for the local people, especially for the women and children as it was difficult to walk on the road. After the repairs, it is much easier for them to walk on the road now.



Fig: - 61 Volunteers busy in road construction.

Debris Removing from Collapsed Houses

VIN has been supporting earthquake victims through relief projects since 2015. The project supported 10 poor families in communities who do not have enough resources to clear the area. VIN's volunteers worked to demolish the houses and support people to separate the materials such as stone, brick, mud, wood and metals. They cleared the area to make it ready for rebuilding the houses.



Fig: - 43 Volunteers removing debris from a collapsed house.

Table: - 7 List of the families who needed help for deconstruction of house.

S. N	Name of family	Address
1	Puspa Phuyal	Jitpurphedi-7 Thulagaun
2	Ramlal Tamang	Jitpurphedi-7 Aapchaur
3	Bagbati Phuyal	Jitpurphedi-7 Thulagaun
4	Kamala pariyar	Jitpurphedi-6 Tinpipe
5	Ram prd Gajurel	Jitpurphedi-6 Thumki
6	Shiva prd Gajurel	Jitpurphedi-6 Thumki
7	Krishna brd shai	Jitpurphedi-6 Lamichane gaun
8	Putali Lamichane	Jitpurphedi-6 Lamichane gaun
9	Sahadev Devkota	Jitpurphedi-8 Dadagaun
10	Parbati Ghimire	Jitpurphedi-6 Thumki

CHAPTER 8 VOLUNTEERING PROGRAM

PARTICIPANTS IN 2017

VIN has welcomed a total 703 volunteers in the year 2017. VIN received 643 international volunteers from different countries around the world and 60 national volunteers. The volunteers who joined VIN this year came for various projects such as teaching at Buddhist monastery, volunteer coordinator, construction and manual work, agro farm, public health and medical care, child care, journalism, film and documentary making, climate change, water research, ECD, elderly care, teacher training, emergency relief and disaster management, 'better environment-better tomorrow', child rights and children club facilitation, civil society initiative, environment initiative, hospitality management, fun with kids, animal welfare camp, library camp, management and administration, painting and decorating ECD, school development and education, teacher development, teaching at deaf school, website and SEO professional, youth development, research initiative, world heritage volunteer, post disaster relief, total sanitation, children development, multi-purpose farming, children's summer camp, children's winter camp and teaching at community school. The volunteers were from different countries such as Australia, Austria, Belgium, Brazil, Canada, China, Colombia, Costa Rica, Czech Republic, Denmark, France, Germany, Hong Kong, Hungary, India, Ireland, Italy, Israel, Japan, Korea, Lebanon, Lithuania, Malaysia, Mexico, Netherlands, New Zealand, Philippines, Poland, Portugal, Romania, Russia, Scotland, Singapore, Slovakia, Spain, UK, USA, and more.



Fig: - 44 1st June intake of International and National volunteers for various projects.

Total Number of International Volunteers in Each Program for the Year 2017

The table below shows the total number of international volunteers for the year 2017.

Table 8: Total number of international volunteers in 2017.

Project	Number of volunteers	Percentage
LMTV	296	46.03%
Workcamp	85	13.22%
Group	262	40.75%
Total	643	100%

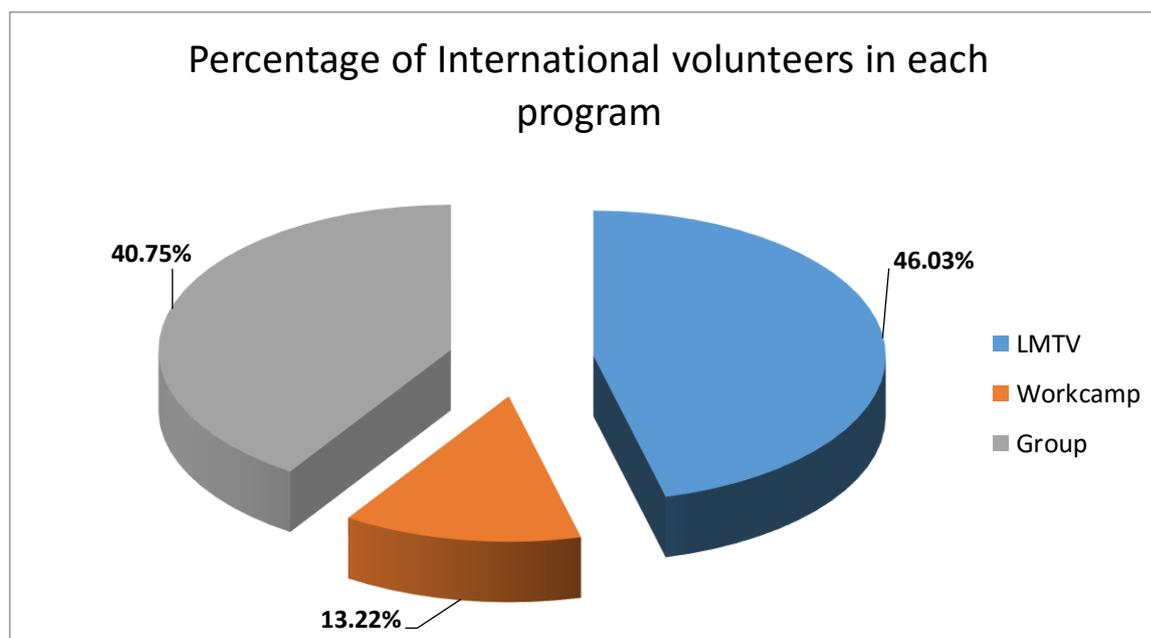


Fig: - 64 Percentage of International volunteers in each volunteering program.

In 2017, out of the total number of volunteers who volunteered at VIN, 46% (i.e. 296) came for Long-Midterm volunteer projects, 41% (i.e. 262) of them were group volunteers and 13% (i.e. 85) did workcamp projects.

Volunteering Programs:

A large number of VIN programs are designed to fill the gaps and make lives more prosperous in the communities 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 projects outside the community, which fall under Public Interest (PI), and Buddhist Monastery (BM) programs. VIN now runs more than 50 projects in total. Working currently in Jitpurphedi and specifically in Kavresthali (since 2016), VIN has also begun mobilizing international volunteers in Okhaldhunga (since October 2013) and Okharpauwa (since 2014).

Number of Volunteers Received in Different Projects for 2017. The table below shows the number of volunteers received in different programs offered by VIN in the year 2017.

Table no. 9: Number of volunteers in different projects.

Program	LMTV	Workcamp	Group	Total
Teaching	77	37	230	344
Children Development (CD)	40	24	17	81
Women Empowerment (WE)	36	1	-	37
Public Health and Medical Care (PH&MC)	49	8	15	72
Environment and Conservation (E&C)	32	1	-	33
Youth Empowerment (YE)	1	-	-	1
Public Interest (PI)	51	6	179	237
Management and Administration (M&A)	3	-	-	11
Journalism	17	-	-	17

[Note: For LMTV = 11 volunteers have done 2 projects

Workcamp = 1 volunteer worked in 2 projects

Group = 179 volunteers worked in both construction and teaching]

The diagram below shows the number of volunteers received in different projects in

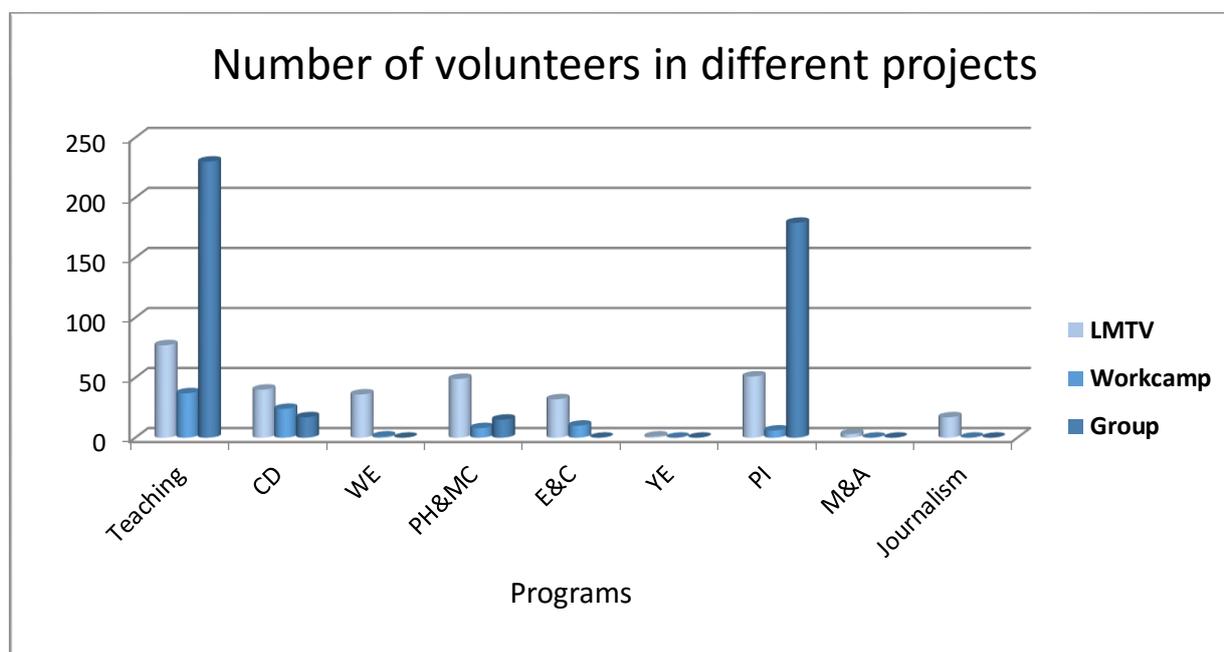


Fig: - 65 Volunteers under different projects.

The above table and figure shows the number of volunteers working in different projects. The number of volunteers for LMTV projects is highest for teaching in a Buddhist monastery and community school (i.e. 77) followed by Public Interest (i.e. 51), Public Health & Medical Care (i.e. 49), Children Development (i.e. 40), Women Empowerment (i.e. 36), Environment & Conservation (i.e. 27), Journalism (i.e. 17), Management & Administration (i.e. 3) and Youth Empowerment (i.e. 1).

Similarly, for the workcamp volunteers, the number of volunteers is highest for teaching in a Buddhist monastery and community school (i.e. 37) followed by Children Development (i.e. 24), Environment & Conservation (i.e. 10), Public Health & Medical Care (i.e. 8), Public Interest (i.e. 6) and Women Empowerment (i.e. 1).

Likewise, the number of volunteers for group project is also highest for teaching in a Buddhist monastery and community school (i.e. 230) and lowest for Public Health & Medical Care (i.e. 15).

Testimonials from Volunteers:

“VIN is a great program for all individuals or groups looking to do some volunteer work in Nepal. They offer a variety of different programs and are very flexible with timing etc. The induction days definitely help you adjust and adapt to the cultural aspects in Nepal. I would strongly recommend this program to all individuals looking to do some meaningful and impact work in Nepal.” – **Andrew Vuong, Australia, Teaching English in a Buddhist Monastery**

“Working with VIN has been a great experience. I worked in the community of Kavresthali, presenting and reading the children about children rights and club facilitation. The project was still in its early stage when I was a part, so we were introducing the aims of the project to the children and teachers.

Overall, the experience I had was very positive. The other volunteers and my host family were all friendly and welcoming.” – **Samantha Gordon, Hong Kong, Children Development**

“VIN was a very good experience for me. The first time in a different country, first time travelling alone, and a first-time volunteer too! I learnt a lot of things about culture, daily routine, way of life and all this will be useful for the next [period] of my life. The activities were very different like teaching, preparing lessons, administrative. Everybody is friendly here: host family, people in the village, students. So, I love this entire project.” – **Victor Belloni, France, Waste Management**

“Working with VIN has been an interesting experience. I have enjoyed living in the host family a lot and I would say that I learned a lot about the Nepali culture. Not only by living in a Nepali family, but also by working closely with local volunteers. The project that I was working on was really interesting. It was interesting to see how the local people responded to our gastro-enteritis and First Aid campaigns. Most people recognized the symptoms and actually wanted to learn about it.” – **Sanne Hulsmann, The Netherlands, Public Health & Medical Care**

“It was a really interesting social experience. I think these kind of volunteering programs are the best way to discover Nepali culture, living with local has been amazing. For the work I have done I feel really grateful because you can be proud to see all the changes, the impact of your work (construction).” – **Simon Cheseaux, Switzerland, Reconstruction**

“The best part of my volunteer experience was working with the women, my local volunteer and my project partner. Every moment with them all means a lot to me. I volunteered for two months teaching life skills, conducting women trafficking research, giving trafficking prevention classes to two women group in Kavresthali.” – **Kenai Class, Women Empowerment, USA**

Other Activities

1. Coordination with Stakeholders

VIN has coordinated the projects with different stakeholders and partners. Here is the list of important stakeholders that VIN has developed network.

Primary Stakeholders

1. **Municipalities and Ward Offices**- Tarkeshwor municipality office and ward 2 and 3 offices, Ranipauwa Village municipality office and ward 1 and 2 offices, Siddhicharan municipality office and ward 1 and 2 offices, Chisankhugadi Village municipality office and ward 6 office, Nagarjun municipality office and ward office, Budhanilkantha municipality office, Ratna nagar Municipality office and ward offices, Kathmandu metropolitan office;
2. **Schools** – Schools from Tarkeshwor, Siddhicharan, Nagarjun, Budhanilkantha and Ratna Nagar Municipalities, Kathmandu metropolitan and Ranipauwa and Chisankhu gadi village municipalities
3. **Health Centers**- Kavresthali, Taluwa and Nisankhe Helath posts
4. **Community Based Organizations (CBOs)**- Women groups, women's cooperatives, child clubs, youth clubs, Female Community Health Volunteers, waste management committee, water users committee, school management committees
5. **Private companies**- Tarkeshwor Sarsafai Tatha Batabaran samrakshyan Pvt.Ltd, Sky Arts, Wine to Water Nepal, Salvation Mission to Nepal

Secondary Stakeholders

District Development office Kathmandu, District Education office Okhaldhunga, Nuwakot and Kathmandu, National Private and Boarding schools organizations Nepal, Industrial Entrepreneurship Development Institute, Kathmandu, District public health office Kathmandu and Okhaldhunga, District agriculture office Kathmandu, District Cooperative office Kathmandu, National development voluntary service, Central and district level project implementation unit, National reconstruction authority office, Social Welfare council

International Partners

Friends of VIN-NL, US and AUS, Partner in sustainable Learning (PiSL), NVDA, Alliance of European voluntary service organizations, LRIT, CCIWS, VolTra Hong kong, Better World Korea, Nice Japan, VYA Taiwan, Global voluntary camp Singapore, Cazalla intercultural, Volunteer for peace US etc.

2. News Writing Workshop

One day training on “Writing News” by Pratichya Dulal, Senior Journalist from BBC Nepali Service was held on 10th September 2017 at VIN office, Khusibu. All VIN staff, international as well as local volunteers participated in this training.

Tips for Better Writing

- ❖ Words should not be too long or complicated. A news story is not the place to try and impress people with your intelligence or your command of the English language. Pick your words carefully so they are concise and you will use fewer words overall.

- ❖ Make sure your sentences are under 25 words and contain only one idea.
- ❖ Use a simple subject verb object form.
- ❖ Don't use too many commas.
- ❖ Paragraphs need to say something new and, like sentences, be short and to the point.
- ❖ Never put more than three prepositional phrases into one sentence.
- ❖ Never put more than three numbers in one sentence.

3. Christmas Eve Celebration

VIN organized a Christmas Eve celebration party at office. There were about 50 people including staff, volunteers and guests. All people were happy to get the opportunity wishing Christmas with each other. People enjoyed the evening by dancing and singing.

4. Dashain Eve Celebration

VIN organized a Dashain festival celebration party before Dashain holidays at the office. There were about 26 people including staff, volunteers and guests. All people were happy to get the opportunity to wish each other a happy Dashain.

5. International Volunteers Day

VIN organized an international volunteer meeting and a cleaning campaign surrounding the office area on International Volunteers' day. About 20 volunteers were involved in the campaign. It helped to keep the surrounding areas clean.

6. Planning Workshop

VIN organized a 3-day planning workshop with project staff to review 2016 and develop plans for 2017. VIN's projects were discussed and projects for 2017 were reviewed.

7. Retreat

VIN organized a retreat trip for all staff and board members. The team went to Sukute for three days and two nights.

8. Calendar publication

VIN published a yearly calendar for 2074 (2017/18).

9. VIN office at new address

The VIN office shifted to a new address. We are now at Pahiko road, Khusibu town planning, Nayabazar, Kathmandu.

CONCLUSION

It is concluded that VIN successfully implemented Women's Empowerment, Children's Development, Youth Empowerment, Public health and Medical Care, Environment Conservation and Disaster Response & Relief programs in four districts Kathmandu, Okhaldhunga, Nuwakot and Rasuwa.

About 30,000 people benefitted from VIN's projects. There were 643 international and 80 national volunteers who contributed to VIN's community development programs.

FINANCIAL REPORT-2017

Table 10 VIN's annual financial report 2017

Particulars	Amount in NRS
Income:	
External source	23,819,796.45
Internal source	8,318,036.54
Total income (A)	32,137,832.99
Less Expenditures:	
Women empowerment program	1,061,495.67
Children development program	4,942,738.67
Youth development program	711,329.67
community learning center	2,202,759.00
Public Health and Medical Care	1,070,506.67
Volunteer program expenses	10,267,224.65
Disaster response & relief (reconstruction & sustainability)	5,369,319.20
Environment Conservation	489,416.67
Administration and overhead costs	2,782,101.58
Depreciation	978,469.39
International projects	2,267,028.05
Total expenditure (B)	32,142,389.22
Fund balance (A-B)	(4,556.23)

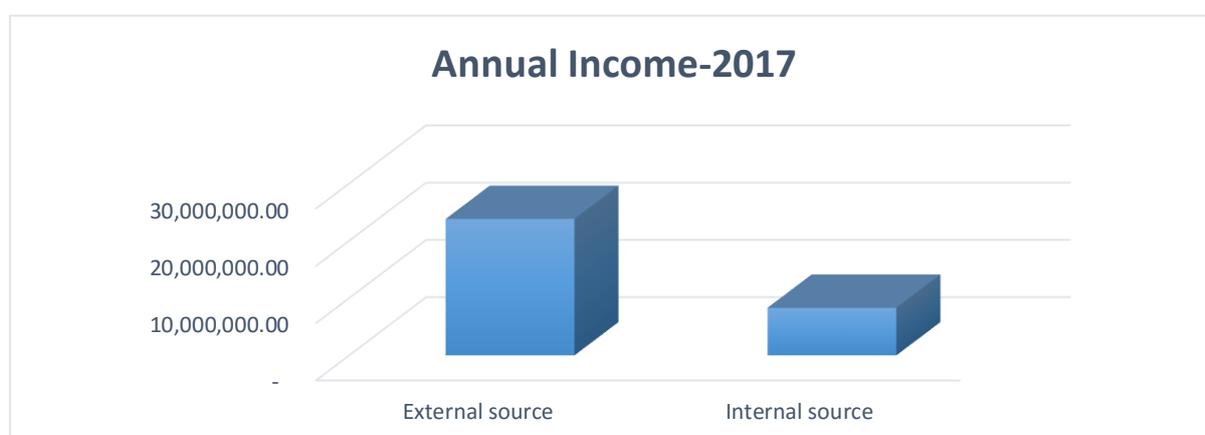


Fig: -66 VIN's Annual income source.

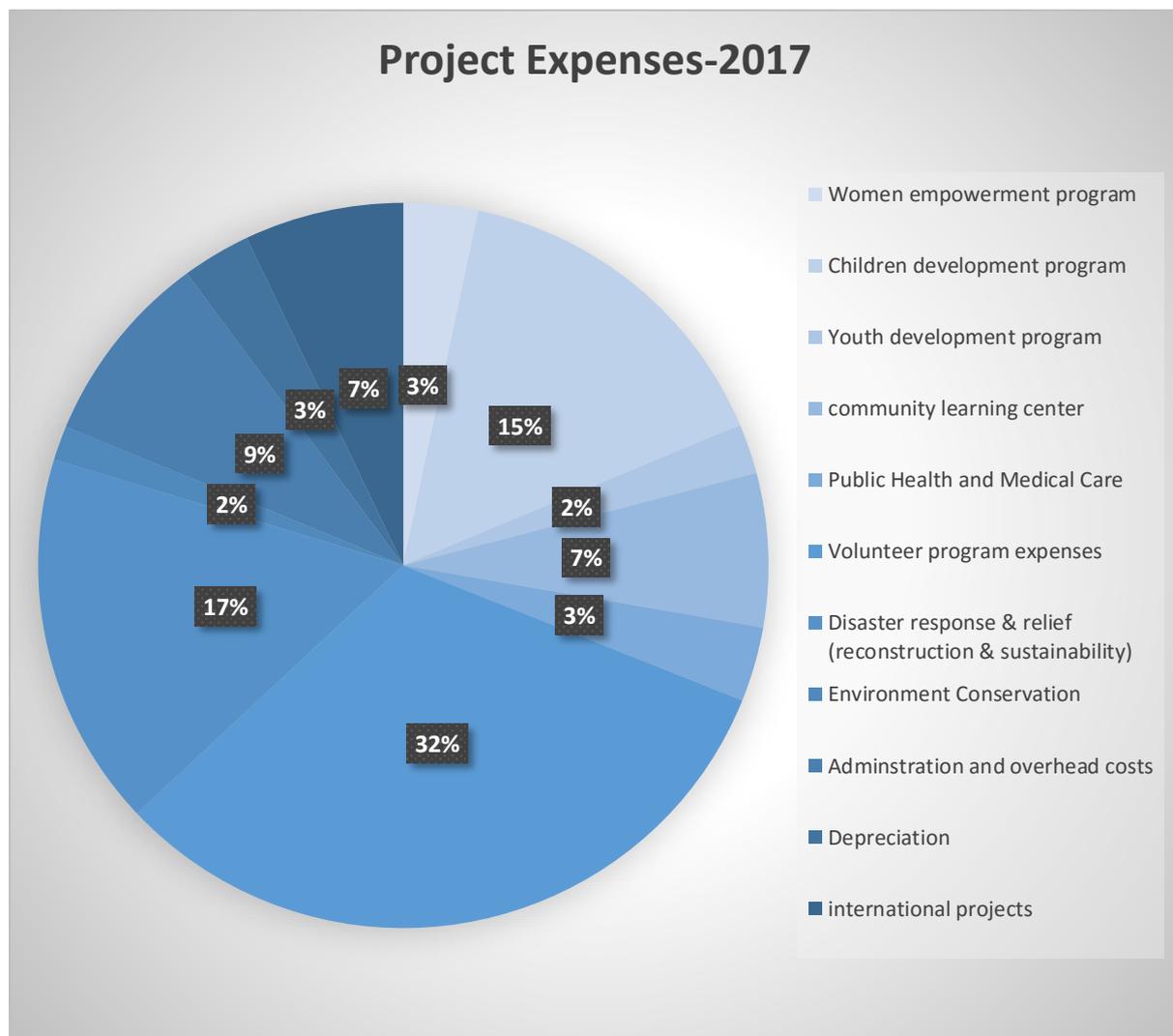


Fig: -67 VIN's annual project expenses

THANK YOU!