

# NEWSLETTER



## Welcoming Our March Volunteers

In March, we were pleased to welcome 13 volunteers:

- 11 International Volunteers
- 2 National Volunteers

They came from diverse backgrounds, professions, and age groups, representing USA, Italy, France, Japan, Spain, and Nepal. These passionate volunteers contributed their skills and knowledge across various projects, including Disaster Risk Reduction Education, Breast Cancer and Menopause Research, Youth Empowerment, Photo and Video Journalism, Animal Care, Climate Change Research, and Teaching English in Community Schools.

Throughout the month, they actively engaged with local communities, making a meaningful impact through their dedication and hard work.

## Major Activities of LMTV volunteers

### 1. Disaster Risk Reduction Program

A volunteer led disaster preparedness sessions at North Star School and five Jitpurphedi communities, covering:

- Family evacuation plans, assembling a go-bag, and home safety measures.
- First aid skills, including assisting unconscious individuals and mouth-to-mouth resuscitation.
- Before, during, and after disaster response protocols.

26 students at the school and 36 community members actively participated, with positive feedback on the valuable knowledge shared.



### 2. Climate Change Research

A four-week climate change research program was conducted, beginning with the development of a questionnaire on local climate perceptions, agricultural impacts, and shifting crop patterns. Over the next two weeks, door-to-door surveys in seven communities gathered insights from 53 participants. Challenges included limited awareness and hesitation from community members to engage in discussions.





### 3. Photojournalism Program



Three volunteers documented VIN's projects across Jitpurphedi and Okhaldhunga, covering Disaster Risk Reduction, Public Health, Women's Empowerment, Agroforestry, Children's Development and more. Their contributions included:

- Film making, photography, and documentary creation to highlight VIN's impact.
- Interviews and success stories showcasing the community's experiences and transformation.
- Editing videos for YouTube and social media, creating daily vlogs and volunteer testimonials.
- Annual staff and board member photography for official VIN records.
- Writing an article for Spotlight Magazine on VIN's initiatives.

### 4. Public Health Research – Breast Cancer & Menopause



A research initiative focused on menstruation, menopause, and breast cancer awareness, crucial yet less-discussed topics in Nepal. Key highlights include:

- Raising awareness about menopause symptoms and management strategies.
- Promoting hygiene during menstruation for improved health.
- Encouraging breast cancer self-checks, emphasizing the importance of early detection.
- Surveying 50 women across different communities to gather insights and inform future awareness campaigns.

### 5. Agro forestry Program



A volunteer engaged in sustainable farming activities in Jitpurphedi, assisting host families and local farmers with:

- Digging, planting, watering, weeding, and harvesting vegetables.
- Visiting the Ramghat community, where he helped with soil preparation, leaf trimming, and grass removal.
- Planning a hydroponics training for local farmers to introduce innovative farming techniques.

## HIGHLIGHTS OF MARCH

On March 8, 2025, over 220 students from 11 schools participated in “Okhaldhunga’s Got Talent” at the NaraTika Community Learning Center. Organized by VIN and the ESC Vol4HumAid Child Protection team, the event showcased dance, drama, and song performances, promoting child development and protection.

“Every performance is a testament to the resilience and potential of our children.” – Local Education Advocate.

This vibrant event celebrated creativity while raising awareness about child rights and development.



# Major Activities of ESC volunteers

## Women Empowerment - Tarkeshwor

- International Women's Day Exhibition engaged 60+ participants through an advocacy wall, film screening, and discussions on gender equality.
- English Classes: 15 sessions conducted for four women, with certificates planned for April.
- School-Business Partnership: Supported Ambika's soap business registration, label design, and distribution planning.
- Computer Training: A participant scored 41/50 on the final exam and received certification.



## Permaculture - OKhaldhunga

- Planted 170 trees in OKhaldhunga as part of the Forest for Food Project.
- Collected garden compost in CLC for sustainable permaculture practices.



## Disaster Risk Reduction- OKhaldhunga

- Community Preparedness & Response Training: Over 60 disaster management task force members from Taluwa, Thulachhap, and Bhadure communities received training in first aid, search & rescue, fire evacuation, and victim extraction in coordination with the Armed Police Force.
- Committee Management Training: 45 task force members were trained on leadership and effective disaster management.



## Public Health - Tarkeshwor

- Menstrual Health Workshop: Educated 45 students at Jitpur School on menstrual hygiene and cycle management.
- Tobacco, Alcohol & Drug Awareness: 60 students at Nagarjun School participated in role-playing scenarios on substance abuse prevention.
- Nutrition & Mental Health Workshops: Engaged Saraswati School students through small-group sessions.
- Environmental Health Workshops:
- Balami Gau: 28 participants discussed pollution and health impacts, followed by diabetes testing.
- Chogau: 7 participants learned about waste management and blood pressure checks.
- Community Cleanup Campaign: 34 participants led a cleaning drive in Tarkeshwor Municipality with the Ward Chairman's support.

## HOLI CELEBRATION

VIN organized Holi celebrations in OKhaldhunga and Kathmandu, bringing together volunteers, staff, and community members. The festival was filled with colors, joy, and togetherness, as everyone exchanged colors, shared laughter, and enjoyed a festive lunch. It was a memorable and fun-filled celebration!





# Major Activities of ESC volunteers

## Youth Empowerment – Tarkeshwor

- Youth Conference: 52 youth participants from Ward #3 formed a Youth Club, with support from the Ward Chairperson.
- Youth Club Election: 16 members attended an election meeting to define their roles and responsibilities.
- Community Cleaning Campaign: Conducted with the Public Health team, involving 28 participants.
- Youth Club Constitution & Registration Meeting: Youth members discussed the legal process for official registration.



## Youth Empowerment – Okhaldhunga

- Career Development Workshops: Conducted at two schools, engaging 38 students on future planning and SWOT analysis.
- Entrepreneurship Training: Covered product development, engaging eight participants.
- Nature Journaling Workshops: Held at NTCL for 10 participants from Taluwa and Thulachhap.
- Nature Journaling Exhibition: Showcased artwork from 20 youth artists, attracting 224 visitors.

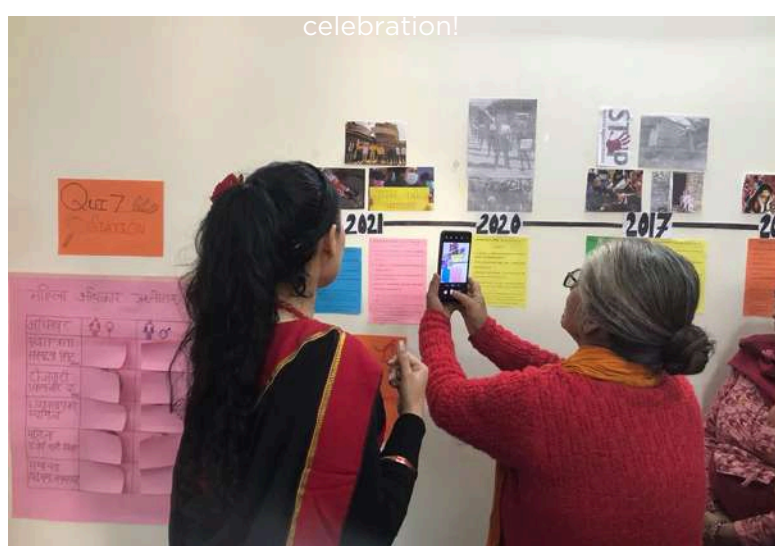
## Child Protection – Tarkeshwor

- Anti-Bullying Interactive Sessions conducted in seven schools, engaging students from grades 1 to 8. Students created slogans and artwork for an anti-bullying campaign.
- Wall Magazines Published:
- “Baal Aawaz” at Saraswati School.
- “Bal Abhivyakti” at Kalika Sharan School.
- Over 270 students benefitted from both initiatives.



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# Volunteers Rating



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It was enriching and special. Nepal is such a beautiful place, and the people are somehow even MORE beautiful. Everyone cares so deeply, and is so invested in making Nepal better. I am happy that the work I did made Nepal better. By providing women with simple tools they need for before, during, and after disasters- she can confidently protect herself, her family and others.

VIN puts a lot of thought and careful consideration in all their programs and all their work, you can truly tell how much they care. There is no program here that is useless, all programs are specifically chosen and make an impact in Nepal. And im glad to have been a part of it.

**Kymber Keaton**  
LMTV Volunteer



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VIN offers a remarkable platform for those who believe in giving back to their community and making a lasting impact. Their dedication to empowering marginalized groups through education, healthcare, and sustainable development is truly commendable. working 3 months in VIN as a volunteer gave me good exposure to the raw nepal .

Beyond its social impact, VIN fosters a unique global connection. Volunteering here isn't just about serving Nepal—it's about engaging with diverse perspectives, exchanging ideas, and building lifelong relationships with like-minded individuals from around the world. It's an experience that not only enriches communities but also broadens horizons.

**Nirajan Raj Kunwar**  
National Volunteer

For anyone looking to create meaningful change while expanding their global network, VIN is an outstanding choice. Highly recommended!





# Looking Ahead!

We're thrilled by the progress made in March and look forward to sharing more updates as we continue to make a difference together. A heartfelt thank-you to all our volunteers, supporters, and partners for being part of this journey!

