

# Volunteers Initiative Nepal (VIN) Monthly Newsletter



August 2013

Women's Empowerment

Children's Development

Community Health &  
Environment

Youth Empowerment

## August Accomplishments

- New Women's Group Formation
- Reproductive Health Care Awareness Campaign
- English Language and Life Skills Classes for Women
- Health Camp at Budhanilkantha Orphanage
- A Life Changing Moment
- Health Post Update
- Jitpur Higher Secondary School Health Campaign
- Toilet Construction in Jitpur
- August Work camp

### New Women's Group Formation

A new women's group was formed in Devasthan, Jitpurphedi on 9<sup>th</sup> August. The women of this area decided they wished to start a co-operative and they requested the assistance of VIN to set their group up. VIN assisted in the formation of the group, discussing with them the VIN program, strategy, defined co-operative activities, and the co-operative plan.

The group plans to save 100 Rs a month. Each member of the co-operative will buy 5 shares to join and open an individual savings account.



### Reproductive Health Care Awareness Campaign

During August VIN ran an awareness campaign for the women of Chogaun concerning reproductive health and cervical cancer. 26 women in the age range 23 – 65 participated in this campaign. The women were taught to recognise the signs and symptoms of cervical and breast cancer. They were also taught pelvic floor exercises and self breast examination. The women expressed that they had learned a lot to help them to better manage their reproductive health, and were grateful for this.

### English Language and Life Skills Classes for Women

During August two international volunteers, Shi Meng Xu and Marie conducted several English language and Life Skills classes for the women of Jitpurphedi. 10 women of Dandagaun were able to participate in the English Language classes and 14 participants from Aanpchaun participated in the Life Skills classes where they discussed stress management and nutrition. The women actively participated in the discussion and expressed their thanks for the valuable suggestions made on recognising and overcoming stress. Also for advice on preparing a balanced diet of nutritious food for their families.





## Health Camp at Budhanilkantha Orphanage

During August VIN's medical team visited Budhanilkantha Children's Home. 13 children of the age range 4 – 17 were examined. The major health issues were found to be skin infections, dental issues and general indicators of lack of vitamin and poor sanitation. The children were eager to learn how to wash their hand and brush their teeth properly. The orphanage staff were encouraged to vary the diet of the children and to include fresh fruit and fresh vegetables as much as possible into their daily meals.

## A Life Changing Moment

This young lady, Chandra Maya, from the Jitpurhedi VDC was suffering from an ectopic bladder condition. Physically handicapped in this way she was also suffering from depression. Surgery was necessary to get Chandra on the road to recovery. VIN, with the invaluable support of two international volunteers; Nicole Schouwenaar and Tom Konert, was able to provide the necessary treatment. Chandra's operation was carried out in a city hospital that has advanced facilities.

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



## Health Post Update

VIN's medical team (medical officer, nursing staff and volunteer/s) has been providing extended medical services to Jitpur community people three days a week. The major objective of this service is to improve quality of health services provided by the existing health post. The number of patients were seen in the month of July was 348 over 13 separate clinic sessions.



## Jitpur Higher Secondary School Health Campaign

VIN's health camp in August was carried out at Jitpur Higher Secondary School. The major objectives of this health camp were to:

- check the general health of the children
- screen the oral hygiene of the children
- carry out de-worming
- raise the children's awareness of the importance of hygiene and sanitation

48 students were examined. The children were found to be suffering in the main from a common cold, some children had varying gastro intestinal issues including worms, abdominal pain and diarrhea.

## Toilet Construction in Jitpur Status

The month of August experienced slow progress in the Jitpurhedi toilet construction program owing to the rainy season. Several international volunteers including Benjamin, Winslow, Jean, Morgan and Julian worked on the construction. Some design work is underway to make plans for constructing upstairs toilets in sangita and dilmaya houses. Other investigations are underway to determine new ways of optimising the program of work, for example buying materials in bulk may help to reduce the cost over all.

## General Updates

### August Work camp – Stop Open Defecation

The implementation of the Stop Open Defecation Campaign is expected to generate a significant improvement in the health and sanitation conditions of the community which will ultimately lead to a reduction in recurring sickness in the community and an improved quality of life.

The August work camp targeted a small community where five households had access to only one toilet.

Using toilets in Nepal has been a recent phenomenon.

## Call for Sponsorship

As you know, there are never enough dollars to make the world go round. VIN has many projects, for example: Child sponsorship; to ensure a disadvantaged child has the opportunity to receive a complete education. Full sponsorship costs around 230 USD a year.

Any help, such as donations or fund raising ideas you can offer would be greatly appreciated.



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## Volunteer's Corner



It may be hard work but with this view who could complain



Global Volunteers not afraid to get their hands dirty



Time to bid farewell