

ANNUAL REPORT 2016

VOLUNTEERS INITIATIVE NEPAL
BALAJU, KATHMANDU, NEPAL

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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
HH:	Household
HSS:	Higher Secondary School
HT:	Head Teacher
HW:	Hand Washing
IGP:	Income Generating Program
JAWCL:	Jitpurphedi Agriculture Women Cooperative Limited
MDG:	Millennium Development Goal
NGO:	Non-Government Organization
ODF:	Open Defecation Free
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

Using a holistic development approach, Volunteers Initiative Nepal (VIN) has been working in four districts in Nepal; Kathmandu, Okhaldhunga, Nuwakot and Rasuwa. The first project in Jitpurphedi, Kathmandu District was initiated in 2007. 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 each community. The programs include; Women's Empowerment, Children's Development, Youth Empowerment, Public Health and Medical Care, Environment, and Disaster Response and Relief.

The Women's Empowerment Project in 2016 helped 775 women better understand life skills and health issues. Entrepreneurship development projects such as sewing, vegetable farming, plastic pond construction and farmyard management provided women financial support. Eleven hundred and five women received financial access 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. Winter children's camps in Jitpurphedi provided fun experiences for 76 children. Education about discrimination or exploitation was provided to 9 different Children's Clubs.. Sixty four children received school scholarships which allowed them to attend school. Thirty eight Early Childhood Centers in JitpurPhedi, Okharpauwa and Okhaldhunga are currently serving over 600 children in well-equipped classrooms with trained teachers. Two compound walls were built in Rasuwa secondary school and hostel to ensure safety for the children in the school. Sixty-nine youth have been involved in volunteering projects in their communities. .

The VIN public health and medical care program provided 661 community people extended services at the health post. Training and awareness sessions on health issues were conducted targeting women in the communities and children and youth at school. WASH project was implemented in Jitpurphedi, Kavresthali, Okharpauwa and Okhaldhunga. Jitpurphedi and Thulachap were declared as ODF communities. Research was conducted on water resource management and climate change. Water quality testing was carried out in Dandagaun and Kavresthali. Water from Kavresthali schools were tested for pathogens. An earthquake resistant ECD building was built in Okharpauwa, a toilet was built in Kavresthali school, a road was maintained in Jitpurphedi and 10 families were supported to clear the debris from broken houses. 588 international and 69 national volunteers were instrumental in the success of VIN's community development programs. Total budget: NR 39,986,467 (about \$399,000 USD).

MAJOR ACHIEVEMENTS OF 2016

Table 1 Summary table of projects and major achievements in 2016

Program	Projects	Detail of Activities	Number of activities	Beneficiaries
Women's empowerment	Micro-credit	Land purchase, design and cost estimation of Cooperative land and building	1	774
		Annual general assembly	2	1099
		Co-operative management training	3	69
		Exposure visit	1	81
		New Women's group	20	115
		Share distribution	2500	774
		Loan distribution	-	
		Managed the fertilizer and seed	12	774
		Celebrated women day and teej festival	2	250
		Develop co-operative web site	1	774
		Conducted trainings on – business plan preparation, co-operative management, life skills, co-operative management, public speaking, account management, group facilitation, computer/ language, proposal writing training	1	23
		Publish calendar	1	744
	Entrepreneurship Development	Composting	4	40
		Entrepreneurship Skill	14	300
		Candle making	2	18
		Jam making	1	14
		Low cost irrigation	5	40
		Sewing/cutting training	2	18
	Women education and	Women right and domestic violence	1	350

Program	Projects	Detail of Activities	Number of activities	Beneficiaries
	life skills	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
		Group work	85	774
		Computer class	2	15
Children Development	Children's Winter camp	Children's winter camp	2	176 children's
	Children's Club	Sport Materials Distribution to CCs	1	1000
		Health sessions	2	613
		Child rights training	5	500
		CC/UCC Reformation	9	109
		Children's Club Facilitation Training to teachers	1	8
	ECD	Basic ECD Teacher Training	1	18
		ECD Materials Distribution Okharpauwa	9	200
		ECDE teachers Refreshment Training	1	67
		ECD classrooms maintenance		
		ECD building construction		
	Sponsorship	Sponsor materials Distribution	2	66
	Teacher Development	Primary teacher Training	2	27
	School Improvement	Painting and teaching at Schools	6	1217
		School and hostel compound wall construction	1	350
		Toilet construction at schools	5	1500

Program	Projects	Detail of Activities	Number of activities	Beneficiaries
Youth Empowerment	Youth Capacity build up	Youth Education and Life skill class	1	20
		Youth in action for sustainable development goal	1	
		Youth Sports and Life skill class	1	20
Public Health and Medical care	School health	Hygiene and Sanitation Ed.	2	500
		Health Talks	2	500
	Health campaigns	Campaigns on Blood pressure and diabetes	25	300
		Conducted campaign on waste management	10	650
		Training on first aid to local female health volunteers	1	19
	Health Clinic Program	Checked patients at Health Post	1	661
		Medical stuffs, Materials and instrument supply	2	5000
	Health support to poor people	Medical support to Kidney patient	1	1
WASH	Campaigns	Hygiene and Sanitation Ed.	50	1500
	Construction	Toilet construction	350	10000
	ODF	ODF campaign	2	10000
Social events	International volunteers Day		1	500
	International women’s day		1	550
	Campaign on World Peace day		1	500+
	International food day		1	25
Research	Survey		Baseline survey in Kavresthali	
	Health research	Knowledge and practice about personal hygiene among school children		
		Knowledge, practice and challenges about garbage management in Kavresthali		
	Water research	Identify natural resources of water and management in Kavresthali		
		Water conflicts issues and solution in Kavresthali		
		Water quality testing in Jitpur and		

		Kavresthali
	General	Mid - term and final evaluation of the projects
		Impact study of micro credit project in Jitpurphedi
		House hold survey – toilets with permanent toilets
Volunteering	International Volunteers from all around the world	588
	National volunteers	69

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 centers 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 emergency situations, 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 includes 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 the income generation initiatives.
4. To conduct research on women's issues to find solutions to pervasive problems of women in rural Nepal

Microfinance has been documented 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 co-operative. 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.

These cooperatives are run completely by the community women:

Jitpurphedi Agriculture Women Cooperative Limited (JAWCL) was established in 2010.

Taluwa Multipurpose Cooperative Limited was established in 2014.

Autonomous and sustainable microcredit system

The Seventh Annual General Assembly (AGM) of Jitpurphedi was conducted amongst the shareholder



Figure 1: Seventh General Assembly of Jitpurphedi Women's Cooperative

members on 17th of December 2016. The main objectives of the General Assembly were to present the annual cooperative transactions to the members and stakeholders, and to agree to annual plan for 2017. The President summarized the annual achievements and presented the year plan for 2017. The Treasurer presented details of the last fiscal year audit report and the present financial plan.

Those who were present at the meeting included the municipality ward secretary and coordinators, different stakeholders and political leaders, social workers and representatives of other organizations. All of the stakeholders expressed their happiness and pride regarding the excellent progress made by the cooperative. VIN's program manager reported that this program led women to socio-economic empowerment.

Annual status of Cooperative presented in sixth general assembly. (Audit copy FY- 72/73)

S.N.	Activities	Amount
1	Total co-operative members	774
2	Total Share amount	8400 NRs
3	Total saving amount	11113038 NRs
4	Total loan investment amount	9229162 NRs
5	Total Income	1250762 NRs
6	Total Expenses	1231651 NRs
7	Total profit	19111 NRs

Overall, the cooperative has made excellent progress and women have received great financial support through this model. Women now have access to a low interest loan from the cooperative in their own community. The cooperative has motivated women to start their own businesses. From various data and activities, we can conclude that microcredit through the cooperative model has been a big success.

Impact study of microcredit project in Jitpurphedi community



VIN completed a study of the impact on microcredit to women in 2016. The aim of the study was to assess the impact of the Microcredit Cooperative on the lives of the women at Jitpurphedi community. 210 women members of the cooperative were interviewed (from a total of 730).

Figure 2: Interviewing women for microcredit impact study

The results of the Microcredit Impact Study has shown that the cooperative is successful in terms of individual satisfaction, community benefit and improving living standards. The cooperative has provided access to a safe reliable place to save money, take out loans and support income generating activities. Furthermore, it has a positive social impact by building a women’s network within the village. In addition, the cooperative has had a very positive impact on building confidence and the happiness of the women. The research findings conclude that the **women’s cooperative** has had a positive effect on the women of Jitpurphedi, both financially and socially.

Women’s excursion visit

A three-day women’s study tour was organized in March to provide education and knowledge development about the best practices in cooperative management systems and organic farming. The program was co-funded by VIN and Tarkeshwor Municipality Ward office 8 and 9. VIN coordinated the event. The women groups visited Pokhara, Tanahun and Chitwan districts. They observed income generation practices of other organizations on vegetable and livestock farms. They got the opportunity to observe agro farming, animal husbandry, microcredit systems and other income-generating activities. In addition, they interacted and shared their experiences with the members of the Model Cooperative of Women, Khairenitar Women’s Development Multipurpose Co-operative Limited, Women’s Skilled Development Saving and Co-operative Limited, and Prabhat Women Development Multipurpose Co-operative Limited. They were also able to visit the historical and tourist areas of Fewa Lake, Bindhabasini and Sauraha. Altogether, 81 participants attended, including 72 women from the Cooperatives, 5 officers from the Municipality ward, 3 international VIN volunteers and 1 VIN Program Officer.



Figure 3: Women in front of cooperative building during excursion visit

The study tour was highly beneficial for all the women involved. They were able to observe, share their knowledge and learn new information about cooperatives, organic farming and large scale animal husbandry.

Co-operative management refresher training

Women’s Co-operative organized a two day “Co-operative Management Refresher Training” with support from VIN in Tinpile. The main objectives of the training were to review the roles and responsibilities of management committees and to learn more about co-operative management systems.

Co-operative board members meeting

VIN has been coordinating co-operative board member meetings every month in the cooperative office at Tinpile. Last year twelve meetings were held. VIN supported the facilitation of women members to make the main decisions regarding co-operative web site design, land purchasing, proposal writing, increases in loan volume, sewing and cutting training, building construction, staff salary increases, co-ordination with other organizations, reward systems, training, excursion visits, the annual general assembly and the selection of new board members.



Figure 4: Monthly meeting of board members of cooperative

International Women's Day celebrated in Jitpurphedi

On the occasion of the 106th International Women's Day, VIN with Jitpurphedi Women Agriculture Cooperative Limited (JWACL) organized an **interaction program with women**. On the same day, JWACL, with Tulsi Memorial Cancer Relief Foundation, organized a cervical cancer screening campaign at Jitpurphedi. 120 women participated in the program.

The objective of the program was to discuss women's rights and domestic violence in the communities. Women conversed about what facilities are provided by the municipality for women, violence towards women, and the importance of health and hygiene for women (uterine cancer and its control measures). At the end of the program, the women went for a rally around Tinpipple corner.



Figure 5: Women on International Women's Day



Figure 6: Women's Movement for Rights

In the second part, a cancer screening test was organized. It was based on VIA (visual inspection with acetic acid) to detect pre-cancerous lesions of the cervix. 100 women from Jitpurphedi benefited. Many women were diagnosed with a polyp, uterus prolapse and infections with five positive cases for VIA (suspected with pre-cancerous lesions).

Women were advised about treatment. Those women who were detected positive for VIA were guided to go to hospital for further diagnostic tests.

Social event- Celebrate Dar on occasion of Teej festival

Teej festival is a very famous festival among the Hindu women in Nepal. During this festival, women fast to ensure the long life and health of their husband. Women visit their maternal home and they celebrate as one of them, Dar Khane. Other women worship the God Shiva and Saptarishi. Jitpurphedi women co-operative organized a Dar Khane program on the 26th of August. The main objective of the program was to gather



women together and celebrate the local culture in a group. The VIN program manager, program officer and local and international volunteers participated. They gave best wishes to the women for the Teej. There were 90 women who enjoyed the festival by dancing and singing.

Figure 7: Celebrating Teej festival in Jitpurphedi

Women's Entrepreneurship Development Project

VIN aims to empower the women by bringing and involving them in income generating activities. The major objective of the non-agriculture sector is to identify a specific nonagricultural branded product in the market that generates sufficient earning opportunities during the off-season period (e.g. handicraft, sewing cutting, embroidery, candle making and other vocational skills training). VIN has been supporting the various ideas of the Jitpurphedi Women Agriculture Co-operative Limited.

Agriculture

Vegetable production (seasonal and off seasonal types) and livestock farming are the main two sectors of agricultural development in this area. The main objectives of this program were to establish senior and model women farmers, reduce chemical fertilizer and pesticide use in crop production and increase the income of the farmers. VIN implemented these programs with the close coordination of the Jitpurphedi Women Agriculture Co-operative Limited.

Organic Farming Project

VIN provided a two-day training in Jitpurphedi. to teach women how to make compost fertilizer. It was conducted at Kisandol, Phedi and Gairigaun in the Jitpur community. It was aimed at providing the technology for the women as a way to develop



Figure 8: Practicing composting in Jitpurphedi

entrepreneurship in organic farming. It was conducted by an international volunteer, Simone, from the USA. The daily activities included:

Day 1: Interact with the women and discuss the importance of organic farming. Explain the techniques of composting.

Day 2: Practical demonstration on how to make compost bin with local materials and how to make compost fertilizer from hay, vegetable and garden scraps, cow and chicken excrements. Compost bins were built in Kisandole, Phedi and Gairigaun.

Agro-Farm program

Agro-farms are agricultural systems that promote environmentally-socially and economically sound for production. By respecting the natural capacity of plants, animals and local conditions, agro-farming optimizes quality in all aspects of agriculture and the environment. The main objective is to manage land effectively and develop best practices of agro-forestry and agro-farm systems.



Figure 9: International volunteer involved on agro-farm work in Jitpurphedi

A VIN volunteer assisted local farmers in field preparation, ways of seed sowing and fertilizer application. She shared her knowledge with a local farmer about the techniques and the amount of the composed fertilizers for different types of crops. Different types of field operations, seed sowing and fertilizer are used according to the type of crops.

For cabbage and cauliflower, small holes were dug in the fields. Then they put 1g chemical fertilizer and some seeds into each hole. It was then covered with composed fertilizers. Only the beans require a small amount of chemical fertilizer that was placed on the fields randomly. For garlic, the composed fertilizers are mixed with the dry soil and the garlic is planted piece by piece evenly on the field. All crops are then irrigated. The farmers were happy knowing that only composted fertilizers were used instead of chemical fertilizers. The VIN volunteer regularly helped the farmers once a month.

VIN volunteers were also involved in different activities of this project such as digging and ploughing the fields. They also supported the farmers in sowing, planting and harvesting crops of cabbage, mustard and peas. Volunteers helped in the weeding operation in the crop fields.

Non Agriculture

Candle making project

VIN has been supporting women through an entrepreneurship development project of making candles. Training was conducted over two days at Athmile. A group of women were trained on household candle making techniques. This project was facilitated by Simone from US. She provided the technical skills to make candles. Raw materials for candle making were paraffin, pots, string, oil and washers. Women were taught to make candlesticks and how to mold candles. It is estimated that if the women followed the techniques correctly, three women could make about 1000 NRs per day.

Food preservation training

VIN organized training on food preservation techniques. The women were trained to make jam from fruits and vegetables. Jam making training was conducted with women from Jitpurphedi. It was facilitated by G. Szabo, a VIN volunteer. The training was held at Women's Cooperative in Tinpipple. There were 15 participants including board members of the cooperative. The VIN volunteer taught the steps of making jam from fruits and tomatoes and the benefits of these practices. The women were very interested in the jam making techniques.

Knitting project for women in Jitpurphedi

VIN's volunteer ,Adeline Thiery from France, is a costume designer and a dress maker. Her training taught the women new skills such as knitting, crochet, hand craft work. Using these skills, the women can produce scarves, phone cases, bracelets and other objects for potential sale.



Figure 10: Women at knitting training

Activities of the workshop:

Day 1: Teach the basics of crochet for beginners

Day 2: Continue with the basics

Day 3: Continue with crochet practice and begin lessons in knitting

Day 4: Teacher the basics of macramé and learn how to make bracelets and necklaces

Day 5: Continue practice with macramé

In five days, women learnt the basic skills of knitting, crocheting and macramé. Most of the women found the training to be very useful.

Basic sewing/cutting training

A 3 month sewing/cutting training was organized by VIN and Tarkeshwor municipality ward offices 7 and 8 at Gairigaun, Jitpurphedi. There were 10 women participants aged 20-35 years. These women from local



Figure 11: Women in basic sewing cutting training inauguration program

ethnic communities and were from economically deprived families. They learn the basic techniques and skills of the clothing designs that are in high demand in the local market. The training and continued practice and guidance helped them to build confidence to start an individual or group business in the future. The participants were happy and enthusiastic to start their new career. With consistent practice and advanced training, these skills will help them to compete in the existing market and sustain their business.

Advanced sewing/cutting training to women



Figure 12: Women in sewing cutting training at Jitpurphedi

The advanced sewing/cutting training for women was organized at Gairigaun, Jitpurphedi. The program was organized by JACL in coordination with VIN and Tarkeshwore Municipality Ward 7 and 8 offices. Twelve women participated in the project. The main objectives of the project were to train women on advanced techniques in sewing/cutting and to motivate women to start micro enterprises.

The training was for those women who had completed the 3 months basic sewing/cutting course organized by VIN. The women were between 20 to 35 years of age.

The advanced sewing/cutting training organized by JACL in coordination with VIN and Tarkeshwore municipality was very successful and was a big motivation to encourage the trained women to start their own businesses.

Women education and life skills program

Educational topic #1: Life Skills



Figure 13: women in life skills class in Jitpurphedi

VIN conducted a number of life skills classes in different regions of Jitpurphedi. The topics varied according to the needs

and interests of the women. Lessons included topics such as; assertive communication, human trafficking, healthy relationships, domestic violence, public speaking, self-esteem, entrepreneurship development and business skills, time management, stress management, health and sanitation. Women's rights in the new constitution were also discussed. Some trainings have been three to five days. An additional 350 women were trained by VIN in one day orientations.

Educational topic #2: Women's trafficking and domestic violence

The Women's Cooperative, in coordination with VIN and Tarkeswore Municipality Ward 7 and 8 offices, organized sessions on women's rights, healthy relationships and domestic violence in Jitpurphedi. The project was funded by the municipality office and VIN provided technical support. The sessions were conducted at Kisandol, Dandagaun, Aanpchaur, Aryal gaun, Dhital gaun, Phedi and Lamichanegaun.

The main objectives of the classes were to orient women about their rights and how to stay healthy and safe. Specific sessions focused on domestic violence prevention, stress management, assertive communication, self-esteem development and goal setting. The sessions involved open discussions. Women were motivated to express their problems. There were 70 participants in 16 sessions. It was facilitated by VIN volunteers, Leah, Aureli, Amanada, Stephene, Rabina and Usha.

The one day orientation on women trafficking, domestic violence and women's rights was funded by Tarkeswore municipality ward office. The main objective of the event was to raise awareness among people regarding women's rights, violence and trafficking. Representatives from the community were invited for the speech and discussion.

The municipality ward secretary was a chief guest. Other different political parties' representatives were invited as guests. Advocate Kumari Kharel and Change Nepal representative Dhanmaya Balami and Barsa Luitel were the speakers in the program. They interacted with the women and discussed the relationship between women trafficking and domestic violence, and how to control trafficking and violence. It was an interactive session that recommended that women discuss their problems and seek solutions.

There were 300 women represented in the program. Women were happy to be there in the program. They shared how much they learned about trafficking and domestic violence.



The participants reported that it was a great experience for them and they were hoping for more programs in future.

Educational topic #3: Computer and Language class

VIN's volunteers conducted English language class and computer class to women at Gahiri Gaun, Sundarbasti and Kot of Jitpurphedi. The main objectives of classes were to teach English language and basic computer skills. The English class was about basic communication skills, while the computer class, focused on skills such as how to use email, messages, create folders and other topics..

There were 32 participants, 10 from Gairigaun, 10 from Sundar basti and 12 from Kot. All the participants actively participated to learn English language and basic computer skills. At the end of the English classes, the women demonstrated the use of English for basic conversations. They were able to use the computer for simple tasks.



Figure 15: Women in computer and language class run by VIN in Jitpurphedi

The language and computer training arranged by VIN to women from Jitpurphedi appeared to be effective to develop basic English and computer skills amongst women. It is recommended that these sessions in the future.

Research on women trafficking projects

A research study was implemented to determine what the local people from Jitpurphedi knew about human trafficking. The goal of this research was to identify community member's understanding of women's trafficking and domestic violence in order to create prevention and awareness programs that would help the community cope with this issue.

Results of this research demonstrated that many of the communities have an basic understanding of human trafficking and domestic violence. Typically, younger women with more education had a greater understanding of the topics than older less educated women. According to the data collected, Kot and Kishadol have the greatest percentage of women that know about human trafficking and domestic violence. Athmile has the lowest percentage of women that know someone involved in human trafficking. Thumki,

Athmile, and Kot have the lowest percentage of women who know about any recent events of domestic violence in their community.

It is important to note that the events of domestic violence may be the same event that is well known in the community, so a higher percentage of women who know of an event does not necessarily mean that community has more domestic violence. Additionally, a higher percentage of women who know someone involved in human trafficking is not an indication of events happening in the community because the women may know of people in other communities and the distinction was not made.

Women's group meeting

Every month cooperative staff collects the savings from the different women's groups of the community. There are 95 women groups from the area where 775 women are members. They are involved in income generation activities as a farmer, animal keeping, teachers, business woman, tailors and embroidery workers. All group members have to save a minimum of 100 rupees by the name of the group. If they wish, a woman can individually save the amount of money they want. They are provided a passbook where the deposited amount is entered and each is provided with a receipt. The amount collected by the group is registered by a member of the cooperative. These meetings provide an opportunity for women to get together and discuss their problems or concerns. They try to solve the problems within the groups. If this is not possible, they may forward it to Cooperative Office. Cooperative Office staff visits the groups to collect money and to note problems or concerns of the members.

Review of meeting in Jitpurphedi community

The annual review and plan formulation meeting of 2015 was held in Jitpurphedi Women Agriculture Co-operative office. There were 145 participants; women, co-operative representatives and VIN representatives. The main objective was to evaluate the completed program of 2015 and to make the 2016 plans.

Women were divided into 3 different groups for review. During review sessions, women provided feedback about the program. They scored the project and event as *happy* for good and *sad* for poor. If it was in the middle, they expressed it as a response *less*. They said that VIN's programs were really appreciated, but some programs needed further review.



Figure 16: Interaction with women in review and planning meeting

At the end of the session, women provided a list of important plans for next year. They suggested VIN could provide support for tangible projects such as building construction.

CHAPTER-3 CHILDREN'S DEVELOPMENT

Children Winter Camp

The major objective of this program was to involve children ages 6-14 years in extracurricular activities as a way to provide fun and encourage creativity. Camp lasted five days and 176 children attended. Children were engaged in physical exercises, singing songs, dance, intellectual games, drawing, painting, making toys out of paper, dancing, English and Korean language lessons. Lessons also included personal development such as conversational skills and socialization. Children were also taught about hand washing and teeth brushing.



Figure 17: Children in winter camp in Jitpurphedi

Sports materials supply to Children Clubs (CCs) in Jitpurphedi

VIN provided sports materials to 8 Children's Clubs in Jitpurphedi. About 1000 children have benefited from these supplies. VIN supplied materials to play ludo and chess, snakes and ladders board games, badminton, volleyball, netball, baby ball, volley ball, air pump, skipping ropes, crock, and football.



Figure 18: Sport materials distribution to CCs

Children's clubs follow-up and support

VIN has a 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 to continue with 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 is clear that the child clubs from Jitpurphedi schools 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.

Painting and teaching at School

VIN has supported 6 ECDs (4 from Kathmandu, 1 from Nuwakot and 1 from Okhaldhunga) from three districts to conduct the painting classes. It was aimed at making the classrooms child friendly and bright and fun. About 180 students have benefitted from the project.

Health teaching at Okharpauwa community Schools

Oral hygiene sessions were conducted with primary school children in 9 schools from Okharpauwa. Training was focused on correct teeth brushing. Children were provided with toothbrushes and tooth paste.

Approximately 613 children benefitted from these sessions.



Figure 19: Teaching health skills to school children

ECD Teachers Training

VIN conducted early childhood education training to teachers and volunteers from Okharpauwa schools. The training was to educate ECD teachers and volunteer teachers about the concept of early childhood development and the importance of ECE. The importance of child development dimensions such as physical, mental, social and emotional



Figure 20: Participants from teacher training

development were discussed as well as the importance of games, play, songs, stories and extracurricular activities. The importance of using a regular schedule and daily routine was presented to teachers as an effective way to keep all children involved in learning.

Eighteen ECD teachers of 9 schools and 1 local volunteer and staff of the VIN participated in the training. The training was facilitated by Early Childhood Education expert Diann Grimm from US, founder of Partners in Sustainable Learning (PiSL) and a partner organization of VIN. The training was for 6 days. At the end of the training, all schools were provided developmentally appropriate educational materials that correspond directly with the activities presented in the Early Childhood Curriculum.

Refresher training to ECD teachers from Okhaldhunga

VIN conducted a one-day refresher training for the ECD teachers and volunteers at Thulachhap, Bhadaure and Taluwa of Okhaldhunga. Diann Grimm, director of PiSL facilitated the training. There were 49 (17 from Thulachhap, 15 from Bhadaure and 17 from Taluwa) teachers and volunteers who participated in the training.

Diann visited all the ECD centers to observe the classes and coach teachers. During the visits it was found that 5 ECD centers received earthquake damaged earthquake and needed urgent repair. Repairs were made on Kalika Devi ECD-Taluwa-1, Panchamukhi ECD Dumre-Taluwa-3A, Jalpa ECD (Chapa Bhanjyang Primary School)-Thulachhap-7, Shree Seti Devi ECD Centre-Bhadaure-3 and Tej Maya Rai Primary school-Bhadaure-1.

PiSL also purchased 122 rugs for all the ECD centers. Twelve ECD teacher salaries are fully sponsored by Partners in Sustainable Learning.

ECD Infrastructure development

VIN supported infrastructure supplies to ECD centers of Okharpauwa and Kavresthali. Altogether 10 ECD centers 9 from Okharpauwa and 1 from Kavresthali were supplied child friendly materials needed for the class. Each classroom was supplied with 3 round tables, a pigeonhole rack, a cupboard, a white board, carpet and vacuum cleaner. VIN works to establish an ECD as a model class for teaching and learning.

Sponsor materials distribution

VIN has been sponsoring the education of children from poor families or those who are orphaned or abandoned. VIN provides educational materials and ensures that the child gets an appropriate education. VIN provides books, school uniforms, bags and other necessary items to each child. Sponsored materials were distributed by VIN's Program Manager, Dr. Laxmi Prasad Ghimire and Resource person Mr Rameshor Paudel. Altogether, 64 children are currently sponsored by VIN. Forty-one of these children attend school in Okhaldhunga, while 23 are from Jiptur.

It has been reported that the support from VIN has made a significant



Figure 21: Practicing an activity in teacher refresher training



Figure 22: Materials distributed to ECD centers of Okharpauwa



Figure 23: Guests and children in sponsor distribution event

impact in the lives of the sponsored children. Reports indicate that the sponsor program is largely effective in supporting the education of children who would most likely go without education. This program is greatly appreciated by the community members as expressed in the views of a child guardian.

Case box 1

“VIN has been doing a great job by giving this educational support to these children as we are living hand-to-mouth problem due to severe poverty.” –*Kamala B.K., guardian*

Children’s Clubs

One of VIN’s important programs is the support of school-based Children Clubs (CCs). CCs have been formed in 8 schools in Jitpurphedi. There is also a United Children’s Club (UCC) that acts as an umbrella for all the CCs for a total of 9 CCs. These CCs organize different programs like debates, poetry, culture, sports, village and school cleaning campaigns, fund raising, awareness and others. The CCs have provided inspiration for children to develop creative and reformative ideas and projects, equipping them with important lifelong developmental tools. CCs are often a platform for the children to discuss their problems and generate positive solution.

Children Club Reformation and Club Management Refresher Training

As in previous years, refresher training regarding Club management and improvements was provided to all CC members. Altogether, 109 students from 8 different schools and UCCs were actively involved. The refresher training has encouraged children to design and improve the programs that are offered through the Children’s Clubs. About 1,000 of children have benefitted from Children’s Clubs.



Figure 24: Participants in CC refresher training

Children’s Club Facilitation training to teachers

Children’s Club management training was organized to CC facilitator teachers the chance to provide feedback and to learn how to sustain the effective functioning of each Children’s Club. They were trained on all aspects of CCs including the concept, rationale, ways of formation and reformation, conducting meetings, writing minutes, publication of wall magazine, communication skills, resource mapping, fund raising, action planning, account keeping and library management.

There were altogether 8 teachers who participated from the different schools. It was targeted to the CC facilitator of teachers from all schools. Altogether 8 teachers from 8 different schools of Jitpur benefitted by the program. The teachers learnt the ways and methods of facilitating a CC. Teachers are then able to provide facilitation on organizing a children's club in school. The program was found effective. This was also proved by the views expressed by one of the participant teachers.

Case box 2

“VIN has provided us the opportunity to get trained on Children's Club facilitation. This program made us more responsible and to feel more confident to facilitate the clubs. These kinds of trainings must be organized and provided to us from time to time.”

- Rajendra Gywali (CC Facilitator Teacher, Jitpur Higher Secondary School)

Child Rights Training to Children's Club

It is well known that the complete development of the child is critical to his/her success in education and future endeavors in life. VIN has recognized that the parents and school are responsible for this overall development, but they are not aware about the rights that all children have. Therefore, VIN has been working to promote advocacy of child rights, and to increase the awareness of this issue in communities and schools.

Children's Club members were involved in the Child's Rights Campaign. There were 500 participating in the orientation. Children were taught about the history of child's rights and the four important pillars that are the foundation of children's rights. The training was effective in orienting children about their rights which is also evident in the views expressed by one of the participants from the campaign as mentioned in case box-3.



Figure 25: A child in Child Rights Campaign

Case box 3

“ The child's rights orientation event was very useful for me to gain knowledge about child rights. I found this as good to share knowledge among children. Thank you VIN for organizing this event. We expect more programs from VIN in future. -Manisha Aryal, President Jitpur Children's Club

Primary Teacher's Development Training

VIN organized training for primary teachers from Jitpuprhedi and Kavresthali. The training was designed to improve the instructional methodology at the community school. The training was facilitated by educational experts from USA and Canada.

The training session was divided into three parts.

Part 1: Teacher observed how to teach the class by observing the trainer.

Part 2: The trainers taught the concepts based on what they observed.

Part 3: Post training discussion helped the participants to better understand the curriculum.

The training was primarily focused on how teachers can promote student thinking and how to utilize reflection and inquiry to meet the diverse needs of all students. Twenty-seven teachers from 15 schools participated in the training. Results indicate that the training was effective as a way to develop the teaching capacity of the teachers. Positive reviews were expressed by teachers who participated in the training.



Figure 26: Teachers in a training session

Case box 4

This kind of training was very helpful for teachers who are teaching at school. The trainers followed us in the classroom so it is very easy for us to teach children. We can now teach this easy way to the children and we have developed more teaching skills. -*Puja Neupane, Tarakeswor Biddhya Kunja*

Case box 5

This training was very helpful for us. But, it could be difficult to implement because we lack the necessary resources. We learned the teaching techniques which are very useful. The trainers followed us in class which was the most beautiful part of the training. This was where we could show the skills we learnt. -*Kabita Subedi, Kavresthali Secondary School*

Maintenance of schools and construction of toilets

VIN has been supporting schools through construction development projects in Okhaldhunga district. It has supported renovations in five damaged schools and constructed toilets in five schools in Taluwa, Thulachhap and Bhadaure VDCs, Okhaldhunga. The project was to support earthquake-damaged schools.

Details about the project

1) *Shree Chatra Pragati Secondary School, Bhadaure*

Chhatra Pragati secondary school's toilet was damaged. It was cracked and there was no out flow from the toilets. There was no water supply or water storage facilities. Hygiene in school was severely compromised. VIN supported the renovation of the toilet and management of the drainage system. VIN also provided a 1000 liter water tank for the school.



Figure 27: Toilet in a school from Bhadaure after renovated by VIN

2) *Kadeni Secondary School, Thulachhap-8*

In this school, the toilet house, roof and safety tank were all damaged. VIN supported the reconstruction of the building toilet house and safety tank.



Figure 28: Figure 15 A toilet in Dudhkoshi primary school constructed by VIN

3) *Shree Dudhkoshi Primary School, Taluwa-7*

A new toilet was built in Shree Dudhkoshi primary school. The older toilet and building were destroyed by the earthquake.

4) *Shree Karkala Devi Lower Secondary School, Taluwa-8*

The school building and toilet were damaged by the earthquake. The building was partially damaged with cracks on the wall and destruction of the doors and windows. The building was renovated and a new toilet was constructed in the school.



Figure 29: School building and toilet in Shree Karkalla Devi Lower Secondary School

5) *Shree Saptakanya Lower Secondary School, Taluwa-9*

The school building was completely damaged by earthquake. VIN supported the renovations of walls, doors, windows and roof.

6) *Shree nav Prativa Primary School, Bhdaure -8*

The building of this school was totally damaged by the Earthquake. It was renovated by plastering all the front wall , repairing all the door and windows of the building and DPC the floor of a class room.



Figure 30: Classroom of renovated Tej Maya Rai School

7) *Shree Tejmaya Rai Primary School, Bhadaure-1*

This school was partially damaged by the earthquake. The floor was repaired with cement and the broken doors in all three rooms of the school were fixed.

8) *Shree Kalika Primary School, Bhadaure -7 Bhoje*

VIN supported renovations to the school building and to reconstruct a new toilet. VIN has repaired the class room floor, roof and the front level of the wall. Also, two rooms and a school toilet have been newly constructed by VIN.



Figure 31: Shree Kalika primary school is under renovation

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

1. To identify common health problems and their associated risk factors
2. To increase community awareness of health hygiene and sanitation
3. To increase access to hygiene and sanitation facilities
4. To increase access to quality health services at the community level
5. To provide training on first aid to community people

Under this program, different activities were conducted in 2016, in order to develop and deliver quality medical and health care services for the community people of Jitpurphedi. Major programs and their activities are summarized below in more detail.

Water sanitation and hygiene (WASH) Project

Volunteers Initiative Nepal has been implementing WASH project in Kathmandu and Okhaldhunga since 2007. VIN also initiated an on-going WASH project for disaster relief project in Kathmandu, Nuwakot and Okhaldhunga after the 2015 earthquake. The main objectives of this project were to create an awareness about the need for safe water, health hygiene and sanitation, and increase the community members access to

hygiene and sanitation facilities. Major activities of the project were education, behaviour change campaigns on WASH and partnership to build toilets.

VIN has supported over 1500 earthquake victim families from Nuwakot, Kathmandu and Okhaldhunga through water sanitation and hygiene (WASH) project. Altogether 1557 families have permanent toilets and received education on WASH.

The key concepts of VIN's WASH project included:

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

In the first phase, VIN facilitated and organized campaigns and trainings on general health, hygiene, safe drinking water and sanitation concepts and practices. These were focused on behavioral change through effective communication to help to transform deep rooted beliefs and practices about hygiene and sanitation among the target groups. The programs were conducted by mobilizing youth groups, women groups (Ama Samuha), local female health volunteers and child clubs. The programs were targeted at women and children from communities, as well as students, teachers and parents from schools.

The content of this phase included:

- Importance of health hygiene and sanitation
- Importance of hand washing, techniques and timing
- Toilet using and its importance
- Water purification techniques
- Toilet construction project, including the roles and responsibilities of families and using sanitary products

In the second phase, VIN supported the building of toilets. VIN provided technical assistance and shared the cost of construction with the local community. Specifically, VIN funded and provided certain construction materials that were difficult to source, while the community provided the physical labor and construction materials that were available locally. We bought the 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.

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

Results indicate that VIN has successfully implemented WASH project in Jitpurphedi, Okharpauwa and Okhaldhunga. VIN has supported 958 families to build toilets. Families are also now trained on hygiene and sanitation practices. VIN has assisted in forming WASH committees, VDC level coordination committee (VWASCC) and ward level Water and Sanitation Users Committee (WSUC) in all project sites. VIN has empowered the local WASH committees to follow-up and monitor the project. The project has been successful in stimulating change in peoples' behavior about WASH. They are now using the toilets and washing their hands with soap and water. It has increased peoples' access to hygiene and sanitation facilities. As a result of VIN's work, Open Defecation Free status in the communities has been achieved. This achievement has contributed to the sanitation goal of the whole country to obtain total sanitation status by the end of 2017.

The beneficiaries of the WASH project reported that they learned about hygiene and sanitation, hand washing and water purification technique from the training conducted by VIN.

Case Box 5

"We built a toilet by the materials supply by VIN. We used It was full of risks with snake, animals and rain. Now we are good. I wish all households in the village have toilets. I like support." *Manjushree Lama, female health volunteers, Okh*

Case Box 6

“The WASH campaign organized by VIN was useful. I learnt about hygiene and sanitation, hand washing and water purification technique from that campaign. We built a toilet with the materials supplied by VIN and local materials available in our house. We couldn’t make it if it was not supported. We used to go to field and down the hill for toilet in the past. We had a fear of other people, animals and snakes. Now we have no worries about it. We have a toilet close to house. We can use it at night also. I like to thanks to VIN and donor for this support.” *Saraswoti Lama, Jitpurphedi*

WASH Campaign in Jitpurphedi, Okharpauwa and Okhaldhunga



Figure 32: Saraswoti Lama in front of toilet supported by VIN

VIN has been implementing WASH project in Jitpurphedi, Okharpauwa , Thulachap and Bhadaure. VIN’s awareness campaign was the part of WASH campaign that targeted those families who did not have access to toilets. The campaign was focused on motivating the families to build toilets in their houses and practice hygiene and sanitation. A group of VIN volunteers and local facilitators conducted WASH campaigns in Jitpurphedi (Tarkeswore municipality ward 7 and 8), Okharpauwa, Bhadaure and Thulachap VDCs. They have conducted campaigns targeting all households from Jitpurphedi, Bhadaure and Thulachap and 280 households from Okharpauwa. There were about 1500 people from all VDCs. The content of the campaigns included the importance of hygiene

and sanitation, hand washing techniques and frequency, toilet use and importance, toilet construction project of VIN, role and responsibilities of families, water purification techniques and using sanitary products. The campaigns were presented using a participatory methodology with active involvement of community people. The facilitators and volunteers used posters and pamphlets to make learning easier. Volunteers utilized practical demonstrations of hand washing with soap and water, and, toilet cleaning with brush and toilet cleaner. At the end of all the campaigns, feedback was collected from participants. Results indicated that the campaigns were very useful for the dissemination of information regarding water sanitation and hygiene. This project can



Figure 33: WASH campaign in Communities

be considered to be an extremely successful event as a way to educate and motivate the community members about WASH.

Toilet construction Project

VIN supported the construction of toilets in Jitpurphedi, Okharpauwa, Bhadaure and Thulachap. The main objective of the project was to support families to build toilets and to train them about hygiene and sanitation. The goal was to build 100 toilets in Jitpurphedi, 200 in Okharpauwa, 500 in Okhaldhunga. VIN supported families with materials that were not locally available, such as pan, cement and others.



Figure 35 Toilet is under construction in Jitpurphedi

VIN supplied 684 families (144 OKP, 120 Jitpurphedi, 320 Bhadaure and 100 Thulachap) with materials. VIN planned to declare Jitpurphedi and Bhadaure as an Open Defecation Free communities by the end of February 2016.

Results indicate that 684 families from four different communities have benefited from the VIN's toilet construction project.

Water sanitation and hygiene campaign in Kavresthali



VIN's health volunteer, Karin, and a local volunteer, Debaki completed a water hygiene and sanitation (WASH) campaign in Kavresthali, Bhandari Gaun (Tarkeswore municipality ward 4) on June 20. They began by conducting a WASH survey and then began to provide health campaigns focussed health behaviours that could be improved. There were 13 women who attended the workshop that was focused on the importance of hygiene and sanitation, hand washing techniques and

timing, toilet using and importance. The team used posters to demonstrate the techniques and steps of hand washing and maintaining hygiene and sanitation. At the end of session, the participants said they learned about the correct hand washing technique.

Awareness campaign was the part of WASH campaign that targeted those families who do not have access to toilets. The campaign was developed to motivate the families to build toilets in their houses and practice

hygiene and sanitation. Eighty-three families from ward-4 were identified. VIN will educate the families and support additional poor families to build toilets in near future.

Declaration of open defecation free community in Jitpurphedi

It has been five long years since VIN began the campaign to support Jitpurphedi to become an Open Defecation Free (ODF) zone. On 27th August, 2016, the Tarkeshwor Municipality ward 7 and 8 (Jitpurphedi VDC) finally announced Tarkeshwor as an ODF zone. A big event was organized and the Executive Officer of the municipality was the chief guest. There were many local people, representatives of different political parties and principals of various schools, Ward coordinator of Nagarik Manch, President of Women's Cooperative Limited, representatives of Regional Monitoring and Supervision Office, Municipality Water Sanitation and Hygiene Committee Coordination members, Health Post, social organizations representatives all attended. There were approximately 300 people in attendance at the event.

The special guest of the program, Agni Prasad Adhikari, formally announced the Tarkeshwor Municipality as ODF by opening a declaration board and announcing commitment with locals from the area. Tarkeshwor municipality ward office has assisted VIN and provide tremendous support for the campaign. VIN's Executive Director Bhupendra Ghimire received a recognition letter. Also, 35 other people who supported the campaign were recognized at the program. In total, 407 toilets in Jitpurphedi were built with incredible support from VIN>



Figure 36: VIN was recognized by Executive Officer Tarkeshwor municipality

Although Tarkeshwor Municipality ward 7 and 8 are declared as ODF, challenges remain. The community members need to continue to use the toilet properly and to maintain it regularly. However, VIN hopes to overcome those challenges in the near future and will continue to support the transition of the community into total sanitation. VIN would like to thank all partners, local and international volunteers who supported this campaign to reach the goal. We express special thanks to municipality ward office, regional monitoring and supervision office, water sanitation and

hygiene coordination committee, political leaders, social workers, school principals and teachers, women and children and local youths for their cooperation. We would like to thank those families who supported us during toilet construction.

Women's reproductive health care campaigns



Figure 37: A reproductive health awareness campaign with women

VIN organized women's health awareness campaign in Jitpurhedi. The campaign was about the female reproductive system, anatomy, physiology, medical conditions and breast cancer. Information was also disseminated about the female reproductive system and related organs, menstrual cycle, hygiene, vaginal discharge, infections, sexually transmitted diseases, breast function and self-examination. The training was presented to 625 women and 200 school girls.

It was clear that the women and school girls found the information to be very useful and informative.

Cancer screening camp for women

On the occasion of 106th international women's day, a specialist health camp for women was organized in Jitpurhedi. The camp was organized by Jitpurhedi Women Agriculture Cooperative Limited in coordination with Tulsi Memorial Cancer Relief Foundation. A cancer screening test targeted to women, called VIA (Visual inspection with acetic acid) can detect pre-cancerous lesions of cervix. Over 100 women from Jitpurhedi benefited from the camp. Among these women there were some who had polyps, uterus prolapse and infections. These women were advised about the treatment according to the each case. Five positive cases for VIA (suspected with pre-cancerous lesions) were identified. Those were advised to go to the hospital for further confirmative testing.



Figure 38: Women are on line to get examined for Cervix cancer

First Aid Training

VIN organized a First Aid refresher training to female Community Health Volunteers from Kvaresthali. The training was held at Kavresthali health post. It was facilitated by a Public Health and medical team including a doctor, medical students and local volunteers. There were 19 female local health volunteers in the training.

The major objective of the training was to improve quality of medical care in the Tarkeshwor community. Specific objectives included:

- To improve quality and availability of first aid services of the Tarkeshwor community wards 4, 5 and 6 by providing updated first aid techniques to local woman health volunteers
- To improve quality of first aid services with special focus on cardiopulmonary resuscitation
- To improve awareness of cases in which first aid is needed

The 4 hour training was interactive and encouraged participants to ask questions, perform examples, role-play and give presentations. Demonstrations on how to implement CPR were presented and participants were able to practice their skills on the CPR Dummy.

Additional discussion focused on first aid methods for emergencies. The participants were divided into groups and they were asked what they wanted to learn about first aid. Their responses were recorded. The training team covered what to do when a victim has fainted or is unconsciousness. The team also taught the participants how to treat burns, bleeding, poisoning and snake and dog bites. A special demonstration of the Heimlich maneuver (used when a patient is choking) was presented by two trainers. A patient can also be Other technique encouraged to cough or a person could try slapping them between the shoulder blades, before attempting the Heimlich.

Achievements:

- Trained local woman health volunteers in CPR
- Addressed the content of a first aid kit
- Answered questions on topics introduced by the volunteers
- Trained practical skills to perform CPR and Heimlich maneuver
- Using several visual charts on anatomy, physiology and CPR prepared in advance

At the end of session, the group reported that the practical demonstrations and practice of CPR, and the information about how to help a choking person were very valuable to them.

Campaign on blood pressure and blood sugar

Due to changes in the lifestyles of the inhabitants of the Kathmandu Valley and in rural areas, the prevalence of diabetes and hypertension are increasing. The consequences of these diseases can be severe. Hypertension can lead to vascular disease that can cause a stroke or a heart attack. Diabetes, if not controlled, can lead to various serious conditions as kidney failure, diabetic neuropathy, eye problems, and in severe cases cause

alife threatening diabetic shock. Therefore, it is important to raise awareness about these health problems and to promote a healthy lifestyle.

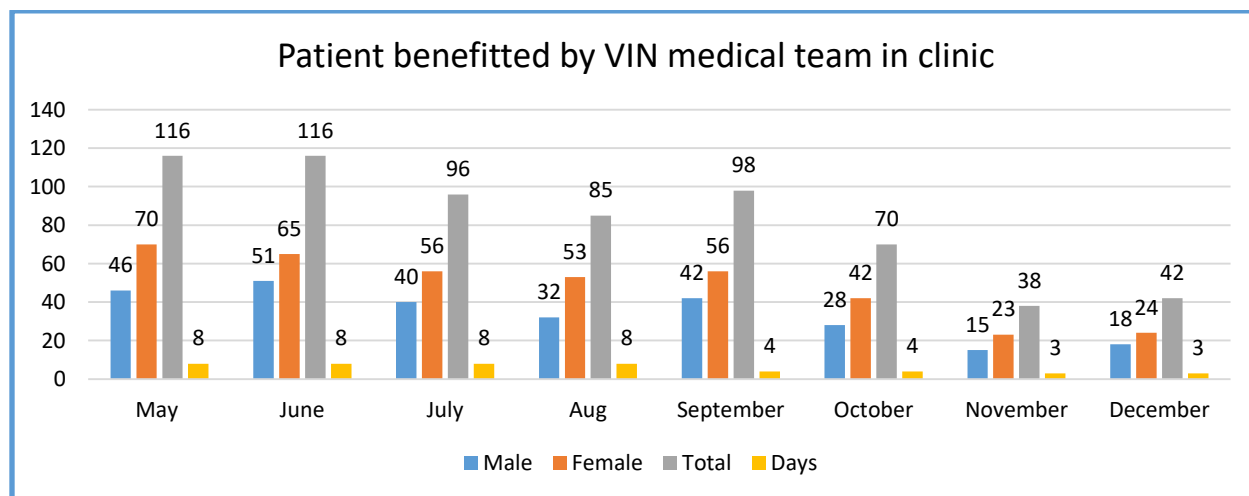
VIN organized a campaign on blood pressure and blood sugar in Tarkeswor municipality ward 4, 5 and 6 (Kavresthali) throughout October. Volunteers from VIN visited the Kavresthali community to measure the blood pressure, glucose level and BMI of the people living in this area and to give information about the risks of diabetes and hypertension. People with hypertension and hyperglycemia were advised to visit the health clinic in Kavresthali. They were also given information about how to change their lifestyle by reducing salt intake, lowering BMI and quitting smoking. Volunteers used a health information booklet and distributed it to local people.



Figure 39: Blood pressure and blood sugar campaign at Kavresthali

In the Kavresthali community VIN determined that 20% of people had hyperglycemia and 37% had hypertension. There was also not a lot of knowledge about the impact of a high salt intake and a high BMI. These high numbers indicate that awareness about a healthy life style needs to be increased as a way to prevent hypertension and diabetes in the Kavresthali community.

5.2.1 Patients checkup at health post



As presented in the above graph, VIN's medical team has started working in Kavresthali health post from May of 2016. In the beginning, the medical team went to the clinic for 2 days per week. From September, it

was 1 day per week. In May, the medical team worked for 8 days to see 116 patients (70 were female). Similarly, in June, the team worked for 8 days and checked 116 patients (65 were female). For 8 days in July 96 patients were checked (56 were female). In August, the team worked for 8 days and checked 85 patients (53 were female). For 4 days in September, 98 patients were checked (56 were female). In October, the team worked for 4 days and checked 70 patients (42 female). In November over 4 days, 38 patients were checked (23 were)female. In December, the team worked for 3 days and checked 42 patients (24 were female). Overall, the medical team (doctor, health volunteers and nurse) made health visits for a total of 46 days and examined 661 patients (389 were female). Most of the patients visiting the health post suffered from acute infections like respiratory infections, gastroenteritis, conjunctivitis, otitis and wounds. Analysis of the health clinic program run by the doctor indicate that it is effective in improving the health conditions of the community people.

CHAPTER 5 YOUTH EMPOWERMENT PROGRAM

Youth club, Youth Education and Life Skill class

Volunteers Initiative Nepal (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



Figure 41: Volunteers teaching to youths in classroom Jitpur

Youth for Youth workshop

VIN organized a ‘Youth for Youth’ workshop in Jitpurphedi to develop the capacity of the Nepali youth by showing them techniques to deal with the professional world and helping them to become more self-confident when planning their future. There were 20 youths from Jitpurphedi participating in the workshop. The goals included:

- To teach youth about English language
- To train youth in life skills

English reading and writing skills development were the primary focus of this workshop. The youth were taught to read news and how to interpret the messages conveyed in the articles. They discussed the issues in English giving them a chance to practice their English conversational skills. They were taught techniques on how to be successful in public speaking and mass presentations. They were also taught about how to write a curriculum resume and cover letter. Altogether, 20 youth benefited from this rigorous and worthwhile 10 day workshop.

The workshop was effective in developing life skills among the youth. Results indicated that it was a highly effective workshop about youth development. The comments views expressed by one of the participants demonstrate the efficacy of the program

Case Box 7

This VIN workshop was very good and a great training for us. We learned many things like how to write a CV, life skills, language and other necessary skills. It will be very helpful for our career development. Thank you

Workshop on Baseline survey

Youth from Kavresthali were trained on how to conduct a baseline survey. They were trained on interview techniques, focus group techniques, and how to complete social mapping and organizational matrix. VIN organized a three day training for 11 local youth. After they completing the training, they worked in the community to practice what they had learned.



Figure 42: Volunteers completing social mapping in community

Youth visited 800 houses in Kavresthali to interview community members and make a social map of the area. The map of the region included houses, social institutions, roads, rivers, and forests. All the information collected by the youth was entered into the VIN computer and a report was completed.

Camp Leader Workshop

VIN conducted a 3 day camp leader training for the local youth of Okhaldhunga, Jitpurphadi, Okharpawa, Kavresthali and Kathmandu. There were a total of 25 participants. The Executive Director, Mr. Bhupendra Ghimire, Volunteers Manager, Dinesh



Figure 44: Camp leader training during First aid session

Khatiwada and Program Manager, Dr. Laxmi Prasad Ghimire facilitated the training. The participants were so excited and participated actively in the training. The main objective of the training was to prepare the youth leaders to lead the international camps organized by VIN. The training focused on leadership, conflict management, planning, communication, coordination, and international culture and volunteerism. The training ended with the distribution of the certificates to the participants.

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

Water quality testing in Jitpurphedi

During April 2016, international and local volunteers from VIN conducted a series of water tests as well as household interview in the Jitpurphedi area. This research was completed in order to obtain a general understanding of the local water system, water quality and resident hygiene awareness.

The investigation was carried out in ward 8 of Jitpurphed. This ward 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 determination 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

Results of Research

1) Water System Condition

The water system in Ward 8 is very simple and under development. A source tank was built on an uphill stream in the jungle. A central tank located in each village receives the surface water by gravity through pipelines. Several public taps were established throughout the village to allow the villagers to use water for daily use. However, a water supply system like this can be fragile for several reasons, including; 1)

it is driven only by gravity, 2) the central village relies only on the surface water volume without any alternatives, and, 3) most of the rubber pipeline is exposed above the ground and is located on foot trails or roads, which can cause damage to the pipes. Another water system in the remote villages of ward 8 is much simpler and fragile. A source tank was built for multiple villages, so each house can link a pipe from the main system to each to get water (whenever it is available). These systems are only in Deudi Pakha and Khyalbucha villages.

2) Water Quality Condition

To determine the quality of the drinking water, three main features are considered; physical, chemical and biological parameters. These are categorized into the following aspects including. electrical conductivity, pH, the amount of ammonia, fluoride, chloride, nitrate, nitrite and thermo tolerant coliform.

The results of the chemical testing were within the acceptable standard. There was a variation in the amount of thermos-tolerant coliform on biological test. The amount of thermos-tolerant coliform should be zero according to the standard requirement. The more bacteria in the water, the larger the number in the test. The results collected shows that thermo tolerant coliform accumulated in the gagri, reaching the amount of over 30 MPN/100ml. Moreover, bacteria do not contaminate water from public taps, which shows no presence of thermo tolerant coliform, except for a small amount of thermo tolerant coliform in water in Khyalbucha and Deuki Pakha.

In conclusion, the water resources (however scarce after the earthquake) are not polluted in their origins. Chemical qualities of water from different sources is good. The amassed thermo tolerant coliform in gagri leads to a conclusion that water used by the households is considerably contaminated.

3) Hygiene/Water Usage Awareness and Education Campaign

Based on the questionnaire conducted in the sampling households, the interaction with local villagers and the investigators' observations, results indicate that the local residents have very different perspectives and knowledge toward hygiene and how to use water. Some of them are fully aware of the importance of utilizing treatments such as filters, a solar light to eliminate germs and to wash hands with soap frequently. Other families have very little knowledge about hygiene and how to keep the family safe from water-related sickness.

Water purification campaigns



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

Poster 1 aims to help women in the households 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

Figure 40: Posters for water purification techniques

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.

Water quality testing from Kavresthali schools

VIN volunteers, Jean and Michelle, completed water quality testing of tap and drinking water from all five schools in the Kavrestrali and 1 school in Phedi in August 2016. 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, a 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 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.



Figure 41: Water sample with contamination

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.

Agro-forestry training in Okhaldhunga



VIN conducted a 3 day refresher-course and 5 day advanced training about agro- forestry development, focusing on the farmers from Taluwa VDC. Thirty-five farmers participated in the refresher training and 49 farmers participated in the advanced training.

Farmers were trained on different farming techniques and how to grow the seedlings. Different types of seeds were distributed to all the farmers at the end of the training.

Figure 42: Farmers in agro forestry training

Solar light distribution

VIN distributed 98 solar lights to the local inhabitants of Taluwa VDC, Okhaldhunga. These families do not have access to electricity and try to use more traditional methods of producing light.

Micro irrigation project in Jitpurphedi

In Jitpurphedi, there is a good potential for high value vegetable farming. However, the farmers have an irrigation problem. VIN developed a micro irrigation project to solve the problem by introducing small scale irrigation ponds at the household level. In this pond, overland flow during the rainy season can be trapped and wastewater from the household can be collected. It can be used for irrigation during dry season or off season. A plastic pond has multiple benefits. Mainly, it is simple to implement at a low cost. VIN has supported three 3* 3*1.7 size plastic ponds in Jitpurphedi.



Figure 43: Volunteers during Plastic pond construction

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 from them to walk on now.



Figure 44: 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.



Figure 45: Volunteers removing debris from a collapsed house

Table 2 List of the family 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 Tinpile
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
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CHAPTER 8 VOLUNTEERING PROGRAM

PARTICIPANTS IN 2016

VIN received 588 international and 69 national volunteers for a total of 657 volunteers in 2016. Volunteers worked in development projects such as construction and manual work, agro-farm, public health and medical care, child care, climate change, water research, youth for youth project, post disaster relief, total sanitation, cleaning, renovating and painting Bajrayogini temple, child development, multi-purpose farming, teaching at a community school and Buddhist monastery, working in office as an administrator and manager, grant writing, journalism, film and documentary making.



Figure 46: VIN welcomed volunteers

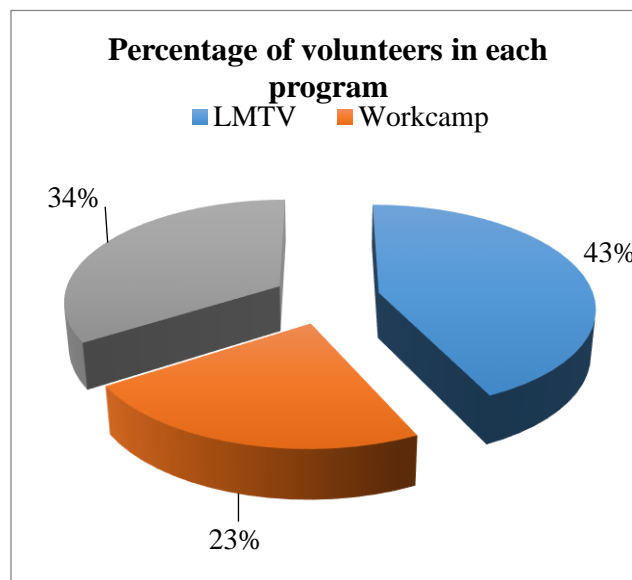


Figure 2: Percentage of volunteers in each volunteering program

As presented in above figure, out of 588 international volunteers, 43% (250) of them engaged in Long-Midterm volunteering, 34% (200) of them did Group volunteering and 23% (138) of them participated in work camps.

Volunteering Programs:

Volunteering programs are divided into two categories

- 1) Development programs- Children's Development (CD), Women's Empowerment (WE), Youth Empowerment (YE), Public Health and Medical Care (PHMC), Environment & Conservation (EC) and Disaster Relief and Response (DRR)
- 2) Public Interest programs: Construction, Teaching in Buddhist monastery, Journalism, Office administration and management.

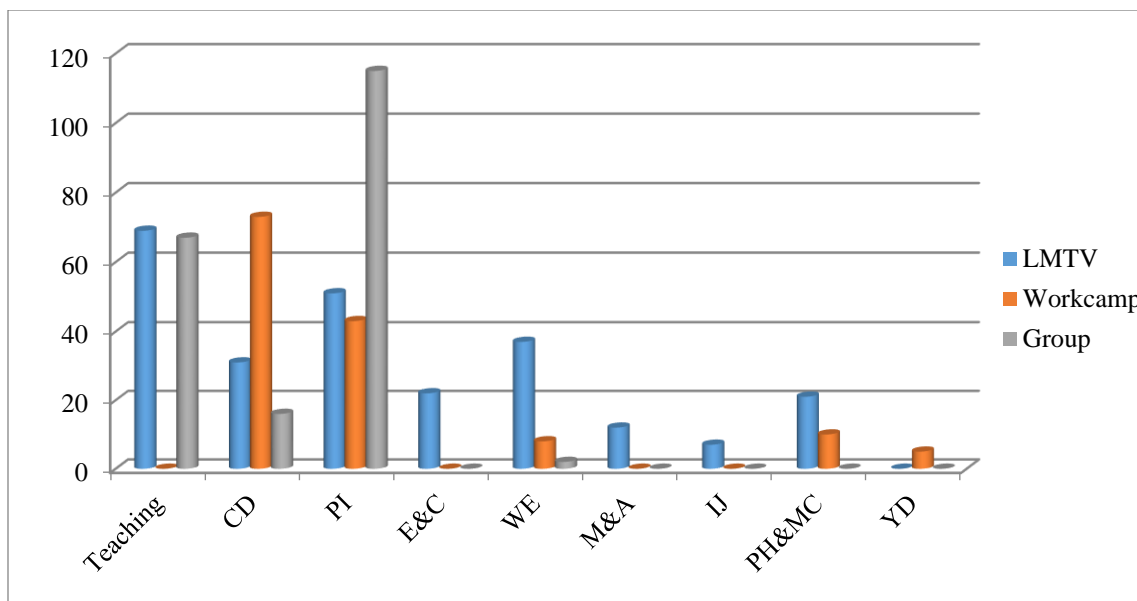


Figure no. 3. Volunteers under different projects

As shown in above figure, the number of volunteers is highest for Public Interest (209) followed by teaching in Buddhist monastery and community (136), children development (120), women empowerment (47), public health and medical care (31), office management and administration (12), international journalism (7) and youth development (YD) (5).

The table below shows the number of volunteers according to their country.

Table 4: Number of volunteers from different countries

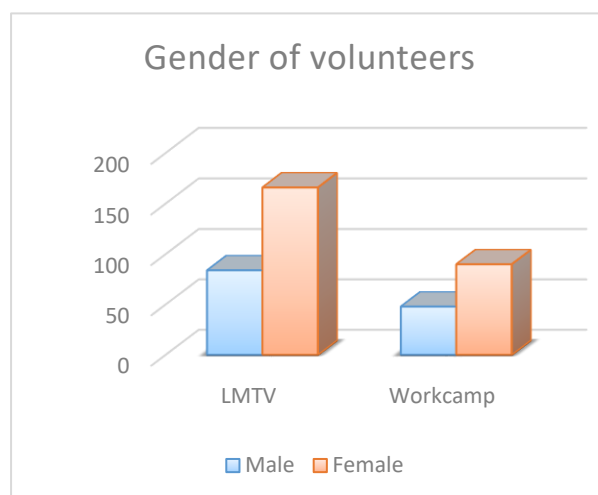
Name of country	LMTV	Workcamp	Group
France	80	34	-
Belgium	11	7	7

Australia	20	-	-
Austria	2	1	-
Brazil	1	-	-
Bulgaria	1	-	-
Taiwan	2	10	88
Canada	9	-	-
Denmark	13	4	-
England	2	-	-
Germany	6	2	10
Hong Kong	4	11	29
Hungary	3	-	-
Ireland	1	-	-
Italy	22	17	-
Japan	3	1	-
Lithuania	1	-	-
Malaysia/Singapore	2	-	-
USA	19	19	12
Netherlands	16	-	-
New Zealand	2	-	-
Norway	1	-	-
Philippines	1	-	-
Scotland	1	-	-
Slovakia	1	3	-
South Africa	1	-	-
Spain	9	15	-
Switzerland	2	2	-
Thailand	1	1	-
UK	13	1	-
Czech Republic	-	5	-
Korea	-	14	54
Turkey	-	1	-

Argentina	-	1	-
Finland	-	1	-

The highest number of volunteers for the LMTV (80) and Workcamp (34) are from France, whereas the largest number of volunteers came from Taiwan (88) for the group program.

Table 5: Gender categorization of volunteers



The figure describes the categorization of volunteers according to gender for LMTV and work camp program. For LMTV program, there were 166 female volunteers and 84 male volunteers. Similarly, for the work camp program, there were 90 female volunteers and 48 male volunteers.

VOLUNTEER PROGRAMS

Teaching

VIN received 69 international volunteers for teaching in community and monastery. It received 8 volunteers for teaching in community school and cultural immersion project. Similarly, it has received three volunteers for teaching sport, one for arts and crafts and 1 for teaching computer science. There were 4 volunteers for teacher training. VIN received 48 volunteers for Buddhist monastery.



Figure 47: Volunteer teaching at the monastery

“This has been a very fulfilling experience. I’ve gotten to know the teachers quite well, and built up a good rapport with them. Training was fun, and from the feedback they gave me, I hope they use it to their students’ advantage. Climbing a massive hill and walking through streams to get to a remote school was very tiring, but totally worthwhile when we got to the top. The kids are enthusiastic and happy, and deserve as good an education as anyone, so I’d recommend anybody to come here as a teacher or a trainer, and try to make a difference. Colin Smith, Teacher Training

Children’s Development Program

The VIN received 31 volunteers in Children’s Development under different projects for the LMTV projects and 8 volunteers for workcamp projects.

“Volunteering and doing specific projects in the community and in the children house is one of the best experiences I had in my life. The daily work in school to help cleaning, teaching and playing for three months gave me the chance to see and feel real changes in the development of the children. Living with people of the community is the best way to be involved and really understand how things work and to create close relationships.” Emma Flotats, Child Care and Orphanage

Management and Administration

VIN received twelve volunteers from different countries for LMTV projects under management and administration.



Figure 48: Volunteer busy in managing VIN's library

Environment Conservation

VIN received one volunteer for climate change, eight volunteers for water research and two for environment conservation and two interns for environment initiatives.

“My time in Nepal was been a wonderful, challenging and interesting experience. I have learned so much through living and working in the Kavresthali community and met so many wonderful people Nepal has touched my heart and I will definitely be back in the future!” Emily Baker, Climate Change

Agro-farming and agro-forestry

VIN received seven volunteers on agro farming and two for agro forestry.

"I came on this programme to learn more about agriculture in Nepal. I ended up being pleasantly surprised by being able to do a little more varied work than expected. This turned out to be a wonderful experience as the work allowed me not only to learn, but to be integrated into the community itself and speak to other farmers about their practices and lives. Being a part of the lives of a local and seeing life through their eyes is always a wonderful opportunity." **Yvonne Joan Devadas, Agro Farm**

Public Health and Medical Care

VIN received twenty one volunteers for the public health and medical care project.

"My experience in Nepal was amazing! The first few hours after arriving in Kathmandu Airport were very overwhelming, but the VIN staff gave me a warm welcome as soon as I arrived at the VIN office. I joined their Health Care Project which is very well arranged. Moreover, it was the Nepalese people who made me enjoy my project so much: always happy, kind and with a big smile on their face.

VIN provided us with an amazing, hard-working local volunteer, Debaki, who helped us communicating with the people in the communities. Without her, we couldn't do anything. When we arrived in a community and started checking blood pressures, villagers immediately gathered around us. Our health check-up spot turned into a real social gathering where villagers hung out together and discussed each other's weight. I loved it.

The volunteering was such a grateful job. One morning I was walking in the streets of Kathmandu City and one woman approached me and started kissing and squeezing my hands and blessing me. After a while I remembered that I listened to her lungs a few days. You can make the Nepalese this happy by just listening to their lungs! As I said, such a grateful job.

I am very upset that I have to leave Nepal, my host family and all the fantastic volunteers and staff from VIN and I will definitely come back to this beautiful country!" **Joosje Baltussen, Public Health and Medical Care**

Public Interest

It received forty volunteers for construction and manual work and eleven volunteers for emergency relief and disaster management.

“My volunteering experience was really good. I managed to give a little contribution in the construction of a school toilet and see the construction methods and tools used here in Nepal. My host family was great.”

Quang Trinh, Construction and Manual work

Journalism Program

VIN has received one volunteer for photojournalism, two for journalism project and four for filming and documentary making.

“I have a life changing, eye opening experience getting to document the Tinpile culture and society after the earthquake. I got to see all aspects of the community during my two weeks here and would highly recommend this program to anyone, especially those used to a fast paced city environment as I feel they could learn a lot.” **Emma Beady, Film and Documentary making**

Adventure and Travel:

There were eight volunteers on travel and tour and one volunteer for each project of the trekking, charity trek.

Youth empowerment:

VIN received five volunteers on youth empowerment and the volunteers provided the life skills training. Leadership training, team building, capacity build up training were also included in the program this year.



Figure 49: Sightseeing in Pokhara

Women empowerment

VIN received thirty three volunteers for women empowerment and income generation. It also received four volunteers for women trafficking.

“The most rewarding part of my experience has been working with the local women, who embraced me into their homes and culture. Kindness runs deep in this country and I’ve noticed it every day. At times, it’s in the form of women welcoming me on the bus ride, to small children ensuring I get a seat, to any number of people who greet me on my way to the site. The people have given me so much during my stay here and I think I’ve been able to give a bit back through teaching my English class. I didn’t expect to be teaching English and had no idea how to do it, but the women showed up for class every day and put forth their best effort. That kind of dedication in spite of their busy lives is why I wanted to come to Nepal,” – **Cecilia Smith,**

Featured Projects

Workcamps:

- VIN has successfully conducted 28 work camps. They include:
 1. One Children's Winter Camp
 2. Six Children Development Projects
 3. One Painting, Decoration and Gardening campaign
 4. Two School Development and Education Project
 5. Three Total Sanitation Project
 6. Two WASH Project
 7. One Cleaning, Renovation and Painting Project
 8. Six Post Disaster Relief Project
 9. One Earthquake Relief Project
 10. Two Youth for Youth Project
 11. Two Multi-purpose Farming Project



Figure 50: Volunteer painting the fence

Group volunteering:

- *Group volunteer programs* -There were 12 groups of volunteers participating in group volunteering this year.

Volunteers Overseas:

- *Volunteer Overseas projects* are run for Nepali youth (aged 18 to 30) who would like to experience overseas projects through our partners in Europe, Asia, America, Africa and Australia. VIN sent two Nepali volunteers to Hungary for European Volunteer Service (EVS).

FEEDBACK FOR VIN

- ❖ ***Volunteer's Introduction:*** Almost all of the volunteers rated “very good” on this section. They further commented that after this session they have a clear understanding about VIN and about Nepal. Despite being able to understand interesting facts about Nepal, they thought that it was a bit long and would have been helpful had it been divided into two sessions.
- ❖ ***Nepali Language:*** This section was also rated “very good” too by most of the volunteers. They explained the classes were very interesting and well organised but added it's too difficult to get by the new language in a very short time. They also stated that this session covered all the useful phrases in the Nepali language and provided time for questions.

- ❖ **Cultural Tips:** This section was also given a “very good” rating by most volunteers who found it interesting and helpful to function in Nepalese culture. They explained that it was nice with complete examples but also thought that it was a little too fast.
- ❖ **Health Tips:** It is also rated “very good” by most of the volunteers who found it very informative. Some volunteer suggested that such information could be sent before departure so in order to allow vaccination in the home country of the volunteer. They also stated that the prevention as well as care instructions were informative.
- ❖ **Sightseeing:** The section as well is rated “very good” as refreshment during the project and how to get by with other volunteers from different projects too.
- ❖ **Program Orientation:** Some volunteers found this section too general and would prefer specific information about the project. The objective of the program is not clearly outlined for the volunteers and they were still bit uncertain about what they are going to do. Records from previous volunteers are missing, handover notes are important.
- ❖ **Teaching Tips:** This session was also rated “very good” by the volunteers. They stated that the teaching tips have made them confident to start teaching. They also acknowledged that it was good to refresh some tips so that they can use all the available tools.

OTHER

Staff Development Training and Workshop

VIN organized a five day staff development training and a two day planning workshop in February. Staff development training was focused on facilitation skills, project cycle management and proposal development. The planning workshop was on project development and planning. It was an organized training and workshop in the VIN head office and all the staff attended

The major topics covered on staff development training included:

- Meaning of facilitation
- Characteristics of good facilitators
- Principle of good facilitation
- Facilitation tools and techniques
- Project cycle management

- Problem tree
- Solution tree
- Stakeholders analysis matrix
- Monitoring and evaluation
- Log frame analysis
- Proposal writing
- Report writing and proposal writing



Figure 51 Staff during training

In the planning workshop, all the staff was involved in group work to formulate program goals and objectives, define activities and develop a timeline.

VIN staff retreat visit

All VIN staff attended a retreat in Pokhara for 3 days and 2 nights. The purpose of the retreat was to have a fun, refresh the attitudes of the staff and to build up strong relations among the team.



Figure 52: VIN family

Report on community program review workshop in Thulokhola ,Jitpurphedi community



Figure 53 A review workshop with locals from Jitpurphedi

VIN's program team held a review workshop of VIN integrated program implementation over one decade in Jitpurphedi community with 42 participants. The workshop was targeted to all Jitpurphedi community leaders and municipality representatives of Tarkeshwor Municipality. The objective of the workshop was to review the program's achievements of VIN during 10 years in that community, to give an opportunity for open discussion and suggestions on program and projects

of VIN and to collect feedback from community representatives for further projects in Jitpurphedi community.

On the 27th of December, VIN conducted the workshop in the Jitpurphedi community. The following activities were completed; making poster related to VIN's projects, reviewing one decade's program achievements, conducting discussion sessions on projects, responding to community inquiry about the projects. Dinner was provided after the workshop for the community. The representatives at the workshop included; municipality representative, ward co-coordinator, political leaders, women representatives, school teachers, social workers and the VIN team.

The Jitpurphedi community hoped that VIN will stay for a long time in their community. They are thankful to VIN Nepal for organizing this kind of work.

Conclusion

According to participant's involvement, a good relationship was made between community and VIN. Results indicate that the workshop was very useful because participants gave positive comments. Community people showed their appreciation to VIN with warm thanks for helping to make the Jitpurphedi community a better place to live.

SIGNIFICANT ACHIEVEMENTS OF THE YEAR

- Built mini plastic pond.
- Constructed toilets.
- Two group volunteers worked at 4 schools for painting, decorating and construction.
- Trained community women for entrepreneurship.

- Conducted two winter camps.
- Trained thirty women to make compost fertilizers.
- Trained nine women to make candle.
- Developed info sheets for work camp and group projects.
- Raised funds for the cooperative.
- Conducted surveys assessing the WASH status in the communities.
- Prepared work sheet for street children project.
- Carried out water quality testing in two sites and schools.
- Conducted base line survey of Kavresthali.
- Constructed vegetable collection house in Taluwa.

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 30000 people are benefited from VIN's projects. There were 588 international and 69 national volunteers contributed in VIN's community development program.

FINANCIAL REPORT

Table 3 Balance sheet of 2016

Particulars	Amount in NRs.
<u>Income:</u>	
External source	19,721,220.12
Internal source	20,223,601.22
Total income (A)	39,944,821.34
<u>Expenditures:</u>	
Women empowerment program	1,064,022.66
Children development program	5,892,541.60
Youth development program	343,056.00
Baseline survey project	57,740.00
Public Health and Medical Care	1,941,226.00
Volunteer program expenses	10,557,246.56

Disaster response & relief (reconstruction & sustainability)	15,600,217.96
Environment Conservation	416,665.00
Adminstration and overhead costs	3,283,753.85
Depreciation	829,997.18
Total expenditure (B)	39,986,466.81
Fund balance (A-B)	(41,645.47)

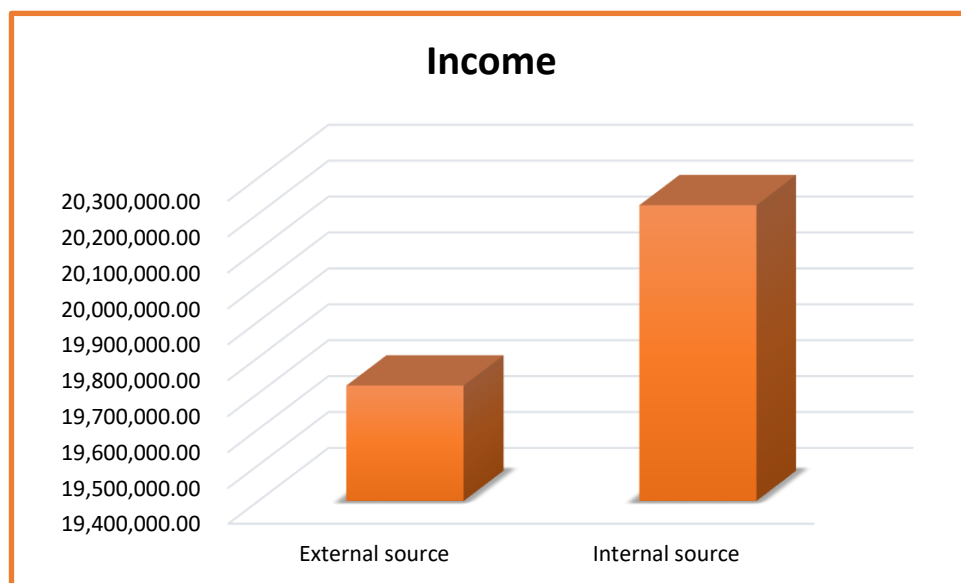


Figure 54 *Income made by VIN during 2016*

Expenditure

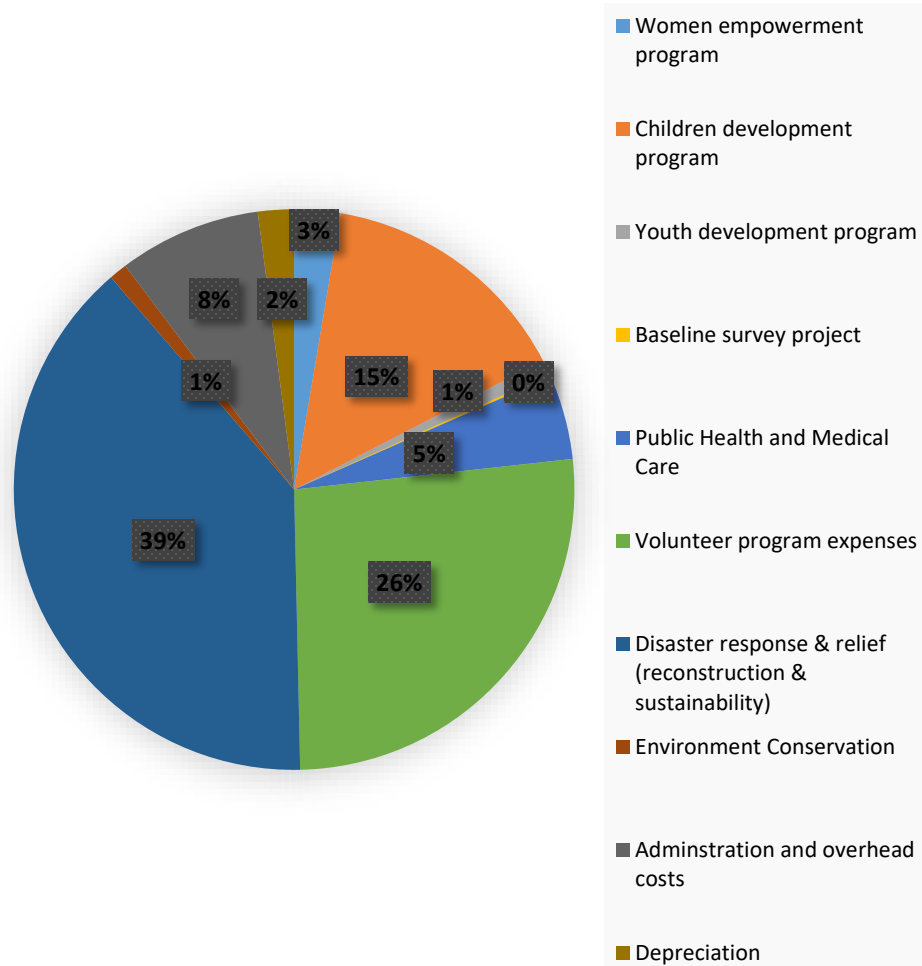


Figure 55 Expenditure for different programs made by VIN for 2016

--The End--