



Volunteers Initiative Nepal (VIN)

Volunteers Initiative Nepal is a non-religious, non-political, non-governmental, and non-profit organization (NGO) with the primary purpose of supporting the development of marginalized people living in rural areas of Nepal.

We aim to promote a peaceful, prosperous and equitable society where everybody has access to quality education and health, safe natural environment, basic infrastructures, and financial and economic sustainability.

Our mission is to empower marginalized communities through equitable, inclusive, and holistic/integrated development programs. We aim to enhance the livelihoods of poor and disadvantaged people, with a primary focus on vulnerable women and children living in rural areas of Nepal. To achieve this mission, we deliver community-based programs involving local and international volunteers.



Empowering Marginalised Communities

स्वयंसेवी अभियान नेपाल

Volunteers Initiative Nepal

Our Story

Volunteers Initiative Nepal (VIN) was established in 2005 by a diverse group drawn from development workers, educators, social activists, and other professionals. VIN has been officially registered under the Society Act with the District Administration Office, Kathmandu (Reg. No. 147/062/63), and affiliated with the Social Welfare Council Nepal (SWC) (Affiliation No. 20910). VIN focuses on community-based projects involving local volunteers backed up by international volunteers in Nepal.

Our Values

SOLIDARITY

We believe that volunteering and gratitude can make the world a better place.

IMPARTIALITY

We serve marginalized and disadvantaged people solely based on need and not on their cultural, political, and social identity.

INCLUSIVENESS

Diversity empowers communities and deserves to be promoted and defended at all levels.

ACCOUNTABILITY

Accountability and transparency are central to our actions and use of resources.

EQUALITY

We believe that everybody has the right to be treated with respect and dignity.

Message from the President

A big thank you to everyone involved with Volunteers Initiative Nepal! I want to express my gratitude for the amazing work done by our volunteers from all over the world. In the first half of 2023, we had 82 volunteers, 55 from different countries and 27 from Nepal. They did fantastic work in various projects.

The newsletter talks about surveys on women's needs, research on the environment and mental health, and disaster risk reduction. Our volunteers also did important work in public health, like waste management awareness and litter picking. There were workshops on sexual health, English and computer classes, and even yoga!



We're making a real impact in education with Early Childhood Development (ECD) centers, water tanks, and clean drinking water projects. We're also helping farmers with permaculture training. Our volunteers are not just doing research; they're making positive changes in communities.

Your dedication is truly making a difference. Thank you to all the volunteers, supporters, and community members. Your hard work is changing lives. Let's keep making positive changes together!

With kind Regards,
Bhupi Ghimire

Contents in this newsletter

The newsletter highlights the diverse range of activities organized by VIN (Volunteers Initiative Nepal). It specifically focuses on the workshops conducted by both national and international volunteers in various communities. The newsletter mentions the participation of volunteers from different parts of the world who have collaborated with VIN.

- Survey on needs of women in Jitpurphedi
- Research on Environment Conservation
- Research on Mental Health
- DRR Research in Okhaldhunga
- Public health (Mensural hygiene awareness session on school)
- Awareness class on waste management
- Litter Picking in the community
- Climate Change Research
- Research on Mensural health
- Workshop on Sexual Health and Reproductive Rights
- Workcamp project for personality Development
- English Language Class
- Computer Class in Jitpurphedi
- Computer class in Okhaldhunga
- Teaching English Language Class at Buddhist Monastery
- Yoga class in Okhaldhunga
- Youth Entrepreneurship workshop
- Library activities
- ECD Training and support
- ECD construction at Sapta Kanya & Kadaneli school
- Water Tank Construction
- Permaculture Training
- Supply of Drinking water at Barchade
- Care what You (th) wear project





Our Volunteers

In the half year of 2023, VIN is happy receive to more than 82 international and National volunteers. There were 55 international volunteers and 27 national volunteers. They from different parts of the world. They were mainly from France, Belgium, Australia, UK, USA, Denmark, New Zeland, Italy, Singapore, Germany, Hongkong, Korea, Taiwan, Netherlands, and Russia.



Where they work

Volunteers were highly motivated to work on different projects. Their expertise were explored in various fields. They supported in women empowerment life skills, trafficking prevention education, Public Health and medical care, Teaching English at Buddhist Monastery, computer science, yoga, permaculture, Environment conservation, computer science, personality development for children and print journalism



Volunteers Activities

- Survey on needs of women in Jitpurphedi
- Research on Environment Conservation
- Research on Mental Health
- DRR Research in Okhaldhunga
- Public health (Mensural hygiene awareness session on school
- Awareness class on waste management
- Litter Picking in the community
- Workshop on Sexual Health and Reproductive Health.
- Climate Change Research
- Mensural health research
- Work camp project at School

Women's Survey at Jitpurphedi

A recent survey was conducted to assess the needs of women in the community. The survey aimed to gather insights and identify key areas to support and organize different workshops in improving their life skill. More than 170 respondents were interviewed during this survey from different communities of Jitpurphedi.

These findings indicate the key areas where support and resources should be focused to address the needs of women in the community. By addressing these concerns, the community can work towards creating a more inclusive and supportive environment for women.



Research on Environment conservation

Waste management research encompasses various studies and approaches aimed at addressing the growing challenges associated with waste generation, disposal, and recycling. VIN conducted one research which aimed to know the situation of waste management in Jitpurphedi community. More than 120 respondents were reach out during this research in different communities.



Other activities

- English Language Class
- Computer Class in Jitpurphedi
- Computer class in Okhaldhunga
- Teaching English at Buddhist Monastery
- Yoga class in Okhaldhunga
- Youth Entrepreneurship workshop
- Library activities
- ECD Training and support
- ECD construction at Saptakanya & Kadaneli school
- Water Tank Construction
- Permaculture Training
- Supply of Drinking water at Barchade
- Care what You (th) wear project



Mental Health Research

On public Health Research, volunteer conducted a research on mental health in youth and children which has revealed important insights into the prevalence, risk factors, and interventions for various mental health conditions. It was important to study especially to understand the impact of COVID-19 on the current scenario. The research was focused on adolescents and youth of the community.

Disaster Risk Reduction Research

DRR Research was conducted in Okhaldhunga by the German Volunteer. Disaster risk reduction (DRR) research plays a crucial role in addressing the challenges and impacts of natural and human-induced disasters.

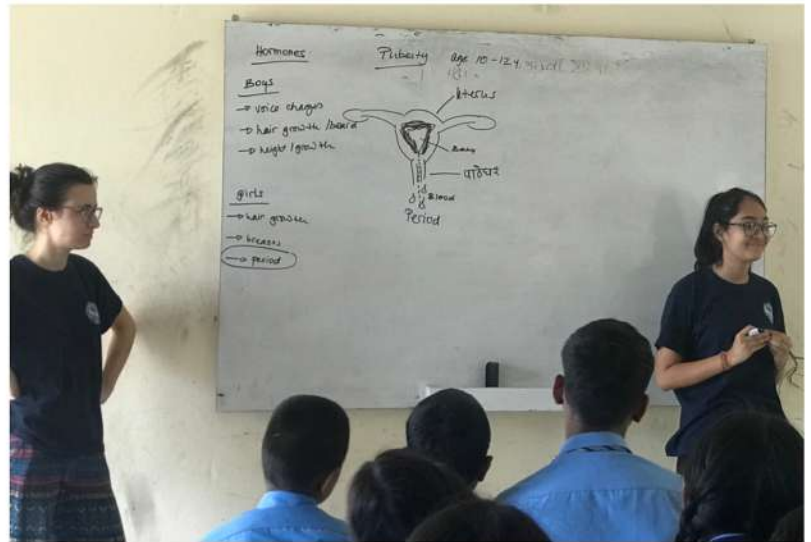
DRR research helps in comprehensively understanding the nature, causes, and patterns of various hazards, such as earthquakes, floods, hurricanes, and wildfires. It examines the underlying factors and processes that contribute to disaster occurrence, allowing policymakers and stakeholders to assess and manage risks effectively.

Awareness on Mensural Hygiene

Volunteers conducted many awareness sessions in different schools of Jitpurphedi, Kathmandu and Nisankhe Okhaldhunga. Awareness classes on menstrual hygiene for young girls aim to provide essential information and promote a healthy understanding of menstruation.

Girls are educated about the menstrual cycle, its purpose, and the normal range of cycle lengths. They learn about ovulation, menstruation, and the changes that occur in their bodies during this time. More than 100 students were benefited from this session.

Different menstrual products such as sanitary pads, tampons, menstrual cups, and reusable cloth pads are introduced. Girls learn about the proper usage,



Awareness classes on waste management

In an awareness session conducted at a school, the focus was on waste management and the precautions associated with it. The session aimed to educate students about the importance of responsible waste management practices and their role in creating a cleaner and healthier environment. From this awareness session, more than 100 students were benefited from different schools.



Litter picking in the community

Volunteer has organized litter picking program in the community with the goal of promoting a clean and healthy environment. The program involves residents actively participating in the collection and disposal of litter in their area.

To start, the community organizes regular clean-up events where volunteers gather to pick up trash and debris from streets, parks, and other public spaces. These events are often scheduled on weekends or holidays to maximize participation. Local organizations, such as environmental clubs or neighborhood associations, collaborate with the community to coordinate and advertise these clean-up activities



Workshop on Sexual health and Reproductive Rights and cleanliness

Sexual health and Reproductive Rights is one of the very essential topics for human being. With the support of National volunteers, VIN organized this workshop in Jitpurphedi community at the Women Business center. The workshop on sexual health and reproductive rights was attended by more than 40 women and girls, and it aimed to raise awareness about important issues related to their well-being and empowerment. During the workshop, participants received comprehensive information on various aspects of sexual health, including reproductive anatomy, menstrual health, contraception methods, and sexually transmitted infections (STIs). They were also educated about the importance of regular check-ups and screenings to maintain good reproductive health.



Climate Change Research

Recently we conducted climate change research in Jitpurphedi community. The climate change research focused on the impact of climate change on agriculture and involved interviews with more than 180 respondents. The research aimed to assess how climate change is affecting agricultural practices and productivity. The respondents, likely farmers, agricultural experts, or related stakeholders, provided valuable insights into their experiences and observations.



Research on mensural Hygiene

The menstrual hygiene research conducted in the Jitpurphedi community involved 200 young girls and women and aimed to assess their knowledge, practices, and challenges related to menstrual hygiene management.

Based on the research findings, appropriate interventions and awareness programs can be designed to address menstrual hygiene challenges in the Jitpurphedi community. These interventions may include distributing menstrual products, improving access to clean water and sanitation facilities, providing menstrual health education, and working to eliminate stigmas and taboos associated with menstruation. Ultimately, the research aims to improve menstrual hygiene practices and the overall well-being and empowerment of young girls and women in the community.

Work camp for personality development for children

The work camp project focused on personality development for children, providing them with opportunities to explore and nurture their creative potential. The camp involved various activities such as arts and craft, origami, games, singing, and dancing. VIN organized work camp project at Jitpurphedi community school where more than 30 young kids were benefited. Overall, the work camp project on personality development offered an enriching experience for the children, allowing them to explore their creativity, build essential life skills, and gain confidence. By providing a supportive and fun-filled atmosphere, the project aimed to foster a sense of self-discovery and personal growth among the young participants.





English Language class in community Jitpurhedi

Volunteers Initiative Nepal offers an English language class designed specifically for marginalised women in the community. The class aims to provide women with the skills and confidence to communicate effectively in English.

There is a regular class in Jitpurhedi community. A group of motivated women from the community has been continuously given English language class by the international and national volunteers.

Computer Class in the women Business Center

VIN offers a computer class specifically designed to empower young girls with new skills. The class focuses on building essential computer skills, including typing, file management, and internet navigation. You will learn how to use productivity tools such as word processors, spreadsheets, and presentation software, enabling you to create and organize digital documents effectively.

There are more than 40 students who got this opportunity to participate in this computer class everyday at the Women Business Center at Jitpurhedi.



Teaching English at Buddhist Monastery

VIN volunteers has been continuously teaching the young monks and nuns at the Buddhist Monastery. Volunteers teach them English language to improve their level of English. They also focus on other creative activities like arts and craft, different games, painting, singing and dancing, sports and so on.

Our volunteers also learn and experience new culture and get to know closely about the Buddhist culture.

During their project time, their accommodation and food has been arranged at the monastery. So they live with the monks in that peaceful environment. They worship and meditate for inner peace.



Computer class in Okhaldhunga

VIN offers a computer class in the rural area of Okhaldhunga, aimed to provide young girls and boys with an opportunity to explore new technologies. They are given regular computer class at the NaraTika Community Learning Center. More than 77 young girls and boys, youth and children already benefited from this computer class.

The class focuses on building fundamental computer skills. Students will learn how to operate a computer, including tasks such as typing, using a mouse, and navigating the operating system. They will also become familiar with essential software applications.



ECD construction in Okhaldhunga

VIN (Volunteers Initiative Nepal) has constructed two Early Childhood Development (ECD) centers in Saptakanya School and Kadeni School in Okhaldhunga. These centers will provide a dedicated space for young children to engage in activities that promote their overall development, including cognitive, social, emotional, and physical skills.

Early childhood education and development are crucial for laying a strong foundation for children's future learning and well-being. By establishing these centers, VIN is contributing to the educational infrastructure and supporting the growth and development of young children in Okhaldhunga.



Library activities



VIN conducts various recreational and extra activities with the children in the library. Libraries often host storytelling sessions where volunteers or librarians read stories to children. This activity helps improve children's language skills, expands their imagination, and fosters a love for books.

Also organize arts and crafts workshops where children can engage in creative activities like drawing, painting, and making crafts. These activities enhance their fine motor skills, creativity, and self-expression.

ECD Training and support

Volunteers Initiative Nepal conducted Early Childhood Development (ECD) training in Okhaldhunga, Nepal. It's important to invest in the education and development of young children as it lays the foundation for their future growth.

The participation of 26 teachers and local volunteers in the training indicates a strong commitment to improving early education in the community. By equipping these individuals with the necessary skills and knowledge, they can make a positive impact on the lives of children in Okhaldhunga.

They supply different materials and also did paintings and carpeting in the ECD. These materials can enhance the learning experience and provide opportunities for children to explore their creativity and develop various skills. By investing in ECD and providing ongoing support, VIN is contributing to the long-term growth and well-being of the community.

Such efforts demonstrate the importance of collaboration between organizations, educators, volunteers, and the community to create a nurturing environment for children's early development.

Water Tank construction (Sustainable food production)

VIN has constructed 14 water tanks in Okhaldhunga! This project has a specific focus on supporting farmers, particularly the Dalit families, by providing micro irrigation facilities. The construction of these water tanks will have several positive impacts on the community. The farmers were guided on selecting appropriate locations for the water tanks, ensuring an adequate water flow that would facilitate easy access for kitchen use and irrigation purposes within their farms.

This project of constructing water tanks in Okhaldhunga holds significant potential to positively impact the community's health, nutrition, economy, and sustainability. It serves as an important step towards empowering farmers, promoting agricultural development, and improving the overall well-being of the Dalit families in the region.



Drinking water construction

To solve the problem of drinking water, VIN has constructed drinking water at Barchande. It will help the community people to have access of clean drinking water. Although the water supply pipeline is still under construction which will estimated to accomplished with the month.

This project aimed to cover 43 families where more than 215 people will directly benefited and get access to pure drinking water.



Permaculture training



VIN has organized permaculture training for the farmers in Okhaldhunga. There was 14 families who were benefited from this training. This Permaculture training will significantly benefit farmers in Okhaldhunga and help them transform barren lands into productive and sustainable farms.

Our volunteers has been involved in this projects to encourage farmers to cultivate organic vegetables and other different seasonal crops.

Design a comprehensive training program that covers the principles and practices of permaculture, modern farming techniques, organic crop cultivation, and sustainable land management. It should also emphasize soil conservation, water harvesting, crop rotation, agroforestry, and integrated pest management.

Yoga class in Okhaldhunga

VIN organized yoga class at the Nara-Tika community leaning center in Okhaldhunga. There was more than 35 people who participated in the yoga class which was trained by the international volunteer. Yoga offers numerous benefits, such as increased flexibility, improved strength, stress reduction, and enhanced mindfulness. It can be enjoyed by individuals of all ages and fitness levels.

This yoga class which was facilitate by our volunteer at the CLC helps the participants to have the opportunity to engage in a supportive and educational environment, fostering personal growth and connection with others. it provides an accessible and inclusive environment for people to learn and practice yoga at the Nara-Tika community Leaning Center.



Volunteers Initiative Nepal

Youth Entrepreneurship Training

Youth entrepreneurship training can be incredibly beneficial for young individuals, as it equips them with the necessary skills and knowledge to start and manage their own businesses. By supporting youth entrepreneurship, VIN (Volunteers Initiative Nepal) contribute to empowering young people and fostering economic growth in their communities.

This training held for 4 days in the community and in Kathmandu to the youth. There were more than 30 youths from different communities.



Class room painting

VIN has also painted the classroom in Nagarjun Thulogaun secondary school. We painted the ECD classroom for the children. Painting the classroom can have a positive impact on the learning environment for young children. It can create a welcoming and stimulating atmosphere that promotes creativity and engagement.

We painted different pictures including educational pictures in the classroom which can be highly beneficial for young children's learning and development. Visual aids, such as educational posters and charts, can help reinforce concepts, improve memory retention, and enhance the younger kids to learn in a better way.



The construction of a cow shed within the Permaculture Teaching Farm

This project aimed to create a suitable shelter for livestock, promote sustainable farming practices, and contribute to the overall development of the farm. A cow shed was constructed using the Namaste design, incorporating Khar fibre within the bamboo structure. This design ensures the shed is warm enough for the livestock, providing them with a comfortable environment. Moreover, the project utilised renewable energy as the primary resource, setting an example for our farmers in sustainable practices.

The construction of the cow shed with improved design and materials showcases our commitment to creating sustainable and suitable shelters for livestock within the Permaculture Teaching Farm.



Volunteers Initiative Nepal

Construction of Love Ponds with Granite

The NaraTika CLC Iconic Love Pond with a fountain has been successfully constructed, featuring granite on the top and sides. This remarkable addition will be a significant attraction for visitors, symbolising the love and generosity extended by ViN to the CLC. The completion of this project showcases ViN's dedication to enhancing the CLC and creating a captivating environment for all those who visit.

Training for the youth on Care what You(th) wear project and leadership training

leadership training was conducted for the youth in Okhaldhung where more than 58 participants benefited from it. Leadership training programs can have a significant impact on young individuals, helping them develop important skills and qualities that can empower them to become effective leaders in various areas of life.

leadership training can also inspire and motivate young individuals to take initiative, pursue their passions, and make positive contributions to their communities. It can encourage them to become proactive and engaged citizens who are willing to step up and create positive change.



Volunteers Initiative Nepal



VolunteersInitiativeNepal



@vin_nepal



@vinnepal



VolunteersInitiativeNepal

Editing and Layout:

Content: VIN

Photo Credits and cover: VIN

© Volunteers Initiative Nepal 2023

Nayabazaar Khusibu, Kathmandu
+977 (1) 4962560 (Office)
www.vin.org.np support@vin.org.np
Registered Charity Number:
147/062/63

