

# Volunteers Initiative Nepal (VIN)

Half Yearly Newsletter 26 Aug 2011



Women's Empowerment

Community Health & Environment

Children's Development

Youth Empowerment

## Accomplishments

- Provided commercial off seasonal vegetable farming training for women's groups
- Conducted A/C training & sewing cutting training to women's group members
- Conducted regular patient checkups in Jitpur health post
- Conducted health camp in community school
- Continued to provide support for toilet construction in Jitpur community
- Provided basic refresher ECD training for teachers



Health camp at Okhaldhunga

## Okhaldhunga Trip

A preliminary Okhaldhunga site visit was undertaken by the VIN team during 20-26 March 2011. It was a seven day trip. A total of seven staff & volunteers were involved in the trip. We had conducted health camps, meetings with teachers, community observations and meetings with women. The health camp was conducted in three places of two VDCs of Okhaldhunga for three days and checked around 340 patients.

## Organic farming

VIN has undertaken a pilot project on organic farming with a farmer of Jitpurphedi VDC. The farmer has been cultivating cauliflower, cabbage & other vegetables in two different plots of land (organic & inorganic) for comparative study. At the end of the project VIN wants to evaluate if organic farming can be recommended as a profitable alternative.

## Women empowerment

### Orientation on commercial Off-season vegetable farming (cucurbitaceous crops)

A one day orientation on cucurbitaceous crops was organized for each women's group. Main objectives of the orientation was to deliver techniques on commercial vegetables production, focusing on cucurbitaceous crops of the semi and commercial farmers and creating awareness to seek alternatives to the use of chemical pesticides as well. A total of 116 women had participated in the training.

*Santa Phuyal, president of Adarsha WG said: " After VIN's training we started vegetable farming. Now we are able to fulfill all the needs of our family by selling the vegetables....."*

### Account keeping training for cooperative members

The three day long training was conducted in Tinpipla, Jitpurphedi, for the members of cooperative during 15-17th June. The main objective of the training was to educate a group of literate women on the Co-operatives account keeping process. This is in line with VIN's objectives to hand over the running of the Co-operative in the coming year to the women of Jitpurphedi. The training was structured so that the women could apply the knowledge and skills they planned to learn in their own business activities. A total of 15 share members of the cooperative have taken part in the training.

View of one of the participants: "I'm very happy that VIN provided us with the important account keeping training. We need continuous support from VIN ....."

### Indira Aryal, 50 Jagaran Women's Group, Jitpurphedi-5 Kot

Indira Aryal, 50, has been an active member of Jagaran Women's Group for five years. She has taken part extensively in VIN's agricultural training and has had legal aid training through VIN as well. Outside of VIN Indira is a member of a community forestry knowledge organization and also dedicates her time as a health volunteer.

Indira has been farming for seven years but did not start farming on the commercial level until joining VIN. With the use of agricultural technologies acquired through VIN's agricultural training, Indira's most recent off-season net income was 50,000. Her on-season net income was 3 lakhs (300,000 rupees). The family also owns a poultry farm which makes a profit of approximately 40,000 rupees a year.



*Indira Aryal at her Farm*

Indira has switched entirely to organic farming since undergoing organic farming training. She believes that the numerous potential health risks of inorganic farming such as infertility and cancer make organic farming a far safer option for her family. The livestock that Indira's family relies on for dairy are also negatively affected by the ingestion of chemical pesticides. The practice of organic farming has been a commitment that Indira has made to ensure the long-term well-being of herself and her family.

### Entrepreneurship development training

Three days long training during 22-24 Feb 2011 on "Entrepreneurship development" was jointly organized by VIN and Industrial Enterprise Development Institute (IEDI) to enhance the business/entrepreneurship skill of small farmers and to encourage setting up their own enterprises. Total 25 members of the women's groups had participated in the training. Mr. Iswori Parshad Sharma & Ms Bishnu Joshi from IEDI had facilitated the training.



*Entrepreneurship development training*

### Sewing cutting training in Dandagaun, Jitpurphedi

This year VIN had also organized a three month basic sewing cutting training in Jitpurphedi with coordination of small & cottage industry office, Kathmandu. A total of 10 members of seven groups had completed the basic training and are moving onto an advance course with same trainer.

### Cooperative status updates

The women's cooperative that VIN had helped to set up is doing well. The total number of shareholders has now reached 222 with 156 individual and 29 group savings accounts. The Micro credit scheme established by cooperative members is also doing really well. The total loan distributed has now reached Rs. 515000 and the total transaction of the cooperative is Rs. 634171.

Radhika Gajurel said about the cooperative: "..... This cooperative is our own women's cooperative, we have been taking loan from here to start IGP. It helps us to be economically independent....."

## Empowerment through Education and life skill training

### Women education class

The most important aspect of women's empowerment is education. This year VIN has also conducted five literacy classes coordinating with the district education office & VDC of Jitpur. About 80 women from the community now have the opportunity to learn how to read and write. VIN has also conducted life skill sessions in the literacy class



*Education and life skill training*

## Life skill session for members of women groups

Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. VIN has planned to provide life skill training/orientation to all members of the groups. VIN has selected sixteen topics for life skills such as decision making, problem solving, communication/interpersonal skill, self-confidence, stress management, self-esteem, conflict management, effective negotiation etc & developed materials relevant to women. To date VIN has provided the training for 96 women.

## Children Development

### Early Childhood development

#### **Basic Refresher ECD Teachers Training**

With the objective of drafting local Early Childhood Education (ECD) Centers curriculum, VIN organized a teacher's training workshop from 21 February, 2011 to 23 February, 2011 in which 17 ECD teachers from 8 schools of Jitpurphedi VDC participated. The training was followed by one day training on 27th may 2011 at VIN office ECD. VIN volunteer Alison was one of the facilitators of the training. A total of 15 teachers from Jitpurphedi community's schools, KVM and Manawa mother Land school participated in the training. The main focus of the training are: ECD materials development, rhymes for ECD class, useful games for ECD teaching/learning, teaching methods for kids, useful activities which we can be used with ECD kids, how to use teaching aids/materials in ECD class.



*Volunteer with ECD children*

## Children club

### Children club management training

Children Clubs have been established in eight schools within the Jitpurphedi Community. Every Children Club had been reformed in every school, annually. After reformation of the clubs, VIN has been providing management training to each Children Club so that they can do their activities by themselves. The main contents of the training were how to conduct a meeting, minutes writing, member's roles and responsibilities, rational of the Children Club, wall magazine publication, fund raising, account keeping, action plan preparation, resource mapping etc.

**Radha Krishna Aryal**, principal teacher of North star English School said: *"VIN has been helping for overall development of students through children clubs. Previously private school like ours has been more focusing on reading & writing only now we focus on knowledge, skill & behavioral change of students and we also know how to treat students psychologically to encourage children....."*

**Narendra Raj Ghimire**, Teacher, Jitpur HSS said: *"..... VIN has been helping educational, behavioral & creativity development of children....."*

## Sponsorship Distribution

VIN has been providing sponsorship support in education for children from disadvantaged /marginalized communities. This year VIN has provided sponsorship support for 32 community children. The support is provided on an annual basis, and covers everything from the provision of uniform & stationary, school fees and medical fees, depending on the individual requirements.

VIN has also been conducting parents meetings and planning to provide IGP skill for their regular source of income so that they can continue to their child education without the help of VIN. Parents said that the sponsorship program is really helpful and supporting for the child's education.



*ED Distributing sponsorship materials*

## Youth Empowerment

### Youth club's ward wise unit club formation

VIN has been working with youth clubs since 2009. A youth club was formed in Jippurphedi community and VIN had provided different types of training such as Proposal writing, PRA, computer technology, and English language class as well for the career development of the youth. This year VIN forms ward wise youth club in each ward of Jitpurphedi VDC. Total 120 youth is included as member. VIN has conducted Youth Club Management Training for all members of the every satellite club. Objective of the training was to enable the youth members to conduct meetings, minutes writing, fund raising, role & responsibility of the members, account keeping.



*Youth Club Management Training*

## First Aid Training among youth



*First Aid Training for Youth*

VIN conducted one day Community Based First Aid (CBFA) training for the member of the youth club. VIN Doctor & international Volunteer had facilitated the training. The general objective of the training was to build capacity of youths to manage injuries and illness during normal daily life and during disasters. After the training VIN wants to establish first aid service in the Jitpurphedi communities through trained FA volunteers.

## Life skill training for staff

A two day long life skill training for VIN staff was conducted during 5-6 March 2011. A total of 12 staff & local volunteers had participated in the training. Mr. Sidip Shrestha, was a facilitator for the training. Main objectives of the training were to provide the good concepts in life-skills & give staff the ability to facilitate training for target communities i.e. women groups, children club, youth club etc.

## Community Health

### School health program (SHP)

SHP is the major component of community health program designed to ensure good health of school children of Jitpurphedi. SHP has focused to improve health of children by treating the illness, conducting an awareness program on Health & Hygiene and improving the environment of schools. It had three components: Health camps, awareness programs and waste management of schools encouraging school children. The school health program was targeted to all schools of Jitpurphedi. Up to June we had conducted 10 health camps including one orphanage. Altogether 338 children have benefited from health camps.



*VIN volunteer teaching hand washing*

### Health camp and awareness session on personal hygiene

The health camp and awareness session has been carried out in every schools of Jitpurphedi community. The major objectives of health camp and awareness session was to check general health of the children studying, to screen the dental health of the children, de-worming the children and making the children aware about hygiene and sanitation.



*Children brushing their teeth*

### Awareness campaign on STIs and Uterine prolapse among women

A one day awareness campaign on sexually transmitted infections (STIs) and Uterine prolapse was organized by VIN in the Jitpurphedi community. The main objectives of the program were to make women aware on issues concerning reproductive health and Uterine prolapse and prepare them to follow preventive methods for uterine prolapse. The contents of sessions were basic concepts on reproductive health and sexually transmitted disease (STDs), types of STDs, mode of transmission, symptoms, complications, treatment methods and preventive methods., basic concepts of uterine prolapsed, causes, symptoms, complications, different aspects of uterine prolapse and difficulties in society, better ways of prevention were the issues discussed.

Participants found the session informative and something that would be useful in their life. Some of them shared their problems and they discussed about the problems women were facing in the village.

### Patient check up at health post

VIN has conducted its health program since 2010. VIN's doctor has been providing a health checking service at the health post on alternate days of the week from 12:00 to 4:00 pm. The doctor had visited health post twice a week, altogether 67 days and examined 1452 patients in six months. A pathology Laboratory supported by VIN is opening soon in the Health post of Jitpurphedi.



## Toilet construction

One of VIN's objectives is to make Jitpurphedi a "stool-free community." VIN has provided the essential materials for needy families for constructing toilets. Since 2009 VIN has been providing materials for toilet construction. To date a total of 72 toilets have been completed with the support of VIN. VIN has planned to provide materials for six households each month & about 36 additional toilets will be completed in 2011.

Sabitri Devkota, member of WG Said: *"After the VIN program I know about the importance of the toilet and now I have a toilet in my home and I am using it properly. VIN provided us cement, rod, pan, pipe, iron sheet. After making toilet my home environment became clean and healthy."*



Volunteer constructing toilet



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## Volunteer's Corner



Volunteers with host family



Volunteers and staff at the VIN office



Volunteer get together at VIN Office