



Tewa

Tewa

Volunteers' Voice

Quarterly Bulletin

Year: 7

January-March 2012

Vol: 1



Sheetal Shakya Bajracharya

EDITORIAL

Dear All,

The new editorial team completed one year and I would like to thank the entire team for their support and special thanks to Volunteer Program Officer Ms. Urmila Shrestha for the coordination. We also like to thank board members for their valued advice which will help to

surely encourage the volunteers. We have collected some Pioneer woman in various fields which will give the knowledge of women empowerment. Please enjoy renowned Musical Band Kutumba's picture and information volunteers contribution in this program. Report of the exposure visit to

improve the publication.

In this edition we are including health column which help us to be aware of viral fever. Volunteer's contribution in different program is highlighted which will

the grantee group by the volunteer will again tell the success story of grantee and how the volunteer had fun visiting them. The great event of Sankalpa which had occurred in Tewa has been a huge success and Ms. Urmila has reported on it.

I wish you all a Happy New Year 2012 and Hope this year bring lots of happiness in your life.

Up coming Events

1. Volunteers Training 1st, 2nd, 3rd February 2012
2. Tewa's Special March Celebration
3. Tewa Nanglo Momo Festival 24th March 2012

We Wish a Very Happy New Year 2012

- Editorial Team

"I do not wish women to have power over man but over themselves" by Mary Wollstonecraft.

Health Topic

Viral Fever

Any fever caused as a result of viral infection is known as viral fever. It usually persists from three to seven days. The usual symptoms includes headaches, body aches and a skin rash characterize most of these viral fevers. They may affect any age group, and are seen world-wide. They require only symptomatic treatment. Some are highly contagious. Most of them are not dangerous and self-limited, but some can progress rapidly leading to death.

Most viral infections are spread by inhalation of aerosolised particles, by intake of contaminated water or food, or by direct contact. Infection then spreads locally and thereafter into the blood stream or lymph channels. Some of the viral infections can be transmitted sexually or by direct inoculation into the blood stream.

Once the virus enters the body, there is an incubation period when the virus multiplies to a level high enough to cause infection. This is followed by a prodromal phase of fatigue, malaise and body and muscle aches that may lead to the onset of fever. The fever may be low grade or high grade and

remittent. Inflammation of the pharynx, a running nose, nasal congestion, headache, redness of the eyes, cough, muscle and joint pains and a skin rash could be present.

The fatigue and body pain could be disproportionate to the level of fever, and lymph glands may swell up. The illness is usually self-limited but the fatigue and cough may persist for a few weeks. Sometimes pneumonia, vomiting and diarrhoea, jaundice or arthritis (joint swelling) may complicate the initial viral fever. Some viral fevers are spread by insects, for example, arbovirus, can cause a bleeding tendency, which results in bleeding from the skin and several other internal organs and can be fatal.

Since these infections are commonly self-limited, investigations are unnecessary. The diagnosis is made by the typical history of fever with severe muscle and joint pains. Skin rash and lymph gland swellings have to be specifically looked for. Laboratory investigations are undertaken to rule out other bacterial infections rather than to confirm viral fever, usually they are not necessary.

Treatment of viral fever is purely symptomatic with antipyretic and analgesic drugs. Bed rest and adequate fluid intake is advised. Nasal decongestants may be beneficial. Specific antiviral therapy is not routinely recommended. Steroids are not advised as it may lead to bacterial super-infection. Only in cases of super-infection do antibiotics need to be prescribed. It is important that antibiotics are NOT routinely used for prophylaxis.

Viral fevers are difficult to prevent. They occur as epidemics of infection depending on their mode of spread. Vaccines have been tried targeting the respiratory and gastrointestinal viruses with little success due to several sub-groups of viruses with different forms of antigenicity, all of which cannot be covered with a single vaccine. Fortunately since most infections are mild and self-limited, we can be assured of a full recovery.

Dr. Ashish Shrestha
MDGP Patan Hospital
Associate Professor
Patan Academy of Health
and Science

*"It is not Gender which is destroying our culture... it our interpretation of culture which had destroyed gender equality,"
by Cambodian Civil Society Group*

त्यसदिनको रमणीय अनुभव

१५ कार्तिक २०६८



पुष्पा अवाले

स्वयंसेवी २००२ २nd Batch

मंगलबारको दिन टेवाबाट २५ जना स्वयंसेवी पनौतीको कलावी भूमिडाँडा गा.वि.स.को भालेश्वर गाउँमा निरीक्षणका लागि पुगेका थियौं। यसै दौरानमा टेवाबाट प्राप्त अनुदानबाट गाउँका ती महिलाहरूले गरेका उपलब्धी बारे बुझेका थियौं। सर्वप्रथम त रजिना श्रेष्ठज्यूले वहाँहरूसँग परिचयको आदानप्रदान गराउनुभयो। वहाँहरू १३ जनाको उपस्थिति थियो। (४२,००० को अनुदानबाट शुरु गरेको रकमले दिदी बहिनीहरूले राम्रोसँग नै उपयोग गरेका रहेछन्। गाउँ विकास कार्यक्रमलाई पनि सहयोग दिइ वहाँहरूले फाइदै उठाउनु भएका रहेछन्। वर्षमा करिब ८ देखि १० हजारसम्म मुनाफा कमाउने रहेछन्। १३ जनाको समूहमा एक जनालाई ३,०००/- (तीन हजार) उपलब्ध गराई महिनाको रु. ५० ब्याजमा दिई काम गर्ने मौका दिएका रहेछन्। वहाँहरूले खोर बनाउने पैसा पाएर उत्तम हुने थियो भन्ने प्रस्ताव राख्नुभयो। तर यसो हेर्दा सबै जना खुशी देखिनु हुन्थ्यो यस व्यवसायबाट पाठाहरू बेच्दै पैसा कमाई गर्दा रहेछ। ठूलो गरी बेच्दा पन्ध्र हजार देखि सोह्र हजारसम्ममा बिक्री गर्न सकिने रहेछ। वहाँहरूले त्यस पैसाबाट विवाह ब्रतबन्ध जस्तो ठूलो कार्यक्रममा समेत खर्च तार्न सहजै सकिने रहेछ भन्ने कुरा राख्नुभयो। अनि एक स्वयंसेवीले प्रश्न राखेको थियो कि किन कुखुरा बाखा नपालेर बंगुर नै पाल्नु भएको भन्दा वहाँको जवाफ यस प्रकारको थियो। एक चोटीमा बंगुरले १०-११ वटा बच्चा जन्माउँछ र तीन महिनामा बेचन लायकको हुन्छ, त्यसैले यही व्यवसाय गर्न लागेको बताइन्। यसै सिलसिलामा हाम्रो स्वयंसेवी ललिता सुब्बा दिज्युले बंगुर पालनको राम्रो सल्लाह र सुझाव पनि दिनुभयो। त्यसपछि हामी विभिन्न घरमा बंगुरमा खोरहरूको निरीक्षण गर्न गयौं। त्यस दिनको यात्रा अति नै रमणिय थियो। टेवाको अनुदानबाट ग्रामीण दिदीबहिनीहरूले फाइदा उठाएको देखेर संतुष्टी पनि मिल्यो।

संकल्प कार्यक्रम- स्वयंसेवी परिचालन

एक दिन टेवा संस्थापिका रीता थापा तथा संकल्पका वित्त अधिकृत मेरिताजी टेवामा आउनु भएर हामी कर्मचारीहरूलाई संकल्प दर्ता भएकोमा खुशीयाली मनाउने कार्यक्रम रहेको र उक्त कार्यक्रम टेवा परिसरमा गर्ने सोच भएको जानकारी गराउनुभयो। उक्त कुरा हाम्रो लागि विलकुल नयाँ थियो। टेवाले थुप्रै आफ्नो कार्यक्रमहरू सम्पन्न गरेको छ तर अन्य संस्थाको लागि यस्तो खाले काम गरेको थिएन। हाम्रो लागि पनि एउटा नयाँ अनुभव हुने तथा अर्थ संकलन पनि हुने भएकोले कर्मचारीहरू निकै उत्साहित भए तापनी एकै दिन चार/चार वटा कार्यक्रम पनि भएकोले हाम्रो लागि चुनौती पनि थियो। तर पनि हामी संग निकै लामो कार्यको अनुभव तथा स्वयंसेवीहरू परिचालन गर्ने अनुभव भएकोले हामीले यो काम आँट गच्यौ र स्वयंसेवीहरूको मद्दतले सफलतापूर्वक सम्पन्न पनि गच्यौं।

त्यो दिनको कार्यक्रम

पदयात्रा: जावलाखेलबाट शुरु भएर संकल्पको कार्यालयमा सम्पन्न भएको उक्त कार्यक्रमको लागि हामीलाई ८ जना स्वयंसेवीहरूले सघाउनु भएको थियो। यसको लागि जावलाखेल, मंगलबजार, कुमारीपाटी तथा संकल्पमा पानी चिया तथा खानाको स्टल राखी सहभागीहरूलाई न्यानो आतिथ्य प्रदान गरियो।

Open House

दिउँसो १ बजे देखि टेवा कार्यालयमा संकल्पमा समावेश ११ वटा विभिन्न संस्थाहरूको स्टल राखी आ-आफ्नो कार्यको जानकारी गराइएको थियो र उक्त स्टल अवलोकनकर्ताको लागि पनि खाजा, चिया तथा अन्य सूचना पनि दिनु पर्ने अभिभारालाई टेवा स्वयंसेवीहरूले सफलतापूर्वक सम्पन्न गरेको थियो।

मुख्य उद्घाटन कार्यक्रम

टेवाको खुल्ला मन्चमा साभमा विशिष्ट पाहुनाहरू विच उद्घाटन कार्यक्रम सम्पन्न भयो जस्मा हाम्रा स्वयंसेवीहरूले पाहुनाको स्वागत गर्ने रजिष्ट्रेशन गर्ने तथा न्यानो आतिथ्य गर्ने जिम्मेवारी पाएको थियो।

नेवारी भोज

संकल्पका केहि निम्त्याएको पाहुनाहरूलाई टेवाको सामूदायिक हलमा राती नेवारी भोजको आयोजना गरिएको थियो जहाँ हाम्रा स्वयंसेवीहरूले पाहुनालाई लाने देखि भोज खाउने काममा सहयोग गर्नुभयो।

यसरी उक्त दिन टेवाको २५ जना स्वयंसेवीहरूको मद्दतले संकल्पको ठूलो कार्यक्रम सफलतापूर्वक सम्पन्न भयो। हुन त टेवाको हरेक कार्यक्रममा हाम्रा स्वयंसेवीको सहयोग रहि आएको छ। हाम्रा स्वयंसेवीहरू विना हामी कुनै पनि कार्यक्रम कल्पनै गर्न सक्दैनौं। उक्त एक दिनको कार्यक्रमबाट टेवालाई हाम्रो अर्थ संकलन भएको छ।

"It's hard to fight an enemy who has out posts in your head," by Sally Kemptom, Esquire, 1970.

Kutumba in Tewa



Volunteers contribution in Kutumba Pogramme

Ticket sold by volunteers Rs.16,500.00. This is 20% of total amount raised.

Working committee for year 2011 - 2012

Sheetal Shakya Bajracharya Editor
Sharati Devi Ranjit Co-Editor
Sharada Gurung Member
Sushma Khatri Ranjit Member
Shreeejana K.C. Member

Support team:

Sarala Shrestha
Sunil Basnet
Pooja Sharma
Pooja Upadhyaya
Neeta Lama

Pioneer Nepali Women in Different Fields

NAME

Koili Devi
Rup Kumari Gurung
Chandra Kanta Malla
Sanu Nani Ranjitkar
Raj Bai Rana
Rakshya Rana
Dwarika Devi Thakurani
Shanti malla
Sarada Shrestha
Usha Nepal
Pabitra Devi
Pasang Lhamu Sherpa

Occupation

Singer
Nurse
Teacher
Headmistress
Doctor
Pilot
Minister
Engineer
Judge
CDO
Police Inspector
Everest climber

- * Volunteers' Voice endowment fund-- For Sustainability and strengthen of vol publication. This team plans to create an endowment fund of Rs 5, 00,000/- (Rs five lakh) within two years. Sheetal Shakya Bajracharya and Sunil Basnet have taken the leadership of this campaign. Till date we have been able to raise –Rs 2, 23,500.00 and Rs 2,00,000.00 is deposited for one year in Megha Bank, Kantipath.
- * Volunteer contribution for Fund raising program.
 - o Theme Dinner -- ticket sold by volunteers Rs.61,500.00. This is 24% of total amount raised (Total raised amount Rs 2, 47,500.00).
 - o Raffle ticket -- 37 volunteers sold raffle. Total amount raised from volunteers is Rs 37,300.00 this is 38 % of total amount raised (total amount raised Rs 96,002.00)
 - o Sankalpa Celebration -- 25 volunteers mobilized. We successfully organized visibility walk, Open house, Main celebration, Newari Bhoj
 - o Plantation-- Total fund raised Rs 110650.00 and volunteers raised Rs 29700.00 (this is 26.8% of total)
- * Exposure Visit – 2nd batch 2011 volunteers and few from other batches visited Shri Valeswor Nari Chetana Rin Tatha Sahakari Sanstha, Panauti, Kavre where Tewa has provided Rs 42200.00 for pig raising program.
- * Volunteer selection for Grant making and Fund raising units -- We informed 6 volunteers (who were interested to work in Tewa) for the selection process. Out of 6 we selected 2 volunteer for assistance program officer. Volunteer Sunda Shakya for fund raising unit and volunteer Rosy Adhikary for grant making unit congratuaion to Sunda and Rosy.