



दाि Tewa

Tewa

Volunteers' Voice

Quarterly Bulletin

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Sheetal Shakya Bajracharya

EDITORIAL

Dear Readers,

We are glad to share the event report which volunteers' cherish Annual Volunteer Award Function. In this edition we have included about the inception of Tewa Volunteers' awards. On the International

with the discretionary grants when needed during disaster, this time Tewa donated to Siraha fire victim.

Volunteers' from 2012 first batch were taken to Grantee visit and we have featured Mamta Bhattarai's article about this visit in this

Women's day 8th March nine volunteers were awarded, we would like to congratulate all the award winning volunteers and want to thank them for their support to fulfill Tewa's mission and vision.

Tewa has been supporting

News Letter.

In this edition we have included health column which helps us to be aware of Thyroid. We would like to thank Dr. Ashish Shrestha for his contribution with his articles for Volunteer's Voice.

Volunteers' Voice team would like to thank Samikchya Basnet and Roji Adhikari for their financial support to Tewa Volunteer's Voice publication.

We are very delighted to share the contribution of volunteers and the graduation ceremony of the first batch of 2012.

At the end I would like to thank Ms. Urmila Shrestha, Volunteer program officer and Volunteers' voice publication team for collecting and designing this edition of the publication

Thank you.

Tewa support to Siraha fire victims



Tewa provided Rs. 75000 under its Discretionary grant to support the victims of massive fire that took place in 15th of May 2012 at Aurahi VDC of Siraha district which had destroyed more than 1500 houses, cattle sheds and properties worth millions of rupees. The grant amount was handed over via Nepal Red Cross Society, Siraha Branch through specially for to meet the emergency needs of women & girls. 'Aurahi Fire Relief Fund 2069'.



"Connecting girls, inspiring future."

Volunteers' Award

Some Facts About Tewa Awards:

Tewa awards were initiated in 1997, the second year of Tewa's establishment. So far four recognition awards are instituted, two of which are established by Tewa's members, one by Tewa itself and in 2006 another award was established by a Tewa's well-wisher and donor.

Tewa Outstanding Volunteer Award:

This award is instituted by Tewa to honor outstanding volunteers -who, Tewa wishes to recognize annually, as a way of "Blazing The Trail." for other volunteers through outstanding participation and support rendered to Tewa.



Award winner volunteer 2011
Shreejana K.C
(2nd Batch 2009)

The Amir Thapa Award:

This award instituted by former Tewa member, Lily Thapa in memory of her late husband Dr. Major Amir Thapa, who was always very eager to serve the less fortunate individual. This award is given to the volunteer raising the maximum amount of donations for Tewa every year.



Award winner volunteer 2011
Shantosh Giri Gurung
(1st Batch 2011)

The Birendra Shrestha Award:

This award is instituted by Current Tewa President, Sadhana Shrestha, in memory of for late husband, Birendra Shrestha, who always had a very keen interest in social work. This award is given to the volunteer raising the maximum amount of donations from the maximum number of donors every year.



Award winner volunteer 2011
Mala Rai
(2nd Batch 2011)

The "Master" Adhya Prasad Pradhan Award:

This award was instituted by Mrs. Narayan Devi Picton, in loving memory of her late father, who was a teacher ("Master" is a honorific term for a teacher in Nepali). "Master" was a strong believer of equality and respect for women. This award is given to any volunteer who has been supporting Tewa in consistent basis for a long time.



Award winner volunteer 2011
Uttara Khanal
(1st Batch 1999)

Appreciation Certificate

Lina Shrestha
(2nd Batch 2011)

Pragya Maharjan
(2nd Batch 2009)

Rita Lama
(2nd Batch 2011)

Uddhav Baral
(2nd Batch 2009)

Tewa Grant Award 2011

Anina Shrestha
(2nd Batch 2011)

Babita Shrestha
(1st Batch 2009)

Some fact about volunteer program (1997-2012)

Trained & mobilized.
Total Volunteer: 526
Batch: 35
Rs. 21, 71,500.00
Amount raised during mentoring period

Volunteer Get-to-gather

Volunteers' Voice Publication Team organized, 'Tewa's Volunteer Get-to-gather program in Past President, Maggie Shah's residence, Godawary on 28th April, 2012 the main objectives of the program was to be in touch, to be in networking, to involve and update the volunteers about Tewa's fruitful programs, to ping them that Tewa's volunteers are the pillars of Tewa. There was encouraging participation from Volunteers, staff, board members and supporting staff. Tewa's President,

Shadhana Shrestha and the Past President Maggie Shah's involvement made this program memorable. With welcome speech by Sunil Basnet (Volunteer) and he shared about campaign of Endowment. After that Shadhana Shrestha gave an interesting speech about volunteers' and importance of volunteers' Contribution to make Tewa's events successful.

Then Meggie Shah said she was happy to host of the event and shared about campaign endowment fund which is important for volunteers' voice to carry

on in sustained way. In the meantime, Shadhana Shrestha along with six volunteers pledged Rs 5000 for endowment fund.

The program was successfully held with vote of thanks from Sushma Khatri Ranjit. All participating members enjoyed delicious Newari khaja Samayabaji.

Thanks to all the volunteers, well-wishers and supporters who made this program successful.

Tewa's Volunteers' Voice Publication Team.

अनुदान प्राप्त महिला समूहसँगको अनुभव

टेवा सामाजिक विकासका लागि धेरै अघि देखि काम गर्दै आएको प्रतिष्ठित संस्था भएको कुरा सबैलाई सर्वसविदितै छ। महिला सशक्तिकरणका लागि कार्य गर्दै आएको छ। यो संस्थाले विकासका लागि के कस्ता क्षेत्रमा काम गर्छ भन्ने कुरा थोरै बहुत सुन्नमा स्वयंसेवीको रूपमा काम गर्न थालेपछि उक्त कुराको अनुभव प्रत्यक्ष रूपमा गर्न पाएको छ।

हामी स्वयंसेवीहरूले टेवाको लागि भनेर संकलन गरेको पैसाको प्रयोग कस्तो ठाउँमा भइ रहेको छ, यसको प्रत्यक्ष रूपमा स्वयंसेवीले नै अनुभव गर्नु भनेर टेवाले हामीलाई टेवाबाट अनुदान पाएका महिलाका विभिन्न समूहको भ्रमण गर्न लगेको थियो। यसबाट हामी स्वयंसेवीहरू अझ प्रष्ट भएका छौं। यसै क्रममा हामी टेवाबाट अनुदान पाएर महिलाहरूद्वारा निर्माण गरिएको सहकारी संस्थामा गएका थियौं र त्यो सहकारीबाट पनि ऋण पाएर आफ्नो जीवनस्तर उकासेका समूहहरूसँग अन्तरक्रिया गरेका थियौं। कसैले मूर्ति बनाउने, कसैले साबुन बनाउने त कसैले माहुरी पालनबाट आफ्नो जीवनस्तर धेरै माथि उठाउन सफल भएका रहेछन्। यति मात्र नभई यस्ता

समूहले महिला माथि हुने घरेलु हिंसाको विरुद्ध आवाज उठाउनुको साथै कतिको समस्या नै समाधान गरिदिएको पनि रहेछ।

त्यसपछि हामी स्वयंसेवीले प्रत्यक्ष वा अप्रत्यक्ष रूपमा ठूलो उपकारको काम गरेका रहेछौं भन्ने अनुभव भएको छ। यो पुण्य कार्यमा हामीलाई लगाएकोमा टेवालाई धन्यवाद नदिइ रहन सकिन्न। हामीले संकलन गरेको रकमले कुनै एउटा जिन्दगी वा परिवार सुखी रहेछ, त्यो भन्दा पुण्य काम के हुन सक्छ र १ त्यसपछि रकम संकलन गर्दा खाएको बचन मैले पनि विर्सिएको छु। यस पुण्य कार्यबाट मैले सन्तुष्टि पाएको छु। धेरै महिलाहरूलाई आर्थिक सामाजिक हिसावले माथि उठाउन टेवाले धेरै नै टेवा दिएको रहेछ। आगामी दिनमा महिलाहरूको लागि यी भन्दा ठूला ठूला प्रगतिका पथमा टेवाले साथ देओस् हामी स्वयंसेवीहरू पनि यस्तो पुण्य कार्यका लागि जतिखेर पनि टेवाको साथमा हुने छौं।

ममता भट्टराई
स्वयंसेवी, २०१२
पहिलो समूह

Volunteers' Voice endowment fund

For Sustainability and strengthen of volunteer publication. This team has a plan to create an endowment fund of **Rs 5, 00,000/- (\$6172).**

Sheetal S. Bajracharya and Sunil Basnet have taken the responsibility for this campaign. Till date this group is able to raise **Rs.2,78,500.00**

Up coming Programme

- * Fundrasing Volunteer Training
- * Fundrasing Event Raffle

Thank you for Financial Contribution



Roji Adhikari



Samikchya Basnet

Graduation Ceremony 1st batch 2012

In this batch there were 17 volunteers. These volunteers target to raise Rs.1,77,600.00 during mentoring period but out of 17 -11 volunteers raised Rs.74,989.00 (42%.)

This batch participated in different program organized by Tewa like IWD celebration, Tewa Nanglo Momo fest, exposure visit, skill sharing training; volunteers get together program, different meetings etc.

Few volunteers brought some stuffs for garage sale and three volunteers from this batch also pledge for volunteer voice endowment fund. One volunteer support in asset management to market our facilities in NGOs, INGOs.

Working committee for year 2011 - 2012

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

Support team:

Sarala Shrestha
Sunil Basnet
Pooja Sharma
Pooja Upadhyaya
Neeta Lama

Thyroid Disorder

Thyroid is a gland situated over anterior part of neck. This gland produces hormones which influences almost all of the metabolic processes in our body. Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment to life-threatening cancer. The most common thyroid problem involves abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.

Hypothyroidism poses a special danger to newborns and infants. A lack of thyroid hormones in the system at an early age can lead to the development of cretinism (mental retardation) and dwarfism (stunted growth). A hypothyroid infant is unusually inactive and quiet, has a poor appetite and sleeps for excessively long periods of time. Infants should have their thyroid levels checked routinely soon after birth. If they are hypothyroid, treatment should begin immediately. Hyperthyroidism presents with feature of weight loss despite increased appetite, increased heart rate, heart palpitations, higher blood pressure, nervousness, excessive perspiration, more frequent bowel movements, sometimes with diarrhea, muscle weakness, trembling hands, development of a goiter (an enlargement in your neck) and lighter or shorter menstrual periods. Hypothyroidism presents with, lethargy, slower mental processes or depression, reduced heart rate, increased sensitivity to cold, tingling or numbness in the hands, development of a goiter (an enlargement in your neck), constipation, heavy menstrual periods or dry skin and hair.



Dr. Ashis Shrestha
Assistant Professor, PAHS

Diagnosis of hyperthyroidism and hypothyroidism is done by testing the levels of thyroid hormones in your blood. Doctors measure hormones secreted by the thyroid itself, as well as thyroid-stimulating hormone (TSH), a chemical released by the pituitary gland that triggers hormone production in the thyroid. In hypothyroidism, higher quantities of TSH are circulating in your blood as your body attempts to foster increased production of thyroid hormones. The reverse is true with hyperthyroidism, in which TSH levels are below normal and circulating thyroid-hormone levels are high. There are various other tests like radioactive iodide uptake tests, which track the amount of iodide absorbed by the thyroid gland, TPO antibody test which sees the autoimmune conditions against thyroids can be done to diagnose the cause of thyroid disorder. Ultrasound of thyroid gland and fine needle aspiration cytology is also important in certain circumstances.

Management of thyroid disorder includes medicines that can lower or higher thyroid level according to the condition. At times surgical intervention is also important. In acute and subacute thyroid disorder long term management may not be needed.

In conclusion, thyroid disorder is getting more attention nowadays. This disorder can be diagnosed easily and can be treated to decrease the sufferings.