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ANNUAL REPORT

2024-25



Rita Thapa

Founder | September 1995

Tewa Annual Report 2024-2025

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About Us

Tewa – Women's Fund of Nepal established in 1995 is focused on being a nurturing partner to local women's organizations not just as a 'donor'. Tewa believes in strengthening women's organizations at the grassroots thus strengthening and driving the women's movement forward. Tewa's philosophy is to promote community philanthropy amongst Nepali, develop self-reliance, and drive the women's movement forward through the empowerment of women's organizations. With this philosophy in mind, we fundraise locally and give grants to women's organizations all over Nepal.

Vision

A country without discrimination and injustice, in which all women , girls, intersex, trans and marginalized groups live a dignified life where they exercise their rights, freedom, and peace

Mission

Tewa supports all women to organize, raise their voices collectively for economic growth opportunities, strengthening women's rights and transform discriminatory policies, systems, norms, and practices at all levels. Tewa emphasizes on community philanthropy, capacity development, movement building, networking, and collaborations with like-minded organizations for self-reliance and creating an equitable society

Tewa Women's Fund of Nepal



GRANT MAKING

Number of Grants Disbursed – 315
Total amount of Grants disbursed – NRs. 5,67,50,000 (USD 4,14,24)
No. of Women's Organizations – 716
Districts – 76

VOLUNTEER'S PROGRAM

Raised during Mentoring Period – NRs. 587,177 (USD 4,286)
Trained Volunteers – 47
Mobilized Volunteer – 461

CAPACITY STRENGTHENING

No. of Trainings – 31
No. of Participants – 1375
No. of Organizations – 251
Districts – 41 (53 Municipalities)

Our KEY

ACHIEVEMENTS

IN FY 2024 -25

MENTORSHIP PROGRAM

Mentee Organizations – 10
Mentors – 5
Districts – 5

L, M & E

Total Framework – 36
Monitored – 23
Evaluated – 13
District – 16
Provinces – 4

LOCAL RESOURCE MOBILIZATION

Raised Amount – NRs. 44,36,511.28 (USD 32,383)
No. of Individual Donors – 379
No. of Institutional Donors - 56

Foreword

This year 2024-025 has been a journey of resilience, learning and growth as Tewa continues to move steadily toward its vision equitable just society to bring positive changes in the communities.

Tewa has believed in the power of Community Philanthropy and the solidarity of Nepali women. To date, Tewa's total Grant making has reached 25 Crore 51 lakh 85 thousand. In 2024-025 alone we disbursed NRS 1 Crore 49 lakh to Tewa Grantee Groups organizations who are committed to Equitable Just Society, Women's rights and empowerment.

Local Fund-raising efforts have also grown this year NRS 35 lakh 50 thousand has been raised. This is a gesture of trust and solidarity of our community's philanthropy.

Tewa also hosts two vital networks: Sangat, a South Asian feminist network committed to building solidarity and advocacy for gender justice, and the Inter-Generational Feminist Forum (IGFF), promotes intergenerational solidarity, and addresses issues impacting women and marginalized groups in Nepal.

This year we strengthened learning and accountability through Learning, Monitoring and Evaluation visits in grantees groups in 16 districts. These visits offered valuable insights into the impact of grants and resilience of women led groups in challenging circumstances.

Leadership development remained a central focus; we successfully completed the 3rd Women's Leadership Training with two additional trainings planned in Itahari and Surkhet in the coming days preparing a new generation feminist leader.

In collaboration with IIDS, Tewa conducted research on Elected Women's Access in Local Administration generating critical rights to strengthen women's meaningful participation in local governance.

Moving forward, we are proud to announce that the Kamla Bhasin Award Ceremony will be held at Tewa in November 27, 2025. This is an occasion to honor feminist leadership and to celebrate Kamla Bhasin's inspiring legacy.

Through all challenges and critical situations, Tewa continues moving towards its vision, we remain steadfast in our mission, advancing women's leadership and collective action for Nepali women.

On behalf of Tewa, I extend my deepest gratitude to our Founder, Past Presidents, Board, General Members, Executive Director, Staff, Advisors, Trustee members, Donors and well-wishers for their continuous love and support. Together we are strengthening a Feminist Movement to build Trust, Solidarity and Hope for better future.



Rama Laxmi Shrestha
President



Urmila Shrestha
Executive Director

Strategic Directions

In the Strategic Plan 2021 – 2025, Tewa has prioritized the following activities as a priority in its programs:

**WOMEN'S RIGHTS,
JUSTICE AND POWER**

**Focus
Area
1**

**FEMINIST PHILANTHROPY
EDUCATION**

**Focus
Area
3**

**DEEPLYOGINI – A FEMINIST
LEARNING SPACE**

**Focus
Area
5**

**Focus
Area
2**

**PROMOTING FEMINIST
LEADERSHIP**

**Focus
Area
4**

**STRONG AND LIVING
ORGANIZATIONS**

Grant Making



NRs. 255,185,000
(USD 16,62,666)

**Total amount
disbursed**



**76
Districts**



**716
Women
Organizations**



**1315
Grants**

Grant disbursed till date



Navjagarati Mahila Samuha Sanstha doing pesticides free farming from our support

In the fiscal year 2081/82, Tewa provided the highest amount of grants to date by adding the funds collected locally together with the contributions received from international donors. To address the crises created in communities by the pandemic and various natural disasters, Tewa continued the Humanitarian Crisis Support initiative under its Surakshya Grant program this year as well.

Likewise, the Aadhar Grant, introduced to ensure the sustainable impact of projects through multi-year funding, was also continued this year.

This year, Surakshya Grant- Feminist Humanitarian Crisis Support grants were primarily focused on providing relief to marginalized families affected by natural disasters such as floods, landslides, and cold waves, as well as to families in Bagmati Province impacted by unseasonal heavy rainfall. Additionally, under the Surakshya Grant, funding was also provided for programs like mountaineering and trekking led by women and the Summitters' Summit, which addressed issues related to climate change.

In this fiscal year, a total grant amount of NPR 4,050,000, raised through local fundraising, was provided to 11 organizations to implement various programs. With the support of International funders collaborative initiative, grants were distributed primarily for the economic empowerment of women and families affected by natural disasters, advocacy for women's rights and environmental justice, capacity building to address various women's rights issues, leadership development and network expansion, capacity enhancement for meaningful participation of women representatives in decision-making processes, and institutional development and sustainability.

Altogether, this year, grants amounting to NPR . 5,67,50,000 (USD 4,14,234) ,were provided to 144 organizations across 45 districts to implement 159 programs.

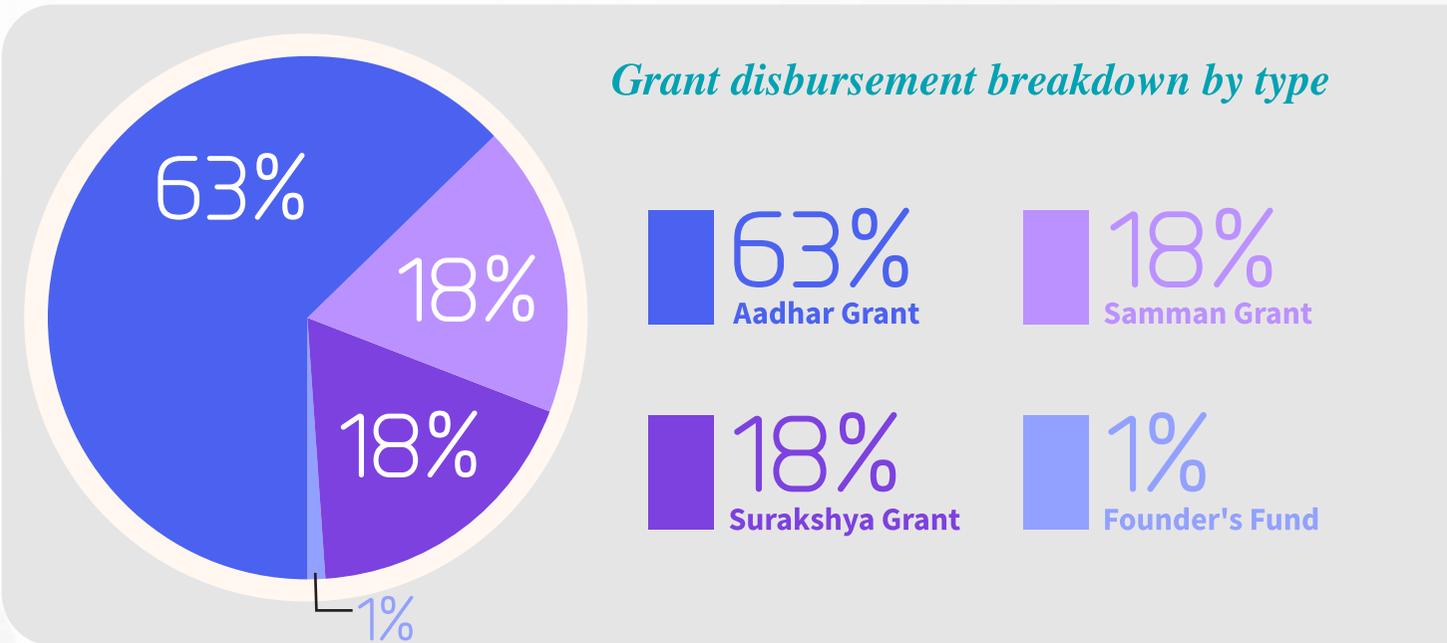
This year, Tewa was also able to reach a new district, Parsa, with its grants. With the aim of reaching new women’s organizations, monitoring visits and interactive discussions were conducted in various districts across all seven provinces. During these visits and programs, new organizations and groups were introduced to the concept of community philanthropy, Tewa’s values and principles, and Tewa’s grant-making processes.As a result, this year, 58 new organizations received grants from Tewa.



Workshop of Tewa Grantee Partners



Scan to watch Video
Tewa's Illam Grantee Partner



Types of Grants Disbursed

Type of Grant	Number of Projects	Grant Amount
Aadhar Grant	78	NRs. 3,55,35,000
Samman Grant	56	NRs. 1,04,20,000
Suraksha Grant	4	NRs. 16,00,000
Feminist Humanitarian Crisis Support (under Suraksha Grant)	20	NRs. 86,95,000
Founder's Fund Grants (provided to Kishori Sanrakshan Manch in Dadeldhura)	1	NRs. 5,00,000
Total	159	NRs. 5,67,50,000

Grant Disbursement Portfolio 2024-2025

S.No.	ORGANIZATION	DISTRICT	SUPPORTED PROGRAM
PROVINCE 1-KOSHI PROVINCE			
1	Mahila Tatha Balbalika Sanrashyan Manch	Sunsari	Economic sustainability of marginalized women
2	Gaidedhara Krishi Tatha Pashupalan Mahila Samuha	Illam	Capacity strengthening for organizational Development
3	Sree Uttare Pokhari Simsar Chetra Sanrashyan Mahila Samiti	Illam	Communication Skill development
4	Dhimal Mahila Sangh	Morang	Workshop for building network of Dhimal Women
5	Sristimata Mahila Samaj	Khotang	Capacity Strengthening for organization sustainability
6	Anjelia Mahila Krishi Sahakari Sanstha Ltd.	Illam	Environment Conservation and economic sustainability
7	Sahayatra Nepal	Ilam	Rights of Marginalized Women, Environment Justice
8	Sajha Sewa Ghar Udaypur	Udaypur	Organizational Development and Sustainability
9	Jaleswor Samudayik Sikai Kendra	Jhapa	Economic sustainability and well being of marginalized women
10	Sree Gumba Danda Samudayik Ban Mahila Upabhokta Samuha	Illam	Promotion of native plants and environment conservation
11	Sree Simdhara Krishi Tatha Pashupalan Mahila Krisak Samuha	Illam	Sustainable agriculture for adaptation
12	Danuwar Mahila Samaj Sudhar Sangh	Udaypur	Capacity enhancement for organizational sustainability
13	Chelibeti Bikash Samaj	Udaypur	Sustainable agriculture for adaptation and economic empowerment
14	Chetansil Mahila Samuha	Illam	Environment conservation and organizational development
15	Kalika Wadastariya Mahila Samuha	Khotang	Organizational development and self reliance through green enterprises
16	Swastha Samaj Mahila Samuha	Morang	Awareness against Gender based violence
17	Rauta Samudaya Hit Kendra	Udaypur	Advocacy against violence towards women and organizational sustainability
18	KDT Sangharshasil Mahila Samuha	Sankhuwasava	Knitting for self reliance and organizational sustainability
19	Manab Adhikar ko Lagi Mahila Ekal Mahila Sanstha	Solukhumbu	Self Reliance of Single women for organization's sustainability
20	Paribartan Aama Samuha	Sunsari	Self reliance of women through skill development

21	Mahila Udhyami Sangh Khotang	Khotang	Capacity Strengthening for Organizational sustainability
22	Mahila Bikas Sasaktikaran Sanstha	Illam	Capacity Strengthening for Organizational sustainability
23	Griha Sramik Srijansil Mahila Samaj	Morang	Green Enterprises Advance skill on bamboo/cane products
24	Pragati Mahila Krisak Samuha	Jhapa	Promoting sustainable energy
25	Siddhakali Mahila Sasaktikaran Gaun Samiti	Sankhuwasava	Awareness on climate change and it's impacts on women
26	Sunaulo Bihani Mahila Krishi Samuha	Illam	Conserving native herbs for self reliance Turmeric farming
27	Sahayatra Nepal	Illam	Formation of Local Adaptation Plan of Action and Self reliance through green enterprises
28	Mahila Sasaktikaran Shrot Kendra	Udaypur	Capacity strengthening of women journalist on climate change issues
29	Ilammu Rong Tyamu Eukbong Tarjum(ilameli Lapcha Mahila Bikash Samuha)	Illam	Environment conservation and Self reliance of Lepcha Women
30	Sree Simdhara Krishi Tatha Pashupalan Mahila Krisak Samuha	Illam	Climate resilient agriculture for self reliance and organizational sustainability
31	Gaidedhara Krishi Tatha Pashupalan Mahila Samuha	Illam	Self reliance through sustainable agriculture for adaptation
32	Udhyamshil Mahila Jagaran Kendra	Jhapa	Advance skill development for production and promotion of reusable sanitary pads.
33	Bodhijagrit Mahila Sanstha	Sankhuwasava	Awareness on cyber crime and digital security
34	Triyuga Mahila Krisak Samuha	Udaypur	Organizational Development and Self Reliance
35	Sahayatra Nepal	Illam	Conservation of Landslide affected water spring and management for water distribution in Fakfokthum Gaunpalika, Ilam
36	Mahila Janachetana Kendra	Jhapa	Immediate Relief support distribution as per need (tarpaulins, Sanitary Napkins, stove and filter) to Santhal community
37	Sahayatra Nepal	Ilam	Conservation of the Water resource and temporary supplies of the water.
PROVINCE 2-MADHESH PROVINCE			
38	Birgunj Mahila Jagaran Samaj Parsa	Parsa	Promotion and production of Birgunj Koseli
39	Mahila Surakshya Dawab Samuha Rautahat	Rautahat	Economic Sustainability of Marginalized women
40	Nepal Apanga Sang Mahottari	Mahottari	Advocacy for Disability Rights
41	Mahila Tatha Balbalika Utthan Kendra	Rautahat	Legal Awareness against Violence towards women
42	Ekal Mahila Atmanirvarta Tatha Punarsthapana Kendra	Saptari	Awareness raising and literacy campaign for single women
43	Dalit Mahila Sangh Parsa	Parsa	Leadership Development of Dalit women
44	Samanta Abhiyan Nepal	Bara	Empowering Marginalized Women and Adolescent Girls through Group mobilization and Leadership training
45	Hamro Prayash	Bara	Women Leadership for Environment Justice and Disaster risk Reduction
46	Gramin Utthan Abhiyan	Bara	Initiation of Clothe Bank for crisis preparedness in Bara
PROVINCE 3- BAGMATI PROVINCE			
47	Pragatisil Ekal Mahila Sanjal	Dhading	Economic Sustainability of Single women
48	Aeshan Devi Mahila Krisak Samuha	Sindhupalchowk	Skill development for self reliance and Organizational sustainability
49	Rise up Foundation	Kathmandu	Young Women Empowerment
50	Samabikash ko Lagi Nawabhumi Nepal	Kathmandu	Awareness against Sexual abuse and Harassment
51	Sahara Foundation Nepal	Lalitpur	Awareness on Menopause and psychosocial well being

52	Swascha Samaj	Lalitpur	Awareness program for senior citizens
53	We Nepal	Kathmandu	Awareness on menstrual hygiene of girls/women with disabilities and socio economic empowerment of women with disabilities and their caregivers
54	Women Empowerment Center	Kathmandu	Green Enterprises for self reliance
55	Kamal ko phool Mahila Bahuudhesiya Sahakari Sanstha Ltd.	Sindhupalchowk	Sustainable Agriculture for Economic Empowerment
56	Legal Aid and Consultancy Center(LACC)	Lalitpur	Enhancing Access to Justice for Women through Legal Aid
57	Blind Women Association	Kathmandu	Access of Disable Women to Sexual and Reproductive Health Right Gramin Mahila Srijansil Pariwar
58	Apangata Adhikar ko Lagi Mahila Samuha	Kathmandu	Awareness on Psychosocial Disability and advocacy for rights of people with psychosocial disability
59	Gramin Mahila Srijansil Pariwar	Sindhupalchowk	Awareness on Menstrual Hygiene, Menopause and well being
60	Srijansil Mahila Utthan Manch	Lalitpur	Capacity enhancement for organizational sustainability
61	Asmita Women Publication House	Kathmandu	Global Media Monitoring Project 2025
62	Manab Bechbikhan Prabhavit haruko Rastriya Mahasangh	Kathmandu	Leadership development for organizational sustainability
63	Dristi Nepal	Kathmandu	Educate, Empower and inspire women who use drugs
64	Media Advocacy Group	Lalitpur	Digital Literacy Training including artificial intelligence for women politicians
65	Nepal Kirat Rai Mahila Sangh	Kathmandu	Awareness on Climate Change and Adaptation
66	Women Awareness Nepal	Kathmandu	Awareness against gender based violence and sexual abuse in home stay business
67	Sudhar Mahila Sangh	Kathmandu	Alternative Skill Development
68	Lalitpur Sewa Samaj	Lalitpur	Capacity Strengthening for Organizational sustainability
69	Manab Bikash Tatha Jagaran Manch	Kathmandu	Awareness against Gender based violence
70	Mahila Udhyami Sangh Kavre	Kavre	Strengthening Capacity of Women Entrepreneurs
71	Samana Nepal	Lalitpur	Capacity Strengthening for Organizational sustainability
72	Rastra Nirman Ko Lagi Mahila Sasaktikaran Kendra	Lalitpur	Capacity Strengthening for Organizational sustainability
73	Namuna Mahila Sangh	Lalitpur	Awareness on SRHR and health check up
74	Women Empowerment and Multi Purpose Society WEMPS	Kathmandu	Empowering youths through Feminist leadership development
75	Anugrahi Mahila Sasaktikaran Sanstha	Makwanpur	Promoting Green Enterprises for Organizational sustainability and self reliance
76	Srijansil Mahila Jagaran Abhiyan	Kavre	Sustainable agriculture for self reliance
77	Global Inclusive Adventure Organization	Kathmandu	Climate Change Adaptation and Food Security through Sustainable Farming in Sindhupalchowk
78	Pahichan Nepal	Kathmandu	Voice Unheard examining the issue of Single women with disabilities
79	Women Security Pressure Group	Kathmandu	Building and empowering women's capacity to increase their representation in the government structure
80	Srijansil Mahila Samuha	Kathmandu	Empowerment of women through Traditional Music
81	Mahila Sachetana Sasaktikaran Nepal	Kathmandu	Capacity Strengthening of Judiciary committee and local representatives

82	Nepal Muslim Women Welfare Society	Kathmandu	Awareness against early marriage and dowry system in Muslim Community
83	Ojaswi Nepal	Kathmandu	Strengthening organization for Sustainability
84	Inclusive Forum Nepal	Kathmandu	Organization Development And Sustainability
85	Rastriya Adibasi Janjati Apanga Sworojgar Mahila Sangh Nepal (NID Sewa)	Kathmandu	Empowerment of Indigenous women with disability for organizational sustainability
86	Nepal Magar Mahila Sangh	Kathmandu	Advocacy for informed and effective representation of indigenous women in leadership
87	Makarganesh Mahila Krishi Sahakari Sanstha Ltd.	Kathmandu	Empowerment of Adolescent girls and members of organization
88	Dalit Mahila Sanjai	Kathmandu	Leadership development of Marginalized Dalit Women
89	Nepal Majhi Mahila Utthan Sangh	Kathmandu	Entrepreneurship development for self reliance of marginalized Majhi Women
90	Bikash ko lagi Shanti Abhiyan	Kathmandu	Self reliance for organization's Sustainability
91	Samajik Kalyan Tatha Batabaran Sanrachyan Society	Rasuwa	Enhancing Capacity of Women Leaders for informed participation in decision making
92	Global Inclusive Adventure Organization	Kathmandu	Panch Pokhari Mass Trek and Women Marathon"
93	Ujyalo Jeewan	Kathmandu	16th Human Rights Magna Meet 2024
94	Sath Sathaii	Kathmandu	Sumiters Summit
95	Global Inclusive Adventure Organization	Kathmandu	The great Himalayan Trail
96	Sarangi Danda Mahila Krishi Sahakari Sanstha Ltd.	Lalitpur	Distribution of relief materials consisting Food supplies, Warm clothes for pregnant and Lactating women, hygiene kits, nutrition packets for elderly people and children, medicines
97	Jagaran Nepal	Lalitpur	Immediate support of Blanket and Insulation mattress
98	Sindhuli Apangata Mahila Sangh	Sindhuli	Immediate relief support(Food supplies) and period panties for women with disabilities, Hygiene kit and other disable friendly materials
99	Makar Ganesh Mahila Krishi Sahakari Sanstha Ltd.	Kathmandu	Immediate Relief materials including Tarpaulin, Food supplies, Hygiene kits, Medicines.
100	Mahila Sanjal Nepal	Ramechhap	1.Hiring Rafting Boat to cross the koshi river 2. Immediate Relief Materials including Food Supplies, Blankets, Mattress, Hygiene Kits, Nutrition Food & Medicine
101	Shanti ka Sajha Abhiyan	Lalitpur	Immediate relief support to survivor post partum and lactating mothers of affected area
102	Samridha Nepal	Lalitpur	Immediate relief support to survivor families from heavy rain followed by Flood and Land slides in Mahankal Rural Municipality
103	Mahila Adhikar Ka Lagi Rstriya Abhiyan	Lalitpur	Immediate relief support to survivor families from heavy rain followed by Flood and Landslides in Mahalaxmi Municipality
104	Shree Girhashramik Bramhayeni Mahila Samuha	Kavre	Relief support to survivor families from heavy rain followed by Flood and Landslides in Panauti Municipality, Kavre
105	Jagaruk Mahila Bikash Samuha	Lalitpur	Immidiata relief support to survivor families from heavy rain followed by Flood and Landslides in Kyonjosom Rural Municipality, Lalitpur
106	Mahila Sahara Samajik Sanstha	Kavre	Relief support to survivor families from heavy rain followed by Flood and Landslides in Panchkhal Municipality, Kavre
107	Manab Bechbikhan Pravabit Haruko Rastriya Mahasangh	Kathmandu	Workshop on Crisis preparedness and Winter Relief distribution to cold wave survivor women affected from trafficking, HIV and disability in Rupandehi

PROVINCE 4- GANDAKI PROVINCE			
108	Masto Lafa Bheja	Tanahu	Capacity enhancement for Organization's Sustainability
109	WACAS Lamjung	Lamjung	Awareness on Menstrual Hygiene and skill development for economic sustainability
110	Suryodaya Samaj Kalyan Manch	Baglung	Strategic plan and policy formation for organization's sustainability
111	Suryodaya Samaj Kalyan Manch	Baglung	Immediate Relief support for Medication of injured survivors, Medicines and food to Indigenous and Dalit community
PROVINCE 5 -LUMBINI PROVINCE			
112	Namuna Krisak Samuha	Nawalpur	Self-reliance of indigenous women through sustainable agriculture (vegetable and chilly farming)Palpa Mahila Kalyan Samuha
113	Palpa Mahila Kalyan Samuha	Palpa	Capacity strengthening for organization's sustainability
114	Creative institute Nepal(CIN)	Rupandehi	Awareness on Menopause and advocacy for women's health rights
115	Jan Jagaran Mahila Sangh	Bardiya	Organization's Sustainability and Economic Empowerment of Marginalized and single women farmers
116	Fatima Foundation	Banke	Women Empowerment through Strengthening local government and increasing access of women to the local resources
117	Apangata Mahila Sangh	Rupandehi	Advocacy for the implementation of laws regarding disability rights
118	Sahasi Kadam	Rupandehi	1. To advocate for ensuring LBT rights 2.To enhance entrepreneurship skill of LBT for economic sustainability
119	Upakar Mahila Samuha	Bardiya	Green Enterprises for economic sustainability
120	Bastabik Ekal Mahila Krisak Samuha	Bardiya	Economic Sustainability of single women through Conserving local breed of goat
121	Kastiru Ekal Mahila Krisak Samuha	Bardiya	Self reliance of Single women through poultry farming promoting local breeds
122	Laxmi Ekal Mahila Krisak Samuha	Bardiya	Economic Sustainability of single women through Conserving local breed of goat
123	Ekata Ekal Mahila Krisak Samuha Badaiyatal 8	Bardiya	Economic Sustainability of single women through Conserving local breed of goat
124	Ekata Ekal Mahila Krisak Samuha Badaiyatal 3	Bardiya	Self reliance of single women through Musroom Farming
125	Durga Jyoti Mahila Samuha	Rupandehi	Capacity strengthening of organizational sustainability
126	Janajagaran Mahila Sangh	Bardiya	Strengthening Agencies of Single women Farmers
127	Nepal Muslim Samaj Bikash Kendra	Banke	Strengthening community against violence toward women
128	Farak Paichan Samaj Nepal	Dang	Building Organization Opportunity for movement
129	Nepal Chetana Kendra	Arghakhanchi	Capacity strengthening of women for informed participation in decision making
130	Jana Jagaran Mahila Sangh	Bardiya	Strengthening Women Agencies and Organizational Sustainability
PROVINCE 6- KARNALI PROVINCE			
131	Pragatisil Mahila Sasaktikaran Krisak Samuha	West Rukum	Economic Empowerment of Earthquake Survivor women
132	Nepal Austria Partnership Organization	Humla	Awareness and Advocacy on Climate Change
133	Apanga Mahila Samaj, Surkhet	Surkhet	Strengthening Agency of women with Disability
134	Mahila Shanti Samaj	Humla	Awareness on Menstrual Hygiene

135	Sree Naya Hariyali Mahila Bikash Krishi Tatha Pasupalan Sahakari Sanstha Ltd.	Surkhet	Awareness on SRHR and violence against women
136	Hariyali Mahila Krisak Samuha	West Rukum	Capacity Strengthening for Organizational sustainability
137	Mahila Adhikar Kendra	Mugu	Awareness on climate change and advocacy for local budget for climate actions
138	Mahila Jagriti Samaj Nepal	Kalikot	Conservation of Native walnut for self reliance
139	Nepal Austria Partnership Organization	Humla	Advocacy Against Violence Towards Women
140	Srijansil Badi Mahila Samuha	West Rukum	Construction of Gabion retaining walls for prevention from landslide (Purchases of net for wall construction) to Badi community
141	Women Empowerment Action Forum	Dailekh	Relief materials including food supplies, mattress, blankets, warm clothes for children and elderly people, sanitary kits, medicines and nutrition packets for elderly and children
142	Chetansil Krisak Samuha	Mugu	Promotion of Native crops- Millet, buck wheat, Chino, Kaguno for food security
143	Sangharshsil Mahila Krishi Sahakari Sanstha	Kalikot	Awareness against impacts of chemical pesticides and capacity strengthening
144	Mahila Samudayik Sewa Samaj	Dolpa	Self reliance through oil production from native fruits
145	Sangharshsil Mahila Krishi Sahakari Sanstha	Kalikot	Awareness against impacts of chemical pesticides and capacity strengthening
146	Sree Paribartansil Mahila Samuha	Mugu	Self reliance through Musroom Farming
147	Fedo Kalikot	Kalikot	Women empowerment against gender based discrimination
148	Karnali Mahila Bikas Tatha Sambridha Nepal	Kalikot	Awareness against gender based violence and skill development
PROVINCE -7 (SUDURPASCHIM)			
149	Mahila Bikash Manch	Bajura	Awareness on Climate change and climate actions for adaptation
150	Ekata Nepal	Kailali	Advocacy for rights of LBT
151	Dalit Mahila Sangh Darchula	Darchula	Capacity enhancement of women elected representatives
152	Mahila Jagaran Kendra Nepal	Kailali	Advocacy against Caste based discrimination
153	Sanjeevani Nepal	Kanchanpur	Advocacy for climate actions and adaptation initiatives
154	Mahila Bikash Munch	Bajaura	Conservation of water resources
155	Mahila Mukti Samaj	Dadeldhura	Strengthening Women Agencies
156	Samabikas Nepal	Achham	Sustainability of Organization and Safe house
157	New Base Nepal	Kailali	Empowering Communities, Ensuring Inclusive Justice: A legal Awareness initiatives for Dalit Women
158	Kishori Sanrashyan Manch	Dadeldhura	Organizational Development and Sustainability
159	Sanjeevani Nepal	Kanchanpur	Immediate Relief support for food and tarpaulins to Survivor Families from Mahakali Flood

Capacity Strengthening

The current fiscal year witnessed the continuation of training programs tailored to various needs of grantee partners. These initiatives were designed to enhance the knowledge, skills, and capacities of our grantee partner organization, thereby ensuring the sustainability of women's organizations while addressing pertinent community needs and contemporary challenges.

As in previous years, in this fiscal year too, various training programs were conducted with the objective of enhancing the knowledge, skills, and capacities of members of grant-receiving organizations for their sustainability. These trainings were designed based on community needs and focused on addressing contemporary issues.



Grantee partner training on Economic and Social Management Training in Rukum West

NRs. 14,921,494
USD 1,08,916
Invested for the trainings

31

Training sessions
were held

1375

Grant partner
participants

251

Grant partner
organizations

41
Districts

Representing
53 municipalities

- Capacity-building program was conducted for grantee partner women’s organizations to strengthen their understanding of the impacts of climate change and adaptation measures for women’s groups. In addition, interaction programs were organized with 20 local women’s groups and relevant stakeholders to promote coordination for sustainable agriculture, under the coordination of Sahayatra Nepal.
- With the support of Tewa, in collaboration with the grant-receiving organization Sahayatra Nepal in Ilam, an orientation workshop was organized for local elected representatives and related officials from 7 municipalities. The workshop focused on understanding the effects of climate change, discussing budget allocation for climate-related programs, raising awareness on environmental conservation, and advocating for environmental justice at the local level.
- In this fiscal year, capacity-building trainings on financial and administrative management (institutional development) for grant-receiving organizations were conducted ,coordinated by the Ilam and Sindhupalchowk-based organizations, and directly organized by Tewa in Rukum and Dhading. A total of 122 participants from 29 organizations took part in these trainings.
- A capacity enhancement program for local elected representatives serving on judicial committees was conducted in collaboration with Shree Kamalko Phool Women Agricultural Cooperative and Women Empowerment Forum Nepal. The



Workshop on Dalit Rights Movement

program covered 9 municipalities across three districts — Sindhupalchok, Dailekh, and Surkhet aiming to strengthen the representatives’ understanding and effectiveness in local judicial processes.

- Under the Environmental Empowerment Program: Women’s Participation in the Sustainable Environment Campaign, radio awareness programs were conducted in Humla district on topics such as women’s and communities’ roles in forest conservation and waste management. Additionally, tree plantation activities were carried out in two municipalities.



Parisharmi Mahila Samuha Lalitpur making candy (Titaura)

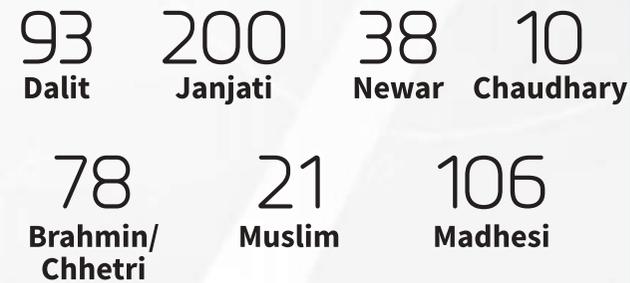
Learning, Monitoring & Evaluation (L,M&E)

In the fiscal year 2081/82, the Learning, Monitoring, and Evaluation Unit conducted 23 projects across 16 districts in four province- Koshi Province, Madhesh Province, Bagmati Province, and Gandaki Province. The districts covered were Jhapa, Morang, Okhaldhunga, Khotang, Dhading, Gorkha, Lalitpur, Kathmandu, Lamjung, Mahottari, Bara, Parsa, Rautahat, Sarlahi, Siraha, and Saptari.

Total Population



On the basis of Caste



On the basis of Age group

Age	No. of Individuals
18-30	185
31-40	157
41-50	114
51-60	58
60 Above	33



Observation visit to Samajik Kalyan Tatha Batabaran Samrakshyan Society Nepal, Rasuwa.



Interaction with the participants of Wacas Lamjung, in Evaluation visit at Lamjung, Gandaki Province.

Within the fiscal year 2081/82, the thematic areas covered by the monitoring and evaluation activities of the total grant-supported subjects are as follows:



Achievements

- Grantee partner organizations have practiced community philanthropy to promote sustainability and have become aware of institutional sustainability, requesting targeted programs accordingly.
- By mobilizing local resources and implementing income-generation programs based on local needs and capacities, women have been motivated, and the income-generation initiatives have progressed in a sustainable manner.
- Through income-generation activities and leadership programs, women's decision-making capacity has increased, leading to greater participation in various sectors.
- Women in the Madhesh region have become aware of violence in public spaces and, by actively resisting it within their communities, have been able to organize and lead delegations to present their concerns to various stakeholders.
- They have also become aware of climate change issues and, by collaborating with local governments, have successfully planted trees around their towns, parks, and government offices. They have organized the community to protect these trees and taken leadership in these efforts.
- The work of making 'Duna-Tapari' (leaf plates and bowls) has become a significant source of income for women in the community. Women have used it according to their needs for income generation, providing a stable basis for earning livelihoods.
- They have become aware of climate change issues and, by collaborating with local governments, successfully planted trees around their towns, parks, and government offices, while organizing the community to protect and sustain these plantations, demonstrating effective leadership.
- During disasters, women have not only been victims but have also taken leadership roles, preparing themselves to respond effectively.
- Violence-affected individuals have been receiving continuous support.
- Persons with disabilities and Dalits have become aware of their rights, know where to approach relevant authorities to claim these rights, understand related laws and regulations, and are informed about various supporting agencies.
- By strengthening networks, women have successfully developed capacities to build campaigns around their own and social issues.

Mentorship Program

Currently, the mentorship program is being implemented by sending five mentors across 10 mentee organizations in five districts. This initiative aims to empower organizations and individuals through various training and capacity-building activities.

Major activities of Mentorship Programme

Second-Level Leadership Development Mentee organizations demonstrated a growing understanding of the importance of developing second-level leadership. This awareness was not limited to the chairperson and executive committee members; rather, it extended to all members within the organizations. Members increasingly recognized that nurturing emerging leaders is essential for ensuring organizational continuity, resilience, and long-term sustainability. As a result, mentees have begun paying greater attention to planning and preparing future leaders who can assume responsibilities effectively.

Alongside this, organizations have also become more focused on developing strategic plans for leadership transition. Overall, the increased commitment to fostering second-line leadership highlights a positive shift in organizational culture and demonstrates readiness to build strong and sustainable governance structures.

Achievements of the Mentee Organizations

The mentorship unit plays a vital role in strengthening mentee organizations through a structured capacity-building and support system. It conducts regular monthly field visits, allowing mentors to directly engage with organizations, offer tailored guidance, and address challenges in real time. Insights from these visits are carefully documented in detailed reports, ensuring accountability and continuity in learning. Alongside field engagement, the unit maintains monthly virtual meetings to facilitate experience sharing and guidance among mentors. Three formal review meetings are held annually to evaluate progress and refine strategies. The unit also provides targeted training programs to enhance organizational management, governance, and sustainability skills. It carefully selects and integrates new mentee organizations while



Mentors and Mentee Meet up from Dhading, Sindhupalchowk, Makwanpur, Lalitpur and West Rukum

responsibly closing mentorship cycles for those that have completed the process. Even after completion, follow-up visits ensure long-term support and sustained outcomes. Additionally, the mentorship unit has advanced to the second phase of developing a Mentorship Guidebook, which consolidates best practices and standardized procedures. Through these comprehensive initiatives, the mentorship unit significantly enhances organizational capacity, governance, and long-term impact.

- Personal Development

During the reporting period, mentees demonstrated notable progress. They

successfully raised their voices to the relevant authorities, advocating for their needs and concerns effectively. In addition, mentees showed significant improvement in personal growth, leadership skills, and self-confidence, enabling them to engage more actively within their organizations and communities. These developments reflect the positive impact of mentorship and capacity-building efforts on individual empowerment and leadership readiness.



Stress Management counseling for grantee partners



Mentees Meetup

Local Resource Mobilization

Community philanthropy is a core principle of Tewa. Guided by the belief in “Nepali philanthropy for Nepali women,” Tewa continues to promote a culture of giving from within the community. This fiscal year, more funds were raised than the targeted amount through local resource mobilization. The Executive Board members and staff played a crucial role, offering their active participation and support in organizing various fundraising events and campaigns.

In the fiscal year 2081/82, although our target was to raise NPR 35,50,000 (USD 25,912) we successfully raised NPR 44,36,511(USD 32,383) exceeding our goal.

In this fiscal year, Tewa successfully organized its annual fundraising events, regular fundraising activities, and various community campaigns. Through local resource mobilization, the funds raised exceeded the targeted amount, marking a significant achievement in Tewa’s ongoing commitment to strengthening community philanthropy.

A total of five major fundraising events were conducted during the year -Deep Prajwolan, Theme



Dinner, Tree Plantation, Haat Bazaar, and Hike for Tewa. These events not only helped generate resources but also fostered community engagement, networking, and collective support for Tewa’s mission of empowering women and communities in Nepal.

Tewa also received valuable in-kind contributions from esteemed partners such as Daraz Online Shopping, Shraman Apparels (Juju Wears), and Nepal Can Move to support Tewa's Community philanthropy.

This fundraising success, which raised funds more than Tewa’s set goals, has filled the entire Tewa family with deep gratitude toward all our generous donors and well-wishers. Their continued trust and support make it possible for Tewa to advance its mission of promoting Nepali philanthropy for Nepali women and ensuring the sustainability of its vital programs.

Local Resource Mobilization in %

12%

Founder,
Board
and
General Member

16%

Volunteers
Donation

7%

Grantee
Donation

3%

Staff
Donation



Participants in "Hike for Tewa" at Telkot Bhaktapur



Community Haath Bazar in Tewa

Volunteer Program



1042

Total number of
volunteers till date



966

Female



76

Male

NRs. 5,87,177
(USD 4,286)

Total amount raised during
mentoring period till date

Volunteers are the core of Tewa. Tewa has been consistently mobilizing volunteers since 1997. Our volunteers have been pivotal support in supporting Tewa's mission and fund raising initiatives.

Every year, tewa organizes two training programs for volunteers and mobilize approximately 250 volunteers to support local resource mobilization. Tewa has conducted fundraising training programs that equip volunteers with essential skills while fostering a deep understanding of women's rights and development in Nepal.

Over a four-month mentorship period, volunteers engage in fundraising, advocacy, and awareness-raising initiatives, creating meaningful change at both individual and societal levels. Since its inception, a total of 1,042 volunteers have been trained between 1997 and 2025.

Volunteers are the pillars of Tewa, playing a crucial role in spreading community philanthropy and promoting Tewa's work within their networks.



Volunteer convening at Tewa

On the occasion of International Volunteer Day, a Volunteers Award Program was organized on December 5th to honor the contributions of volunteers. The awards were presented to individuals who have demonstrated outstanding dedication and service in various events of Tewa.

S.No.	AWARD	AWARDED PERSON	BATCH
1	Dr. Major Amir Thapa Award	Selina Thapa	First Batch 2024
2	Birendra Shrestha Award	Ganga Devi Gurung	First Batch 2024
3	Master Adhya Prasad Pradhan Award	Aaditya Shrestha	First Batch 2022
4	Bhaimaya Gurung Award	Roshana Awale	Second Batch 2007
5	Tewa Outstanding Award	Chandrika Amatya	First Batch 2019
1	Appreciation Award	Bipin Shrestha	Second Batch 2023
2		Sarina Shakya	Second Batch 2023
3		Sunita Maharjan	Second Batch 2023
4		Yogita Joshi	First Batch 2023
5		Indira Basnet	Second Batch 2019



Tewa Volunteer Awardees

Major activities

This year, Volunteer Convention was organized for both new and existing volunteers, with the participation of 120 volunteers.

An orientation program on mental health was conducted for the volunteers in collaboration with Aakar Mental Health. Similarly, various mindfulness-focused programs were also organized with the support of Aakar Mental Health.

Session on cybercrime and the Social Media Bill 2081 was held to raise awareness among volunteers about digital safety and the responsible use of social media.

Various learning and interaction sessions were organized on Sundays to engage volunteers and enhance their knowledge and involvement in ongoing activities.



Volunteer Training Programe

Children's Program

Tewa's children's program actively engages 38 children who regularly participate in a variety of creative activities. These activities encompass painting, storytelling, poetry reading, dancing, singing, and sports. The Children's Program takes place every Saturday, focusing on the holistic development of children through a variety of interactive and creative activities.

One-day meditation program was organized for children with the aim of promoting emotional resilience, improving concentration, and fostering a sense of calm and inner peace. The program was designed to help children enhance their overall mental and emotional well-being in a creative and engaging way. Through guided meditation and mindfulness exercises, the children were encouraged to connect with their thoughts and emotions, understand themselves better, and develop tools to manage stress and anxiety in a healthy manner.

In addition, a special mental health awareness session was conducted by Aakar Mental Health Counseling during the children's program. This session helped children understand the importance of mental well-being and provided them with age-appropriate knowledge about emotional health. It also offered a safe space for the children to express their feelings, ask questions, and learn how to deal with emotional challenges constructively.

To further build their self-confidence and communication skills, the children were also engaged in public speaking activities. These activities encouraged them to express their ideas clearly and confidently in front of others. The public speaking sessions not only helped them overcome stage fear but also taught them the importance of listening, teamwork, and mutual respect.

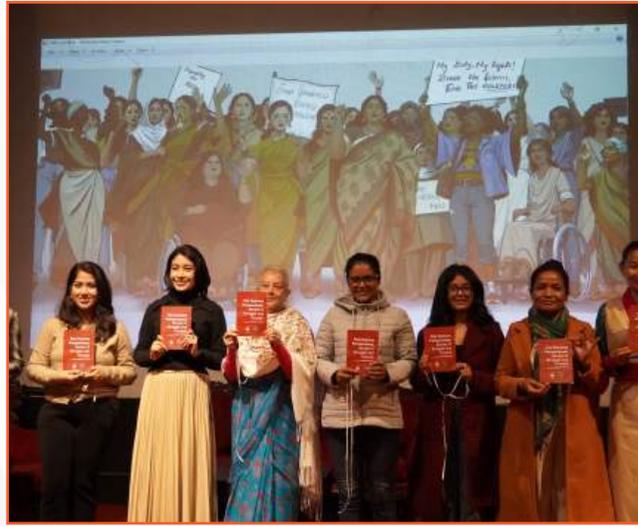
As part of experiential learning, an educational visit to Manav Sewa Ashram was organized for the children. During this visit, they had the opportunity to meet and interact with elderly people who were homeless and individuals with mental disabilities. This experience helped the children develop compassion, empathy, and a deeper understanding of social realities. It encouraged them to appreciate the value of kindness, service, and community support.

Overall, the series of activities meditation, mental health awareness, public speaking, and the educational visit contributed significantly to the holistic development of the children. The programs inspired them to be more mindful, confident, and compassionate individuals who are aware of their own emotions and sensitive to the needs of others. Through such meaningful engagements, the children learn valuable life lessons that will support their personal growth and help them become responsible, empathetic, and emotionally resilient members of society.



Children engaging in creative Art & Craft work

Photo Gallery



Deep Yogini

(TEWA CENTRE)

Deep Yogini, Tewa's feminist learning and retreat space, was established with the goal of fostering self-reliance and financial sustainability within the organization. Deep Yogini has grown into a vibrant hub, hosting diverse national and international organizations for both residential and non-residential programs, while also supporting Tewa's mission of promoting women's empowerment and local philanthropy.



During the current fiscal year, significant infrastructure upgrades were carried out. A major electrical system renovation was completed, reducing safety risks and improving efficiency across the premises. Similarly, maintenance of the water supply and drainage systems was conducted, replacing old and leaking pipes to ensure hygiene and long-term sustainability. Additionally, renovation began on the reception office located in the Aadhar Building, used by Deep Yogini, to enhance its functionality and service quality.

Throughout the year, 69 programs were organized, 63 by Nepali organizations and 6 by international ones. Deep Yogini remained active for 256 days, accommodating participants from 69 districts of Nepal and 22 countries worldwide. These activities not only advanced Tewa's vision of feminist learning but also contributed significantly to its financial stability, community engagement, and global partnerships.

Nepal is a country surrounded by various geographical and other forms of risks, which often lead to natural and human-induced challenges. In response, efforts are being made to increase the number of programs conducted at Tewa and Deep Yogini to enhance occupancy and engagement.

Since many of the physical infrastructures at Tewa have become old and outdated, a significant amount of financial resources will be required for regular repair and maintenance to keep them functional and safe. However, to manage such risks, Tewa has been maintaining a Repair and Maintenance Fund, in which a total of NPR 4,920,115 (USD 35,913) has been accumulated over the past few years.

Similarly, an Emergency Fund has also been established to ensure the smooth operation of daily and administrative activities at Deep Yogini during times when programs cannot be conducted — such as during pandemics like COVID-19 or other natural disasters. As of now, this fund holds a total of NPR 374,508 (USD 2,733.64)



Aanandi-1 Building



Program at Jamghat Hall



Program at Aadhar Hall

One Billion Rising

(OBR)

Each year, Tewa and Sangat Nepal lead the One Billion Rising (OBR) initiative in collaboration with civil society organizations across Nepal. OBR 2025 celebration was held on 14 February 2025 at the Staff College, Jawalakhel, under the theme “Rise for Freedom, Fight Against Fascism.” The event powerfully combined art, activism, and dialogue to advocate for gender equality and social justice.

The program began with a dynamic performance by the Women of the Newar Indigenous Community representing Sambhawana Nepal. Playing Dhime Baja and Jhyali—traditional percussion instruments historically played by men—the women symbolically defied gender norms and claimed space for freedom and equality. Their performance set an empowering tone for the day, followed by Durga Sapkota resounding slogans “Rise for Freedom” and “Rise Against Fascism.” The ActionAid team, dressed in red to represent resistance and revolution, performed the “Break the Chain” anthem, uniting participants in the global call for justice.

Ashok Siwakoti, General Secretary of Hami DajuVai, inaugurated the event by emphasizing the collective responsibility to end violence against women and dismantle patriarchal structures. He urged men to recognize their role



Newari Dance



Participants with powerful slogans



Hon. Sumana Shrestha giving speech

in promoting equality and to resist fascist and patriarchal norms that harm society as a whole.

A deeply moving dance performance by students of Padma Kanya Multiple Campus, portrayed the journey of a girl from childhood to womanhood, addressing themes of menstrual stigma, forced marriage, and domestic violence. The emotional choreography, enhanced by Nepali songs and personal voiceovers, highlighted women's suffering and resilience.

The intellectual segment of the event addressed the rising threat of fascism. Dr. Krishna analyzed the growing influence of authoritarianism in South Asia, highlighting global and local manifestations of fascist behavior, including suppression of dissent and erosion of democratic institutions. Dr. Sucheta Pyakuryal provided a feminist perspective on fascism, exploring how patriarchal control within such regimes disproportionately impacts women and marginalized communities. Dr. Binda Pandey

shared her four-decade-long experience resisting fascism in politics, illustrating the compounded challenges faced by women in leadership roles and the need for sustained gendered resistance.

Sita Neupane used satire and comedy to challenge patriarchal norms, exposing gender discrimination through humor, while the panel discussion, moderated by Sharu Joshi, examined systemic oppression and human rights issues. Panelists Bhagwati Adhikari, Meena Poudel, Indu Tuladhar, and Deepa Dahal addressed concerns ranging from land rights and disability inclusion to ultra nationalism and press freedom, highlighting intersectional barriers faced by women in Nepal. Hon. Sumana Shrestha reflected on her experiences as a young indigenous woman in parliament, advocating for inclusive political representation. Youth-led initiative Kayeras Kalam delivered poetry that vividly illustrated the intersections of oppression, ultra nationalism, and social constraints, underscoring the power of artistic expression in resistance movements.

The event concluded with a vibrant musical finale by the Women of Sirjanshil Mahila Naumati Baja, who played nine traditional instruments historically performed by Dalit men. Their performance symbolized unity, empowerment, and the defiance of social constraints, drawing participants into an energetic dance that celebrated collective resistance and cultural inclusivity.

Through a combination of cultural expression, critical dialogue, and active participation, OBR Nepal 2025 successfully promoted awareness, resilience, and collective action against gender-based violence and authoritarianism.



Women of Sirjanshil Mahila Naumati Baja playing traditional instrument



The Action Aid team, dressed in red to represent resistance and revolution, performed the "Break the Chain" anthem

Community Safety Net & Feminist Movement Building (CSN & FMB)

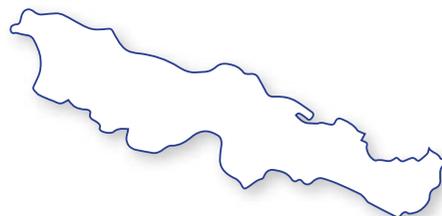
PHASE II

The Community Safety Net and Feminist Movement Building Project, spearheaded by Tewa under the visionary leadership of founder Rita Thapa and with generous financial support from UN Women implemented by Tewa successfully completed its first phase within 15 months.

The second phase of the program began in November 2023, focusing on capacity building and leadership development. At present, the program is being implemented in 17 municipalities across 13 districts, in addition to the 21 districts covered during the first phase.

Province 1 Koshi

- Ilam
- Sunsari
- Okhaldhunga



Province 2 Madhesh

- Rautahat
- Sarlahi
- Bara
- Saptari
- Parsa
- Janakpur



Province 3 Bagmati

- Kavrepalanchok
- Sindhupalchok
- Rasuwa



Province 4 Gandaki

- Lamjung
- Baglung
- Gorkha

Community Safety Net and Feminist Movement Strengthening Program envisions a society where women and marginalized groups are not only safeguarded from violence, discrimination, and exclusion but are also empowered as active leaders in building inclusive, equitable, and resilient communities. Through sustained engagement, empowerment, and knowledge sharing, the program contributes to long-term social transformation—one that builds solidarity, challenges injustice, and nurtures a culture rooted in care, equality, and collective progress.

A key component of the program focused on promoting community resilience in the areas of disaster risk management and gender-based violence reduction. Participants were empowered

to raise awareness, advocate for community-led initiatives, and effectively plan and implement local programs addressing these critical issues. Furthermore, members from marginalized and excluded groups were trained and developed as community resource persons, enhancing representation and inclusion at the grassroots level. The program also offered additional training and employment opportunities to trained members, supporting their personal and professional growth.

The Community Safety Net successfully strengthened their relationships and coordination with local stakeholders and government bodies, resulting in many networks receiving financial support from local governments to continue their initiatives. This collaboration not only enhanced

program sustainability but also deepened the integration of feminist and community-centered approaches in local governance. It played a crucial role in reducing and addressing gender-based violence within communities by promoting awareness, accountability, and access to support systems. The practices and approaches learned during training sessions have now been adopted and implemented locally, creating a visible and lasting impact.

Overall, the program demonstrates how collective action, feminist knowledge, and local empowerment can together build stronger, safer, and more inclusive communities.



**Province 5
Lumbini**

- Kapilvastu
- Rupandehi
- Banke



**Province 6
Karnali**

- Surkhet
- Dailekh
- Jajarkot
- Kalikot



**Province 7
Sudurpaschim**

- Kailali
- Kanchanpur
- Dadeldhura
- Doti
- Bajura

Success Story

Turning Challenges into Opportunities:



The Inspiring Journey of Rodhi Kumari Chaudhary

Rodhi Kumari Chaudhary from Ward No. 1, Jamtoki, in Katahari Rural Municipality, a rural municipality in Morang District of Koshi Province, is home to a predominantly Madhesi community. The area is known for its agricultural productivity, though most residents have limited access to education and employment opportunities beyond farming.

Rodhi Kumari Chaudhary faced daily struggles to support her family. To help make ends meet, Rodhi began selling lentils and other small groceries from her home. Despite her efforts, the income was insufficient, and she lacked confidence and knowledge to run her small business more effectively.

Her life began to change when she learned about a women's group being formed by Nari Bikash Sangh, supported by Tewa. Rodhi joined the group and soon received an invitation to participate in an Entrepreneurship Training program. The training equipped her with essential skills to run a grocery business successfully, including customer handling, budgeting, profit and loss calculation, and business promotion.

With the knowledge gained from the training, Rodhi Chaudhary transformed her small home-based sales into a structured business. She now sells local lentils, dry chilies, eggs, turmeric, and coriander not only from her home but also in the weekly haatbazaar in Katahari. By applying the strategies, she has been able to minimize losses, manage her inventory efficiently, and earn a monthly profit of NPR 15,000–20,000.

Rodhi Chaudhary's business success has had a profound impact on her family life. She no longer relies on her husband for money, can cover her children's school expenses, and contributes actively to household needs. Beyond personal gain, she and other women in her group have started a monthly savings practice.

Reflecting on her journey, she says, "I am grateful to Nari Bikash Sangh and Tewa for bringing us together and providing skillful business training. This opportunity has empowered me to become self-reliant, manage my home efficiently, and support my family. I hope similar training will continue in the future for more women like us."

Rodhi Chaudhary story is a testament to the transformative power of skill development, entrepreneurship training, and women's collective action in fostering self-employment and economic independence.

Success Story

Breaking Barriers at Home



Ambika Bogati's Journey Toward Equality and Empowerment

Ambika Bogati, Lamjung, resides within Dordi Rural Municipality Ward No. 6, whose journey from domestic confinement to community leadership is both inspiring and transformative.

Married at a young age as the second wife to a farmer whose first wife had passed away, Ambika's life once revolved entirely around her home. With a daughter now in grade nine, she spent her days fulfilling endless household duties—cooking, cleaning, and caring for her family. From sun rise to dawn, Ambika's hands were always busy, leaving her little time to rest, let alone to dream. Yet, deep inside, she nurtured a quiet ambition—to become a social worker and help other women in her community find their voice.

Her husband, a hardworking vegetable farmer, spent his days in the fields. At home, however, traditional expectations kept him detached from household responsibilities. Ambika not only managed the home but also assisted him in the farm work. There were days when exhaustion overcame her, but cultural norms and a lack of awareness about gender equality made her situation seem unchangeable.

Everything began to shift when Ambika became a member of WAWCAS (Women at Work, Children at School), a women-led organization in Lamjung. With support from Tewa, WAWCAS organized a community discussion on gender roles and equality for couples, funded through a grant of NPR 100,000. Ambika and her husband both attended the session—an experience that would change their lives.

Through the discussions, they learned that equality begins at home. They explored how deeply rooted patriarchal beliefs limit both men and women, and how sharing household chores could create a more balanced and harmonious life. For the first time, Ambika's husband realized that helping at home did not diminish his role, it strengthened their partnership.

The impact was remarkable. Ambika's husband started to make his own tea, help with cleaning, and even cook meals. More importantly, he began to encourage Ambika to step beyond her household boundaries. Today, Ambika serves as a member of the School Management Committee and participates in various local community groups, fulfilling the very dream she once thought was impossible.

“Now my husband supports me,” Ambika says proudly. “He helps at home when I go to meetings, and we share responsibilities. Life feels lighter, and I feel respected.”

Ambika thanks WAWCAS Lamjung and Tewa for sparking this transformation. What began as a community discussion has blossomed into a story of mutual respect, gender balance, and empowerment. Ambika's journey is proof that change begins with understanding—and that equality at home can unlock the potential for equality everywhere.

Anupam Abhiyan



Anupam Abhiyan, a groundbreaking feminist movement initiated by IGFF, is dedicated to strengthening women's leadership and participation in Nepal's political landscape. Launched in 2080 BS, the movement began with a cross-regional bus journey and culminated in Padmalaya, Chitwan, in 2082 BS.

The five-year campaign is designed to contribute to building a just and equitable society by uplifting women and marginalized communities through political empowerment. Anupam Abhiyan seeks to amplify the voices of those historically excluded from power, ensuring their meaningful participation in decision-making spaces at all levels. Central to this mission is the commitment to shifting externally driven, top-down development models towards approaches rooted in dignity, self-reliance, and collective strength.

Anupam Abhiyan evolved into a powerful people's movement, mobilizing individuals and allies across Nepal. During its second year, celebrated as the Year of Yatras, the campaign embarked on a landmark East-West Yatra, traveling from Mechi to Mahakali. This journey was followed by 236 yatras across all 77 districts of the country, engaging diverse communities and amplifying grassroots feminist voices.

The year concluded with the Padmalaya Anupam Abhiyan Convening in Nawalpur, Chitwan, marking the transition into the movement's third year. The gathering brought together over 520 participants from 48 districts, including women, men, trans men, trans women, lesbians, persons with disabilities, caste-marginalized groups, and representatives from organizations such as UN Women, KURVE Wustrow, Tewa, Nagarik Aawaj, Kalam, and Ukaalo.

To further strengthen its advocacy, a nationwide signature campaign was conducted across all provinces, including the IGFF and Tewa premises, promoting women's leadership and securing commitment ahead of the 2084 BS elections. The movement formally concluded with the ceremonial handover of all collected signatures in different political parties symbolizing a collective promise to advance women's meaningful political participation and leadership in Nepal.



Anupam Abhiyan in Tewa



IGFF Convening - Anupam Abhiyan

Volunteer Sharing



Chandika Amatya, 2019 1st Batch

I first heard about Tewa through my friends, and from that very moment, I felt a strong desire to become a volunteer. In January 2019, I was fortunate to join a three-day volunteer training. The training was smooth, insightful, and filled with inspiring people. I met energetic peers who motivated me, and I also had the opportunity to visit grantee partner organizations.

Philanthropy is a way of uplifting others while experiencing profound personal joy. Since joining Tewa, I have participated in numerous programs, each offering a meaningful lesson. Events like Deep Prajwalan brings inner peace, while One Billion Rising reminds us to be strong, and tree plantation teach us to love and take responsibility for the environment. Contributing to Hike for Tewa has also been a proud moment, as it allows me to support Tewa not only as a volunteer but also as a donor. When I participate in various programs from time to time, I feel the joy of having contributed something as well.

Tewa has become a place where I always feel happiness, peace, and a sense of purpose. Over the past six years, I have grown immensely as a volunteer and have been honored with two awards. These recognitions have further inspired me to continue contributing to community philanthropy with even greater dedication.



Aakriti Paudel, 59th Batch Volunteer

Volunteering with Tewa has been both eye opening and transformative. It has deepened my understanding of what it truly means to support others and has reshaped the way I approach my personal as well as professional life. Tewa's values, positivity, dedication, and belief that meaningful change begins with small, consistent actions have profoundly inspired me.

As a doctor, I once believed that healing was primarily about treating the body. But Tewa has shown me that true healing extends far beyond physical care. Many individuals especially those from marginalized communities carry emotional and mental burdens shaped by hardship and inequality. These struggles often go unnoticed in clinical settings, yet they influence every aspect of their well-being. Through Tewa, I have come to understand that real healing means seeing the whole person recognizing their pain, honoring their resilience, and caring for their mind, heart, and body.

My experience with Tewa has also taught me the deeper meaning of selflessness, patience, and resilience. Change is not immediate it grows through dedication, steady effort, and the courage to keep going even when obstacles arise. I have witnessed how even the smallest act of kindness can create a ripple of positive impact far greater than we expect.

I am sincerely grateful for the opportunity to contribute to Tewa's mission and to work alongside such passionate and committed individuals. This journey has not only made me a better doctor it has made me a better human being.

DONOR SHARING



Daraz has supported Tewa’s fundraising and community-development efforts since 2018 by means of donating resellable merchandise from our platform. This collaboration reflects our commitment to support Tewa's initiatives that empower women and strengthen local resilience within the communities it serves. Through our contributions, we are pleased to help create a sustainable funding stream that enables Tewa to advance its impactful programs across Nepal.

Throughout our partnership, Tewa has consistently demonstrated remarkable perseverance and entrepreneurial spirit. The success of the Haat Bazaar, now a vibrant and popular gathering among community members near the Tewa offices, stands as a testament to this spirit.

We hold deep admiration for Tewa’s steadfast commitment to transparency, measurable impact, and decades of service to community-based organizations. Together, we strive to support its mission of enabling grassroots organizations to pursue equitable development and empowering women and marginalized groups nationwide.



For many years, I have seen Tewa leading a deeply transformative work by creating a space for Nepali girls and women to support one another and drive social change from the ground up. At a time when much of the development work in Nepal is shaped by external funding and short-term projects, Tewa has committed to a model rooted in local giving, local leadership, and local trust.

Tewa's work builds community, shifts power, and strengthens the confidence of women-led groups who are often overlooked by mainstream funding systems. Every contribution, no matter the size, becomes an investment in dignity, agency, and long-term social justice.

Supporting Tewa over the years has also shaped my own understanding of how change happens. It has taught me that lives can be transformed when resources stay close to the ground and when communities are trusted to lead their own solutions. In an increasingly unequal world, Tewa’s model offers a rare example of generosity that is both principled and practical. I am grateful to stand alongside Tewa and the countless women who are working to build a more just, caring, and equitable Nepal. I invite all concerned citizens to contribute to Tewa's mission in whatever way possible.

Sunil Acharya
-Tewa Donor



अनुदान वितरण



हाम्रो समर्थनबाट नवजागरणती महिला समूह संस्था पेस्टिसाइड रहित खेती गर्दै ।



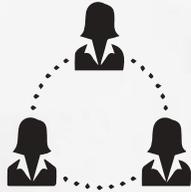
रु. २५५,१८५,०००

अनुदान दिएको रकम



७६

जिल्ला



७१६

महिला
संस्थाहरू



१३१५

अनुदान संख्या

Grant disbursed till date

आर्थिक वर्ष २०८१/८२ (सन् २०२४-२५) मा, टेवाले स्थानीय स्तरमा सङ्कलित रकममा अन्तर्राष्ट्रिय दाताहरूबाट प्राप्त योगदान समेत थप गरी हालसम्मकै उच्च रकमको अनुदान प्रवाह गरेको छ। महामारी र विभिन्न प्राकृतिक विपद्हरूका कारण समुदायमा सिर्जना भएको सङ्कटलाई सम्बोधन गर्न, टेवाले यस वर्ष पनि आफ्नो 'सुरक्षा अनुदान कार्यक्रम' (Surakshya Grant Program) अन्तर्गत नारीवादी मानवीय सङ्कट सहयोग पहललाई निरन्तरता दिएको छ ।

त्यसैगरी, बहुवर्षीय लगानी मार्फत परियोजनाहरूको दिगो प्रभाव सुनिश्चित गर्न सुरु गरिएको 'आधार अनुदान' (Aadhar Grant) लाई पनि यस वर्ष निरन्तरता दिइएको छ।

यस वर्ष, 'सुरक्षा अनुदान अन्तर्गतको नारीवादी मानवीय सङ्कट सहयोग' मुख्यतया बाढी, पहिरो र शीतलहर जस्ता प्राकृतिक विपद्बाट प्रभावित सीमान्तकृत परिवारहरू तथा बेमौसमी भारी वर्षाबाट प्रभावित बागमती प्रदेशका परिवारहरूलाई राहत प्रदान गर्नमा केन्द्रित रह्यो । साथै, सुरक्षा अनुदान अन्तर्गत नै जलवायु परिवर्तनका मुद्दाहरूलाई सम्बोधन गर्ने 'समितर्स समिट' (Summiters Summit) र महिला नेतृत्वमा सञ्चालित पर्वतारोहण तथा पदयात्रा जस्ता कार्यक्रमहरूका लागि पनि आर्थिक सहयोग प्रदान गरियो ।

यस आर्थिक वर्षमा, स्थानीय स्रोत परिचालन मार्फत सङ्कलित कुल रु. ४० लाख ५० हजार रकम, ११ वटा संस्थाहरूलाई विभिन्न कार्यक्रम कार्यान्वयनका लागि उपलब्ध गराइयो । अन्तर्राष्ट्रिय साझेदारहरूको सहयोगमा, विशेषगरी प्राकृतिक विपद्बाट प्रभावित महिला तथा परिवारको आर्थिक सशक्तीकरण, महिला अधिकार र वातावरणीय न्यायका लागि पैरवी, महिला अधिकारका विविध सवालहरू सम्बोधन गर्न क्षमता अभिवृद्धि, नेतृत्व विकास तथा सञ्जाल विस्तार, निर्णय प्रक्रियामा महिला प्रतिनिधिहरूको अर्थपूर्ण सहभागिताका लागि क्षमता विकास, तथा संस्थागत विकास र दिगोपना जस्ता क्षेत्रहरूमा प्राथमिकताका साथ अनुदान वितरण गरियो ।

समग्रमा, यस वर्ष ४५ जिल्लाका १४४ संस्थाहरूलाई १५९ वटा कार्यक्रम सञ्चालन गर्नका लागि कुल रु. ५ करोड ६७ लाख ५० हजार (४,१४,२३४ अमेरिकी डलर) बराबरको अनुदान प्रदान गरियो ।

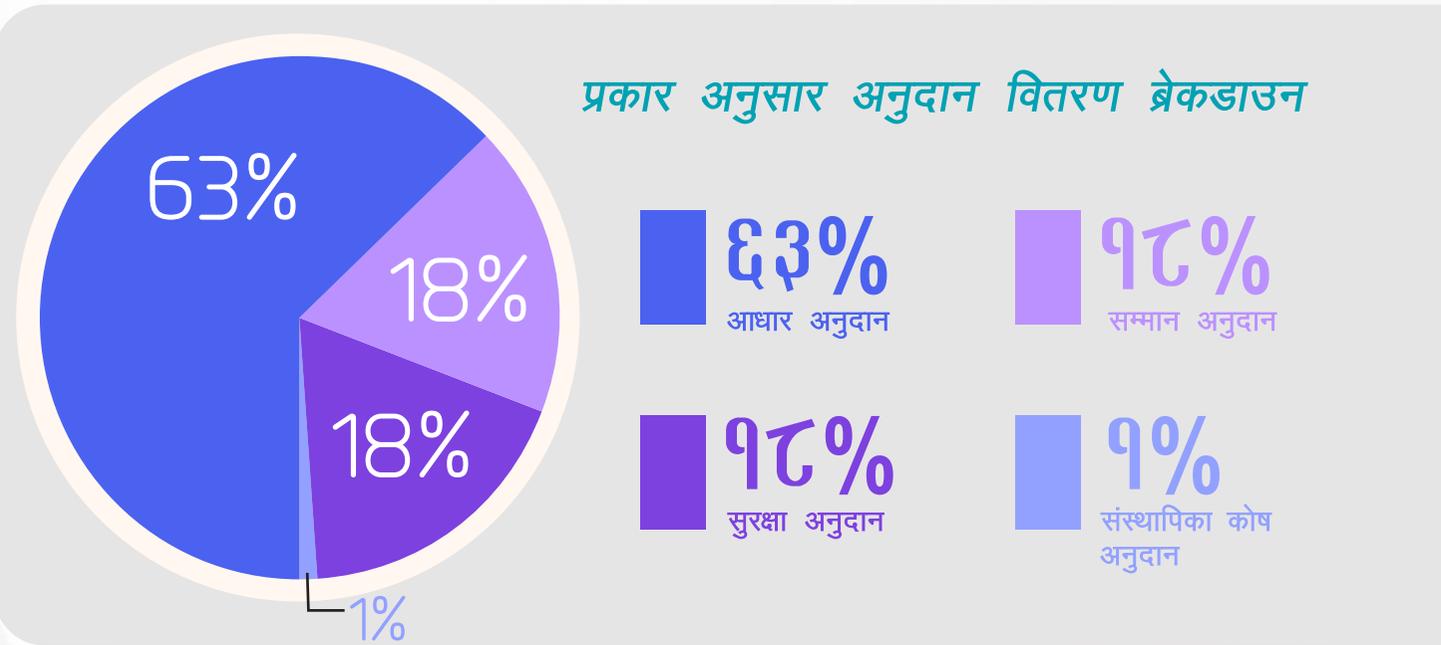
यस वर्ष टेवाले आफ्नो अनुदान कार्यक्रम मार्फत नयाँ जिल्ला, पर्सामा पनि पहुँच विस्तार गर्न सफल हासिल गरेको छ । नयाँ महिला संस्थाहरू सम्म पुग्ने उद्देश्यका साथ हामीले सातै प्रदेशका विभिन्न जिल्लाहरूमा अनुगमन भ्रमण र अन्तरक्रियात्मक छलफलहरू सञ्चालन गर्नुभयो । यी भ्रमण तथा कार्यक्रमहरूका क्रममा नयाँ संस्था तथा समूहहरूलाई 'सामुदायिक परोपकारिता' को अवधारणा, टेवाका मूल्य-मान्यताहरू र अनुदान प्रक्रियाका बारेमा अवगत गराइयो । फलस्वरूप, यस वर्ष टेवाबाट ५८ वटा नयाँ संस्थाहरूले अनुदान प्राप्त गरे ।



टेवा अनुदान प्राप्त संस्थाहरूको कार्यशाला ।



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वितरण गरिएका अनुदानका प्रकारहरू

अनुदानको प्रकार	परियोजनाको संख्या	अनुदान रकम
आधार अनुदान	७८	रु. ३,५५,३५,०००
सम्मान अनुदान	५६	रु. १,०४,२०,०००
सुरक्षा अनुदान	४	रु. १६,००,०००
नारीवादी मानवीय संकट सहयोग (सुरक्षा अनुदान अन्तर्गत)	२०	रु. ८६,९५,०००
संस्थापक कोष अनुदान (डडेलधुराको किशोरी संरक्षण मञ्चलाई प्रदान गरिएको)	१	रु. ५,००,०००
जम्मा	१५९	रु. ५,६७,५०,०००

क्षमता अभिवृद्धि

विगतका वर्षहरूमा भैं, यस आर्थिक वर्षमा पनि अनुदानग्राही साभेदारहरूको विविध आवश्यकतालाई ध्यानमा राख्दै विभिन्न तालिम कार्यक्रमहरूलाई निरन्तरता दिइयो । यी कार्यक्रमहरू अनुदानग्राही संस्थाका सदस्यहरूको ज्ञान, सीप र क्षमता अभिवृद्धि गर्दै महिला संस्थाहरूको दिगोपना सुनिश्चित गर्न तथा समुदायका समसामयिक आवश्यकता र सवालहरूलाई सम्बोधन गर्नमा लक्षित थिए ।

विगतका वर्षहरूमा भैं, यस आर्थिक वर्षमा पनि अनुदानग्राही संस्थाका सदस्यहरूको ज्ञान, सीप र क्षमता अभिवृद्धि गर्दै संस्थाको दिगोपना सुनिश्चित गर्ने उद्देश्यले विभिन्न तालिम कार्यक्रमहरू सञ्चालन गरियो। यी तालिम कार्यक्रमहरू सामुदायिक आवश्यकतामा आधारित तथा समसामयिक सवालहरूलाई सम्बोधन गर्नमा केन्द्रीत थिए ।



रुकुम पश्चिममा आर्थिक तथा सामाजिक व्यवस्थापन सम्बन्धी अनुदान प्राप्त साभेदारहरूको तालिम ।

रु. १४,९२१,४९४
तालिममा लगानी

३१

आयोजित
तालिम

१३७५

जना
प्रतिनिधिहरू

२५१

अनुदान प्राप्त
संस्था

41
Districts

Representing
53 municipalities

- जलवायु परिवर्तनको असर र अनुकूलनका उपायहरू बारे महिला समूहहरूको बुझाइलाई सुदृढ गर्न अनुदान प्राप्त महिला संस्थाहरूका लागि क्षमता अभिवृद्धि कार्यक्रम सञ्चालन गरियो । यसका साथै, 'सहयात्रा नेपाल'को समन्वयमा, दिगो कृषिका लागि समन्वय प्रवर्धन गर्न २० वटा स्थानीय महिला समूह र सम्बन्धित सरोकारवालाहरूसँग अन्तरक्रिया कार्यक्रमहरू आयोजना गरियो ।
- टेवाको सहयोग र इलामस्थित अनुदानग्राही संस्था 'सहयात्रा नेपाल'को सहकार्यमा, ७ वटा पालिकाका स्थानीय निर्वाचित प्रतिनिधि तथा सम्बन्धित अधिकारीहरूका लागि एउटा अभिमुखीकरण कार्यशाला आयोजना गरियो । उक्त कार्यशाला जलवायु परिवर्तनका असरहरू बुझ्न, जलवायुजन्य कार्यक्रमहरूका लागि बजेट विनियोजनमा छलफल गर्न, वातावरण संरक्षण सम्बन्धी सचेतना अभिवृद्धि गर्न र स्थानीय स्तरमा वातावरणीय न्यायका लागि पैरवी गर्नमा केन्द्रित थियो ।
- यस आर्थिक वर्षमा, इलाम र सिन्धुपाल्चोक स्थित संस्थाहरूको समन्वयमा तथा रूकुम र धादिङमा टेवाको प्रत्यक्ष आयोजनामा, अनुदानग्राही संस्थाहरूका लागि आर्थिक तथा प्रशासनिक व्यवस्थापन (संस्थागत विकास) सम्बन्धी क्षमता अभिवृद्धि तालिम सञ्चालन गरियो । उक्त तालिमहरूमा २९ वटा संस्थाका कुल १२२ जना सहभागीहरूले भाग लिएका थिए ।
- श्री कमलको फूल महिला कृषि सहकारी' र 'महिला सशक्तीकरण मञ्च नेपाल' सँगको सहकार्यमा, न्यायिक समितिमा रहेका स्थानीय निर्वाचित प्रतिनिधिहरूका लागि क्षमता अभिवृद्धि कार्यक्रम सञ्चालन गरियो ।



दलित अधिकार आन्दोलनसम्बन्धी कार्यशाला ।

सिन्धुपाल्चोक, दैलेख र सुर्खेत गरी तीन जिल्लाका ९ पालिकाहरूलाई समेटिएको उक्त कार्यक्रमको उद्देश्य, स्थानीय न्यायिक प्रक्रियामा प्रतिनिधिहरूको बुझाइ र कार्यसम्पादन प्रभावकारितालाई सुदृढ पार्नु थियो ।

- वातावरणीय सशक्तीकरण कार्यक्रम' अन्तर्गत 'दिगो वातावरण अभियानमा महिला सहभागिता' विषयमा, हुम्ला जिल्लामा वन संरक्षण र फोहोर व्यवस्थापनमा महिला तथा समुदायको भूमिका जस्ता विषयहरूमा रेडियो सचेतना कार्यक्रमहरू सञ्चालन गरियो । यसका साथै, दुईवटा पालिकाहरूमा वृक्षारोपण कार्यक्रम पनि सम्पन्न गरियो ।



परिश्रमी महिला समूह ललितपुर टिटीरा बनाउँदै ।

अध्ययन, अनुगमन तथा मूल्यांकन निकाय

आर्थिक वर्ष २०८१/८२ (सन् २०२४-२५) मा, सिकाइ, अनुगमन तथा मूल्याङ्कन एकाइले कोशी, मधेश, बागमती र गण्डकी गरी चार प्रदेशका १६ जिल्लामा सञ्चालित २३ वटा परियोजनाहरूको अनुगमन तथा मूल्याङ्कन कार्य सम्पन्न गरेको छ। यस क्रममा समेटिएका जिल्लाहरूमा भापा, मोरङ, ओखलढुंगा, खोटाङ, धादिङ, गोरखा, ललितपुर, काठमाडौँ, लमजुङ, महोत्तरी, बारा, पर्सा, रौतहट, सर्लाही, सिराहा र सप्तरी रहेका छन्।

कुल जनसंख्या



५१५
महिला



३२
पुरुष



१४
अपाङ्गता
भएको व्यक्ति



१०९
एकल महिला

जम्मा: ५४७

जातका आधारमा

९३
दलित

२००
जनजाति

३८
नेवार

१०
चौधरी

७८
ब्राह्मण/
क्षेत्री

२१
मुस्लिम

१०६
मधेसी

उमेर समूहका आधारमा

उमेर	व्यक्ति संख्या
१८-३०	१८५
३१-४०	१५७
४१-५०	११४
५१-६०	५८
६० भन्दा माथि	३३



सामाजिक कल्याण तथा वातावरण संरक्षण समाज नेपाल, रसुवाको अवलोकन भ्रमण ।



वाकास लमजुङका सहभागीहरूसँग अन्तरक्रिया मूल्याङ्कन भ्रमण, गण्डकी प्रदेश लमजुङ ।

आर्थिक वर्ष २०८१/८२ (सन् २०२४-२५) मा, कुल अनुदान सहयोग प्राप्त कार्यक्रमहरूको अनुगमन तथा मूल्याङ्कन गतिविधिहरूले समेटेका विषयगत क्षेत्रहरू निम्न अनुसार छन्:



उपलब्धिहरू

- अनुदान प्राप्त महिला संस्थाहरूले दिगोपना प्रवर्धनका लागि 'सामुदायिक परोपकारिता'को अभ्यास गरेका छन् र संस्थागत दिगोपना प्रति सचेत हुँदै सोही अनुस्यका लक्षित कार्यक्रमहरूको माग गरेका छन् ।
- स्थगत दिगोपना प्रति सचेत हुँदै सोही अनुस्यका लक्षित कार्यक्रमहरूको माग गरेका छन् ।
- स्थानीय स्रोत परिचालन तथा स्थानीय आवश्यकता र क्षमतामा आधारित आय-आर्जन कार्यक्रमहरू सञ्चालन गरिएकाले महिलाहरू अभिप्रेरित भएका छन् र आय-आर्जनका पहलहरू दिगो रूपमा अघि बढेका छन् ।
- आय-आर्जनका गतिविधि र नेतृत्व विकास कार्यक्रमहरू मार्फत महिलाहरूको निर्णय क्षमतामा अभिवृद्धि भएको छ, जसले गर्दा विभिन्न क्षेत्रहरूमा उनीहरूको सहभागिता बढेको छ ।
- मधेश क्षेत्रका महिलाहरू सार्वजनिक स्थलमा हुने हिंसाप्रति सचेत भएका छन् । समुदायमा यसको सक्रिय प्रतिकार गर्दै, उनीहरू विभिन्न सरोकारवालाहरू समक्ष आफ्ना सवालहरू राख्न सङ्गठित भई प्रतिनिधिमण्डलको नेतृत्व गर्न सक्षम भएका छन् ।
- उनीहरू जलवायु परिवर्तनका सवालहरूमा सचेत भएका छन् र स्थानीय सरकारसँग सहकार्य गर्दै आफ्ना सहर, पार्क र सरकारी कार्यालय परिसर वरपर सफलतापूर्वक वृक्षारोपण गरेका छन् । ती बिरुवाहरूको संरक्षण गर्न समुदायलाई सङ्गठित गर्दै उनीहरूले यस कार्यको नेतृत्व समेत लिएका छन् ।
- 'दुना-टपरी' बनाउने कार्य समुदायका महिलाहरूका लागि आम्दानीको एउटा महत्वपूर्ण स्रोत बनेको छ । महिलाहरूले आफ्नो आवश्यकता अनुसार यसलाई आय-आर्जनको माध्यमका रूपमा प्रयोग गर्दै जीविकोपार्जनको एउटा बलियो आधार तयार गरेका छन् ।
- उनीहरू जलवायु परिवर्तनका सवालहरूमा सचेत भएका छन् र स्थानीय सरकारसँग सहकार्य गर्दै आफ्ना सहर, पार्क र सरकारी कार्यालय परिसर वरपर सफलतापूर्वक वृक्षारोपण गरेका छन् । ती बिरुवाहरूको संरक्षण र दिगोपनाका लागि समुदायलाई सङ्गठित गर्दै उनीहरूले प्रभावकारी नेतृत्व प्रदर्शन गरेका छन् ।
- विपद्को समयमा महिलाहरू केवल पीडितका रूपमा मात्र सीमित नभई, विपद्को प्रभावकारी प्रतिकारका लागि आफूलाई तयार राख्दै नेतृत्वदायी भूमिका समेत निर्वाह गरेका छन् ।
- हिंसा प्रभावित व्यक्तिहरूले निरन्तर रूपमा सहयोग प्राप्त गरिरहेका छन् ।
- अपाङ्गता भएका व्यक्ति तथा दलित समुदायहरू आफ्ना अधिकारप्रति सचेत भएका छन् । अधिकार प्राप्तिका लागि सम्बन्धित निकायमा कहाँ जाने, सो सम्बन्धी ऐन-नियमहरू के छन् र सहयोग गर्ने निकायहरू कुन-कुन हुन् भन्ने विषयमा उनीहरू सुसूचित भएका छन् ।
- महिलाहरूले सञ्जाल सुदृढीकरण मार्फत आफ्ना तथा सामाजिक सवालहरूमा अभियान निर्माण र सञ्चालन गर्न सफल रूपमा क्षमता विकास गरेका छन् ।

मेन्टरशिप कार्यक्रम

हाल ५ वटा जिल्लाका १० वटा 'मेन्टी' संस्थाहरू (Mentee Organizations) मा ५ जना मेन्टरहरू परिचालन गरी 'मेन्टरशिप कार्यक्रम' सञ्चालन भइरहेको छ । विभिन्न तालिम तथा क्षमता अभिवृद्धि गतिविधिहरू मार्फत संस्था र व्यक्तिहरूलाई सशक्त बनाउनु यस पहलको मुख्य उद्देश्य हो ।

मेन्टरशिप कार्यक्रमका मुख्य गतिविधिहरू दोस्रो तहको नेतृत्व विकास

मेन्टी संस्थाहरूमा दोस्रो तहको नेतृत्व विकासको महत्वबारे बुझाइ बढ्दै गएको पाइएको छ । यो चेतना केवल अध्यक्ष र कार्यसमिति सदस्यहरूमा मात्र सीमित नरही संस्थाका अन्य सबै सदस्यहरूमा समेत विस्तार भएको छ । संस्थाको निरन्तरता, उत्थानशीलता र दीर्घकालीन दिगोपना सुनिश्चित गर्नका लागि उदाउँदो नेतृत्वलाई तयार पार्नु अपरिहार्य छ भन्ने कुरा सदस्यहरूले महसुस गर्न थालेका छन् । फलस्वरूप, प्रभावकारी रूपमा जिम्मेवारी सम्हाल्न सक्ने भावी नेतृत्वको योजना बनाउन र उनीहरूलाई तयार पार्न मेन्टी संस्थाहरूले विशेष ध्यान दिन थालेका छन् । यसका साथै, संस्थाहरूले नेतृत्व हस्तान्तरणका लागि रणनीतिक योजना निर्माण गर्नमा पनि विशेष ध्यान दिन थालेका छन् । समग्रमा भन्नुपर्दा, दोस्रो तहको नेतृत्व तयार पार्ने कार्यप्रतिको यो बढ्दो

प्रतिबद्धताले संस्थागत संस्कृतिमा आएको सकारात्मक परिवर्तनलाई दर्शाउँछ । त्यसका साथै, यसले बलियो र दिगो सुशासन संरचना निर्माण गर्ने तत्परतालाई समेत प्रष्ट पार्दछ ।

मेन्टी संस्थाहरूका उपलब्धिहरू

मेन्टरशिप एकाइले व्यवस्थित क्षमता विकास र सहयोग प्रणाली मार्फत मेन्टी संस्थाहरूलाई सुदृढ बनाउन महत्वपूर्ण भूमिका खेल्दछ । यस एकाइले नियमित मासिक स्थलगत भ्रमणहरू सञ्चालन गर्दछ, जसले मेन्टरहरूलाई संस्थाहरूसँग प्रत्यक्ष रूपमा जोडिन, आवश्यकता अनुसारको मार्गदर्शन प्रदान गर्न र तत्कालै चुनौतीहरूको समाधान खोज्न मद्दत पुऱ्याउँछ । जवाफदेहिता र सिकाइको निरन्तरता सुनिश्चित गर्न, भ्रमणका क्रममा प्राप्त अनुभव तथा



धादिङ, सिन्धुपाल्चोक, मकवानपुर, ललितपुर र पश्चिम रूकुमबाट मेन्टर र मेन्टी भेला ।

सिकाइहरूलाई विस्तृत प्रतिवेदनमा सावधानीपूर्वक अभिलेखीकरण गरिन्छ ।

स्थलगत सहभागिताका साथसाथै, मेन्टरहरू बिच अनुभव आदानप्रदान र मार्गदर्शनका लागि एकाइले मासिक भर्चुअल बैठकहरू (Virtual Meetings) पनि आयोजना गर्दछ । प्रगतिको मूल्याङ्कन गर्न र रणनीतिहरूलाई परिष्कृत गर्न वर्षमा तीन पटक औपचारिक समीक्षा बैठकहरू सम्पन्न गरिन्छ । एकाइले संस्थागत व्यवस्थापन, सुशासन र दिगोपनाका सीपहरू अभिवृद्धि गर्न लक्षित तालिम कार्यक्रमहरू पनि प्रदान गर्दछ ।

यसले नयाँ मेन्टी संस्थाहरूलाई सावधानीपूर्वक छनौट गरी कार्यक्रममा आबद्ध गराउँछ भने प्रक्रिया पूरा गरेका संस्थाहरूको मेन्टरसिप चक्रलाई जिम्मेवारीपूर्ण ढंगले समापन गर्दछ । मेन्टरसिप अवधि सकिएपछि पनि दीर्घकालीन सहयोग र नतिजाको दिगोपना निरन्तर गरिरहिन्छ ।

यसका अतिरिक्त, मेन्टरसिप एकाइ 'मेन्टरसिप दिग्दर्शन' निर्माणको दोस्रो चरणमा प्रवेश गरेको छ, जसले उत्कृष्ट अभ्यास र मानक प्रक्रियाहरूलाई एकीकृत गर्नेछ । यी समग्र पहलहरू मार्फत मेन्टरसिप एकाइले संस्थागत क्षमता, सुशासन र दीर्घकालीन प्रभावलाई उल्लेख्य रूपमा अभिवृद्धि गर्दछ ।



धादिङ, सिन्धुपाल्चोक, मकवानपुर, ललितपुर र पश्चिम रूकुमबाट मेन्टर र मेन्टी भेला ।



मेन्टी मिटअप ।

स्थानीय स्रोत संकलन

सामुदायिक परोपकारिता टेवाको मूल सिद्धान्त हो । 'नेपाली महिलाका लागि नेपाली परोपकारिता' भन्ने विश्वासबाट निर्देशित हुँदै, टेवाले समुदाय भित्रैबाट 'दिने संस्कार/दानशीलताको संस्कारलाई निरन्तर प्रवर्द्धन गरिरहेको छ ।

यस आर्थिक वर्षमा स्थानीय स्रोत परिचालन मार्फत तोकिएको लक्ष्य भन्दा बढी रकम सङ्कलन भएको छ । विभिन्न कोष सङ्कलन कार्यक्रम तथा अभियानहरू आयोजना गर्नमा सक्रिय सहभागिता र सहयोग पुऱ्याउँदै कार्यसमिति सदस्यहरू र कर्मचारीहरूले महत्वपूर्ण भूमिका निर्वाह गरेका छन् ।

आर्थिक वर्ष २०८१/८२ मा हामीले रु. ३५,५०,००० (२५,९१२ अमेरिकी डलर) सङ्कलन गर्ने लक्ष्य राखेकोमा, सो लक्ष्यलाई उछिन्दै सफलतापूर्वक रु. ४४,३६,५११ (३२,३८३ अमेरिकी डलर) सङ्कलन गर्न सफल भयौं ।

यस आर्थिक वर्षमा टेवाले आफ्ना वार्षिक कोष सङ्कलन कार्यक्रम, नियमित कोष सङ्कलन गतिविधि र विभिन्न सामुदायिक अभियानहरू सफलतापूर्वक सम्पन्न गर्‍यो । स्थानीय स्रोत परिचालन मार्फत तोकिएको लक्ष्य भन्दा बढी रकम सङ्कलन हुनुले, सामुदायिक परोपकारितालाई सुदृढ पार्ने टेवाको निरन्तर प्रतिबद्धतामा एउटा महत्वपूर्ण उपलब्धि हासिल भएको छ ।



यस वर्ष पाँचवटा प्रमुख कोष सङ्कलन कार्यक्रमहरू - दीप प्रज्वलन, थिम डिनर, वृक्षारोपण, हाट बजार र 'टेवाका लागि पदयात्रा' सञ्चालन गरिए । यी कार्यक्रमहरूले स्रोत जुटाउन मात्र मद्दत गरेनन्, सँगसँगै नेपालका महिला र समुदायहरूलाई सशक्त बनाउने टेवाको ध्येयका लागि सामुदायिक संलग्नता, सञ्जाल विस्तार र सामूहिक सहयोगलाई समेत प्रवर्द्धन गरे ।

त्यसैगरी, टेवाले आफ्ना प्रतिष्ठित साभेदारहरू - दराज अनलाइन सपिड, श्रमण अपेरल्स (जुजु वेयर्स) र

नेपाल क्यान मुभ जस्ता सम्मानित साभेदारहरूबाट महत्वपूर्ण वस्तुगत सहयोग पनि प्राप्त गरेको छ ।

टेवालाई आफूले तोकेको लक्ष्य भन्दा बढी रकम सङ्कलन गर्न सफल बनाउने हाम्रा उदार दाता तथा शुभेच्छुकहरू प्रति सम्पूर्ण टेवा परिवार गहिरो कृतज्ञता व्यक्त गर्दछ । उहाँहरूको निरन्तर विश्वास र सहयोगले नै टेवालाई 'नेपाली महिलाका लागि नेपाली परोपकारिता' प्रवर्द्धन गर्ने र आफ्ना महत्वपूर्ण कार्यक्रमहरूको दिगोपना सुनिश्चित गर्ने ध्येयमा अघि बढ्न सम्भव बनाएको हो ।

स्थानीय स्रोत संकलन %

१२%

संस्थापक,
बोर्ड
तथा
साधारण सदस्यहरू

१६%

स्वयंसेवकहरू

७%

अनुदान साभेदार
संस्थाहरू

३%

कर्मचारीबाट



टेलकोट भक्तपुरमा हाईक फार टेवा (पद यात्रा) मा सहभागिहरू ।



टेवामा आयोजित सामुदायिक हाट बजार ।

स्वयंसेवी कार्यक्रम



१०४२

हालसम्मको स्वयंसेवी जनसङ्ख्या



९६६

महिला



७६

पुरुष

रु. ५,८६,१७७

हालसम्म स्वयंसेवीहरूद्वारा संकलित रकम

स्वयंसेवीहरू टेवाका मुख्य आधार हुन्। टेवाले सन् १९९७ देखि निरन्तर रूपमा स्वयंसेवी परिचालन गर्दै आएको छ। टेवाको ध्येय प्राप्ति र कोष सङ्कलन अभियानहरूमा हाम्रा स्वयंसेवीहरूले महत्वपूर्ण सहयोग पुऱ्याउँदै आएका छन्।

प्रत्येक वर्ष टेवाले स्वयंसेवकहरूका लागि दुई वटा तालिम कार्यक्रम आयोजना गर्दछ र स्थानीय स्रोत संकलनलाई सहयोग गर्न करिब २५० जना स्वयंसेवकलाई परिचालन गर्दछ। टेवाले सञ्चालन गर्ने कोष संकलन सम्बन्धी तालिम कार्यक्रमहरूले स्वयंसेवकहरूलाई आवश्यक सीप प्रदान गर्नुका साथै नेपालमा महिलाका अधिकार र विकाससम्बन्धी गहिरो बुझाइ विकास गर्न सहयोग पुऱ्याउँछन्।

चार महिनाको (मैटोरशिप) अवधिमा स्वयंसेवकहरू स्रोत सङ्कलन, वकालत र जागरूकता बढाउने पहलहरूमा संलग्न हुन्छन्, जसले व्यक्तिगत र सामाजिक दुवै स्तरमा अर्थपूर्ण परिवर्तन सिर्जना गर्दछ। कार्यक्रमको सुरुवातदेखि सन् १९९७ देखि २०२५ सम्म कुल १,०६८ जना स्वयंसेवकहरूलाई तालिम प्रदान गरिएको छ।

स्वयंसेवकहरू टेवाका आधारस्तम्भ हुन्। उनीहरूले सामुदायिक परोपकारको प्रवर्द्धन गर्नुका साथै आफ्ना सञ्जालमार्फत टेवाको काम र अभियानलाई फैलाउन महत्वपूर्ण भूमिका निर्वाह गर्दै आएका छन्।



टेवामा स्वयंसेवीहरूको सम्मेलन।

अन्तर्राष्ट्रिय स्वयंसेवक दिवसको अवसरमा, डिसेम्बर ५ का दिन स्वयंसेवीहरूको योगदानको कदर गर्दै 'स्वयंसेवी पुरस्कार कार्यक्रम' आयोजना गरियो । उक्त अवसरमा टेवाका विभिन्न कार्यक्रमहरूमा उत्कृष्ट लगनशीलता र सेवा भाव प्रदर्शन गर्ने व्यक्तिहरूलाई पुरस्कृत गरियो । यस वर्षको अन्तर्राष्ट्रिय स्वयंसेवक दिवसका पुरस्कृत व्यक्तित्वहरू निम्न अनुसार छन्:

क्र.सं.	पुरस्कार	पुरस्कृत स्वयंसेवी	ब्याच
१	डा. मेजर अमीर थापा पुरस्कार	सेलिना थापा	पहिलो ब्याच २०२४
२	वीरेन्द्र श्रेष्ठ पुरस्कार	गङ्गा देवी गुरुङ	पहिलो ब्याच २०२४
३	मास्टर अध्याय प्रसाद प्रधान पुरस्कार	आदित्य श्रेष्ठ	पहिलो ब्याच २०२२
४	भाइमाया गुरुङ पुरस्कार	रोशना अवाले	दोस्रो ब्याच २००७
५	टेवा आउटस्ट्यान्डिङ पुरस्कार	चण्डिका अमात्य	पहिलो ब्याच २०१९
१	प्रशंसा पुरस्कार	बिपिन श्रेष्ठ	दोस्रो ब्याच २०२३
२		सरिना शाक्य	दोस्रो ब्याच २०२३
३		सुनिता महर्जन	दोस्रो ब्याच २०२३
४		योगिता जोशी	पहिलो ब्याच २०२३
५		इन्दिरा बस्नेत	दोस्रो ब्याच २०१९



पुरस्कार प्राप्त गर्ने स्वयंसेवीहरू ।

मुख्य गतिविधिहरू:

यस वर्ष, नयाँ तथा पुराना दुवै स्वयंसेवीहरूका लागि 'स्वयंसेवी भेला' आयोजना गरियो, जसमा १२० जना स्वयंसेवीहरूको सहभागिता रहेको थियो ।

- 'आकार मेन्टल हेल्थ' सँगको सहकार्यमा स्वयंसेवीहरूका लागि मानसिक स्वास्थ्य सम्बन्धी अभिमुखीकरण कार्यक्रम सञ्चालन गरियो । त्यसैगरी, आकार मेन्टल हेल्थकै सहयोगमा विभिन्न 'माइन्डफुलनेस' अर्थात् विचारशीलता, ध्यान तथा सचेतना केन्द्रित कार्यक्रमहरू पनि आयोजना गरिए ।
- स्वयंसेवीहरूलाई डिजिटल सुरक्षा र सामाजिक सञ्जालको जिम्मेवारीपूर्ण प्रयोग बारे सचेत गराउन, साइबर अपराध र 'सामाजिक सञ्जाल विधेयक २०८१' सम्बन्धी जानकारीमूलक सत्र सञ्चालन गरियो ।
- स्वयंसेवीहरूलाई सक्रिय गराउन तथा चलिरहेका गतिविधिहरूमा उनीहरूको ज्ञान र संलग्नता अभिवृद्धि गर्नका लागि विभिन्न आइतबारहरूमा सिकाइ तथा अन्तरक्रिया सत्रहरू आयोजना गरिए ।



स्वयंसेवा तालिम कार्यक्रम ।

बालबालिका कार्यक्रम

टेवाको बालबालिका कार्यक्रममा ३८ जना बालबालिका नियमित रूपमा विभिन्न सिर्जनात्मक गतिविधिहरूमा सक्रिय रूपमा सहभागी हुँदै आएका छन्। यी गतिविधिहरूमा चित्रकला, कथा वाचन, कविता वाचन, नृत्य, गायन र खेलकुद समावेश छन्। बालबालिकाको सर्वांगीण विकासमा केन्द्रित रहँदै, यो कार्यक्रम हरेक शनिबार विविध अन्तरक्रियात्मक र सिर्जनात्मक क्रियाकलापहरूका साथ सञ्चालन हुन्छ।

बालबालिकामा भावनात्मक उत्थानशीलता प्रवर्द्धन गर्ने, एकाग्रता बढाउने तथा शान्ति र आन्तरिक अमनचयनको भाव जगाउने उद्देश्यले बालबालिकाका लागि एक दिने ध्यान कार्यक्रम आयोजना गरियो। यो कार्यक्रम बालबालिकाको समग्र मानसिक र भावनात्मक सुस्वास्थ्यलाई सिर्जनात्मक र रमाइलो ढंगले अभिवृद्धि गर्न तयार पारिएको थियो। निर्देशित ध्यान र विचारशीलता (माइन्डफुलनेस) अभ्यासहरू मार्फत, बालबालिकालाई आफ्ना विचार र भावनाहरूसँग जोडिन, आफूलाई अझ राम्ररी बुझ्न तथा स्वस्थ तवरले तनाव र चिन्ता व्यवस्थापन गर्ने उपायहरू विकास गर्न प्रोत्साहित गरियो।

यसका अतिरिक्त, बालबालिका कार्यक्रम अन्तर्गत 'आकार मेन्टल हेल्थ काउन्सिलिङ' द्वारा विशेष मानसिक स्वास्थ्य सचेतना सत्र सञ्चालन गरियो। यस सत्रले बालबालिकालाई मानसिक सुस्वास्थ्यको महत्व बुझ्न मद्दत पुऱ्यायो र उनीहरूलाई भावनात्मक स्वास्थ्य सम्बन्धी उमेर सुहाउँदो ज्ञान प्रदान गर्‍यो। त्यसका साथै, यसले बालबालिकालाई आफ्ना भावनाहरू व्यक्त गर्न, प्रश्न सोध्न र भावनात्मक चुनौतीहरूलाई रचनात्मक ढंगले सामना गर्न सिक्नका लागि एउटा सुरक्षित वातावरण पनि प्रदान गर्‍यो।

उनीहरूको आत्मविश्वास र सञ्चार सीपलाई थप बलियो बनाउनका लागि बालबालिकालाई सार्वजनिक भाषण सम्बन्धी गतिविधिहरूमा पनि संलग्न गराइयो। यी गतिविधिहरूले उनीहरूलाई अस्का सामु आफ्ना विचारहरू स्पष्ट र निर्धक्क भई व्यक्त गर्न प्रोत्साहित गरे। सार्वजनिक भाषण सत्रहरूले उनीहरूलाई मञ्चको डर हटाउन मात्र मद्दत गरेनन्, सँगसँगै अस्का कुरा सुन्ने बानी, सामूहिक सहकार्य र आपसी सम्मानको महत्व पनि सिकाए।

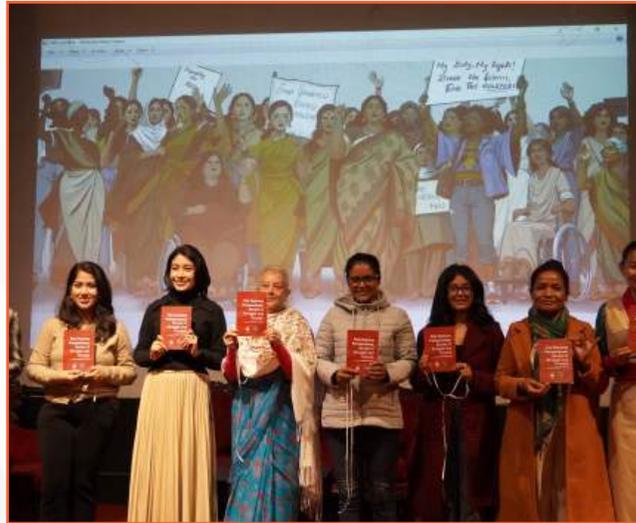
अनुभवजन्य सिकाइ को एउटा भागका रूपमा, बालबालिकाका लागि 'मानव सेवा आश्रम' मा शैक्षिक भ्रमण आयोजना गरियो। यस भ्रमणका क्रममा, उनीहरूले बेसहारा वृद्धवृद्धाहरू तथा मानसिक रूपमा अशक्त व्यक्तिहरूसँग भेट्ने र अन्तरक्रिया गर्ने अवसर पाए। यो अनुभवले बालबालिकामा करुणा, समानुभूति र सामाजिक यथार्थको गहिरो बुझाइ विकास गर्न मद्दत पुऱ्यायो। यसले उनीहरूलाई दया, सेवा भाव र सामुदायिक सहयोगको महत्व बुझ्न प्रेरित गर्‍यो।

समग्रमा, ध्यान, मानसिक स्वास्थ्य सचेतना, सार्वजनिक भाषण र शैक्षिक भ्रमण जस्ता क्रियाकलापहरूको शृत्तले बालबालिकाको सर्वांगीण विकासमा महत्वपूर्ण योगदान पुऱ्याएको छ। यी कार्यक्रमहरूले उनीहरूलाई आफ्ना भावनाप्रति सचेत र अस्का आवश्यकताप्रति संवेदनशील हुँदै, अझ विचारशील, आत्मविश्वासी र करुणामय व्यक्ति बन्न प्रेरित गरेका छन्। यस्ता अर्थपूर्ण संलग्नताहरू मार्फत, बालबालिकाले जीवनका अमूल्य पाठहरू सिक्छन्, जसले उनीहरूको व्यक्तिगत विकासमा टेवा पुऱ्याउँछ र समाजको एकजना जिम्मेवार, समानुभूतिपूर्ण र भावनात्मक रूपमा उत्थानशील सदस्य बन्न मद्दत गर्दछ।



बालबालिकाहरू कला र हस्तकला कार्यमा सक्रिय रूपमा सहभागी हुँदै।

केहि कलकहरु



दीप योगिनी (टेवा केन्द्र)

“संस्थाभिन्न आत्मनिर्भरता र आर्थिक दिगोपना प्रवर्द्धन गर्ने उद्देश्यले टेवाको महिलावादी सिकाइ तथा रिट्रीट स्थल (Feminist Learning and Retreat Space) का रूपमा 'दीप योगिनी' को स्थापना गरिएको हो । महिला सशक्तिकरण र स्थानीय परोपकारिता प्रवर्द्धन गर्ने टेवाको ध्येयलाई सघाउँदै, दीप योगिनी आवासीय र गैर-आवासीय कार्यक्रमहरूका लागि राष्ट्रिय तथा अन्तर्राष्ट्रिय संस्थाहरूलाई आतिथ्य प्रदान गर्ने एउटा जीवन्त केन्द्रका रूपमा विकास भएको छ ।



यस आर्थिक वर्षमा, यहाँ महत्वपूर्ण भौतिक पूर्वाधार सुधारका कार्यहरू सम्पन्न गरिए । सुरक्षा जोखिम कम गर्न र परिसरमा कार्यकुशलता बढाउन विद्युतीय प्रणालीको मुख्य नवीकरण कार्य सम्पन्न गरियो । त्यसैगरी, स्वच्छता र दीर्घकालीन दिगोपना सुनिश्चित गर्न पुराना र चुहिने पाइपहरू विस्थापन गर्दै खानेपानी तथा ढल निकास प्रणालीको मर्मत सम्भार गरियो । साथै, कार्यक्षमता र सेवाको गुणस्तर अभिवृद्धि गर्न, दीप योगिनीले प्रयोग गर्दै आएको 'आधार भवन' स्थित रिसेप्सन कार्यालयको नवीकरण कार्य पनि शुरू गरिएको छ ।

यहाँ वर्षभरिमा जम्मा ६९ वटा कार्यक्रमहरू आयोजना गरिए, जसमा ६३ वटा नेपाली र ६ वटा अन्तर्राष्ट्रिय संस्थाहरूका कार्यक्रम थिए । दीप योगिनी २५६ दिनसम्म सक्रिय रहयो, जहाँ नेपालका ६९ जिल्ला र विश्वका २२ देशका सहभागीहरूले सेवा लिए । यी गतिविधिहरूले टेवाको महिलावादी सिकाइको परिकल्पनालाई अघि बढाउन मात्र नभई संस्थाको आर्थिक स्थिरता, सामुदायिक संलग्नता र विश्वव्यापी साभेदारीमा समेत महत्वपूर्ण योगदान पुऱ्याएका छन् ।

नेपाल विविध भौगोलिक तथा अन्य जोखिमहरूले घेरिएको मुलुक हो, जसले गर्दा प्राकृतिक तथा मानवीय चुनौतीहरू आइरहन्छन् । यसको प्रत्युत्तरमा, अकुपेन्सी र संलग्नता बढाउन टेवा र दीप योगिनीमा सञ्चालन हुने कार्यक्रमहरूको संख्या वृद्धि गर्ने प्रयासहरू भइरहेका छन् ।

टेवाका धेरैजसो भौतिक संरचनाहरू पुराना भएकाले, तिनीहरूलाई सञ्चालनयोग्य र सुरक्षित राख्न नियमित मर्मत सम्भारका लागि ठूलो आर्थिक स्रोत आवश्यक पर्ने देखिन्छ । यद्यपि, यस्ता जोखिमहरू व्यवस्थापन गर्न टेवाले 'मर्मत सम्भार कोष' कायम गरेको छ, जसमा विगत केही वर्षदेखि हालसम्म कुल रू. ४९,२०,९९५ (३५,९९३ अमेरिकी डलर) जम्मा भएको छ ।

त्यसैगरी, कोभिड-१९ जस्ता महामारी वा अन्य प्राकृतिक विपद्का कारण कार्यक्रमहरू सञ्चालन हुन नसक्ने अवस्थामा पनि दीप योगिनीका दैनिक र प्रशासनिक कार्यहरू सुचारु राख्न 'आपतकालीन कोष' स्थापना गरिएको छ । हालसम्म यस कोषमा कुल रू. ३,७४,५०८ (२,७३३.६४ अमेरिकी डलर) रकम रहेको छ ।



आनन्दि-०९ भवन ।



जम्घट हलमा कार्यक्रम



आधार हलमा कार्यक्रम

उर्लदो सय करोड

‘हरेक वर्ष टेवा र संगत नेपालले नेपालभरका नागरिक समाजका संस्थाहरूको सहकार्यमा ‘उर्लदो सय करोड’ अभियानको नेतृत्व गर्दै आएका छन् । सन् २०२५ को ‘उर्लदो सय करोड’ समारोह ‘स्वतन्त्रताका लागि उठौं, फासिवाद विरुद्ध लडौं’ (Rise for Freedom, Fight Against Fascism) भन्ने नाराका साथ सन् २०२५ फेब्रुअरी १४ का दिन जावलाखेल स्थित स्टाफ कलेजमा सम्पन्न भयो । लैङ्गिक समानता र सामाजिक न्यायको पैरवी गर्न यस कार्यक्रमले कला, अभियान र संवादलाई सशक्त रूपमा संयोजन गरेको थियो ।

कार्यक्रमको शुभारम्भ ‘सम्भावना नेपाल’ को प्रतिनिधित्व गर्दै नेवार आदिवासी समुदायका महिलाहरूको ओजपूर्ण प्रस्तुतिबाट भयो । ऐतिहासिक रूपमा पुरुषहरूले मात्र बजाउने परम्परागत बाजाहरू धिमे र झ्याली बजाउँदै महिलाहरूले प्रतीकात्मक रूपमा लैङ्गिक मान्यताहरूलाई चुनौती दिए र स्वतन्त्रता तथा समानताका लागि आफ्नो स्थान दाबी गरे । उनीहरूको प्रस्तुतिले दिनभरका लागि एउटा सशक्तिकरणको माहोल तयार पान्यो । लगत्तै दुर्गा सापकोटाले ‘स्वतन्त्रताका लागि उठौं’ र ‘फासिवाद विरुद्ध उठौं’ भन्ने नाराहरू गुञ्जाउनुभयो । प्रतिरोध र क्रान्तिको प्रतीकका रूपमा रातो पोसाकमा सजिएको एक्सन एडको टोलीले ‘ब्रेक द चैन’ गीत प्रस्तुत गर्दै न्यायका लागि विश्वव्यापी आह्वानमा सहभागीहरूलाई एकजुट गरायो ।

‘हामी दाजुभाइ’ का महासचिव अशोक सिवाकोटीले महिला हिंसा अन्त्य गर्न र पितृसत्तात्मक संरचना भत्काउन सामूहिक जिम्मेवारी रहेकोमा जोड दिँदै कार्यक्रमको उद्घाटन गर्नुभयो । उहाँले पुरुषहरूलाई समानता प्रवर्द्धनमा आफ्नो भूमिका पहिचान गर्न र समग्र समाजलाई हानि पुऱ्याउने फासिस्ट तथा पितृसत्तात्मक मान्यताहरूको प्रतिरोध गर्न आग्रह गर्नुभयो ।



नोवारी नाच ।



शक्तिशाली सन्देशका साथ सहभागीहरू ।



माननिय सुमना श्रेष्ठ भाषण दिँदै ।

पद्मकन्या बहुमुखी क्याम्पसका विद्यार्थीहरूले प्रस्तुत गरेको अत्यन्तै मार्मिक नृत्य नाटकाले बालिका देखि महिला बन्दासम्मको यात्रालाई चित्रण गरेको थियो । यसले महिनावारी सम्बन्धी लाञ्छना, जबरजस्ती विवाह र घरेलु हिंसा जस्ता विषयहरू उठान गरेको थियो । नेपाली गीत र पार्श्व वाचन मिश्रित उक्त भावुक नृत्य संरचनाले महिलाको पीडा र उत्थानशीलतालाई उजागर गर्‍यो ।

कार्यक्रमको बौद्धिक सत्रले फासिवादको बढ्दो खतरामाथि छलफल गर्‍यो । डा. कृष्णले दक्षिण एसियामा अधिनायकवादको बढ्दो प्रभावको विश्लेषण गर्दै, फरक मतको दमन र लोकतान्त्रिक संस्थाहरूको क्षयीकरण लगायत फासिस्ट व्यवहारका विश्वव्यापी र स्थानीय स्वस्म्यहरू माथि प्रकाश पार्नुभयो । डा. सुचेता प्याकुरेलले फासिवादका बारेमा महिलावादी दृष्टिकोण प्रस्तुत गर्दै, यस्ता शासन व्यवस्थाहरू भित्रको पितृसत्तात्मक नियन्त्रणले महिला र सीमान्तकृत समुदायलाई कसरी असमानुपातिक रूपमा असर गर्छ भन्ने बारे चर्चा गर्नुभयो । त्यसैगरी, डा. विन्दा पाण्डेले राजनीतिमा फासिवादको प्रतिरोध गर्दाको आफ्नो चार दशक लामो अनुभव साभा गर्दै, नेतृत्व तहमा

महिलाहरूले भोग्नुपरेका दोहोरो चुनौतीहरू र निरन्तर लैङ्गिक प्रतिरोधको आवश्यकतालाई प्रष्ट्याउनुभयो ।

सीता न्यौपानेले व्यंग्य र कमेडीको माध्यमबाट पितृसत्तात्मक मान्यताहरूलाई चुनौती दिँदै हास्यरस मार्फत लैङ्गिक विभेदलाई उजागर गर्नुभयो । शरू जोशीद्वारा सहजीकरण गरिएको 'फासिवाद विरुद्ध उठौं' शीर्षकको प्यानल छलफलमा विज्ञहरू भगवती अधिकारी, मीना पौडेल, इन्दु तुलाधर र दीपा दाहालले भूमिको अधिकार, अपाङ्गता समावेशीकरण, नागरिकताका बाधाहरू र प्रेस स्वतन्त्रता देखि उग्र-राष्ट्रवाद सम्मका विषयमा छलफल गर्नुभयो । उहाँहरूले नेपालमा महिलाहरूले भोग्नुपरेका अन्तर-सम्बन्धित बाधाहरू माथि प्रकाश पार्नुभयो । माननीय सुमना श्रेष्ठले सांसदका रूपमा एकजना युवा जनजाति महिलाको अनुभव सुनाउँदै समावेशी राजनीतिक प्रतिनिधित्वको वकालत गर्नुभयो । युवाहरूको पहिल 'कायरस कलम' ले कविता वाचन गर्दै उत्पीडन, उग्र-राष्ट्रवाद र सामाजिक बन्धनहरूको अन्तर-सम्बन्धलाई जीवन्त रूपमा प्रस्तुत गर्‍यो, जसले प्रतिरोध आन्दोलनमा कलात्मक अभिव्यक्तिको शक्तिलाई दर्साउँछ ।

कार्यक्रमको समापन 'सिर्जनशील महिला नौमती बाजा' समूहको भव्य सांगीतिक प्रस्तुतिबाट भयो । ऐतिहासिक रूपमा दलित समुदायका पुरुषहरूले बजाउने नौ प्रकारका परम्परागत बाजाहरू बजाएर उहाँहरूले एकता, सशक्तिकरण र सामाजिक बन्धनहरूको प्रतिकारको नमुना पेश गर्नुभयो । उहाँहरूको प्रस्तुतिले सहभागीहरूलाई सामूहिक प्रतिरोध र साँस्कृतिक समावेशिताको उत्सव मनाउँदै उर्जावान् नृत्यमा सरिक गरायो ।

साँस्कृतिक अभिव्यक्ति, आलोचनात्मक संवाद र सक्रिय सहभागिताको संयोजन मार्फत, 'उर्लदो सय करोड' नेपाल २०२५ ले लैङ्गिक हिंसा र अधिनायकवाद विरुद्ध सचेतना, उत्थानशीलता र सामूहिक कार्यलाई सफलतापूर्वक प्रवर्द्धन गर्‍यो ।



सिर्जनशील महिला नौमती बाजाका महिलाहरू परम्परागत बाजा बजाउँदै ।



प्रतिरोध र क्रान्तिको प्रतीक स्वरूप रातो पहिरनमा सजिएको ActionAid टोलीले "Break the Chain" गीत प्रस्तुत गर्दै ।

सामुदायिक सुरक्षा जालो र महिलावादी आन्दोलनको सुदृढीकरण दोस्रो चरण

टेवाका संस्थापक रीता थापाको दूरदर्शी नेतृत्वमा टेवाको अगुवाइ र यूएन विमेन (UN Women) को उदार आर्थिक सहयोगमा कार्यान्वयन भएको 'सामुदायिक सुरक्षा जालो र महिलावादी आन्दोलन निर्माण परियोजना' ले १५ महिना भित्र आफ्नो पहिलो चरण सफलतापूर्वक सम्पन्न गरेको छ ।

क्षमता विकास र नेतृत्व विकासमा केन्द्रित रहँदै, सन् २०२३ नोभेम्बरदेखि यस कार्यक्रमको दोस्रो चरण शुरु भएको छ । पहिलो चरणमा समेटिएका २१ जिल्लाका अतिरिक्त, हाल यो कार्यक्रम १३ जिल्लाका १७ पालिकाहरूमा कार्यान्वयन भइरहेको छ ।

प्रदेश १ कोशी

- इलाम
- सुनसरी
- ओखलढुंगा

प्रदेश २ मधेश

- रौतहट
- सर्लाही
- बारा
- सप्तरी
- पर्सा
- जनकपुर

प्रदेश ३ वागमती

- काभ्रेपलाञ्चोक
- सिन्धुपाल्चोक
- रसुवा

प्रदेश ४ गण्डकी

- लम्जुङ्ग
- बाग्लुङ
- गोर्खा

‘सामुदायिक सुरक्षा जालो र महिलावादी आन्दोलन सुदृढीकरण कार्यक्रम’ ले यस्तो समाजको परिकल्पना गरेको छ, जहाँ महिला तथा सीमान्तकृत समूहहरू हिंसा, विभेद र बहिष्करणबाट सुरक्षित मात्र नभई, समावेशी, समतामूलक र उत्थानशील समुदाय निर्माणमा सक्रिय अगुवाका रूपमा सशक्त होऊन् । निरन्तरको संलग्नता, सशक्तिकरण र ज्ञान आदानप्रदान मार्फत, यस कार्यक्रमले दीर्घकालीन सामाजिक रूपान्तरणमा योगदान पुऱ्याउँछ । यो यस्तो रूपान्तरण हो, जसले ऐक्यबद्धता निर्माण गर्छ, अन्यायलाई चुनौती दिन्छ र स्याहार, समानता तथा सामूहिक प्रगतिमा आधारित संस्कृतिलाई प्रवर्द्धन गर्छ ।

कार्यक्रमको एउटा मुख्य पक्ष विपद् जोखिम व्यवस्थापन र लैङ्गिक हिंसा न्यूनीकरणका क्षेत्रमा सामुदायिक उत्थानशीलता प्रवर्द्धन गर्नमा केन्द्रित थियो । सहभागीहरूलाई सचेतना

जगाउन, समुदायको नेतृत्वमा हुने पहलहरूको पैरवी गर्न, तथा यी गम्भीर सवालहरू सम्बोधन गर्ने स्थानीय कार्यक्रमहरूको प्रभावकारी योजना तर्जुमा र कार्यान्वयन गर्न सशक्त बनाइयो । यसका साथै, सीमान्तकृत र बहिष्करणमा परेका समूहका सदस्यहरूलाई तालिम प्रदान गरी ‘सामुदायिक स्रोत व्यक्ति’ का रूपमा विकास गरियो, जसले तल्लो/आधारभूत तहमा प्रतिनिधित्व र समावेशीकरणलाई अभिवृद्धि गरेको छ । कार्यक्रमले तालिम प्राप्त सदस्यहरूलाई थप तालिम र रोजगारीका अवसरहरू समेत प्रदान गर्दै उनीहरूको व्यक्तिगत र व्यावसायिक विकासमा सहयोग पुऱ्याएको छ ।

‘सामुदायिक सुरक्षा जालो’ ले स्थानीय सरोकारवाला र सरकारी निकायहरूसँगको सम्बन्ध र समन्वयलाई सफलतापूर्वक सुदृढ बनाएको छ । फलस्वरूप, धेरै सञ्जालहरूले आफ्ना पहलहरूलाई निरन्तरता दिन स्थानीय सरकारबाट आर्थिक

सहयोग प्राप्त गरेका छन् । यो सहकार्यले कार्यक्रमको दिगोपना मात्र बढाएको छैन, स्थानीय शासनमा महिलावादी र समुदाय-केन्द्रित दृष्टिकोणहरूको एकीकरणलाई समेत गहिरो बनाएको छ । सचेतना, जवाफदेहिता र सहयोग प्रणालीमा पहुँच प्रवर्द्धन गर्दै समुदायभित्र हुने लैङ्गिक हिंसालाई सम्बोधन तथा न्यूनीकरण गर्न यसले महत्वपूर्ण भूमिका खेल्यो । तालिम सत्रहरूमा सिकेका अभ्यास र दृष्टिकोणहरूलाई अहिले स्थानीय स्तरमा अपनाइएको र कार्यान्वयन गरिएको छ, जसले देखिने खालको र दिगो प्रभाव सिर्जना गरेको छ ।

समग्रमा, सामूहिक कार्य, महिलावादी ज्ञान र स्थानीय सशक्तिकरण एकसाथ मिल्दा कसरी बलियो, सुरक्षित र थप समावेशी समुदाय निर्माण गर्न सकिन्छ भन्ने कुरा यो कार्यक्रमले पुष्टि गरेको छ ।

प्रदेश ५ लुम्बिनी

- कपिलवस्तु
- रूपन्देही
- बाँके

प्रदेश ६ कर्णाली

- सुर्खेत
- दैलेख
- जाजरकोट
- कालिकोट

प्रदेश ७ सुदूरपश्चिम

- कैलाली
- कञ्चनपुर
- डडेल्धुरा
- डोटी
- बाजुरा

सफलताको कथा

चुनौतीलाई अवसरमा बदल्दै: रोधी कुमारी चौधरीको प्रेरणादायी यात्रा



कोशी प्रदेशको मोरङ जिल्लास्थित कटहरी गाउँपालिका वडा नं. १, जमटोकी निवासी रोधी कुमारी चौधरी एउटा मधेशी बाहुल्य समुदायमा बसोबास गर्नुहुन्छ । कृषि उब्जनीका लागि परिचित यस क्षेत्रका अधिकांश बासिन्दाहरूको पहुँच खेतीपाती बाहेक शिक्षा र रोजगारीका अन्य अवसरहरूमा सीमित छ ।

रोधी कुमारी चौधरीले परिवार पालनका लागि दैनिक संघर्ष गर्नुपर्दथ्यो । गर्जो टार्नका लागि रोधीले आफ्नो घरबाटै दाल र अन्य खद्रा किराना सामानहरू बेच्न थाल्नुभयो । उहाँको प्रयासका बाबजुद, आम्दानी अपर्याप्त थियो र उहाँसँग आफ्नो सानो व्यवसायलाई अझ प्रभावकारी ढंगले सञ्चालन गर्ने आत्मविश्वास र ज्ञानको कमी थियो ।

जब उहाँले टेवाको सहयोगमा 'नारी विकास संघ' द्वारा गठन हुँदै गरेको महिला समूहका बारेमा थाहा पाउनुभयो, तब उहाँको जीवन फेरिन थाल्यो । रोधी उक्त समूहमा आबद्ध हुनुभयो र चाँडै नै 'उद्यमशीलता तालिम' मा सहभागी हुने निम्तो पाउनुभयो । उक्त तालिमले उहाँलाई किराना व्यवसाय सफल रूपमा सञ्चालन गर्न आवश्यक पर्ने ग्राहकसितको व्यवहार, बजेट निर्माण, नाफा-नोक्सानको हिसाब र व्यवसाय प्रवर्द्धन जस्ता महत्वपूर्ण सीपहरू प्रदान गर्‍यो ।

तालिमबाट प्राप्त ज्ञानका आधारमा, रोधी चौधरीले आफ्नो घरको सानो बिक्रीलाई एउटा व्यवस्थित व्यवसायमा परिणत गर्नुभयो । उहाँ अहिले घरबाट मात्र नभई

कटहरीको साप्ताहिक हाटबजारमा समेत स्थानीय दाल, सुकेको खुर्सानी, अण्डा, बेसार र धनिया बेच्नुहुन्छ । रणनीतिहरूको सही प्रयोग गरेर, उहाँले नोक्सान कम गर्न, सामानको मौज्जात कुशलतापूर्वक व्यवस्थापन गर्न र मासिक रु. १५,००० देखि २०,००० सम्म मुनाफा कमाउन सफल हुनुभएको छ ।

रोधी चौधरीको व्यावसायिक सफलताले उहाँको पारिवारिक जीवनमा गहिरो प्रभाव पारेको छ । उहाँले अब पैसाका लागि श्रीमान्मा भर पर्नु पर्दैन, छोराछोरीको स्कूल खर्च आफैँ व्यहोर्न सक्नुहुन्छ र घरायसी आवश्यकता टार्न सक्रिय रूपमा योगदान दिनुहुन्छ । व्यक्तिगत लाभ भन्दा माथि उठेर, उहाँ र उहाँको समूहका अन्य महिलाहरूले मासिक बचत गर्ने बानी समेत शुरू गरेका छन् ।

आफ्नो यात्रालाई फर्केर हेर्दै उहाँ भन्नुहुन्छ, "हामीलाई एकजुट गराएकोमा र सीपमूलक व्यावसायिक तालिम प्रदान गरेकोमा म नारी विकास संघ र टेवाप्रति आभारी छु । यो अवसरले मलाई आत्मनिर्भर बन्न, घर राम्ररी चलाउन र परिवारलाई सघाउन सशक्त बनाएको छ । म आशा गर्छु कि हामी जस्ता अरु महिलाहरूका लागि पनि भविष्यमा यस्तै तालिमहरू निरन्तर भइरहनेछन् ।"

रोधी चौधरीको कथा स्वरोजगार र आर्थिक आत्मनिर्भरता बढाउनका लागि सीप विकास, उद्यमशीलता तालिम र महिलाहरूको सामूहिक कार्यको रूपान्तरणकारी शक्तिको एउटा ज्वलन्त प्रमाण हो ।

सुफलताको कथा

घरभित्रका बन्धनहरु तोड्दै: समानता र सशक्तिकरणतर्फ अम्बिका बोगटीको यात्रा



लमजुङको दोर्दी गाउँपालिका वडा नं. ६ निवासी अम्बिका बोगटीको घरभित्रको सीमितता देखि सामुदायिक नेतृत्वसम्मको यात्रा निकै प्रेरणादायी र रूपान्तरणकारी छ ।

जेठी श्रीमतीको देहान्तपछि एकजना किसानसँग दोस्रो श्रीमतीका रूपमा सानै उमेरमा विवाह गर्नुभएकी अम्बिकाको जीवन कुनै समय पूर्ण रूपमा घरधन्दाभै सीमित थियो । कक्षा ९ मा पढ्ने छोरीकी आमा, अम्बिकाको दिनचर्या खाना पकाउने, सरसफाइ गर्ने र परिवारको हेरचाह गर्ने जस्ता कहिल्यै नसकिने घरायसी काममै बित्थ्यो । बिहान सूर्योदय देखि साँझसम्म उहाँका हातहरु सधैं व्यस्त रहन्थे; आराम गर्ने त कुरै छाडौं, सपना देख्ने फुर्सत समेत उहाँलाई थिएन । यद्यपि, आफ्नो अन्तरमनमा भने उहाँले एउटा मौन महत्वाकांक्षा पालेर राख्नुभएको थियो, सामाजिक कार्यकर्ता बनेर आफ्नो समुदायका अन्य महिलाहरूलाई आवाज बुलन्द गर्न सघाउने ।

तरकारी खेतीमा दिनरात खट्ने उहाँका श्रीमान् दिनभर खेतबारीमै व्यस्त हुनुहुन्थ्यो । तर घरमा भने, परम्परागत मान्यताका कारण उहाँ घरायसी जिम्मेवारीबाट टाढै र हनुहुन्थ्यो । अम्बिकाले घर मात्र होइन, खेतबारीको काममा समेत श्रीमानलाई सघाउनुपर्थ्यो । कयौं दिन उहाँ थकाइले लखतरान हुनुहुन्थ्यो, तर सांस्कृतिक मूल्यमान्यता र लैङ्गिक समानता बारे चेतनाको अभावले गर्दा उहाँलाई यो स्थिति परिवर्तन गर्न सकिन्छ जस्तो लाग्दैनथ्यो ।

जब अम्बिका लमजुङस्थित महिला नेतृत्वको संस्था 'वावकास' (WAWCAS - Women at Work, Children at School) को सदस्य बन्नुभयो, तब उहाँको जीवनले कोल्टे फेर्न थाल्यो । टेवाको सहयोगमा रु. १००,००० को अनुदान मार्फत वावकासले दम्पतीहरूका लागि लैङ्गिक भूमिका र समानता विषयक सामुदायिक छलफल कार्यक्रम आयोजना गर्‍यो । अम्बिका र उहाँका श्रीमान् दुवैले उक्त

सत्रमा भाग लिनुभयो । त्यो अनुभव उहाँहरूको जीवन बदल्ने क्षण बन्यो ।

छलफल मार्फत उहाँहरूले सिक्नुभयो कि समानताको शुरुवात घरबाटै हुन्छ । गहिरो जरा गाडेर बसेको पितृसत्तात्मक सोचले महिला र पुरुष दुवैलाई कसरी सीमित बनाउँछ र घरायसी काम बाँडफाँड गर्दा जीवन कसरी सन्तुलित र सुमधुर बन्छ भन्ने कुरा उहाँहरूले बुझ्नुभयो । पहिलो पटक, अम्बिकाका श्रीमानले महसुस गर्नुभयो कि घरको काममा सघाउँदा उहाँको भूमिका सानो हुँदैन, बरु यसले उहाँहरूको साभेदारीलाई अभि बलियो बनाउँछ ।

यसको प्रभाव उल्लेखनीय रह्यो । अम्बिकाका श्रीमानले आफैँ चिया बनाउन, सरसफाइमा सघाउन र खाना पकाउन समेत थाल्नुभयो। अभि महत्वपूर्ण कुरा, उहाँले अम्बिकालाई घरको घेराभन्दा बाहिर निस्कन प्रोत्साहित गर्न थाल्नुभयो । आज, अम्बिका विद्यालय व्यवस्थापन समितिको सदस्यका रूपमा सेवा गर्दै हुनुहुन्छ र विभिन्न स्थानीय सामुदायिक समूहहरूमा सहभागी हुँदै, कुनै समय असम्भव ठानिएको आफ्नो सपना पूरा गर्दै हुनुहुन्छ ।

"अहिले मेरो श्रीमानले मलाई सहयोग गर्नुहुन्छ," अम्बिका गर्वका साथ भन्नुहुन्छ, "म बैठकमा जाँदा उहाँले घरको काम सम्हाल्नुहुन्छ, हामी जिम्मेवारीहरू बाँडफाँड गर्छौं । जीवन अहिले हल्का महसुस हुन्छ र म आफूलाई सम्मानित भएको महसुस गर्छु ।"

यो रूपान्तरणको शुरुवात गरिदिएकोमा अम्बिका 'वावकास' लमजुङ र टेवालाई धन्यवाद दिनुहुन्छ। एउटा सामुदायिक छलफलबाट शुरु भएको यो कुरा अहिले आपसी सम्मान, लैङ्गिक सन्तुलन र सशक्तिकरणको कथा बनेर फक्रेको छ। अम्बिकाको यात्राले यो प्रमाणित गरेको छ कि परिवर्तनको शुरुवात बुझाइबाट हुन्छ-र घरभित्रको समानताले नै सर्वत्र समानताको ढोका खोल्न सक्छ ।

अनुपम अभियान



“अन्तर-पुस्ता महिलावादी मञ्च (IGFF) द्वारा शुरु गरिएको ‘अनुपम अभियान’ एउटा युगान्तकारी महिलावादी आन्दोलन हो, जुन नेपालको राजनीतिक परिदृश्यमा महिला नेतृत्व र सहभागिता सुदृढ गर्न समर्पित छ । वि.सं. २०८० मा आरम्भ भएको यो अभियान अन्तर-क्षेत्रीय बस यात्राबाट शुरु भई वि.सं. २०८२ मा चितवनको पद्मालयमा पुगेर सम्पन्न भयो ।

पाँच वर्ष यो अभियान राजनीतिक सशक्तिकरण मार्फत महिला तथा सीमान्तकृत समुदायको उत्थान गर्दै न्यायपूर्ण र समतामूलक समाज निर्माणमा योगदान पुऱ्याउने गरी तर्जुमा गरिएको हो । अनुपम अभियानले सत्ता र शक्तिबाट ऐतिहासिक रूपमा बहिष्करणमा परेकाहरूको आवाज बुलन्द गर्दै, सबै तहका निर्णय प्रक्रियामा उनीहरूको अर्थपूर्ण सहभागिता सुनिश्चित गर्ने लक्ष्य लिएको छ । बाह्य रूपमा निर्देशित र माथिबाट लादिने विकास मोडेललाई विस्थापित गर्दै स्वाभिमान, आत्मनिर्भरता र सामूहिक शक्तिमा आधारित दृष्टिकोणतर्फ स्मान्तरित हुनु यस ध्येयको केन्द्रविन्दु हो ।

नेपालभरका व्यक्ति तथा सहयोगीहरूलाई परिचालन गर्दै अनुपम अभियान एउटा शक्तिशाली नागरिक आन्दोलनका रूपमा विकसित भयो । आफ्नो दोस्रो वर्षलाई ‘यात्राको वर्ष’ (Year of Yatras) का रूपमा मनाउँदै, अभियानले मेची देखि महाकाली सम्मको ऐतिहासिक पूर्व-पश्चिम यात्रा तय गर्‍यो । यस लगत्तै देशका ७७ वटै जिल्लामा २३६ वटा यात्राहरू सम्पन्न भए, जसले विविध समुदायलाई समेट्दै आधारभूत तहका महिलावादी आवाजहरूलाई बुलन्द पारे ।

नवलपुर, चितवनमा सम्पन्न ‘पद्मालय अनुपम अभियान भेला’ सँगै यो वर्षको समापन भयो र आन्दोलन तेस्रो वर्षमा प्रवेश गर्‍यो । यस भेलामा ४८ जिल्लाका ५२० भन्दा बढी सहभागीहरू उपस्थित थिए । जसमा महिला, पुरुष, पारलैङ्किक पुरुष, पारलैङ्किक महिला, लेस्बियन, अपाङ्गता भएका व्यक्ति, जातीय रूपमा सीमान्तकृत समूहहरू, तथा यूपन विमेन, कुर्भ वुस्ट्रो (KURVE Wustrow), टेवा, नागरिक आवाज, कलम र उकालो जस्ता संस्थाका प्रतिनिधिहरू सामेल थिए ।

उक्त पैरवीलाई थप सशक्त बनाउन, वि.सं. २०८४ को निर्वाचन अगाडि महिला नेतृत्व प्रवर्द्धन र प्रतिबद्धता सुनिश्चित गर्नका लागि आईजीएफएफ (IGFF) र टेवा परिसर सहित सातै प्रदेशमा राष्ट्रिय हस्ताक्षर अभियान सञ्चालन गरियो । नेपालमा महिलाको अर्थपूर्ण राजनीतिक सहभागिता र नेतृत्वलाई अघि बढाउने सामूहिक वाचाको प्रतीक स्वरूप, सङ्कलित हस्ताक्षरहरू विभिन्न राजनीतिक दलहरूलाई औपचारिक रूपमा हस्तान्तरण गर्दै यो अभियानको यो चरण विधिवत सम्पन्न भयो ।



टेवामा अनुपम अभियान ।



आईजीएफएफ सम्मेलन - अनुपम अभियान ।

स्वयंसेवकको भनाई

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चण्डिका अमात्य, २०१९ को पहिलो ब्याच

मैले पहिलो पटक टेवाका बारेमा साथीहरू मार्फत सुनेकी हुँ र त्यही क्षण देखि म मा टेवा स्वयंसेवी बन्ने तीव्र इच्छा जागेको थियो । मैले सन् २०१९ को जनवरीमा तीन दिने स्वयंसेवी तालिममा सहभागी हुने सौभाग्य पाएँ । तालिम निकै सहज र ज्ञानवर्धक थियो, साथै त्यहाँ प्रेरणादायी व्यक्तिहरूको उपस्थिति थियो । मैले त्यहाँ जोसिला साथीहरू भेटें र उनीहरूले पनि मलाई उत्प्रेरित गरे । साथै, मैले अनुदानग्राही साभेदार संस्थाहरूको भ्रमण गर्ने अवसर पनि पाएँ ।

परोपकारिता मात्र एउटा एस्तो कार्य हो जसले उपकार त अरुलाई गरिन्छ तर त्यसबाट आवर खुशी आफैले पाइने रहेछ । 'टेवामा आबद्ध भएदेखि, मैले धेरै कार्यक्रमहरूमा सहभागिता जनाएकी छु र हरेक कार्यक्रमबाट कुनै न कुनै महत्वपूर्ण पाठ सिकेकी छु । 'दीप प्रज्वलन' जस्ता कार्यक्रमले मनमा शान्ति दिन्छन् भने 'वन बिलियन राइजिङ'ले हामीलाई अझ बलियो हुन भकभक्याउँछन् । अनि वृक्षारोपणले हामीलाई वातावरणलाई माया गर्न र जिम्मेवार बन्न सिकाउँछ । 'हाइक फर टेवा' मा योगदान गर्न पाउनु मेरा लागि गर्वको क्षण थियो, किनकि यसले मलाई एक स्वयंसेवीका रूपमा मात्र नभई दाताका रूपमा समेत टेवालाई सघाउने अवसर दियो । समय-समयमा विभिन्न कार्यक्रमहरूमा सहभागी भइरहँदा, मैले पनि केही योगदान गर्न सकें भन्ने कुराले मलाई आनन्दित बनाउँछ ।

टेवा मेरो लागि एउटा यस्तो स्थान बनेको छ, जहाँ म सधैं खुशी, शान्ति र जीवनको सार्थकता महसुस गर्छु । विगत ६ वर्षको अवधिमा एक स्वयंसेवीका रूपमा ममा धेरै परिमार्जन आएको छ र यस क्रममा मैले दुईवटा पुरस्कारबाट सम्मानित हुने अवसर पनि पाएँ । यी सम्मानहरूले मलाई अझ बढी लगनशीलताका साथ सामुदायिक परोपकारमा निरन्तर योगदान गरिरहन प्रेरित गरेका छन् ।



आकृति पौडेल, स्वयंसेवी, ५९ औं ब्याच

टेवासँगको स्वयंसेवा मेरो लागि आँखा खोल्ने र स्मान्तरणकारी अनुभव भएको छ । यसले अरुलाई सहयोग गर्नुको वास्तविक अर्थ के हो भन्ने मेरो बुझाइलाई गहिरो बनाएको छ र व्यक्तिगत तथा व्यावसायिक जीवनलाई हेर्ने मेरो दृष्टिकोणलाई नै नयाँ रूप दिएको छ । टेवाका मूल्य-मान्यता, सकारात्मकता, लगनशीलता र 'अर्थपूर्ण परिवर्तन साना तर निरन्तर कार्यहरूबाट शुरू हुन्छ' भन्ने विश्वासले मलाई गहिरो प्रेरणा दिएको छ ।

एकजना डाक्टरका रूपमा, मलाई कुनै बेला उपचार भनेको मुख्यतया शरीरको इलाज गर्नु मात्र हो भन्ने लाग्थ्यो । तर टेवाले मलाई देखायो कि वास्तविक उपचार भौतिक स्याहारभन्दा धेरै परसम्म र गहिरो हुन्छ । धेरै व्यक्तिहरू, विशेषगरी सीमान्तकृत समुदायका मानिसहरूले, दुःख र असमानताबाट सिर्जित भावनात्मक तथा मानसिक बोझ बोकेका हुन्छन् । उपचार कक्ष वा अस्पतालको वातावरणमा यी संघर्षहरूलाई प्रायः वास्ता गरिँदैन, तैपनि तिनले उनीहरूको समग्र सुस्वास्थ्यका हरेक पक्षलाई असर पारिरहेका हुन्छन् । टेवा मार्फत, मैले बुझें कि वास्तविक उपचार भनेको व्यक्तिलाई 'समग्रता' मा हेर्नु हो । वास्तविक उपाचार भनेको मान्छेको पीडालाई चिन्नु, उनीहरूको उत्थानशीलतालाई सम्मान गर्नु, र उनीहरूको मन, हृदय र शरीरको ख्याल राख्नु हो ।

टेवासँगको मेरो अनुभवले मलाई निस्वार्थता, धैर्य र उत्थानशीलताको गहिरो अर्थ पनि सिकाएको छ । परिवर्तन तुरुन्तै हुँदैन; यो लगनशीलता, निरन्तर प्रयास र बाधाहरू आउँदा पनि अघि बढिरहने साहसबाट हुर्कने प्रक्रिया हो । करुणा र दयाको सानो कामले पनि हामीले अपेक्षा गरेभन्दा धेरै ठूलो सकारात्मक प्रभावको तरंग सिर्जना गर्न सक्छ भन्ने कुरा मैले प्रत्यक्ष देखेकी छु ।

टेवाको ध्येयमा योगदान पुऱ्याउन र यस्ता जोसिला तथा प्रतिबद्ध व्यक्तिहरूसँग काम गर्न पाएकोमा म हृदयदेखि नै आभारी छु । यो यात्राले मलाई एक असल डाक्टर मात्र बनाएन, यसले मलाई अझ असल मानिस बनाएको छ ।

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दाताको भनाई



सन् २०१८ देखि नै दराजले आफ्नो प्लेटफर्ममा रहेका पुनः बिक्रीयोग्य सामग्रीहरू उपलब्ध गराउँदै टेवाको कोष सङ्कलन तथा सामुदायिक विकासका प्रयासहरूमा हातेमालो गर्दै आएको छ । यो सहकार्य महिला सशक्तीकरण र समुदायको स्थानीय उत्थानशीलता सुदृढ पार्ने टेवाका अभियानहरूप्रतिको हाम्रो गहिरो प्रतिबद्धताको प्रतीक हो । हाम्रो यो सहयोगले टेवालाई नेपालभर आफ्ना प्रभावकारी कार्यक्रमहरू विस्तार गर्न सक्षम बनाउने एक दिगो आर्थिक आधार तयार पार्न सघाउ पुगेकोमा हामी निकै हर्षित छौं ।

हाम्रो आपसी साभेदारी अवधिभर टेवाले निरन्तर स्पष्ट उल्लेखनीय लगनशीलता र उद्यमशील भावना प्रदर्शन गरेको छ । टेवा कार्यालय नजिकका समुदायका सदस्यहरू माझ अहिले एक जीवन्त र लोकप्रिय जमघट बनेको 'हाट बजार' को पारदर्शिता, मापनयोग्य प्रभाव र समुदायमा आधारित संस्थाहरूको सेवामा टेवाले दशकौंदेखि देखाएको अविचलित प्रतिबद्धता प्रति हामी गहिरो प्रशंसा व्यक्त गर्दछौं । हामी सँगै मिलेर, समुदाय तहका संस्थाहरूलाई समतामूलक विकासको बाटोमा अघि बढ्न सक्षम बनाउने तथा देशभरका महिला र सीमान्तकृत समूहहरूलाई सशक्त बनाउने टेवाको ध्येयलाई सघाउन प्रयासरत छौं ।



वर्षौंदेखि मैले टेवालाई गहिरो स्मान्तरणकारी कामको नेतृत्व गरिरहेको पाएको छु । यसले नेपाली किशोरी र महिलाहरूका लागि यस्तो वातावरण बनाएको छ, जहाँ उनीहरू एक-अर्काको सघाउन सक्छन् र भुईँ तहबाटै सामाजिक परिवर्तन हाँक्न सक्छन् । नेपालमा धेरैजसो विकास निर्माणका कामहरू बाह्य लगानी र अल्पकालीन परियोजनाहरूबाट निर्देशित भइरहेको समयमा, टेवाले स्थानीय दान, स्थानीय नेतृत्व र स्थानीय विश्वासमा आधारित मोडेलप्रति आफूलाई समर्पित गरेको छ ।

टेवाको कामले समुदाय निर्माण गर्छ, शक्ति सन्तुलनमा परिवर्तन ल्याउँछ र मूलधारको लगानी प्रणालीबाट प्रायः ओभरलुकमा परेका महिलाको नेतृत्वमा रहेका समूहहरूको आत्मविश्वास बलियो बनाउँछ योगदान सानो होस् वा ठूलो, प्रत्येक सहयोग सम्मान, स्वायत्तता र दीर्घकालीन सामाजिक न्यायमा गरिएको एक महत्वपूर्ण लगानी बन्न पुग्छ

वर्षौंदेखि टेवालाई सहयोग गरिरहँदा, यसले परिवर्तन कसरी हुन्छ भन्ने मेरो आफ्नै बुझाइलाई पनि स्पष्ट पारेको छ । यसले मलाई सिकाएको छ कि जब स्रोतसाधनहरू भुईँ तहमा (Close to the ground) रहन्छन् र आफ्नै समस्याको समाधानको नेतृत्व गर्ने काममा समुदायलाई विश्वास गरिन्छ, तब जीवन स्मान्तरण हुनसक्छ । असमानता बढ्दै गएको आजको विश्वमा, टेवाको मोडेलले सिद्धान्तनिष्ठ र व्यावहारिक दुवै किसिमको उदारताको एउटा दुर्लभ उदाहरण प्रस्तुत गर्दछ ।

अझ बढी न्यायपूर्ण, स्नेहपूर्ण र समतामूलक नेपाल निर्माण गर्न लागिपरेका टेवा र अनगिन्ती महिलाहरूसँग काँधमा काँध मिलाएर उभिन पाउँदा म आभारी छु । म सम्पूर्ण सचेत नागरिकहरूलाई टेवाको यो ध्येयमा यथासक्य योगदान पुऱ्याउन आह्वान गर्दछु ।

सुनिल आचार्य
टेवा दाता



TEWA
Dhapakhel, Lalitpur

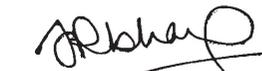
Statement of Financial Position
As on Ashad 32, 2082 (July 16, 2025)

Particulars	Note	As on Ashad 32, 2082	As on Ashad 31, 2081
Assets			
Non Current Assets			
Property, Plant and Equipment	4.1.1	156,813,762.46	161,239,871.82
Intangible Asset	4.2.1	1,140.50	1,520.50
Investment Property		3,913,827.79	4,081,488.43
Investment	4.3	18,835,000.00	18,635,000.00
Other Non Current Assets	4.4	-	5,546.00
Total Non Current Assets		179,563,730.75	183,963,426.75
Current Assets			
Inventories		-	-
Accounts Receivable	4.5	989,882.92	3,767,283.50
Cash and Cash Equivalent	4.6	188,043,119.66	105,746,533.53
Current Tax Assets	4.7	1,971,217.21	1,543,780.87
Other Current Assets		-	-
Total Current Assets		191,004,219.79	111,057,597.90
Total Assets		370,567,950.54	295,021,024.65
Liabilities & Reserves			
Accumulated Reserves			
Unrestricted Funds/Accumulated Surplus	4.8	166,527,987.75	165,108,558.80
Designated Funds	4.9	25,339,174.71	24,258,396.51
Restricted Funds	4.10	155,260,279.43	80,816,603.99
Endowment Funds		-	-
Other Capital Reserve	4.11	22,865,286.54	22,301,759.54
Total Accumulated Reserves		369,992,728.43	292,485,318.84
Non Current Liabilities			
Loans and Borrowings		-	-
Employee Benefit Liabilities	4.12	106,122.52	(786,582.21)
Deferred Revenue		-	-
Other Non Current Liabilities		-	-
Total Non Current Liabilities		106,122.52	(786,582.21)
Current Liabilities			
Accounts Payable	4.13	469,099.59	3,322,288.02
Loans and Borrowings		-	-
Current Tax Liabilities	4.7	-	-
Provisions		-	-
Other Current Liabilities		-	-
Total Current Liabilities		469,099.59	3,322,288.02
Total Liabilities		575,222.11	2,535,705.81
Total Equity and Liabilities		370,567,950.54	295,021,024.65

The Notes on accounts form an integral part of the financial statements.


Janki Shah
Treasurer


Rama Laxmi Shrestha
President


CA. Jitendra B. Rajbhandary
Senior Partner
J. B. Rajbhandary & DiBins
Chartered Accountants


Urmila Shrestha
Executive Director

Executive Committee Members:


Amrita Tamrakar
Sr. Finance Manager



Date: 21 August 2025
Place: Lalitpur



TEWA
Dhapakhel, Lalitpur

Statement of Income and Expenditure
For the Period Covering Shrawan 01, 2081 to Ashad 32, 2082
(July 16, 2024 to July 16, 2025)

Particulars	Note	For the Period Ended Ashad 32, 2082	For the Year Ended Ashad 31, 2081
Income			
Incoming Resources	4.14	178,859,255.53	131,239,889.61
Financial Income	4.15	1,773,074.52	4,360,993.71
Other Income	4.16	2,685,875.61	2,048,062.92
Total Income		183,318,205.66	137,648,946.24
Expenditure			
Programme Expenses	4.17	174,521,124.71	129,532,692.74
Staff Expenses	4.18	-	-
General Administrative Overhead	4.19	152,550.00	152,550.00
Depreciation and Amortization Expenses	4.20	7,225,102.00	6,902,630.00
General Administrative Expenses	4.21	-	-
Total Expenditure		181,898,776.71	136,587,872.74
Net Surplus / (Deficit) Before Taxation		1,419,428.95	1,061,073.50
Income Tax Expense		-	-
Net Surplus / (Deficit) for the Year		1,419,428.95	1,061,073.50
Appropriation of Surplus for the Year			
Allocation to Reserves		1,419,428.95	1,061,073.50
Allocation to Endowment Fund		-	-

The Notes on accounts form an integral part of the financial statements.


Janaki Shah
Treasurer


Rama Laxmi Shrestha
President


CA. Jitendra B. Rajbhandary
Senior Partner
J. B. Rajbhandary & DiBins
Chartered Accountants


Urmila Shrestha
Executive Director

Executive Committee Members:




Amita Tamrakar
Sr. Finance Manager



Date: 21 August 2025
Place: Lalitpur



TEWA
Dhapakhel, Lalitpur

Statement of Income and Expenditure
For the Period Covering Shrawan 01, 2081 to Ashad 32, 2082
(July 16, 2024 to July 16, 2025)

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Appropriation of Surplus for the Year			
Allocation to Reserves		1,419,428.95	1,061,073.50
Allocation to Endowment Fund		-	-

The Notes on accounts form an integral part of the financial statements.


Janaki Shah
Treasurer


Rama Laxmi Shrestha
President


CA. Jitendra B. Rajbhandary
Senior Partner
J. B. Rajbhandary & DiBins
Chartered Accountants


Urmila Shrestha
Executive Director

Executive Committee Members:




Amita Tamrakar
Sr. Finance Manager



Date: 21 August 2025
Place: Lalitpur



Board Members



Rama Laxmi Shrestha
President



Dr. Meeta Sainju Pradhan
Vice-President



Kamala Pradhan
General Secretary



Janaki Shah
Treasurer



Usha Kiran Shrestha
Secretary



Dr. Nirmala KC
Member/Past President



Riva Thapa
Member



Era Shrestha
Member



Bijaya Subba
Member



Pratima Kakshyapati
Member



Nita Lama
Member

General Members



Meera Jyoti
Member/Past President



Meera Arjyal
Member/Past President



Maggie Shah
Member/Past President



Draupadi Rokaya
Member/Past President



Sadhana Shrestha
Member/Past President



Amita Adhikary
Member



Chhaya Jha
Member



Narakumari Karki
Member



Irina Shrestha
Member



Sheetal Shakya Bajracharya
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Aaditi Tiruwa	Alish Gurung	Anita Bhandari	Anu Manandhar	Aruna Limbu
Aahana Aryal	Alisha Bhandari	Anita Dahal	Anu Rana Rai	Aruna Rai
Aajay Tamang	Alisha Shrestha	Anita Dulal	Anu Tamang	Asha Rai
Aalekh Raj Dahal	Aman Sharma	Anita Gurung	Anubhav Ajeet	Ashik Piya
Aanvi Joshi	Amber Gurung	Anita Maharjan	Anuja Shrestha	Ashmita Koirala
Aardhani Gurung	Ambika Shrestha	Anita Shrestha	Anup Sharma	Asmita Pun
Aarush Tiruwa	Ambrin Waris	Anita Singh	Anusha KC	Asta Laxmi Shrestha
Aarya Shrestha	Amir Baniya	Anita Tamang	Apekshya Gurung	Asta Maya Maharjan
Aashib Karmacharya	Amir Khanal	Anita Yadav	Apsara Gurung	Astamaya Maharjan
Aayam Vividh	Amita Maharjan	Anjana Rajbhandari	Apsara Khadka	Astha Khadka
Aayuv Rajbhandari	Amita Shrestha	Anjana Sharma	Archana Adhikari	Atmaram Thapa
Abdesh Kumar Dube	Amita Tamrakar	Anju Baral	Archana Danuwar	Avinash Vineet
Abhi Rajbhandari	Amrit Mahat	Anju Mulmi Joshi	Archana Shakya	Awash Poudel
Aditee Khadka	Amrit Maiya Kayestha	Anju Thapa Gurung	Archana Thapa	Ayash Karki
Aditya Shrestha	Amulya Shrestha	Ankit Nepal	Arjun Basnet	Ayush Nepal
Afrin Waris	Anand Gurung	Anmol Shrestha	Arjun Rajbhandari	Ayushma Aryal
Agaman Nepal	Ananta Acharya	Annonymous	Arnav Batala	Ayushma Lamichhane

B

Babita Shrestha	Basanti Lama	Bhauga Sai	Bhawani Newa	Bidhya Rimal
Badri Makaju	Basanti Thapa	Bhawana Khadka	Bhawani Panta	Bidhya Tuladhar
Banadive Shrestha	Bhagawan Maharjan	Bhawana Shah	Bhojraj Pokheral	Bijay Bhakta Shrestha
Bandana Gurung Pun	Bhagirathi Khatri	Bhawana Thapa	Bidhi DM	Bijaya Nagarkot

Bijaya Subba	Bimala Khadka	Binita Rai	Birendra Pradhanang	Bisnu Kala Thapa
Biju Karmacharya	Bimala Shrestha	Binita Rai	Bishal Rawal	BKSS
Bikram Karki	Bimala Shrestha	Binita Tuladhar	Bishnu KM	Bobby Malla
Bil Bahadur Karki	Bimala Tamang	Binti Gurung	Bishnu Narayan Nhemhafuki	Brinda Thapa
Bimal Karki	Bina Adhikari	Bipin Khanal	Bishnu Pokhrel	Brish Bahadur Danuwar
Bimala Basnet	Bina Shrestha	Bipin Shrestha	Bishnu Sherma	Buddha Lama
Bimala Buddhathoki	Binda Rimal	Biplabi Shrestha	Bishwo Dev Shrestha	Budhi Nepali
Bimala Gurung				

C

Capt.Om Gurung	Chandra Laxmi Shrestha	Chhaya Jha	Chitra Kumari Dahal	Colonel Ajaya Gurung
Chanda Shrestha	Chanta Maharjan	Chhing Lamu Sherpa	Choori Maiya Shrestha	
Chandika Amatya	Chaturananda Shakya	Chitra Chantal	Chunu Odari	

D

Das Ghar Samuha	Devi Maya Katuwal	Dinesh Gurung	Dr Ila Shrestha	Dr. Sucheta Pyakurel
Dayaram Khatri	Devmaya Shrestha	Dinesh Khadka	Dr Jaya Kumar Gurung	Dr. Suman Thapa
Deepa Bhandari	Dewuti Adhikari	Dinesh Suwal	Dr. Karuna Onta	Draupadi Rokaya
Deepa Bhatarai	Dhanuka Thapa	Dinu Gurung	Dr. Lina Gurung	Draupadi, Ishwori, Jyoti, Nanita, Roni, Rajina
Deepak Basyal	Dharima Maharjan	Dipendra Banjara	Dr. Meeta S. Pradhan	Drishya Gurung
Deepak Dewan	Dikchita WFA	Dipendra Gurung	Dr. Narayan Prasad Khanal	Durga Bisunkhe Shrestha
Delman Gurung	Diki Piya	Diwash Shrestha	Dr. Nir Bahadur Gurung	Durga Maharjan
Deu Bahadur Gurung	Dil Kumari Maharjan	DM Rayamajhi	Dr. Santosh Gurung	Durga Sapkota
Deuti Adhikari	Dilip Adhikari	Dolma Yutun Lama	Dr. Shree Krishna Shrestha	Dwarika Ghimire
Dev Maya Shrestha	Dilli Prasad Poudel	Dr Hum Bahadur Gurung		
Devaki Shrestha	Dinesh Acharya			

E

Eklal Neupane

Era Shrestha

G

Ganesh Basyal

Ganesh Das Shrestha

Ganesh Man Maharjan

Ganga Bahadur Gurung

Ganga Devi Gurung

Ganga Dhar Niroula

Ganga Kumari Magarati

Ganga Oli

Ganga Shrestha

Gaura Nepali

Gauri Mahat

Geeta and Mohinee

Giri Raj Gurung

Gita

Gita Devi Karmacharya

Gita KC

Gita Lamsal

Goma Khadka

Gopal Karki

Grishma Pokhrel

Gun Kumari Khanal

Guna Raj Luitel

Gunja Khatiwada

Gurung Family

Gyan Bishal Amatya

Gyani Amatya

H

Hari Bahadur Shrestha

Hari Kulal

Hari Kumar Shrestha

Hem Kumari Jyu Thakuri

Hem Lama

Hema Shrestha

Hema Vandari

Hira Gurung

Hira Maiju

Hita Gurung

Hom Basnet

Homa Thakali Gurung

Home Lama

HomRaj K.C

Hriday Shrestha

Hum Bahadur Thapa

Hum Kumari Gurung

Iman Singh Gurung

Indira Basnet

Indira Kumari Thapa

Indira Shreesh

Indira Uprety

Indira Uprety

Indra Muni

Indrakala Shrestha

Indria Basnet

Indu Barun

Indu Pradhan

Indu Sahu

Indu Shrestha

Indu Tuladhar

Insari Gurung

Irina Shrestha

Isha Gurung

Ishwor Dahungana

Ivy Thapa

Ivy/Sapani/Yasodha

J

Jagadamba Shrestha	Janaki Shrestha	Jeevan Maharjan	Jitendra Kumar Jha	Juna Rana
Jagat Ranabhat	Januka Dixit	Jenisha Nepali	Juddha Bahadur Gurung	Jyoti Family
Jamuna Poudel	Jaya Shrestha	Jhadendra Kumar Lama	Julun Khadka	Jyoti Kunwar
Janaki Shah	Jayanti Maharjan			

K

Kabita Bajgain	Kamla Gurung	Kesari Joshi	Kirtika Tamrakar	Krishna Lal Shrestha
Kabita Pariyar	Kamla Pande	Kesh Kumari	Kitika Maharjan	Krishna Shrestha
Kalpana Khadgi	Kanchhi Maharjan	Khadga Gurung	Komal Jyu Thakuri	Kumari Tamang
Kalrita Malla	Kancho Shrestha	Khango Kumari Bajgai	Koshi Thapa Gurung	Kumari Thapa
Kamal Raj Maharjan	Kareena Joshi	Khem Raj Dahal	Kripa Budhathoki	Kundip Lama
Kamala BK	Karna Bahadur Gurung	Khimananda Chaudhary	Kripa Shrestha	Kushal Gurung
Kamala Danuwar	Kasturi Shrestha	Khusbu Kayastha	Kripa, Aakriti	Kusum Karki
Kamala Khatri	Kedar Danuwar	Kiran Shrestha	Kripika Nepal	Kusum Thapa
Kamala Pradhan	Kedar Rayamajhi	Kirti Nari	Krishana Debi Pote	

L

Lal Bahadur Gurung	Laxmi Basnet	Laxmi Giri	Laxmi Pariyar	Lil Gurung
Lalita Maharjan	Laxmi BC	Laxmi Gurung	Laxmi Shova Shakya	Lila Kumari Ale
Lalkaji Lama	Laxmi Chand Kulal	Laxmi Khadka	Laxmi Shrestha	Lila Rayamajhi
Late Ishwori Joshi	Laxmi Dangol	Laxmi Maharjan	Laxmi Shrestha	Lila Tamata
Late Bishow / Madhav Prasad Shrestha				

M

Machhindra Khadka	Mangali Tamang	Manoj Maharjan	Meera Karki Praja	Mimosa Khadka
Madan Shrestha	Manila Shrestha	Mathura Khadka	Meera Maharjan	Mina Bhandari
Madhav Thapa	Manisha Salami	Maya KC	Meera Poudel	Minu Shrestha
Madhu Mahato	Manisha Tamang	Maya Roka	Meeta Karmacharya	Mithila Koirala
Madhu Shrestha Sing Thakuri	Manita Dhakhwa	Mayor Istiyag Ahmad Khan	Meghna Shrestha	Mohan Lal Acharya
Madhu Tamang	Manita Karmacharya	Meena Danuwar	Mehendi Prakash	Monika Devkota
Madhuri Sainju	Manju	Meena Gurung	Melisha Rawal	Monika Shrestha
Maggie Shah	Manju Adhikari	Meena Gurung	Melisha Shrestha	Muga Rai
Mahendra Malakar	Manju Gurung	Meena Tamang	Menuka Shrestha	Mukta Shrivastab
Mahesh Kumar Shakya	Manju Sharma	Meena Thapa	Merina Shah	Mukunda Prasad Sanjel
Malisha Malla	Manju Shrestha	Meera Arjyal	Methaok Dawa Sherpa	Mukunda Sanjel
Man Maya Ghale	Manju Shrestha	Meera BK	Metrita Kansakar	Mukunda Shrestha
Manahara Tuladhar	Manju Tamang	Meera Jyoti	Milan Kumar Shrestha	Muna Premy
Mandira Timilsina	Mankali K.C		Million Shrestha	Muna Shrestha

N

Nabin Khadki	Nani Gurung	Narayani Chaulagain	Neetu Shrestha	Nilam Gurung
Nabina Malla	Nani Maharjan	Narayani Malla	Nelson Rai	Nimadithal
Nabita Gurung	Nanu Gurung	Narendra Kumar Gurung	Neuta Damai	Nirmala Gurung
Nahush Shrestha	Nanu Karki	Narendra Shrestha	Nhila Pucha	Nirmala Gurung
Namita Karki	Nanu KC	Narira Gyawali	Niharika Chaudhary	Nirmala Gyan Bahadul Singh
Namrata Shakya	Narayan Devi Shrestha	Neeta Lama	Niikiba Pradhan Maharjan	Nirmala KC
Nanda Piya	Narayan Prasad Adhikari	Neetra Timilsina	Nila Shrestha	

Nirmala Kumari Gupta	Nisha Khanal	Nishesh Wyanju	Nita Joshi Shrestha	Nripendra Malla
Nirmala Purkuti	Nisha Kharel	Nisim Gorkhali	Niti Shree	Nuchhe Maya Maharjan
Nirmala Shrestha	Nisha Maharjan	Nita Chapagain	Niyansi Bhandari	Nurusha Tamrakar
Niru Maharjan	Nisha Rijal	Nita Gurung	Niyarika Bhandari	

O

Ojasvi Ligal	Om Bahadur Darlami	Om Prakash Ram
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P

Padam Poudel	Prabin Maharjan	Prakash M Shrestha	Prasansa Mainali	Priti Yogi
Padam Shrestha	Prabir Pardhan	Prakash Rajbhandari	Prasansha Dangol	Priya Magar
Panmaya Tamang	Pradeep Rai	Prakash Shrestha	Prathana Shrestha	Priya Shrestha
Parbati Maharjan	Pradeep Shakya	Prakash Thapa Magar	Pratik Karki	Pratima Shakya
Parbati Shahi	Pradeep Thakur	Prakriti Koirala	Pratik, Meeta, Prabin, Anushka and Priya	Puja Shrestha
Pinacle IT and Management Solution Pvt Ltd	Pradip Rai	Pramila KC	Pratima Kakchapati	Puja Upadhya
Poonam Malla	Pradip Tamrakar	Pramila Shakya	Pratistha Thapa	Pukar Thapa
Poonam Manandhar	Pragya Maharjan	Pramod Thapa	Prativa Aryal	Puran Thapa
Prabha Shakya	Prajesh Rana	Pranisha Shakya	Preet Shah	Puspa Bahadur Gurung
Prabha Shrestha	Prakash Koirala	Pranvi Sapkota	Prem Kumari Rai	Puspa Nepali
	Prakash Limbu	Prasanna Syaula		Puspa Thapa

R

Rabi Pokhrel	Rajan Ganesh	Ramji Ghimire	Riaz Waris	Roshan Jha
Rabi Tiruwa	Rajendra Gurung	Ramkumari Maharjan	Rishi Aryal	Roshan Shakya
Rabina Shrestha	Rajendra Lal Shrestha	Ranjana Sharma	Rishi Kesh Pokharel	Roshan Yadav
Rachana Niraula	Rajesh Gurung	Ranjana Thapa	Rita Bhattarai	Roshani Parmar
Rachana Niraula	Rajkumar Danuwar	Ransubba Gurung	Rita Dahal	Rozy Pun
Rachana Rai	Rajkumar Raut	Ratna Kaji Bajracharya	Rita Karki	Rubi Rai
Radha Bogati	Raju Chaudhari	Ratna Maya Wyanju	Rita Khanal	Rubina Acharya
Radha Devi Shrestha	Raju Gurung	Rayoush Shilpakar	Rita Maharjan	Rubina Gangol
Radha Khadka	Ram Bhattarai	Rayush Shipakar	Rita Raut	Rukmani Khadka
Radha Ranabhat	Ram Limbu	Reema Shrestha	Rita Thapa	Rukmani Shrestha
Radha Shrestha	Rama Laxmi Shrestha	Reena Maskey	Riva Thapa	Rum Gurung
Radhika Neupane	Ramesh Shrestha	Reeta Gurung	Riwaj Ranabhat	Rupa Bisunkhe
Radhika Pairyar	Rameshwor Dhungana	Reeta Karki	Rohita Bhandari	Rupa Katwal
Radhika Rana Magar	Rameshwori Basukala	Reeta Malla	Rojana Shrestha	Rupa KC
Rahish Shrestha	Ramika Shrestha	Rena Shrestha	Roji	Rupa Kumari Udas
Rahish Bask	Ramila Adhikari	Resa Tamrakar	Rosana Awale	Rupa Tiruwa
Raj Gurung	Ramita Bista	Reuka Thapa Danuwar	Roshan Chakubaji	RupLaxmi Dulal

S

Saan Teva	Sabina Thapa	Sabitra Rawat	Sabitri Thapa	Sagun Gurung
Sabin Kunwar	Sabita Amatya	Sabitree Devi Shrestha	Sadhana Shrestha	Sagun Shrestha
Sabina Shrestha	Sabita Bhattarai	Sabitri Khatri	Safalta Gurung	Sahikala Shrestha
Sabina Tamrakar	Sabita Maharjan	Sabitri Poudyal KC	Sagar Regmi	Sailesh Gorkhali

Sajam Joshi	Sanju Shah	Sarmika Thapa Karki	Shashikala Shrestha	Siri Gurung
Sajana Shrestha	Santa Bahadur Kuwar	Sarmila Kunwar Rawal	Sheela Khadgi	Sirjana Malasini
Sajja Singh	Sanu Deula	Saroj Shrestha	Sheela Thapa	Sita Paoudyal
Sakara Darji	Sanu Maharjan	Sarsawoti Sharma	Sheetal S. Bajracharya	Sita Rupakheti
Sakha Ghimire	Sanu Maiya Maharjan	Sashi Kala Chaudhary	Shekhar Shrestha	Sita Shrestha
Sakina Maharjan	Sanu Poudel	Savitri Gurung	Sher Bahadur Tohrje Gurung	Smeeha Shrestha
Sakuntala Adhikari	Sanvi Gurung	Sayujaya Shrestha	Shila Khadgi	Somita Magar
Salina Gautam	Sapani Lama Rayamajhi	Selina Thapa	Shobha Gurung	Soni Sherpa
Samichchha Shrestha	Sarad Khadka	Selina Thapa	Shoba Basnet	Soumya Manandhar
Samjahana Adhikari	Sarala Devi Wyanju	Seliska Maharjan	Shova Gurung	Sova Magar
Samjhana Bisunke	Sarala Maharjan	Shanta Prasai	Shova Magar	Srijana Giri
Samjhana Shrestha	Sarala Shrestha	Shanti Barma	Shova Neupane	Srijana KC
Samman Shrestha	Sarasawoti Kumhar	Shanti Gurung	Shova Shakya	Srijana Thapa Pathak
Sampanna Gurung	Saraswoti Karki	Shanti Maharjan	Shova Shingha	Srishti Jayana
Samyam and Ginni	Saraswoti Pathak	Shanti Shrestha	Shova Shrestha	SSP Chhaya Gurung
Sandhoj Danuwar	Saraswoti Shrestha	Shanti Upadhaya	Shova Thapa Magar	Suban Thapa
Sangita Basnet	Sarda Khadka	Sharada Shrestha	Shraman Shakya	Subhadra Adhikari
Sangita KC	Sarda Shrestha	Sharan Rawal	Shramina Shrestha	Subhadra Shrestha
Sangita Magar	Sarika Pathak	Sharda Gurung	Shree Krishna Shrestha	Subhash Shrestha
Sangita Premy	Sarina Gurung	Sharda Shrestha	Shree Ram Shrestha	Subheksha Maharjan
Sangita Shrestha	Sarisa Shrestha	Sharmila Aryal	Shreeram Shrestha	Subhiksha Niroula
Sangita, Manju, Rukmani	Sarita Adhikari	Sharmila Joshi	Shriyam Niroula	Sudiksha Poudel
Sanja Kumari Danuwar	Sarita Dahal	Sharmila Khadka	Shyam Dhakal	Sudil Poudel
Sanjaya Nepali	Sarita Kulal	Sharmila Shakya	Sibu Giri	Sudip Shrestha
Sanjeevi Karki	Sarita Magar	Sharmila Shrestha	Sima Raniyar	Suhani Shakya
Sanju Limbu	Sarita Thapa	Shashi KC		Sujala Khadka

Sujan Maharjan	Sumika	Sunil Shrestha	Suraj Thapa	Sushila Moktan
Sujani Maharjan	Sumiran Shrestha	Sunila Lama	Surendra Ram Acharya	Sushila Panthi
Sujata Gurung	Sumit Shrestha	Sunita Basnet	Surendra Shrestha	Sushila Sarki
Sujata Khanal	Sumita Tamang	Sunita Gurung	Surita Singha	Sushila Shrestha
Sujina Maharjan	Sumitra Shrestha	Sunita Koirala	Suruchi Thapa	Sushila Thapa
Sujit Thapa	Sumitra Upreti	Sunita Koirala	Surya Kitchen Store	Sushma Chaudhary
Sulochana Maharjan	Sunda Shakya	Sunita Kumari Basnet	Susan Tamang	Sushma Poudel
Suman Khadka	Sunika Manandhar	Sunita Lama	Sushil Shrestha	Sushma Shrestha
Suman Maharjan	Sunil Acharaya	Sunita Maharjana	Sushila Baral	Susil Piya
Suman Thapa	Sunil Basnet	Sunita Shrestha	Sushila Guragain	Susma Regmi
Sumata Bam	Sunil Chitrakar	Sunita Shrestha	Sushila KC	Suwas Dahal

T

Tara Danuwar	Tara Magar	Tewa House keeping	Tsering	Tulashree Thapa
Tara Devi Dhaubhadel	Tara Sharma	Timalsina Diary	Tsorgye Sangmo Lama	Tulasi Budha
Tara Devi Gurung	Tara Thapa	Tirtha Gurung	Tula Ram Gurung	Tulasi Wainju
Tara Kumari Rai				

U

Uddav Prasad Panta	Uma Khadka	Unnati Bachat Samuha	Usha Khadka	Usha Thapa
Uma Chitrakar	Uma Nepal	Upama Bastakoti	Usha Kiran Shrestha	Utam Maiya Shrestha
Uma Ghimire	Umesh Prasad Dhungana	Urmila Shrestha	Usha Raut	

Y

Yajaswi Rai	Yaman Gurung	Yash Bahadur Gurung	Yasoda Limbu	Yuvna Khanal
Yam Bhandari	Yamuna Neupane	Yashoda Khadka	Yudi Maya Magar	

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