



Annual Newsletter

Women Empowerment

Activities 2025



Health Camp

SETU Nepal organised two **free health camps** this year. The camps offered free health check-ups, including blood pressure checks. They also provided **health advice and information** about Gender-Based Violence (GBV). Altogether, we provided a service to 387 people.



Did you know?

Hypertension, also known as high or raised blood pressure, can increase the risk of heart, brain, kidney, and other diseases. Nearly 1 in 4 people in Nepal suffer from hypertension.

Women Empowerment

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Fun activities of Aarati children

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Support victims of Gen-Z protest

The protests on 8 September changed lives forever. People brimming with energy and hope were shot or left with bad injuries, shattering not just their bodies, but the futures of their entire families. SETU Nepal stepped in—offering counselling to heal invisible wounds, financial support and nutritional assistance to restore strength and dignity.



„Judgment and rigid norms lock LGBTIQ+ people out—of spaces, jobs, and dignity. We need stigma-free environments and policies that actually include us.”

—Ms. Mausami Gurung, LGBTIQ+ Community Representative

Quiz Campaign

This year's 16 Days of Activism campaign featured a daily GBV quiz on social media, inviting everyone to answer in the comments. On the final day, we drew 15 winners who received SETU Nepal goodies. The campaign proved it again:

Together, we hold the power to shape a world that is both diverse and safer for all.



16 Days of Activism against GBV

Panel Discussion

On 1st of December, we hosted a panel discussion entitled 'The Role of Different Institutions and Stakeholders in Reducing Gender-Based Violence: Actions, Gaps and Accountability'.

„Without evidence, justice fails. At OCMC, we ensure survivors of gender-based violence get the medical care, legal support, and counseling they need—while securing the proof that holds perpetrators accountable.”

—Ms. Suku Lama, OCMC Kathmandu



Community Awareness Program



We successfully organised a community awareness program in Panchgram, Parashi.

The session brought community members together to discuss the importance of **safety, equality, and collective responsibility** in preventing gender-based violence (GBV). Through open dialogue and shared learning, we reinforced our dedication to building a community where **everyone**, especially women and girls, can live free from violence and discrimination.



Sustainability Design Competition

From July until December, we ran a design competition at Khwopa College of Engineering. **Students** were tasked with designing a sustainable plan for an **eco-tourism** resort at Changu Farmhouse. To do this, they visited the site to take measurements and familiarise themselves with the terrain. They were then free to **create their designs**. In December, we announced the **winning team** and awarded them a cash prize of **20,000 NPR**. The first runner-up received a prize of 10,000 NPR.



Multi-Stakeholders Workshop

We brought together municipal leaders, community representatives, and the OCMC to:

- **Improve** local government-community coordination
- **Share** project updates, wins, and hurdles
- **Explore** collaboration for community wellbeing

Community programs, workshops, trainings



Motivational speech for the youth sector

In May 2025, Ranju Pandey, one of 16 individuals selected for recognition by the UN Trust Fund in 2024, delivered a motivational speech at Shikharapur Community School. Through sharing her journey, the speech aimed to inspire **young leaders** to **challenge gender stereotypes** and create a **safer, more diverse society**.



Setu Farming



Top 3 produced vegetables in 2025

In 2025, we grew a wide range of vegetables: tomatoes, cauliflower, greens, carrots, beetroots, radishes, broccoli, and peas. All these vegetables are grown on our **organic farm** in Changu. We make our own **compost fertilizer** and do not use any pesticides.

Did you know?

A 2025 review in the **European Journal of Clinical Nutrition** revealed that **eating more organic foods lowers your risk of lymphoma** and postmenopausal breast cancer. By reducing exposure to pesticides and harmful chemicals, organic diets act as a natural shield for your health.



Visit of the scouts from Luxembourg

On 15 October, we were delighted to **welcome** representatives from the **Scouts Federation of Luxembourg** (FNEL) to the Setu farmhouse. The visit included a **productive discussion about plans for a 2027 Camp**. To mark the occasion, the President of Setu Nepal presented a token of appreciation to the FNEL team in celebration of Nepal's upcoming Lighting Festival.



Soap and carpentry training



A group of children from Aarati Home participated in an **organic soap-making course** and **carpentry training**. The soap-making course was organized by Rokpa Village and the carpentry training was held at Olgapuri Vocational School. These two training sessions provided them with **valuable skills** and a **platform to express their creativity**. These sessions were not only educational but also a wonderful opportunity for bonding and fun.



Visit of Green Gold Solutions

We were honored to host **Green Gold Solutions**, experts in **sustainable bamboo housing**, at our Farmhouse. Her visit brought valuable insights into how we can transform this space—and she generously donated cash support to Setu Nepal. **Thank you** for your support, and we look forward to **building the future** of Changu Farmhouse **together!**



Fun Activities of Children Momo making

We welcomed **Natasha** and **Tasha** from **ONGD-FNEL** to Changu Farmhouse, where they toured the office and farm, experiencing the beauty and operations of our space firsthand. The highlight was a **hands-on session** where making traditional **Momos** together, filled with laughter and stories.



Let's keep building together in 2026.

Thank you for your Support!

Setu Nepal

