



Annual Report

2025

Words from the President & Executive Director

Setu Nepal was established in 2001 to uplift marginalised women, starting with those in prison and their children. Initially, we focused on rehabilitation and reintegration, helping these women and children rebuild their lives with dignity after release.

Over time, we recognised that vulnerability extends far beyond prison walls. Many women face discrimination, exclusion, and silent suffering within their families and communities—an invisible yet oppressive confinement. This led us to expand our mission to include women living with HIV and survivors of gender-based violence.

Since then, Setu Nepal has empowered women socially and economically while addressing stigma, discrimination, and barriers to essential services. Our approach now emphasises both immediate support and long-term transformation, enabling women to live with dignity, independence, and confidence.

Today, we remain committed to building an inclusive society where every woman has equal opportunities and respect. This journey has been possible thanks to the trust of the communities we serve and the support of our partners. Moving forward, we will continue to bridge gaps, promote inclusion, and create lasting, positive change for women, children, and communities across Nepal.

President, Bimal Pandey

With over two decades of experience working with women and children across nearly 80% of Nepal, I have learned that meaningful change begins at the root. Just as a plant thrives when its roots are nurtured—not merely its leaves cleaned—empowering women is the foundation for securing future generations' well-being.

At Setu Nepal, we believe that when women are empowered—socially, economically, and emotionally—their families and communities flourish. Our work with women living with HIV and survivors of violence goes beyond immediate needs; it restores dignity, confidence, and opportunity, investing in children.

We also recognize the importance of balance within families. Men often bear the weight of societal expectations as sole providers and decision-makers, which can lead to pressure and isolation. Empowered women help rebalance these dynamics by fostering understanding, shared responsibility, and positive values. Through mutual respect and coordination, healthy behaviors are cultivated and passed down, strengthening families and building resilient communities.

Through initiatives like Aarati Home and our sustainability-focused farm activities, we provide protection, life skills, and long-term opportunities for children, while enabling women to lead independent, dignified lives. Ultimately, when families are supported in a balanced, inclusive manner, communities grow stronger—contributing to a healthier, more resilient nation.

Executive Director, Ranju Pandey





Abbreviations

HIV: Human Immunodeficiency Virus

GBV: Gender-Based Violence

WLHIV: Women Living with HIV

LGBTIQ+: Lesbian Gay Bisexual Transgender Queer Intersexual +

CECI: Center for International Studies and Cooperation

SCLC: Shikharapur Community Learning Centre

OCMC: One Door Crisis Management Center

SEE: Secondary Education Examination

NGO: Non-Profit Organization

UNTF: United Nations Trust Fund to End Violence Against Women

ONGD-FNEL: Organisation Non Gouvernementale de Développement-
Fédération Nationale des Éclaireurs et Éclaireuses du Luxembourg

Content

Executive Summary	4
Introduction	5
Thematic Areas	5
Annual Activities	6
• Aarati Home	6
◦ Design Competition	9
• Capacity Building	10
• Livelihood Support	12
• Education Support	14
• Disaster Response & Emergency Support	15
◦ The story of Parvati	15
◦ The story of Jharana	16
• Advocacy	17
◦ Workshops	17
◦ Community Awareness Program	18
▪ Health Camps	18
▪ Panel discussion	19
◦ Social Media	20
Visitors	21
Financials	22
Networking and Fundraising	23
• Individual Philanthropies	23
• UN Trust Fund & ONGD-FNEL	23
Conclusion	24





Executive Summary

Setu Nepal's 2025 Annual Report showcases our dedication to empowering marginalised women, children, and LGBTIQ+ communities in Nepal. Since 2001, we've supported imprisoned women, those living with HIV, GBV survivors, and other vulnerable groups.

This year, we ran **Aarati Home** for nine children, **Changu Farmhouse** for sustainable agriculture, and a **design competition** for eco-tourism.

We trained **136 women** in empowerment and livelihood skills, **funded 28 women's businesses**, and sheltered **39 GBV survivors** in our Safe House.

Advocacy efforts reached **567+ people**, and our GBV panel engaged 120 participants. Key achievements include **emergency support** for crisis-affected individuals like Parvati and Jharana, **community awareness** programs, and a **panel discussion** on GBV with 120 participants. Social media campaigns, such as the **16 Days of Activism**, engaged **7,396 people**.

Financial transparency remains a priority, with **8,520,483.41 NPR** spent on programs like education, livelihood, and advocacy.

As we move forward, Setu Nepal will focus on **self-sustainability**, strengthening partnerships, and expanding our impact. We are actively submitting proposals to ensure the **continuation of our programs** and **sustained support** for women and children in need. We are grateful to our donors, partners, and beneficiaries for their trust and collaboration in building an inclusive, resilient Nepal.

Introduction

SETU Nepal is a non-profit organisation established in 2001 by young professionals with the initial objective of the rehabilitation of imprisoned women who struggled to live a normal life. SETU then recognised the difficulties faced by people living with HIV, especially women and children. The deeply rooted patriarchal social structure has exacerbated the situation of women and children and often leaves them exposed to criticism and social exclusion.

SETU's mission is to promote sustainable improvement, raise awareness, and address the stigma within society. We have a comprehensive approach, addressing a range of interrelated factors and age groups that significantly impact the lives of this disadvantaged group.

Today, we primarily work for HIV/AIDS infected mothers, survivors of Gender-Based Violence, and children to help them overcome the trauma and stigmatization to empower them.

Thematic Areas



Care & Support



Advocacy



Self-Sustainability



Capacity Building



Annual Activities

Aarati Home

We run a residential home called Aarati Home for children in vulnerable situations. We provide them with a safe home and a good education. Outside of school, they are taught life skills such as cooking and farming. These skills are listed under the section Capacity Building (see page 10). The eldest are very independent and look after their younger siblings very well.

Currently, nine children are living at Aarati Home. They are all studying at school. Two of them are in Grade 10 and will soon be taking their SEE exams. The others are in Grade 3, 4, 5, 7, 8 and 9.

This year we took the children to the Kathmandu Fun Park and organised activities with the Leo and Rothar Club. This gives them the opportunity to enjoy fun activities and connect with other children.

Together with our volunteer from Luxembourg, they organised a Christmas dinner at the farmhouse. They showed each other how to cook dishes from their country and celebrated with a Christmas tree and of course, gifts.





'The first time in the Kathmandu Fun Valley, I was feeling a little shy, but when I met another sister (former Setu Beneficiary), we played loads of games. There was also a big waterslide. At first, I was scared to go on it, but when I tried, I realised how much fun it was!'

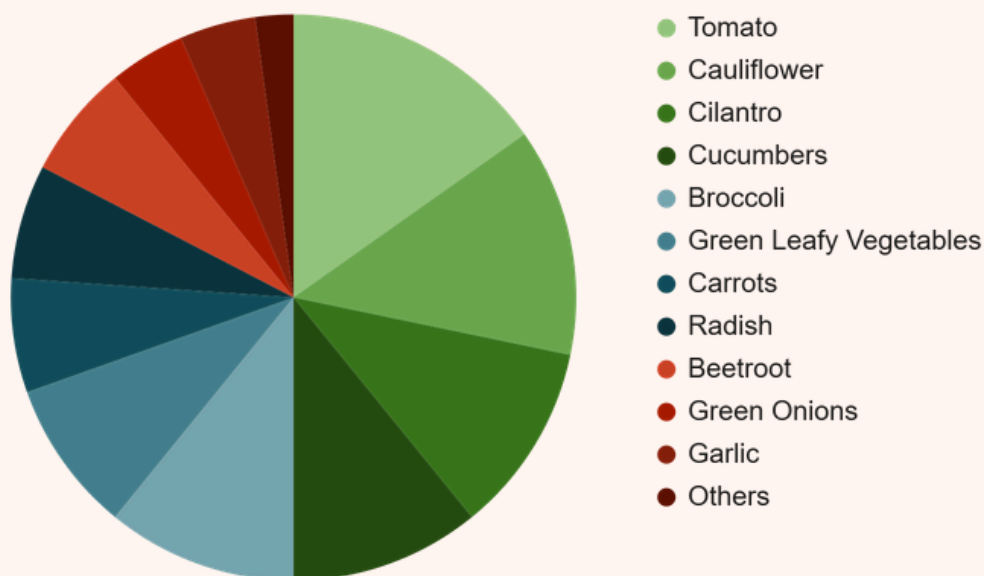
'I enjoyed Christmas a lot. We learnt how to cook traditional dishes from Luxembourg and Austria. I taught Amélie (volunteer at Setu) how to prepare Laddu, a Nepalese sweet. We organised and prepared everything ourselves, and we could see the nice result afterwards.'



Changu Farmhouse

At Changu Farmhouse, we grow vegetables without using pesticides or chemicals. This year, we have grown different types of green vegetables, such as saag, spinach, parsley, taro root, green onions, and garlic. We also had lots of cauliflower and broccoli. This year, we also had a very successful tomato harvest. We had some root vegetables, like carrots, radish and beetroots. We also had some cucumbers and green peppers.

We fertilise these organic vegetables with our own homemade compost. The compost is made at the end of the year and can be used until the end of spring.



Design Competition

In July, we held a design competition at Khwopa College of Engineering, Bhaktapur. Students were asked to create designs for the farmhouse's infrastructure. These will support its future development as an eco-tourism retreat and training venue. The winning team received 20,000 NPR, the runner-up 10,000 NPR and the remaining participants 500 NPR. We will use the designs to help us create our own sustainable and welcoming farmhouse.



7
Designs

20
Participants

Khwopa
College
of Engineering



Capacity Building

SETU Nepal runs a variety of capacity-building programmes each year.

We organise three- or five-day training sessions, covering topics ranging from women's empowerment to financial literacy. The most important topics are women's empowerment and gender and sexuality issues. We also place a strong focus on HIV/AIDS and healthy nutrition.

We also offer skills-based training in areas such as pickle making, mushroom farming, vermicomposting, and candle and soap making.

We use various methods to discuss these topics in each programme, such as brainstorming, group discussions, presentations, games, role-plays, and art.

This year, we held four training sessions, with a total of 136 female participants.

I believe there is no difference between male and female; what truly matters is one's character. If life gives me another opportunity, I wish to live as an honest and loyal person. I am deeply thankful to Setu Nepal, which empowered me to stand up for myself and helped me find my voice and strength.

- Said by the Beneficiary

Four children from Aarati Home participated in various skill development training sessions this year.

Manav, who is 18 years old, participated in a carpentry course. We support his passion for agriculture and crafts in this way.



I'm thankful to Olgapuri Vocational School for the opportunity to join the carpentry training course. I learned many new skills that will help me build a better future.

Three girls took part in soap-making training in 2025. During the theoretical and practical sessions, they learnt what they needed to know and how to make their own soap.



We are involved in a range of capacity-building programmes, both as organisers and participants. For instance, in 2025, we participated in a programme organised by ONGD-FNEL in collaboration with the Red Cross Nepal. During the course of this three-day programme, SETU Nepal staff were instructed on measures to reduce the risk of disasters and appropriate procedures to follow in such situations.

Livelihood Support

We empower women living with HIV or survivors of gender-based violence to start or grow businesses. After training in business literacy and entrepreneurship, selected women receive 10,000 NPR in seed funding.

Workshops provide market platforms for selling products, and field visits offer ongoing support, helping them reintegrate into society and build a stable future.

This year, 28 women from sectors like agriculture, tailoring, and retail received this support.



Business story

To improve her livelihood, Hishila started selling Pani Puri and Chatpate. She also started making woollen crochet items and crafts from recycled plastic bottles. Thanks to her creativity and hard work, she was able to design unique handicrafts.

With a small grant from SETU Nepal, she was able to expand her business. Today, her growing success and confidence inspire other women in her community, and she shares her story at SETU Nepal workshops.

With SETU Nepal's support, many of us have started vegetable shops, grocery stores, and small food stalls, helping us to meet our daily needs and support our families.

- Hishila

Changu Farmhouse

Our Safe House provides temporary shelter for survivors of gender-based violence and their children. We connect them with other safe housing organizations and offer counseling, medical care, and legal support. This year, 39 women found refuge with us for a few days.



At home, I faced emotional, physical, and financial abuse. The shelter gave me a safe space to express my feelings and feel at ease, even if only for a short time.

- Said by a beneficiary



Education Support

In 2025, direct education support for children was not provided, with the exception of the Aarati children. This year, our focus was more on playing the role of the bridge. We successfully connected numerous donors and individual well-wishers (philanthropists) with children in need of educational support and facilitated the provision of all necessary documentation and information to both parties.



Disaster Response & Emergency Support

The story of Parvati

Having completed her bachelor's in Plant Science, Parvati had been preparing for the Loksewa examination. Together with her younger brother she lives in a rented room in Kathmandu. Her younger brother, working as a pathoo rider, was shot in the hip during the Gen-Z protests in September and needed treatment at Civil Hospital. The sudden halt of his work and the medical expenses have plunged Parvati into a financial and emotional crisis.



'I had dreams of building a career and supporting my family, but right now, my only focus is on looking after my brother,' she said, looking distressed.

Setu Nepal has provided financial support and counselling, enabling Parvati to manage hospital visits and her caregiving responsibilities.



The story of Jharana

Jharana (name changed) is an LGBTIQ+ community representative and peer navigator. During the Gen-Z protest, Jharana came into contact with Setu Nepal because she was facing serious challenges in accessing life-saving HIV medication. Setu Nepal provided her with support to continue her treatment. This included assistance in obtaining medicines and counselling support. Jharana now supports other people living with HIV, she guides them to services and provides support to ensure they don't feel alone in difficult times.

Later on Jharana was invited by Setu Nepal to share her experiences in front of policymakers, institutions and community stakeholders. This marked an important step in self-advocacy as due to stigma and discrimination and a lack of employment opportunities people living with HIV or being part of the LGBTIQ+ community are unable to generate an income.



Advocacy

To also take prevention measures we conduct workshops and community awareness programs about HIV, GBV and LGBTIQ+.

Workshops

We invite different stakeholders to our workshops to strengthen the coordination between the local government and community groups. We share updates on our project progress, achievements and challenges. We also identify opportunities for collaboration between our beneficiaries and stakeholders. All together we had 180 participants in our workshops this year.

I sincerely appreciate SETU Nepal's efforts to reduce gender-based violence at the municipal level. GBV is a social issue affecting everyone, and change starts with each of us. Clear, positive perspectives are key to building an inclusive future.
- Ms. Samjhana Chaudhary, Deputy Mayor of Ramgram Municipality



Community Awareness Program

Health Camps

During the sacred month of Shrawan, SETU Nepal successfully organised two free health camps focusing on gender-based violence. The camps offered free health checks, including blood pressure and blood sugar level checks. We also provided health advice and ran an awareness campaign about GBV. In total, we served 387 people during the two health camps.



As well as receiving free health checks, people got to know about the work of SETU Nepal. A good initiative!

- Participant



Panel Discussion

On 1st December, SETU held a panel discussion together with Lalitpur Metropolitan City, the Rotaract Club of Patan, and the Leo Club of Kathmandu.

Held during the 16 Days of Activism Against Gender-Based Violence, the discussion focused on 'The Role of Institutions in Reducing GBV: Actions, Gaps, and Accountability'.

Panelists from different fields were invited to participate in the discussion. Ms Suku Lama from OCMC Kathmandu highlighted the importance of evidence in ensuring justice for survivors. Often, a lack of evidence leads to a case being dismissed. She also provided an overview of OCMC's services.

Ms Sarita Karki, a GESI (Gender Equality and Social Inclusion) specialist, explained why and how GESI should be incorporated into programme planning.

Our special guest was Ms Jharana Gurung (name changed), a representative of the LGBTIQ+ community and a Setu beneficiary. She shared her experiences and the challenges she has faced. She described the difficulties she faces in finding gender-friendly spaces and the limited employment opportunities available to her.

The discussion ended with an engaging Q&A session with the audience.

A total of around 120 people took part in the panel discussion.

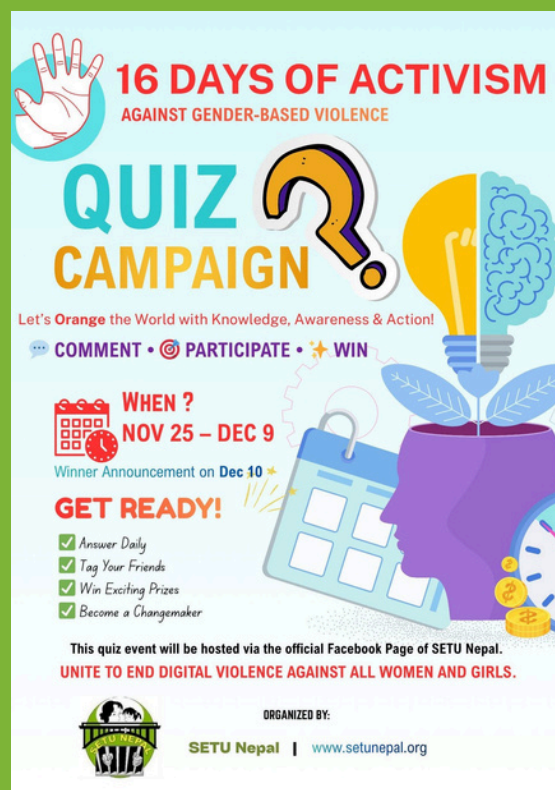
I would like to share my experience of childhood sexual abuse. A lack of education about 'good touch' and 'bad touch' left me vulnerable and confused — an issue compounded by my identity as a member of the LGBTIQ+ community.

- Participant

Social Media

On our social media channels, we regularly post informative posters as well as reports on activities we organised or participated in.

One of the highlights this year was the 16 days of activism against the GBV campaign. During those 16 days we posted one quiz question to which the participants could answer in the comments. On the last days we selected 15 winners who were rewarded SETU Nepal goodies. In total there were 7,396 people participating.



16 DAYS OF ACTIVISM
AGAINST GENDER-BASED VIOLENCE

QUIZ CAMPAIGN

Let's **Orange** the World with Knowledge, Awareness & Action!

COMMENT • PARTICIPATE • WIN

WHEN ?
NOV 25 – DEC 9

Winner Announcement on Dec 10

GET READY!

- ✓ Answer Daily
- ✓ Tag Your Friends
- ✓ Win Exciting Prizes
- ✓ Become a Changemaker

This quiz event will be hosted via the official Facebook Page of SETU Nepal.
UNITE TO END DIGITAL VIOLENCE AGAINST ALL WOMEN AND GIRLS.

ORGANIZED BY:
SETU Nepal | www.setunepal.org



Visitors

We had some very special visitors here this year.

The former Miss Nepal, Ishani Shrestha, came to our office and participated in a program together with our beneficiaries. It was a very inspiring session for all the participants who got the chance to tell their stories, showcase their products and receive feedback on what they are doing.



The last guests of 2025 were from Green Gold Solutions. One of their representatives came to view the bamboo houses in Changu. They wanted to see how we built them and how they could be improved. Their visit presented the perfect opportunity to explore potential future collaborations. For example, we could incorporate bamboo into the design of the Changu farmhouses, for both the buildings and the furniture. Thank you very much for visiting us and for your generous donation. We look forward to working with you again.



Natasha and Tasha from ONGD FNEL came to our farmhouse to spend time with our children. They had great fun making traditional momos and were keen to learn more about Setu. It was a very joyful day.

There were other guests from FNEL too. They came to see if they could host a scout camp at our farmhouse in 2028 and we discussed how to organise it.



Visiting the office and the social enterprise from Setu has been a great learning experience. The variety of the project and all the hard work that has been put into the project is very impressive. Thank you for the very nice visit and your big impact on your beneficiaries.

- Tasha, ONGD-FNEL

Financials

Funds received for 2025:

9,328,526.06 NPR

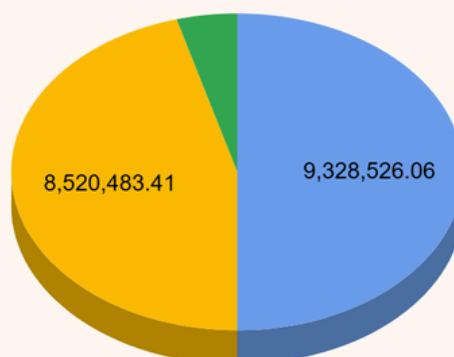
Actual expenditure in 2025:

8,520,483.41 NPR

Margin for 2026:

808,042.65 NPR

Amount(NPR)



● Fund Received ● Actual Expenditure ● Margin

Utilisation Areas:

- Aarati Home: Education, Nutrition, Transportation, Leisure Activities
- Changu Farmhouse: Material, Reparation Measures
- Advocacy: Community Awareness Events,
- Livelihood Support: Seed Money, Trainings
- Public Support: Health, Treatment, Social Services
- Human Resources and Administration: Staff Salaries, Operating Expenses



Green Gold Solutions with a generous donation after visiting our office and Changu Farmhouse.



Jessica and Becky showed their support for our self-sustainable farm by donating 439,516 NPR on the occasion of their wedding.

Networking and Fundraising

Individual Philanthropies

Individual philanthropists can support SETU Nepal by donating items such as clothing, food, stationery or toys, depending on what is needed. Alternatively, donors can sponsor a child's education or nutrition, or make a cash donation.

UN Trust Fund & ONGD-FNEL

SETU Nepal maintains strong partnerships with the government, local communities, and other stakeholders to support children, GBV survivors, and women living with HIV. Under the ONGD program, we collaborate with local authorities and families to provide education, vocational training and cultural events, and ensure child protection through our Child Protection Policy. In collaboration with the UNTF, we work alongside government officials and healthcare professionals to deliver training sessions, workshops, and essential services, reaching over 136 women. Our referral map and IEC materials provide guidance to beneficiaries, while seed funding and safe housing empower women. Through community programs and social media, we foster a network that connects marginalised groups with vital support.



Conclusion

2025 was a successful year for SETU Nepal! We achieved many of our targets and goals, and established numerous new connections.

However, every year, we reflect on our achievements and areas for improvement. This year, we reflected on our self-sustainability. We have already started to improve this by redesigning Changu Farmhouse. We still see room for improvement and will take these on as our tasks for the new year.

We would like to thank ONGD-FNEL and UNTF for their support and trust in Setu Nepal. Special thanks to all our donors and well-wishers for their continuous support and contributions.





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