



Quarterly Newsletter

Maghi Celebration at Changu

This Maghi, the Aarati children came together to prepare different types of ladoo, filling the day with laughter, teamwork, and celebration.

The activity also became a special cultural exchange for our volunteer, Amelie, who enjoyed learning more about Nepali cuisine and traditions through the children's joyful participation.



January to March Highlights

- 15th January - Maghi Celebration
- 6th February - Guniyo Cholo
- 8th March - International Women's Day
- 24th March - Orientation Program LGBTIQ+
- 28th March - Event Leo Club of Bhaktapur

Guniyo Cholo Ranjana

On February 6, SETU Nepal joined the family of Ranjana (name changed) to celebrate her Guniyo Cholo ceremony—a cherished tradition marking the journey from girlhood to womanhood.

Filled with joy, blessings, and togetherness, the celebration was also a reminder of our shared commitment to support every girl to grow into a strong, confident, and independent woman.

Every girl deserves a future full of dignity, opportunity, and hope.



When the street becomes a stage for change

This Women's Day wasn't just about speeches – it took to the streets.

In Ramgram Municipality–7, Ujaini, a street drama transformed an everyday public space into a platform for truth, reflection and resistance. Supported by SETU Nepal as part of the “Integrated Service Access for Prevention and Response to Gender-Based Violence” project, the event brought together more than 55 community members in a powerful way.



In the presence of **Ms. Samjhana Chaudhary**, Deputy Mayor, Ramgram Municipality the performance addressed real issues that people often see but don't speak about:

- **violence** inside homes
- early **marriage**
- silence around **injustice**

The drama didn't just tell a story – it started conversations. People stopped, watched, discussed and reflected. For many, it was the first time these issues had been **openly discussed** in their community.



Sometimes, change begins with simply making the invisible visible.

A Small Support, A Big Shift: Chill Pill Zone



Chill Pill Zone in Thamel is more than a restaurant— it's a space of inclusion for the **LGBTIQ+** community.



Chill Pill Zone in Thamel, Kathmandu, is more than a restaurant – it's a space of inclusion, identity and opportunity for the **LGBTIQ+** community.

SETU provided seed funding of NPR 10,000 to support this initiative. Though modest, this support was meaningful in strengthening the restaurant's identity and environment.

“This support may seem small, but it made a big difference for us. We used it to create **LGBTIQ+–themed décor in the space. Now, people walk in and feel like they belong here.” – Babu Chhetri, Founder**

The decor changed, and so did the feeling. Chill Pill Zone now stands as:

- A safe space
- A symbol of identity and pride
- A livelihood opportunity

Support like this can help create spaces where people can finally breathe freely.

Watch & Listen: Stories That Need to Be Heard

This quarter, SETU Nepal shared a short video capturing lived experiences from the LGBTIQ+ community—stories of struggle, resilience, and the ongoing journey toward dignity.



Every view, every share helps amplify voices that are too often unheard.



Creating Space for Learning and Dialogue

Orientation on LGBTIQ+ Health, Rights and Inclusion



On 24 March 2026, a different kind of space was created – one for listening, learning and unlearning.

Held at Sukraraj Tropical and Infectious Disease Hospital, this orientation brought community members and stakeholders together to openly discuss:

- Identity and lived experiences
- Health and HIV prevention
- Gender-based violence
- Legal rights and protections

But more than just providing information, the session offered something deeper: a sense of connection.

“This programme made me feel seen and understood. It gave me the confidence to speak up and seek support.”



Our Farmwork



Picnic At Changu

28th March

The **Leo Club of Bhaktapur Bhairav** brought joy to our children with a delightful **picnic** at Changu. Despite the rain, **laughter and games filled the day**, creating unforgettable memories.

We deeply appreciate the Leo Club's time, energy, and kindness. Their presence brightened the children's day—and ours. We're also truly grateful for their generous **donation of NPR 10,000** to SETU Nepal.

Nothing heals the heart like a child's laughter, and together, we continue to create moments that matter.



In January, we sold a lot of **cauliflower**. The next harvest included a variety of green leafy vegetables, such as **parsley, saag, and green onions**. After that, we took a short break from harvesting and selling to plan a **self-sustainable future for the Farmhouse** together with our new staff member. We are growing zucchini and beetroot seedlings in our nurturing area.

