



DBSV ANNUAL REPORT 2021

DIDI BAHINI SAMAJ VICTORIA (DBSV)

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DIDI BAHINI SAMAJ VICTORIA (DBSV)

WHO WE ARE?

Didi Bahini Samaj Victoria (DBSV), was formed in 2012 by a group of strong active Nepalese women who are committed to lobbying for a better world for women in Nepal and Australia. The name of the incorporated organization is 'Didi Bahini Samaj, Victoria', abbreviated as DBSV. DBSV is a duly registered women-led organization. It is registered on the date Oct 2012; under the status of Organization of incorporation Act 1981.

OUR VISION

- To promote the participation of women in social, economic, cultural and other developmental activities to improve women's quality of life that ascertain our commitments towards women's empowerment and gender equality.
- To provide a common forum/platform for all Nepalese women to discuss their prominent social agenda in the group, establish and strengthen the support networks, develop innovative programs and activities to promote

- women's engagement and build women capacity and confidence through discussions, celebrations, connections, linkage, publications, programs, activities, coaching and mentoring.

OUR VALUES

- **Compassion:** We care for people in need with empathy and respect. We work collaboratively, ethically and honestly.
- **Courage:** We thrive for a gender-equal society and rise to the challenge in the face of difficulties. We are innovative and know our rights.
- **Respect:** We respect people's differences and embrace those differences as opportunities. We treat people as we want to be treated.
- **Progressive:** We strive for progress, we are hopeful, we take lead, we are adaptable, we embrace changes for the benefits of women and society, we continuously strive to improve.

WOMEN FOR WOMEN

WE RISE BY LIFTING OTHERS.

**WORKING TOGETHER TO SHARE KNOWLEDGE,
SKILLS, EXPERTISE, EXPERIENCES, IDEAS,
INTERESTS AND POTENTIALS**

PRESERVING CULTURE RAISING HOPE



TOGETHER WE CAN MAKE A DIFFERENCE

INTRODUCING DBSV FAMILY!

DBSV has had an amazing journey coming to where we are today since its inception in 2012. With all hard works and dedicated hands, DBSV is so proud and thrilled to announce that we have now expanded to 17 Committees: Executive Committee, Advisory Committee and 15 Unit Committees all around Victoria, including Shepparton, Bendigo, Ballarat. We are blessed with 154 dedicated committee members.



DBSV FAMILY

DBSV ADVISORY COMMITTEE MEMBERS



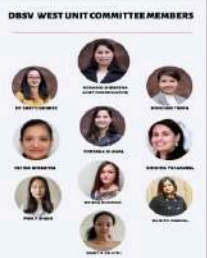
DBSV EXECUTIVE COMMITTEE (2019-2022)



DBSV GLENROY UNIT COMMITTEE MEMBERS



DBSV WEST UNIT COMMITTEE MEMBERS



DBSV EASTERN UNIT COMMITTEE MEMBERS



DBSV AINTRIE UNIT COMMITTEE MEMBERS



DBSV MELTON UNIT COMMITTEE MEMBERS



DBSV BROADMEADOWS UNIT COMMITTEE MEMBERS



DBSV MERNDA UNIT COMMITTEE MEMBERS



DBSV CRAIGIEBURN UNIT COMMITTEE MEMBERS



DBSV BENDIGO UNIT COMMITTEE MEMBERS



DBSV GEELONG UNIT COMMITTEE MEMBERS



DBSV BALLARAT UNIT COMMITTEE MEMBERS



DBSV DANDENONG UNIT COMMITTEE MEMBERS



DBSV SHEPPARTON UNIT COMMITTEE MEMBERS



DBSV EPPING-LALOR UNIT COMMITTEE MEMBERS



DBSV INTERNATIONAL STUDENT COMMITTEE MEMBERS



WOMEN FOR WOMEN TOGETHER WE CAN MAKE A DIFFERENCE

PROJECTS AND ACTIVITIES SUMMARY TABLE

	Project, Program, Activities	Date	Number of participants
1	PRMC1: International student support project	From July to December 2020	1600+
2	Reach the Sky – Dancing through COVID Knox	August to December 2020	
3	Teej: supporting victim-survivor of family violence– fundraised and handed over \$4000.00 to Aawaj	September 2020	Livestream
4	HARI OM – Self Care program for Women in Mernda for 8 weeks	October 2020	25
5	Change starts with me (Paribartan aafaibata)	November 2020– March 2021	20 during production 200 during screening View: 1.3 k
6	Craigieburn women empowerment projects and forums	Happening every week	20+
7	Week without violence and 16 days of activities – various sensitization and awareness–raising activities done online– through social media, Facebook, emails. Viber	October– December 2020	
8	Women Leadership program dis did in 2 sessions	November 2020	

9	DBSV annual picnic	Dec 2020	
10	International Women's Day celebration in partnership with MCC (Women leadership)	March 2021	200
11	Unlocking gender inequality through Hula Hoops Fitness	March to June 2021	
12	Women dialogue digital forum – International Women's Day: 'Choose to Challenge'	March 2021	31 Total viewers of Facebook live Session: 1.2 k (thousand)
13	Parents tour – engagement, awareness and mental health	April 2021	
14	Now I rise... 2 days Women's Retreat Program	May 2021	52
15.	Information Session on Covid vaccine and vaccine roll-out program in Victoria (Led by Professor Benjamin Cowie, Epidemiologist, Senior Medical Advisor and Executive Director, Covid-19 Immunisation Program, Department of Health)	8 th June 2021	88 (Plus 449 Facebook live viewers)
16	Vaccination education and support programX2 (sunshine and Broadmeadows)	June 2021	30 + 40
17	Yoga with Parbati Pahari	June – November 2021	15-20
18	Women Dialogue Digital Forum 2– 'Intergeneration dialogue: Mother and Me'	June 2021	

PROJECT HIGHLIGHTS

1. PRMC1: INTERNATIONAL STUDENT SUPPORT PROJECT:

DBSV has done this program to respond to the immediate and urgent needs of the people not only international students but also refugee background people, the victim of domestic violence and single moms and dads, who were impacted by the COVID-19. There were several COVID-19 related issues identified during the crisis time of the COVID-19 such as food insecurity due to no income and no job or lost job due to COVID-19 pandemic, lack of knowledge on support services: COVID-19 information, housing, employment, health and mental health within the new environment and social isolation, loneliness, loss of proximal family and social connection. MajorThe majority of people, who were employed in the hospitality industries, lost their job. On the other hand, receiving support back home was also affected by a similar situation in Nepal. This situation influenced toughly the life of many students living in our community. Thus, the objective of the program was to

respond to those priority needs of the people.

The following were the **five strategic program activities** that have been implemented through the Care Coordination HUB (point of contact) with the DPC funding via digital due to restriction of the COVID-19:

1. Need identification and prioritise
2. Accessibility of affordable materials and services
3. Sharing available resources and referral
4. Mental health and social wellbeing
5. Recovery, competency and capacity building

Total 1600 students were supported and with total funding of \$55,809.00 including \$5809.00 generated fund. Direct support of the relief via DBSV volunteers in a monetary value was \$40,000.0

Major Activities

- ❖ Daily interaction for burning needs and issues
- ❖ Self-support group formed on Viber
- ❖ Facilitated on the Yoga, Pranayam (breathing exercise) and Meditation session via zoom (every Thursday for 8 weeks started from 12/10/2020) 200 people directly joined the Zoom, did yoga with GURU (app. 25 people weekly)
- ❖ And live on Facebook (views 4000 (app 500 people views weekly for 8 weeks) and sharing many more.
- ❖ Rapid response to COVID-19 positive cases, people who had mental health issues, a victim of domestic violence. Total 12, 4 each of them)
- ❖ Referral to GP clinic, emergency relief support services for voucher and assisted to access the hotel accommodation of COVID-19 positive cases.
- ❖ Organised a session on accessing the Mental Health Services and direct community engagement support program via zoom by Resika, Community Social worker on Mental Health via ZOOM
- ❖ Online sessions in partnership with Gulmi Samaj on UNDERSTANDING MENTAL HEALTH and BUILDING RESILIENCE workshop.
- ❖ Delivered health resources and communication via Viber group, FB group, text, emails, and direct communication that are tailored to individual needs and communities needs
- ❖ Delivered culturally appropriate food relief (staples food items that last for a month) to those affected by the COVID crisis. The majority of recipients, who received the relief support, expressed their gratitude to the DPC grant via DBSV.
- ❖ Established a Care coordination team amongst DBSV members to provide tailored supports to individual students and people in need.
- ❖ 5 direct community engagement programs organised
 - Getting to know Coronavirus infections, prevention, symptoms and where to be tested
 - Getting to know mental health issues and building resiliency
 - How to access community mental health services
 - How to access community legal services
 - Yoga, pranayama (breathing exercise) and Meditation

Outcomes

- ❖ DBSV is recognized as a point of contact in the community for any information that is required for this vulnerable group at the time of crisis.
- ❖ Received positive feedback from Yoga participants – they are more connected within the group, feel supported, improved health and wellbeing – 48 years expressed that had the feeling of young, one of the students informed to the yoga session that her neck pain and back pain relieved after doing yoga with the guru, other expressions were like reducing fatigue, feeling more energetic.
- ❖ Through our regular interactions and information, people become more aware of symptoms (cough, high temperature, sore throat, sneezing, breathlessness, the experience of unwell etc) and attend for testing as required
- ❖ Increased knowledge of how to access community mental health services among the groups.
- ❖ Increased knowledge of students' legal supports and how to access those services when required through NCLC (Northern Community Legal Centre)
- ❖ Increased awareness of mental health-related issues after the online 3 sessions on understanding mental health and building resilience workshop
- ❖ This project has addressed the emergency needs equally to all gender, disadvantaged and culturally and linguistically diverse community members, international students, single dad and mom and multicultural community including Arabic Refugee and Burmese background students, Swahili speaking refugee background, and Pilipino elderly women have received support.
- ❖ Students support groups formed and they started helping each other by sharing issues and resolving their issues themselves.
- ❖ 12 students got the job and working including in Farm with the effort of the DBSV members.
- ❖ This project promoted the single woman entrepreneurship
- ❖ Connected to the various employers' farm work, individual messages, organisational advertisement, personal linkages via online Viber group. 10 (app.) no clear data.
- ❖ Two students went into Mildura and working on the farm now as a result of the DBSV effort to connect them with the farm-related employer.
- ❖ Three of the students, who have been suffered from mental illness working with landscaping person now and meat shop and reported improving their health.

- ❖ Acknowledgement of the volunteer's ceremony on December 31, 2020 minimum 50 depending upon the restriction

Most significant changes that occurred due to the project

- ❖ People who were unable to afford their daily living due to being unable to purchase food received culturally appropriate staple food for one month (about 900 individuals).
- ❖ We unexpectedly received a request from regional Victoria and outer LGA (about 70 individuals), so we had to provide them vouchers rather than direct food delivery
- ❖ Less stigmatisation of Corona infection, isolation, seeking help, and accessing mental health support as a result of continuous education and interactions.
- ❖ Individuals developed their confidence to seek help as it was clearer for them that it won't affect their Visa when using mental health services.
- ❖ Individuals are more connected with our community engagement projects and now more confident to seek and access support and feel supported by each other
- ❖ Students support groups formed for long term supports
- ❖ Behaviour changes started to occur to maintain their health and wellbeing

2. REACH THE SKY: DANCING THROUGH COVID KNOX

On 13th July 2019, DBSV (Eastern team) organised a Nepalese women Health and Well-being workshop as a part of ongoing 15-weeks "Be the Best" program funded by Knox City Council. The overall aim of the program is; to enhance women's capacity and confidence to deal with the situation that is challenging to them to be able to reach their dreamed goal and also promote women's participation in

leadership in the social and cultural sphere of Nepalese communities in Victoria. This program is focused on improving women's capacity and confidence to voice their rights, to become assertive, to speak in the group, to be able to contribute positively in their own life, family and community and ultimately to showcase women leadership. Program is due to

planning and implemented in the group
Funding approved \$3500.00

The success of the workshop was evident by the high level of engagement among participants. Not only was the program well organised, but group dynamics displayed and

responsibilities are also taken amongst the group members were exemplary. Heaps of thanks to our Executive member Nirmala Neupane and her very enthusiastic DBSV eastern team and our advisor Roshan Bhandary for her wonderful presentation.



3. TEEJ: SUPPORTING VICTIM SURVIVOR OF FAMILY VIOLENCE- FUND RAISED AND HANDED OVER \$4000.00 TO AAWAJ

DBSV organized a handover program in the park on 29 Nov 2020 to give (virtually) AUD 4,000 raised to support victim-survivors of family violence in Nepal and coincided with the occasion of 16 days of activism against gender-based violence.

In the last five DBSV Teej programs, the entry fee that was collected creatively used to support meet the needs of women and girls who are victim-survivors of sexual assault/family violence in the Mid-Western part of Nepal. The amount was varying every year with the highest of AUD 4000 sent last year. This year we were expecting to spend \$5000, but sadly it was deemed impossible to celebrate our Teej due to the current restrictions imposed with



the COVID pandemic. Consequently, recent data in Nepal showed a significant increase in sexual violence during this pandemic requiring even more urgent support. Therefore, we felt even more obliged to fulfil our commitment to support.

Amidst Stage 4 lockdown in Melbourne this year, we tried to use an alternative source to raise funds and reach out to you all with the special request to expand your generous heart and support our commitments of helping those women and girls. With your support, we generated over AUD 3,500 for this noble cause over September and October from members, patrons, and well-wishers who gifted us this Teej with generous donations



4. HARIOM - SELF CARE PROGRAM FOR WOMEN IN MERNDA FOR 8 WEEKS

HARIOM (HolishARI OMD Reflective implementation of Meditation) program for Self-Care Didi Bahini Samaj Mernda Doreen unit has successfully conducted six weeks holistic and reflective implementation of mediation (HARI OM) program facilitated by Dr Bimal Shrestha. We were connected through video

conference application zoom every Saturday from 6 pm to 7 pm starting from the 3rd of October. This program was as follows. 1. A brief introduction (5-10 minutes) of participants with a facilitator. 2. Bhajan songs (5-10 minutes, all to join) 3. Surya Namaskar Yoga (15 minutes) 4. Byayam Yoga (15 minutes) 5.

Devotional songs (5 minutes, all to join) 6. Reflection and sharing thoughts (10 minutes) We celebrated the closing ceremony of this program on the 28th of October in the park after Covid restrictions were eased. It was a tremendous success that everybody enjoyed and gained valuable insights in Yoga and

meditation and learned a valuable lesson about managing stressful situations. It also helped us to socialize during this lockdown period where we can't meet physically. The instructor Dr Bimal Shrestha is going to provide 15 minutes of guided meditation voice audio for the group to continue the meditation practice.

5. CHANGE STARTS WITH ME (PARIBARTAN AFAIBATA)

Change Starts with Me" (a short movie that aims to raise awareness against violence and about family violence support services) highlights about Men's Behaviour changes. Through this movie, we are trying to exhibit how violence can affect children and other family members. Also, the movie illustrates how friends and community networks can help men to change their violent behaviour.

The 2nd part of the Family Violence awareness-raising movie shooting has been completed in December 2020 and it's provoked to premier show in March 2020 on the occasion of international women's day. In the first part, the

movie was able to raise awareness of the types and magnitude of violence against women in our socio-cultural context. And how devastating effects of violence disclosed with small support from the group and empower women to speak out about their rights and stand strong in the face of difficulties. Where in the second part movie is focused on men's behavioural change and is going to highlight the issues on - Impact on children - Impact on men's health - Impact on family - Role of a good friend - Self-reflection - how important - Positive behaviour change - lesson learnt, realization - attitude shift - Man, as a change agent for peace and harmony Premier show on 20th of March.

6. CRAIGIEBURN WOMEN EMPOWERMENT PROJECT:

Various activities and programs were delivered and provided in the Nepalese Women Group. 38 Nepalese women are a member of this DBSV group. Around 15–20 women participated in each session which happened each Monday. List of activities and programs included:

1. Online Makeup classes aimed at building confidence among women

Outcomes:

- ❖ Participants were happy and excited when they learned new skills of the makeup
- ❖ Participants shared their experiences that learning makeup helped them not only to look good and be more presentable but it has also boost up their confidence

2. Women's Physical Health Education sessions: Osteoporosis, Bone health, Endometriosis, Hormone replacement therapy, Healthy Heart, Exercise, Nutrition, Asthma, Varicose Vein, Menopause, Covid-19 Vaccine

Outcomes:

- ❖ Participants received valuable information about physical health and wellbeing
- ❖ All the sessions were interactive where participants got the opportunity to get answers to all their questions and confusions

3. Women's Reproductive Health Education sessions: PCOS (polycystic ovarian syndrome), STIs (Sexually Transmitted Disease), Pelvic Floor (continence), Breast Health / Breast Cancer, Cervical Health/ Cervical Cancer, Infertility, Contraception: Depo Provera, Natural Methods, Pregnancy Choices (Abortion, Adoption, Foster care), Cystitis

Outcomes:

- ❖ Participant received information about reproductive health, diseases, preventions and available support and services
- ❖ Because it was a session for a limited number of women only, where confidentiality, respect and non-judgmental rules were fully maintained, thus women had the opportunity to open up and ask a question about private and sensitive matters without shame and fear

4. Women's legal rights and safety sessions: Health Rights: Navigating the Health System, Problem Gambling, Discrimination at workplace, Occupational Overuse Syndrome, Workplace Violence, Workplace Bullying, Prevention of Violence Against Women, Healthy Relationships, Sexual Assault, Legal Rights Service Pathways

Outcomes:

- ❖ Participants became aware of their legal rights and available supports.

5. Mental Health Session: Stress, Anxiety, Depression, Better, Sleep, Mindfulness exercise, Drugs – Prescription and Non –Prescription, Alternative Therapies, Pain Management and Relaxation

Outcomes:

- ❖ Participants learned about techniques of managing stress and identified individual's strengths for coping and managing the problems that cause stress
- ❖ Learned about self-care and mindfulness activities
- ❖ Learned about how to recognize mental health issues and how to seek professional supports.

7. WEEK WITHOUT VIOLENCE AND 16 DAYS ACTIVITIES – VARIOUS SENSITIZATION AND AWARENESS RAISING ACTIVITIES DONE ONLINE- THROUGH SOCIAL MEDIAS, FACEBOOK, EMAILS. VIBER

The Week Without Violence (WWV) is an annual campaign to end violence against women. Every year DBSV has been organizing various programs focusing on activities on raising awareness, promoting attitude change, and enabling individuals and organizations to begin positive actions towards ending violence in communities. This year the program

modalities are different due to COVID restrictions.

Week Without Violence: Everyone deserves to feel safe and respected at home and in the community, this year is no exception. "DBSV stand strong and stand together with you all to end violence against women.

8. WOMEN LEADERSHIP PROGRAM DONE IN 2 SESSIONS

Leadership program and professional development sessions were delivered to our executive members and unit committee coordinators. Two sessions were held for this purpose. The objectives are to teach our leaders to analyse their team development and to apply their leadership qualities and skills to build,

strengthen and sustain the high performance of the committee members to improve their ability to execute our projects and give their best performance to meet the organisational vision.

9. DBSV ANNUAL PICNIC

Date: Thursday, 31 December 2020 Time: 3pm– 8:30pm

Venue: Maribyrnong Blvd, Footscray Park, VIC 3011, Melbourne Victoria

Objectives:

- ❖ To brief review and discussion about the programs/activities completed in 2020. To allocate a date for the next planning meeting for 2021.
- ❖ To provide a platform to interact, engage, share and celebrate the new year 2021 in a family-friendly way.

Activities details:

The program has begun with the annual general meeting chaired by DBSV president Dr Jamuna Parajuli and attended by 50 participants including DBSV EC members and general members. After successful completion of AGM with interactions with the members' queries and discussion of plans and direction, the

program took the next mood to Family picnic.

Approximately 70 people including children from Nepalese backgrounds/families participated and enjoyed the picnic. The DBSV member Kamala and Geeta have coordinated the fun play food and refreshment activities of the day. The participants seem fully enjoy sharing food, playing games dancing with music, and talking with a like-minded group. The additional attraction was "Balloon play" for adults and "Apple, banana and orange" game for children and provision of a gift for winners. Similarly, children were fully engaged



and enjoyed playing a ball game, Hoola hoops, chasing and running around with similar age group children in a smaller and bigger group. Group and individual photo shootings were carried out by Manoj Nepal.



Key achievement/learning:

The program was well attended by nearly 70 adults and children. Despite a very tough 2020 for Victoria with almost 6 months of various stages of restriction and lockdown in response to COVID-19, global pandemic, DBSV has managed to utilize her philanthropic activities to the assistance of hundreds of international students, and vulnerable families.

Thank you, all volunteer and families, and individuals for attending and assisting in the successful organisation and completion of the DBSV Annual Family Picnic 2020. Happy New 2021, may this upcoming year bring new hope and good health for everyone.

-Kamala Homagain



10. INTERNATIONAL WOMEN'S DAY CELEBRATION IN PARTNERSHIP WITH MORELAND CITY COUNCIL (WOMEN LEADERSHIP)

Didi Bahini Samaj Victoria celebrated this year's IWD in partnership with Moreland City Council on 20th March 2021. On the occasion, a panel of local female leaders from business, community and politics assembled at Coburg Townhall as a guest speaker to speak about women in leadership achieving an equal future in a COVID-19 world. All women leaders applauded the achievements of women in the last decades and felt that the day is also a reminder of their responsibility to enhance women's rights and empowerment.

OBJECTIVES:

- ❖ To highlight diverse women's voices, experiences and achievements, empowerment, and the role they play towards gender equality.
- ❖ To showcase the success stories to encourage other women to overcome challenges and be the best version of



Apart from sharing stories by the panel of speakers, COVID-safe activities, cultural dance, and afternoon lunch were arranged by the program organizer. Also, Didi Bahini Samaj's new video "CHANGE STARTS WITH ME" was launched to promote change in men's behaviour to



stop violence against women and to promote women empowerment.

Through an informal talk with the attendees, very positive responses were received. The verbal feedback indicated that participants enjoyed the event and showed their interest to attend a similar program in future.

PARTICIPANT'S REFLECTION:



'It was a great moment when a group of women came together to share their stories of prejudice and pride.'

'The guest speakers were so inspiring, well-informed, and charming. I loved each moment of the event. Great to hear diverse voices and stories.'

11. UNLOCKING GENDER INEQUALITY THROUGH HULA HOOPS FITNESS

Didi Bahini Samaj Victoria (DBSV), a leading women-led organization in Victoria, introduced "Hula-hoop's fitness" as a learning and exercise project in the family groups. Since the outbreak of the COVID-19 pandemic has severely impacted and constrained community participation, this project came about in response to the need to allow women and their families to break the social isolation and to promote connection with broader

communities of women during and post COVID-19 lockdown.

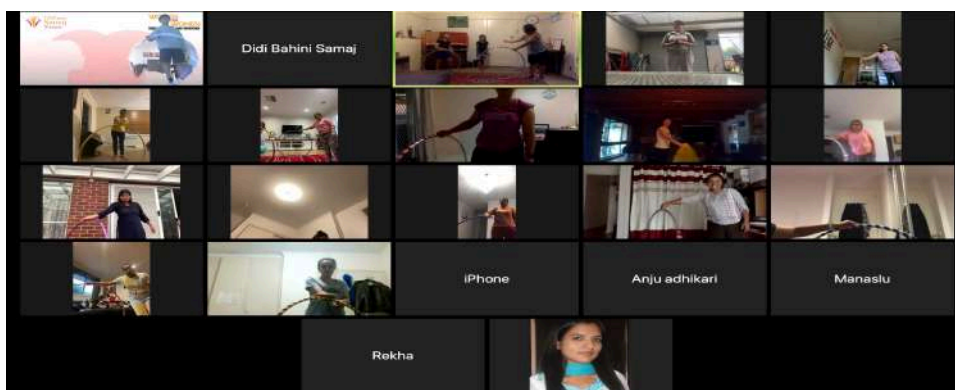
The rationale behind the project is that participating in hula-hoops sessions will help women to boost the physical, mental, and emotional well-being of her and her family, to encourage them to use online platforms to re-establish their contact with other women and families and to reduce isolation. Hence, an

immediate goal of the project is enhancing community participation during lockdown whereas the long-term goal of the project is to develop Hula hoops skills and demonstrate

these skills in the larger group. Nepalese migrant women residing in Moreland and surrounding LGAs were focused and encouraged to participate in the project.

Around 50 hula-hoops were distributed among 50 women for this project. Women played a central role in this project who received a Hula-hoops made by another woman. Participants received 8 sessions of one-hour Hula-hoops training from an experienced instructor, Tara, via the online platform Zoom. Project coordinator Dr Jamuna Parajuli, president of DBSV, facilitated the

project with the support of other members of the organisation. Hence, the “hula-hoops fitness” session offered a chance to promote social inclusion and community participation via learning a new skill developing and resilience among women, promoting the physical, emotional, and social well-being of women and her family.



12. WOMEN DIALOGUE DIGITAL FORUM – INTERNATIONAL WOMEN’S DAY: ‘CHOOSE TO CHALLENGE’

A major action was observed worldwide as groups came together to celebrate women’s achievements and for women’s rights. To admire womanhood and to honour the remarkable achievements of women in various fields, DBSV also praised the IWD on Monday, eighth March 2021. Since the outbreak of the COVID-19 pandemic has severely impacted and has constrained community participation and engagement,

the event took place via Zoom meeting. Women and girls from the Nepalese community were warmly invited to be a part of this event. The program was enthusiastically and successfully facilitated by Anjana Nepal. Women Speakers from DBSV, NRNA, Narinikunja, NAV, ANMC and MUNSS applauded the social, political, economic, and cultural achievements of women.

During the event, Women Speakers, representing different organizations, shared their tales and live experiences of struggle, obstacles, and achievement. They also addressed those girls and women should realize their rights to defend themselves and know about inequality and discrimination against women. Further, they said, the time has come to maintain women's accomplishments, perceive difficulties, and concentrate on women's rights and gender equality to mobilize everyone for a better future and society.

The program was concluded by confidence and faith being encouraged among all women and girls to choose to challenge inequality, question stereotypes, and help forge an inclusive world.

Objectives of Program

Women Dialogue Digital Forum aimed to celebrate women's contribution and to reflect on the accomplishments of women via sharing stories and lived experiences by championing the 'Choose to Challenge' theme. The objectives of the program were:

- ❖ To create awareness of gender equality for a healthy society.
- ❖ To bring and create a connection with Nepalese women and girls through understanding, communication, story sharing, solidarity, and engagement.
- ❖ To encourage and provide women with a platform to come and share their knowledge, skills, and experience and to explore opportunities.
- ❖ To encourage further people to commit to standing in unity to build an inclusive and just world for all women and girls.

After successfully organising an event, feedback and comments were gathered from the participants and viewers of the program to obtain a perspective on the content and presentation of an event. DBSV is proud to receive positive feedback during and after the program.

Reflection on Women Dialogue Digital Forum:

- ❖ 'I was overwhelmed with Speaker's personal stories and lived experience of struggle and achievements in the program. The power of an individual woman's story to empower and encourage other women and girls was overwhelming.'
- ❖ 'Hearing the inspirational stories encouraged me to choose to challenge for change and gender equality. Made me more confident.'

13.PARENTS TOUR – ENGAGEMENT, AWARENESS AND MENTAL HEALTH

As a cultural shock, networking, communication and language barriers have been a great issue and challenge among Nepalese visiting parents in Australia. The issue was even worse during the Covid-19 pandemic and lockdowns with fewer networking opportunities and travel restrictions. Taking this into consideration, DBSV initiated senior parents tour 'BUWA-AAMA TOUR' in May 2021 and provided them with an opportunity to connect, share and build physical and resilience through travelling.

Objectives:

- ❖ To build connection and engagement with other parents, to share experience and understanding, to promote happiness, feeling of belongingness and help our parents to take their mind off stressful situations resulting from cultural shocks and by ongoing Covid pandemic.



- ❖ To build physical and mental resilience during the Covid pandemic.

- ❖ To give exposure to other cultures, values, food, language, music



14. AND I RISE... 2 DAYS WOMEN'S RETREAT PROGRAM

In May 2021, Didi Bahini Samaj Victoria (DBSV) organized a two-day well-being retreat program with Nepalese migrant women (living in Victoria) to Torquay Ocean Country Park- Great Ocean Road intending to foster well-being, self-love, self-care, self-respect as well as to nurture a sense of togetherness and inner strengthening and empowerment. The program was also aimed to learn the Aboriginal Cultures and traditions.

At the retreat program, around 52 beautiful and energetic ladies came together to celebrate womanhood, connection and to restore a sense of overall well-being. They spent 2 days



and 1 night in the Retreat program. It was a phenomenal two-days retreat, which created a positive and connective environment and offered a chance to step back from everyday life, to find inner calm in a peaceful setting of Torquay Ocean Country Park, and to spend time in the reflection of themselves and those in their relationships that are so important throughout life such as family, friends, and community. Beautiful ladies were immersed and empowered through various activities such as camping, cultural exchange with the Aboriginal community, team

building exercise with happiness – business talk, meditation, yoga, cooking sessions, dance, human rights.



15. INFORMATION SESSION ON COVID VACCINE AND VACCINE ROLL-OUT PROGRAM IN VICTORIA

Didibahini Samaj Victoria (DBSV) in partnership with the Department of Health organized and hosted an information session for the Nepalese community members addressing various aspects of the COVID-19 vaccination, vaccine distribution, safety, efficacy, and eligibility. The information session was intended to advise and update Nepalese community members about the latest updates on the COVID-19 vaccination and vaccine-related issues.

The COVID-19 vaccine information session took place on 8th June 2021 via Zoom. Around 88 participants attended

the session via the digital platform, Zoom. The opening remarks of the session were delivered by Parsuram Sharma Luita, Senior Stakeholder Engagement Advisor, COVID-19 Vaccination Program, Victorian Department of Health followed by the acknowledgement of country and introduction of the guest speaker by Dr Jamuna Parajuli (President of DBSV).

The session was then successfully led by Professor Benjamin Cowie, Epidemiologist, Senior Medical Advisor and Executive Director, Covid-19 Immunisation Program, Department of Health. Professor Benjamin facilitated PowerPoint

Presentation on COVID-19 Vaccine, its efficacy, importance, eligibility, and other information related to the vaccine rollout program in Victoria followed by Q&A from participants. Professor Benjamin was joined by Mohammad (Manager, COVID-19 Vaccination Program, Victorian Department of Health) who added additional discussion and answered questions asked by the participants.

During the session, the panel of health experts discussed and answered various topics and queries related to the Covid vaccine including overall vaccination trends in Victoria and the situation regarding the Covid vaccine, its importance and potential side effects and

challenges post-vaccination including measures to address the mild adverse events (such as fever, nausea, headache, pain, aches, anaphylaxis). Besides, the health experts also noted the need for and importance of vaccinations and protective measures after vaccination urging everyone to get vaccinations as soon as possible.



16. VACCINATION EDUCATION AND SUPPORT PROGRAMX2 (SUNSHINE AND BROADMEADOWS)

Didi Bahini Samaj Victoria (DBSV) initiated two vaccination support programs to support our community members. We intended to help bridge the language and cultural gap and support our people to access the vaccination roll-out programs and during the uptakes of vaccines.

1. Covid vaccination support Program to Senior Parents (Buwa-Aama) (The support program was held on 18th June 2021 at Sunshine Hospital (Western Health): Targeted outreach to senior parents who came here in Australia on visit visa. Around 20 parents were vaccinated on that day)



2. DBSV COVID-19 Mass vaccination Support Program and Information Session (for senior parents and Nepalese Community): The program was on 20th June 2021 at Broadmeadows (led by DPV Health-

Covid Vaccination Centre). The mass vaccination support program was attended by around 30 community members and senior parents.



17. YOGA WITH PARBATI PAHARI

Weekly Yoga and mindfulness Session 'Yoga with Parbati': The yoga session offered community members and international students the opportunity to join our virtual yoga session every week. The session was facilitated every Sunday morning for 6 weeks (started from June to November 2021). Around 15-20 community members attended the Zoom session directly. The yoga session was broadcast live each week where more than a hundred community members viewed the Livestream. The main aim was to raise awareness and ignite a passion for fitness and yoga among the community members including international students.

Objectives of the yoga session:

- ❖ To help community members reduce their stress and anxiety;
- ❖ To promote healthy living, to balance body and mind and to
- ❖ increase the flexibility of body and muscle;
- ❖ To develop relaxation and good sleep and to boost the immunity system;

- ❖ Besides, the objective was also to engage community members during the Covid pandemic, to enhance the connection among each other's through yoga

sessions and to share their feelings.



Participants feedbacks: 'Participants A: During the practice, yoga steps eased my stress and relax my body. After practising yoga every day, I feel that the whole body is full of energy and I have more energy to devote myself to other things. Thank you DBSV for such initiation.'



Parbati Pahari (Yoga instructor):

'Thank you DBSV team for connecting the community through Yoga and for allowing me to help community members efficiently build physical strength in the body, boost confidence in the mind, and create happiness all around through my learnings and experience. It was a wonderful experience and journey.'

18. WOMEN DIALOGUE DIGITAL FORUM - 'INTERGENERATION DIALOGUE: MOTHER AND ME'

In Australia, Mother's Day celebration occurs on the 2nd Sunday of May. This year the Mother's Day in Nepal happened to be on the same week as well. Mother's Day celebration has been happening everywhere in the world over the generations to celebrate the contribution, unconditional love and sacrifices made by mothers for their children and family.

Like every year, this year DBSV celebrated Mother's Day 2021 on 8 May 2021 via a digital platform, Zoom and guest speakers from Nepal and interstate were invited to be a part of this event. During the session, the panel speakers delivered key messages and shared lived experiences on inter-generational gaps and relationships between their mothers, themselves, and their children. The overall objective of the program hence was to honour motherhood and the role of mothers in the family as well as in society. Furthermore, the digital forum also intended to facilitate an interactive discussion on the various

dimension of the mother-daughter relationship, the intergenerational and cultural gaps, issues, and challenges confronted by mothers and women between generations and to confer experiences concerning international learning and adaptation, language barriers and cultural gaps experienced by Nepalese migrant women. The program, therefore, was successfully facilitated by Anjana Nepal, program coordinator of DBSV. Technically, the session was coordinated by Benju Gnawali Nepal and Anita Bhandari. Live session via DBSV's Facebook was also facilitated during the session

At the end of the session, DBSV's president Dr Jamuna Parajuli summarized the key messages delivered by the panel speakers. While stating the importance of Mother's Day, she described the importance of the mother's roles for the family and society. She emphasized the challenges of various roles that a woman plays in modern days and the importance of balancing those roles to an ideal mother of a real-time



THANK YOU NOTE!!

DBSV team heartily express our gratitude to all community members, leaders, media person who has immensely contributed and showered paramount support and love to DBSV.

Now we feel more confident and empowered to serve and achieve our commitments and vision to create a better world for women. We are excited about our new ventures to bring positive impacts in people's life.