



Didi Bahini
Samaj
Victoria

ANNUAL REPORT 2021 – 2022



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ACKNOWLEDGEMENT



Didi Bahini Samaj Victoria (DBSV) acknowledges Aboriginal and Torres Strait Islander peoples as the first inhabitants and Traditional Custodians of the lands on which we live, learn, meet and work. We accept the invitation of the Uluru Statement from the Heart and support a First Nations Voice to Parliament enshrined in the Australian Constitution. We recognize their continued connection to land, waters and culture, and pay our respects to their Elders, past and present. Sovereignty has never been ceded. This land always was and always will be Aboriginal land.

A WORD FROM OUR PRESIDENT

I am feeling so thrilled to bring this report to your attention after almost two years of lockdown, of those dark days. Mid of 2022 now, we are okay to live life with the 'new normal' with new norms and stakes. It has been such a different feeling while starting to engage with people face to face after a long time. By now, all of the DBSV activities started as if pre covid stage and we started to enjoy the 3D connection, live and vibrant after years of zoom screen images and voice. 😊

During this time, we survived through high and low times with increased community demands but low funding support and continuous volunteering burnout. As a community-based organization, most of our programs were run voluntarily except for some emergency relief funding from the Victorian government. However, I am very proud to say that we were able to turn our pain into power during this challenging time and continued to set examples in our community. Why I am saying this because,



- We become more connected than ever before, as the needs were so high and needed intense interactions and we felt obliged due to our belonging to the same community.
- We expanded our services and group from many local LGAs of Melbourne to regional Victoria. Now we have 16-unit committees, one executive committee and one advisory committee.
- We grounded and started to talk about our inner needs more than any time before.

- We received surprising support from individuals, organizations and
- the government and other stakeholders
- We worked hard to promote the Government COVID vaccination program through community-driven leadership and programs
- More than anything, we were able to render our support to many of those who were in need, in extreme hardship, in pain, and in need of guidance and support. We provided our services to a broad range of people with direct engagement and indirect education. About 2030 people were positively impacted by our engagement.

Along with my fellow power women, and community members, I proudly say that we become a voice for many voiceless, we become a hope for many hopeless and we were able to touch many hearts and souls by delivering need-based programs and food relief. Our focus at DBSV has always been on improving women's quality of life through one-to-one support, programs, education, and connections. This has not only boosted the confidence of our beneficiaries but also of us as a big team of DBSV.

We rose so high, our visibility expanded, and our trust and bond increased. I am sure this will leave a long-lasting legacy in the history of DBSV, what we have done during the COVID pandemic. And today, I am immensely proud of how far we have come and look forward to what we will achieve together over this next year which is set to be just as impactful. Our commitment to continuously improving our engagement and support for the best community outcome is truly inspiring.

I take this opportunity to thank each and every one, of our volunteers, team members and staff members, community members, stakeholders, and partners for not only continuing to be part of the DBSV community but for participating and supporting in such an active and thoughtful way. Thank you for bringing your skills, knowledge and dedication to DBSV every day - you are amazing. I also want to thank all of our advisors, funders, partners and supporter for your support and for being with us in every pivot of our journey. To everyone that refers people to DBSV, we are honored to have your confidence—thank you. And last, but certainly not least, thank you to the

thousands of service users in our community who access DBSV support through emergency relief and vaccination education and access programs. We are very grateful to those women who contacted us for support when their life faced challenges. You

gave us hope and we learnt so much from your courage to survive and thrive. Let's keep connected in the days to come!

Dr Jamuna Parajuli| President DBSV

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BACKGROUND

DIDI BAHINI SAMAJ VICTORIA (DBSV)

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

- ◆ 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.
- ◆ 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.
- ◆ Change: 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.





DBSV has had an amazing journey coming to where we are today since its inception in 2012. With all hard work 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 committee all around Victoria including Shepperton, Bendigo, Ballarat and Geelong. We are blessed with 156 dedicated team members.

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DBSV PROJECTS AND ACTIVITIES SUMMARY LIST

(JUNE 2021- JUNE 2022)

S. N	Project, Program, Activities	Date	Number of participants
1.	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 Immunization Program, Department of Health)	8 th June 2021	88 (Plus 449 Facebook live viewers)
2.	Vaccination education and support programX2 (sunshine and Broadmeadows)	June 2021	30 + 40
3.	Yoga with Parbati Pahari	June – November 2021	15-20 x16 =320
4.	Women Dialogue Digital Forum 2– ‘Intergeneration dialogue: Mother and Me’	June 2021	70
5.	DBSV PRMC PROJECT (International Students shared accommodation and preparedness, risk assessment, emergency relief support, physical and mental health support)	June to December 2021	80 +
6.	DBSV Covid Relief Support Program for CALD Community members (in the catchment area of Melton City Council)	9 th July 2021	90
7.	Dance Session (Mernda-Doreen)	13 July 2021	12
8.	Community Engagement through Covid song and Dance Practice (Glenroy dance class)	July 2021	15
9.	Covid-19 Virtual Information Session (For Nepalese Community Members living in East)	24 th July 2021	50 participants (+ 99 Facebook)

			live session viewers)
10.	Innovative Project: Women Entrepreneurs Forum	25 th July 2021	23
11.	Women's Health Education Workshop	26 th July 2021	Around 30
12.	Women Dialogue Digital Forum: Women Entrepreneurs and their Challenges	8 th August 2021	300 Facebook Live Viewers
13.	Dance Lesson (Wyndham)	August 2021	15
14.	Covid Vaccination Awareness short videos West + Glenroy + Aintree + Melton	August 2021	13 + 9 + 10
15.	Teej Special Makeup Practical Workshop X 2	September 2021	75
16.	DBSV Teej Dar Distribution Program	September 2021	500+
17.	DBSV Virtual Teej Celebration Program	9 th September 2021	500
18.	Vaccination Support Program for Nepalese Community Members in West	September 2021	30
19.	DBSV Mass Vaccination Support Program X 3 Mernda-Doreen + Epping + Glenroy (Information sharing, Covid-19 pop-up vaccination hub, Covid vaccination awareness raising)	September 2021	70
20.	Mental Health Awareness Raising Program (Video release)	10 th October 2021	8
21.	Community Engagement project- 'Knitting: The New Me'	18 th October to 27 th November 2021	(165 Facebook Livestream viewers)

22.	Week Without Violence Campaign (Walking campaign in Werribee, clothesline project, story sharing, information sharing via Zoom session, social media campaigns)	18 th – 24 th October 2021	50
23.	Women Dialogue Digital Forum 4: Parenting Children in Different Culture: Challenges and opportunities	8 th November 2021	21 and 396 Facebook Livestream viewers
24.	DBSV Mha Puja and Deusi Vailo Program	November 2021	70
25.	16 Days of Activism against Family Violence 1. Walking Campaign 2. Knitting: The New Me project Closure 3. Social Media Campaign: Awareness against family violence via Facebook post, photos, short videos 4. Respect is...campaign	25 th November to 10 th December 2021	100
26.	Lunch of Gratitude (Appreciation lunch to Glenroy Uniting Church Council Members)	12 th December 2021	50
27.	Annual General Meeting	March	
28.	Team building and Christmas Celebration Dinner (DBSV West)	18 th December 2021	Around 30
29.	Community Connection and Christmas Celebration Dinner (DBSV Craigieburn)	29 th December 2021	Around 25
30.	DBSV Annual Family Picnic	31 st December 2021	70
31.	DBSV Book 'Nepalese Women's Tales of Resilience' EOI and invitation	26 January 2022	FACEBOOK
32.	International Women's Day Celebration 2022	11 th March 2022	Around 100

33.	Hula Hoops Learning Session	March 2022	Around 70
34.	DBSV Kids Art Activities	23 rd April 2022	Around 100 including 45 kids
35.	Women Retreat Program (For women residing in Brimbank catchment area)	24 th April 2022	25
36.	Dance Lessons for women in West	17 th May 2022	Around 15
37.	Man ko Safai (Meditation, Mindfulness Sessions and Spiritual Learning with Sister Sita)	19 th May 2022 (Every Thursday)	
38.	Public Speaking Training	22 nd May 2022	
39.	Hula Hoop Session (West)	24 th May and 31 st May 2022	
40.	Two-day Mother's Day Retreat Program	27 th and 28 th May 2022	52
41.	Consultation Meeting with Knox City Council Mayor: DBSV East Committee Members	June 2022	9
42.	Kids Quiz Competition 2022	4 th June 2022	Around 80 including 30 kids
43.	Free Community Yoga Sibir	11 th June	Direct 2030 Online view
		2022	1013

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

DBSV in partnership with the Department of Health for the Nepalese community members addressing various aspects of the COVID-19 vaccination, vaccine distribution, safety, efficacy, and eligibility. The major objective of the session was to provide information about COVID-19 vaccines, raise awareness about the benefits of vaccination, and address common concerns and questions. For the session, the flyer was prepared and communicated among the community members via various platforms of social media, Facebook, Viber, messenger. The session was facilitated and held online via Zoom. Zoom meeting details were included in the flyer.

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. Also, the session aimed to inform the Australian Government's commitment and initiatives to provide safe and effective access to COVID-19 vaccines. 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. A DBSV information session was also joined by a panel of community leaders, senior community members, community partner including members from the Nepalese and Bhutanese



organization. At the event, community members were provided with an opportunity to ask questions related to Covid vaccination, its efficacy and common misinformation. The opening remarks of the session were delivered by Parsuram Sharma Luitl, 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 Immunization 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 community members. 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). The session also delivered information on vaccine's complications among the elderly, children, pregnant women, and the vaccination of patients with chronic heart disease, respiratory system conditions and people with weakened immune conditions. 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. The closing remark of the session and vote of thanks was delivered by Anjana Nepal, Executive Member of DBSV. The session was broadcasted live via DBSV's Facebook page. Around 90 people viewed the live hearing during and after the completion of the session via Facebook. Around 200 community members including the viewers of the Facebook live session attended the meeting.

2. VACCINATION EDUCATION AND SUPPORT PROGRAM

Around 5 vaccination support programs were initiated 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.

a. Covid vaccination support Program to Senior Parents (Buwa-Aama) (The support program was held on 18 h 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)

b. 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.

c. Vaccination Support Program for Nepalese Community Members in West (September 2021)

d. DBSV Covid-19 Mass Vaccination Support Program and information about Covid-19 Pop-up and Walk-in Vaccination Hub at:

- Doreen-Mernda- 115 Eminence Blvd, Doreen Vic 3754 on 21st to 23rd September 2021
- Epping (Epping Secondary College- 1st to 3rd October)
- Glenroy (Glenroy College-1st to 3rd October)

Flyers and promotional videos, messages, emails were prepared and disseminated via our social media platforms and among our networks to aware our community members about the pop-up vaccination program. Also, our team members were contacted on a regular basis by the community members raising queries about Covid vaccination and vaccine roll-out program. All queries and concerns were answered by our team on a daily basis via phone calls, messages and by sharing informative resources.

3. WOMEN DIALOGUE DIGITAL FORUM 2- ‘INTERGENERATION DIALOGUE: MOTHER AND ME’

Didi Bahini Samaj Victoria (DBSV) organized the women dialogue digital forum “Mother and Me” on the occasion of Mother’s Day 2021 via Zoom meeting. Through the session DBSV aimed to celebrate, acknowledge, and remember mothers and her incredible contribution that every mother makes in our world. The program also aimed to discuss inter-generational gaps, privileges, struggles, and challenges confronted by women between generations including various dimensions of mother-daughter relationship via experience sharing by the panel guest speakers from three generations. 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 relationship between their mother, themselves, and their children. The overall



objective of the program hence was to honor 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

Overall, the program was very well-organized, thoughtful, informative, and inspiring. The panel speakers shared that they feel privileged to be honored and to be part of the session. In addition, they thanked the DBSV team for celebrating Mother's Day with them. 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.

4. COVID-19 VACCINATION VIRTUAL INFORMATION SESSION

Didi Bahini Samaj Victoria (DBSV) in association with the Department of Health and Human Services, State Government of Victoria, Australia organized and facilitated the Covid-19 vaccination virtual information session for the Nepalese community members addressing various aspects of the COVID-19, Covid vaccinations and vaccine roll-out program in Australia. The objectives of the information session were to update Nepalese community members about the latest updates on the COVID-19 vaccination and vaccine-related concerns and to discuss various aspects of Covid-19.

The COVID-19 vaccine information session took place on 24th July 2021 via Zoom. The online platform brought together more than 50 participants including community leaders, health



professionals, students and other Nepalese community members. The info session was successfully led by prominent doctors and health experts. Participants were given opportunities to raise their concerns and queries related to Covid-19 and Covid vaccinations on various occasions. The session's

opening remarks and the country's acknowledgement were delivered by Lina Gubhaju, Executive member of DBSV followed by the introduction of guest speakers and a welcome speech by Nirmala Nyaupane, Executive member of DBSV. Dr Jamuna Parajuli (President of DBSV) joined the panel and took the opportunity to discuss the objectives of the info session and to present all other DBSV's Covid related projects and achievements carried out or those in progress. The session was then successfully led by Dr Raju Adhikari, Director, CRAM Responsive Polymers PTY LTD, Consultant Cytomatrix PTY LTD, Consultant, Foldax PTY LTD. Hon Fellow, CSIRO Manufacturing, A/Prof school of Science, RMIT University. Dr Adhikari facilitated a PowerPoint Presentation covering various topics of Covid-19 including possible symptoms of Covid-19 and safety measures, COVID-19 Vaccine, its efficacy, importance, common side effects and

other information related to the vaccine rollout program in Victoria. Dr Raju Adhikari was joined by Dr Prathana Kunwar K.C (GP, MBBS, FRACGP) and Dr Chandra Deepak Pokharel (MBBS, FRACGP, GP Northcote Medical Group and east Doncaster Medical Group) who added additional information to the topic and answered 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. Further, the health professionals also noted the need and prominence of vaccinations urging everyone to get vaccinated to protect themselves and their near ones and prevent community spread. The closing remark of the session and vote of thanks was delivered by Mamata K.C, an Active Member of DBSV. The online session was broadcasted live via DBSV's Facebook page and the session reached around 900 audiences.

5. DBSV PRMC PROJECT (PRIORITY RESPONSE TO MULTICULTURAL COMMUNITY)

DBSV's PRMC project was commenced to support the Nepalese community, especially those at high risk

and vulnerable after Covid 19 Pandemic, through community safety and vaccine education, emergency

relief and prevention, health Communications, mental health education, and casework support. This project was supported by the Victorian Government through the Priority Response to Multicultural Communities during Coronavirus (PRMC) program. The project aimed to bridge the gaps of awareness about Covid-19, vaccine roll-out programs and vaccine

accessibility by Nepalese communities including international students. To fulfil this, aim the project focused on identified needs by delivering information, education, coaching and mentoring, casework to enhance the livelihood of individual families, and communities as a whole by using specific innovative activities.

The PRMC program was initiated by the Victorian Government to ensure and support community organizations like DBSV to respond to the health crisis and the impacts on multicultural communities. There were several issues and challenges due to Covid-19 crisis such as food insecurity due to no income and no job or lost the job, lack of knowledge on support services: COVID-19 information, accommodation, employment, health and mental health and social isolation, loneliness, loss of and social connection. Thus, DBSV aimed to response to those priority needs of the people and provide urgent supports those in need via this PRMC project:

1. Deliver community engagement activities including a risk assessment of students shared accommodation to create and enact a Covid safe plan
2. Deliver outreach and support to vulnerable community members
3. Develop and deliver Covid-19 health communications and education, including vaccine awareness and information session
4. Undertake an action research project to identify mental health issues and the impact of Covid-19 on international students
5. Provide emergency essential items and food relief to vulnerable community members
6. Undertake casework for a selected number of vulnerable and high-risk individuals



Some of the significant changes that occurred as a result of our project are:

1. Community members, individuals, families, international students are now more connected with each other. Our community engagement activities and forums provided multiple opportunities to interact, connect and engage with each other.
2. Community members are now more conscious about their physical and mental health with our well-being awareness sessions.
4. With our mental health awareness session and campaign activities, people are now more aware of the significance of wellbeing and mental health. Our sessions presented the opportunity to explore and discuss mental health issues and provided participants with an opportunity to connect.
5. As we were actively engaged in responding to the urgent need and

support calls as quickly as possible, now community members have faith and confidence that community organization has a big role and responsibility to play during the crisis period. People including international students are now more engaged and showing their interest to be connected with our organization to serve the best.

6. With our vaccination awareness sessions, promotional materials, videos, resources, information sheets, messages, interactions, community members were more aware of the importance of vaccination and vaccination roll-out programs. Additionally, our vaccination support programs helped and supported our senior parents (who are on a visit visa), international students, vulnerable community members, women to get vaccinated during urgency.

DBSV received positive feedbacks and messages from our community members. DBSV and our team were recognized as a regular point of contact for any kind of emergency supports or for any information on vaccines and vaccine roll-out program. Overall, the feedback, messages from our community members, individuals, families to whom we were able to support during this crisis period specifies a high level of happiness and gratitude. There were many positive remarks about our community engagement activities, virtual events, information sessions and support programs.

6. WOMEN DIALOGUE DIGITAL FORUM: WOMEN ENTREPRENEURS AND THEIR CHALLENGES

Didi Bahini Samaj Victoria's (DBSV) Women dialogue digital forum is a forum for all women to share their ideas, skills, experiences and challenges. The forum aims to open up new pathways to celebrate women's success and empowerment journey via experience sharing. With ongoing dedication and commitment to promote equality and build a platform especially for women, DBSV has been successfully organizing a women dialogue digital forum every two months.

After completing two sessions of the women dialogue digital forum on the occasion of Women's Day and Mother's Day, this time DBSV organized another digital forum with a motivating theme "Women Entrepreneurs and their Challenges". The session was held on the 8th of August, 2021 to highlight the

challenges faced by women entrepreneurs and to share panel speaker's valuable insights to inspire the initiation of women-owned and women-led enterprises. The forum was organized and facilitated via a digital platform, Zoom. The digital platform brought together six women entrepreneurs (panel speakers) from Nepal and Australia: Ambica Shrestha, President: Dwarika's Group of Hotel and Resorts, Darshana Shrestha, Vice-President (FWEAN), Pamfa Dhamal, Managing Director, Langton Trekking, Ranju Wagle Thapa, CEO Sydney City College of Management, Sangita Neupane, Director: Bunji Community Services and Sudhira Shah, Photographer/Author.

During the session, the panel speakers concentrated on the root causes of

challenges confronted by women entrepreneurs, more specifically in our patriarchal society and how it affects women entrepreneurs. Panel speakers shared their insights, knowledge and discussed how women entrepreneurs are constrained by inadequate education, business experience, limited networks especially business-related and negative attitudes towards the business owned by women. Moreover, the panel speakers also facilitated a discussion on various cultural and social factors which makes it more difficult for women to start and run enterprises, for instance, expectations and demands of the traditional reproductive roles. The forum's discussions also shared the need for

good practices regarding initiatives to enhance women's participation in the business world and to enhance the competitiveness of women-owned and women-led businesses.

The digital forum was successfully facilitated by Anjana Nepal, program coordinator of DBSV. Technically, the session was coordinated by Benju Gnawali. At the beginning of the session, DBSV's president Dr Jamuna Parajuli delivered a welcome speech and took the opportunity to deliberate DBSV's objectives, accomplishments and highlighted DBSV's ongoing and future projects. The event was broadcasted live via DBSV's Facebook and was also followed by more than 300 viewers

Dr Jamuna Parajuli were distributed among Nepalese women living in Victoria and regional Victoria before the event day. The dar also reflected the sense of invitation for the celebration

7. VIRTUAL TEEJ 2021

Virtual Teej Event 2021 organized by DBSV on the occasion of the Nepalese women significant festival 'Teej' was held on the 9th of September 2021 from 3 to 6 pm via Zoom. Zoom link details was sent to various Nepalese women via various social media platforms and Facebook posts. As a symbol of love, connection and special bond Teej special dar including teej message wishing cards by the president of DBSV



and togetherness. The program was successfully facilitated by Anju Adhikari, Julie, Kamala Chalise Homagain and Amrita Gurung. Besides, there were DBSV teams and volunteers, DJ who impressively fulfilled their tasks and played an essential role in the overall success of the event. Participants and their family members shared their joys and best wishes with each other during the virtual event.

One of the major objectives behind the celebration was to praise and promote Nepalese culture, tradition and beliefs here in Australia. Furthermore, with the celebration, we intend to support marginalized Nepalese women in Nepal who have been the survivor of sexual assault (rape) by raising funds to provide expense for the anticipation of safe short-term accommodation including other basic supports such as legal advice and counselling, medical treatment, family and social mediation process. Most prominently, our help provides a direct influence on re-establishing these women by developing their capacity and confidence and prevent them from further exploitation. Moreover, the event also intended to generate a platform for women to boost their confidence through dance

performances and public speaking. We also did our best to provide and generate various occasions where women get opportunities to learn various program organization and management skills, team works and partnership skills by collaborating with internal and external stakeholders. In addition, this year we tried to support and promote two young and vibrant women entrepreneurs via creating platforms through our Teej special Dar.

Major highlights of the event were Teej special dar, make-up workshop, fundraising messages and virtual Teej event.

- a. **DBSV Teej special Dar:** Teej celebration was organized virtually due to ongoing Covid restrictions, the DBSV team thought of sending teej special dar to women living around Melbourne as a token of love and care. For DBSV teej special dar, two young and vibrant entrepreneurs: Amy and Sangita



played an essential role to prepare and organize dars. DBSV had around 500 women from different parts of Victoria including Ballarat, Bendigo, Geelong and Shepparton. The dar distribution program was scheduled for 2 days i.e., 7th and 8th of September 2021. DBSV volunteers from around different parts of Melbourne played impressive role and their hard work, dedication made it possible to organize, pack and distribute teej dars.



b. Teej Special Makeup Practical Workshop: Two teej special make-up online workshops were organized by DBSV team via Zoom in September 2021. Around 75 women and girls joined the session. The makeup workshop was facilitated by Soni Raj Bhandari

c. Sending invitation and fundraising messages: One of our

commitments associated with the Teej celebration every year is to help women and girls who are survivors of sexual assault or family violence in the Mid-Western part of Nepal. Hence, we intended to collect around \$ 5000 via our Teej event this year as well. But with the ongoing Covid pandemic restriction it seemed to be impossible. However, with our strong determination and commitment, we tried to use alternative sources to raise funds urging every Nepalese community member to raise their hands for this noble cause. Various fundraising messages were posted and sent via social media platforms including emails were sent to prospective sponsors for the donation. We also intend to collect a small number of donations from all DBSV team members including EC And Unit Committees. Facebook posts and messages were delivered including infographics to aware of the cause behind our celebration and fundraising.

d. Online Teej Event: On the day of the event, 9th September 2021, the event zoom link was opened at 14:30. Before the official teej event start, the vaccination awareness videos were screened and then dance songs were played by DJ and all participants danced from everyone's home

cherishing the moment and enjoying every bit of the song. The official teej function started following the opening ceremony of the Teej program with Teej poem by program host Anju Adhikari. A short introduction of factors behind Teej Celebration and Teej wish was delivered by Dr Jamuna Parajuli, President of DBSV. On the occasion, short video messages from Vivienne Nguyen, Chairperson | Victorian Multicultural Commission and Cr Kathy Majdlik, Mayor| Councilors, Melton City Council were also displayed. Similarly, a message readout of Lizzie Blandthorn MP- State labor Member for Pascoe Vale was done by one of the program facilitators, Julie. They were a crucial part of our virtual teej celebration which not only provided a platform for best wishes and greetings for the participants but also marked the day with an acknowledgement of our culture and tradition in the foreign land. In addition, there were other activities including various dance performances performed by all participants including a dance performance by West group, Aintree group, Dandenong group, Geelong team, Craigieburn dance group, Mernda dance group, East dance group. The dance performed by the Glenroy group in a vaccination

awareness song was the major highlight. The dance song was created by the Glenroy team members to raise awareness and to encourage community members to get Covid vaccination. The program officially ended at around 6 pm with thank you speech by Amrita Gurung and Teej wishes by all participants. This was done by spreading both hands.

The event concluded with a positive note. The small, but vibrant Nepalese women groups gathered online and remained strongly connected to tradition and culture observing and following their customs, rituals, prayers and beliefs thoughtfully.

Overall, the feedback from participants specifies a high level of happiness and gratitude. There were many positive remarks about the DBSV teej special dar and also regarding the management of virtual teej celebration, the organization, structure and process of the program.

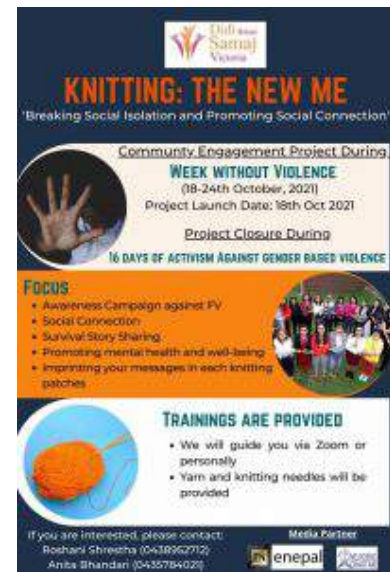


8. KNITTING: THE NEW ME' PROJECT

Knitting: The New Me" Breaking the Social Isolation and Promoting Connection DBSV strongly believe that together we can end the family violence and for the purpose to break isolation and raise awareness against family violence, DBSV aimed to do through the campaign.

We have outlined the following specific objectives:

1. To conduct awareness campaign by participatory knitting or 'adjoining patches' program in the community.
2. To improve family bonding by sharing skills, knowledge and stories
3. To let women, feel positive vibes while working in team and support mental health and wellbeing
4. To use the knitted-adjoined patch blanket as an awareness campaign tool for future campaigns



Visual of the Project

The exhibition blanket was 10 x 10 patches, it means 2 m by 2 m or 4 square m piece adjoined patch blanket. The whole blanket was knitted with orange colour yarn and the central part of the blanket had a flowery pattern. Orange colour symbolizes a brighter future, and free of violence. The left side of the blanket had the DBSV Logo and the right side had a purple ribbon symbol decorated, which symbolizes to honor the victims and supports survival, courage



and peace. Every single patch reflects the end of family violence and the purple colour in the periphery reflects transformation to courage, honor and peace in women.



9. WEEK WITHOUT VIOLENCE CAMPAIGN (18-24TH OCTOBER 2021)

Every year, Didi Bahini Samaj Victoria (DBSV) participates in the Week without Violence campaign to raise awareness against family violence. This is one of the signature programs for the DBSV. Since 2012 DBSV has launched a series of the Week without Violence campaigns for example, by drawing or painting T-shirts that display a virtual or real clothesline as well as by making movies that deliver the message of preventing or reducing domestic violence. This year WWV is held between **18-24 October**. This year's theme is **'CONNECT, LISTEN. BELIEVE': Contribute to healthy, happy families in our communities.**

Every year DBSV is facilitating various programs and virtual sessions focusing on activities on raising awareness, promoting attitude change, and enabling individuals and organizations to begin positive actions towards ending violence in communities. Due to the ongoing Covid-19 restriction in place, DBSV's program modalities are different. However, different programs are run in different areas. Some of the DBSV's WWV awareness campaigns were:

a. 'Knitting: The New Me': Breaking the Social Isolation and Promoting Connection A part of the WWV campaign is exhibiting and story sharing for 16 days of activism called **"Knitting: The New Me" Breaking the Social Isolation and Promoting Connection.**

b. Clothesline Project: The clothesline project was initiated by DBSV Mernda Unit, DBSV Craigieburn Unit and DBSV Ballarat Unit Committee. Each participant expresses their feelings and painted messages against family violence, on a T-shirt and white colour cloth. The painted T-shirt and cloth



were displayed via the organization's Facebook.

c. Presentation and information session via online platform Zoom:

On the 4th Day of WWV (21st October 2021, Thursday), DBSV organized an information sharing session on family violence and family violence services intending to share various information focusing on raising awareness against violence and promoting attitude change. Panel speakers of the session are Bijaya Pokharel (PhD scholar) and Shova Lamsal, Secretary (DBSV) / Specialist Family Violence.

d. River Walk: The river walk was organized by DBSV West Unit Committee members with an objective to raise awareness against violence and promote social connection.



e. Story Sharing Session and Social Media Campaign:

DBSV also initiated a social media campaign to raise awareness by uploading photos, videos and short clips along with key messages via DBSV's Facebook, YouTube and website.



10. WOMEN DIALOGUE DIGITAL FORUM 4: PARENTING CHILDREN IN DIFFERENT CULTURE: CHALLENGES AND OPPORTUNITIES

After completing three digital forums, this time DBSV facilitated the forum “Parenting Children in different Culture: Challenges and Opportunities” on the 8th of November 2021. The digital platform brought together 75 participants from the Nepalese community living in Australia and provided them with an interactive session with a place for discussion and raising their queries related to parenting children in different cultures. As the world moves towards being an inclusive community, more and more people move across and settle in a society that culturally differs from their home country, thus, increasing the number of children born in diverse cultures. Thus, the prime focus of the digital forum was to address parents’ challenges faced in parenting and raising children in diverse cultures and to discuss the opportunities and strategies to deal with those challenges. The panel speaker Dr Arun Raj Kunwar, M.D was invited to discuss the challenges faced in different cultural settings and tips to deal with such challenges when they occur. Different cultural expectations, values, beliefs which bring about the challenges in parenting in a different culture and strategies for overcoming those encounters were elaborated by Dr Arun throughout the session.



‘Parenting in a different culture is bound to have even more challenges given the fact that they are from a different country, cultural background, values, the language of communication, religious beliefs and other factors that may not act in the same direction. However, the same understanding children’s perceptions, expectations, and

setting up clear parenting rules and expectations, spending quality of times with kids and being flexible and familiarized with their circumstances and the country they live in might help parents to overcome cultural clashes and to raise children in multicultural environment.’ **-Dr Arun Raj Kunwar**

The Takeaway: The session was concluded successfully by Dr Anupam Pokharel, Consultant Psychiatrist; a mental health specialist, by unpacking key concerns related to parenting in a multicultural environment:

- Differences in how children are raised compared with what parents were used to.
- Differences in how parents from diverse cultures show affection to their children and how independent their children are
- Attitudes towards rewards and punishment
- Parent's responsibility to their children, family and community
- Parent's and children's expectations towards each other

The program was successfully facilitated by Anjana Nepal. Technically, the session was coordinated by Anita Bhandari and Benju Gnawali. Live session via DBSV Facebook was also facilitated. Around 340 people viewed the live stream during and post-session.

11.DBSV MHA PUJA AND DEUSI VAILO PROGRAM

DBSV successfully organized and facilitated MHA Puja and Deusi Vailo program in November 2021 with an objective to promote connection and engagement post covid. Community members were duly invited to participate the cultural celebration and to build



connection. More than 50 community members joined the event. Major highlights of the event were various cultural performances, cultural activities, food were delivered via the celebration.



12.16 DAYS OF ACTIVISM AGAINST FAMILY VIOLENCE

16 days of activism against gender-based violence is a global campaign to raise awareness about gender-based violence, challenge violence issues and call for actions to end violence against women. Every year the campaign runs from 25th November to 10th December. Thursday, 25th November 2021 is the International Day for the Elimination of Violence against Women and marks day one of the 16 Days of Activism. Various campaigns and programs were run across the globe challenging violence against women and girls and calling for action against gender-based violence. Like every year, this year as well Didi Bahini Samaj Victoria (DBSV) organized various programs for this global campaign against violence, as such, walk against family violence,

Clothesline project, Respect is... campaign, an information session about violence, social media engagements, 'Knitting: The New Me' project closure and many more. On the very first of this international campaign, the DBSV team also successfully organized and participated in the walking campaign 'Walk against Family Violence (WAFV) 2021' which was organized in Coburg Lake Reserve on 25th November 2021. The objective was to speak out against violence and



call actions to prevent violence against women.

During the program, DBSV took the opportunity to hand over AUD 5000 which was raised to support survivors of family violence in the mid-western region of Nepal. The money was virtually handed over to AAWAJ (a profound local NGO working to support survivors of family violence in Nepal). The fund will support women to heal, rebuild, establish their independence, build their confidence and create a future of their own making. Hence, the costs will bear the cost for the provision of safe short-term accommodation, and support for other essential services such as medical treatment, legal advice, counselling, family and social mediation process.



For the last six years, DBSV has been raising funds in various ways. One of the most common was the Teej program's entry fee. However, due to the restriction imposed with the Covid restriction for two years, like last year (2020) this year (2021) as well

we were unable to celebrate our Teej in person. Amidst Covid restriction, we celebrated this year's Teej program virtually and in a more creative way. Also, we opted for different alternatives to raise funds and to fulfil our ongoing dedication and commitment to supporting those women and girls. With all of the helping hands and kind heart, this year we were able to hand over AUD 5000 for this great cause.

13. LUNCH OF GRATITUDE (12TH DECEMBER 2021)

(Appreciation lunch to Glenroy Uniting Church Council Members)

DBSV appreciation lunch to Glenroy Uniting Church members took place on 12th December 2021, Sunday. The event was held at Glenroy Uniting Church Hall. The lunch was a comprehensive effort to show gratitude and love in recognition for providing DBSV with a meeting venue for the last 5 years and to appreciate generosity of all their unconditional supports and kindness to us. Our featured guests included Uniting Council members and Nepalese community members. Major highlights of the program were food, live music and cultural dance

performance. The major goal was to build connections among community and church members, meet and greet each other. Around people joined the program.

The event started with a distribution of token of love (Nepalese traditional ceremonial scarf 'Khata/khada' which symbolizes purity and compassion.



14. ANNUAL GENERAL MEETING

Like every year, DBSV annual general meeting was organized at Coburg. Members from various unit committees duly participated the meeting,

discussion on previous programs, planning for further actions in upcoming days were major agenda of discussion.

15. TEAM BUILDING AND CHRISTMAS CELEBRATION



Around 65 women and girls from various part of Western suburb and Craigieburn – Moreland gathered together and celebrated womanhood and connection via the Christmas celebration dinner. The purpose of the dinner party was to build connection and team.



16. DBSV ANNUAL FAMILY PICNIC

As every year, this year as well DBSV Annual Family picnic was held on Thursday, 31 December 2022 at Footscray Park, Melbourne Victoria. The major objective of the family picnic was to provide a platform to interact, engage, share and celebrate the new year 2022 in a family-friendly way and to foster connection and engagement post Covid-19 lockdown and various stages of restriction in response to global pandemic. The program has begun with the covid-vaccination awareness dance performance by DBSV team members and welcome speech chaired by DBSV president Dr Jamuna Parajuli. The major attraction of the 2022 picnic was covid dance

performance, home cooked food, photo shootings. The participants seem fully enjoy sharing food, playing games dancing with music, and talking with a like-minded group. We were privileged and humble by the participation of around 50 people including children from Nepalese backgrounds/families despite some restrictions in response to Covid-19 was in place.



17. INTERNATIONAL WOMEN'S DAY 2022

Didi Bahini Samaj Victoria's 2022 International Women's Day (IWD) event took place on Friday 11th March. An event was held at Glenroy Uniting Church, and the program was also live-streamed via DBSV Facebook. IWD 2022 theme '**Break the Bias**' celebrated the tremendous efforts of women and girls on this very special occasion. Every year DBSV has been celebrating women's day by organizing various programs and events.

This year as well, DBSV celebrated IWD with more than 100 Nepalese community members including a panel of local female leaders from community and business, community leaders from different community organizations, Nepalese women entrepreneurs, and

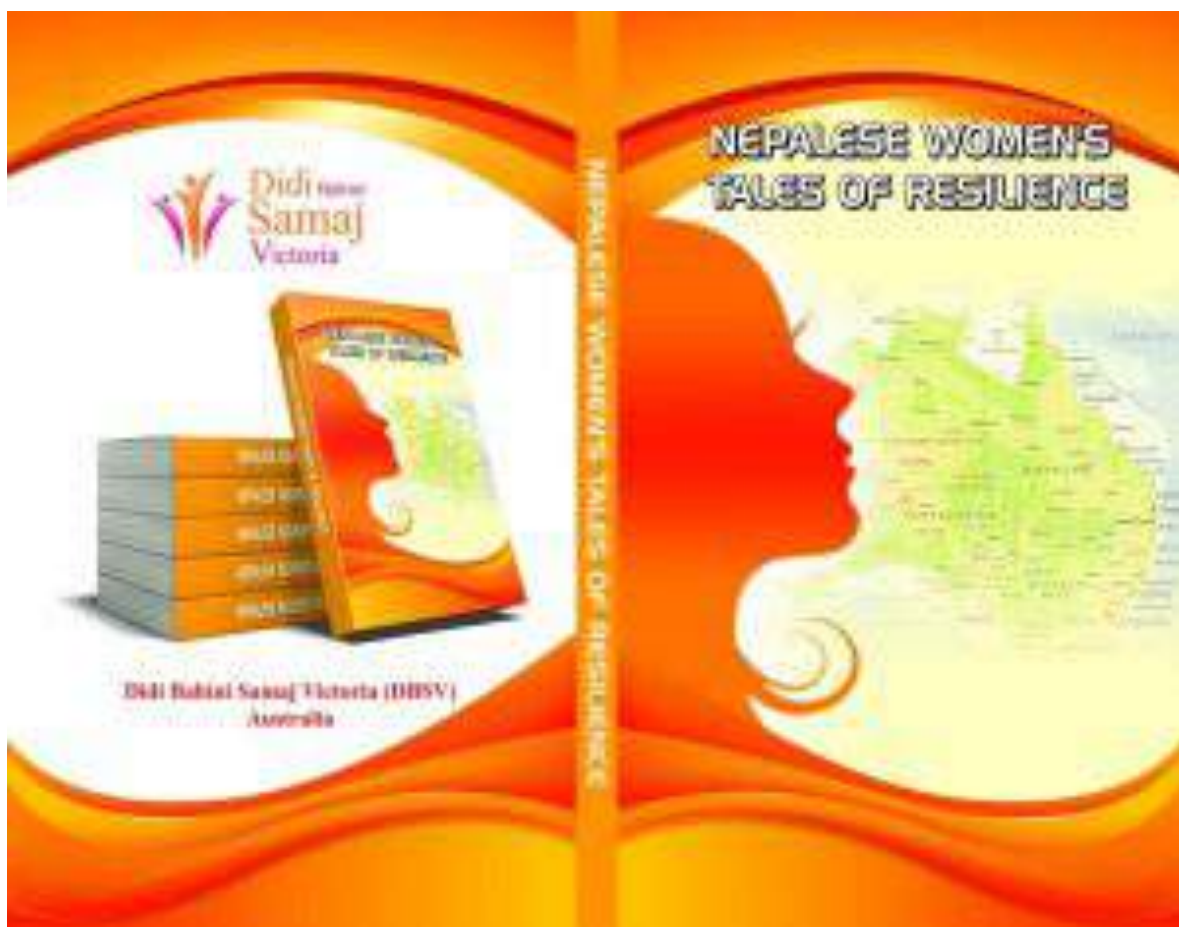
media persons. Kathleen Mathews, Ward State Labor Candidate for Broadmeadows and Mr. Chandra Yonzan, Honorary Consulate General of Nepal in Victoria were invited as honorable Chief guests of the event. In addition, Councilor Sue Bolton (Moreland City Council), Jenni Smith (CEO Northern Community Legal Centre), Graeme Kent (Director at Aussie Action Abroad), Mr. Hari Khadka (Vice President NRNA, Victoria State Co-Ordinator), Bom Yonzon (Vice-president FENCCA), Nirajan Gauli (President, ANPL), Sangita Timilsina (President, Amazing Parents), Mrs Laxmi Yonzon (DBSV Advisor), Amrita Gurung (President, Nepalese Neighborhood), Lekhnath Adhikari (Culture Art and Language), Ram Kumar Shrestha (Global



DIDI BAHINI SAMAJ VICTORIA (DBSV)

Campaign Coordinator) and Drona Panta (ONF Victoria) attended the event as our valued guests. At our IWD events various opportunities were provided to women and girls to share their experiences, incredible stories, perspectives, skills that are committed to making a positive impact in women's lives and in promoting a gender-equal society. The event also intended to applaud the achievements of women in the last decades and to celebrate and highlight the actions to create an equal future. DBSV's book writing project

launch '**Nepalese Women's Tales of Resilience**' and '**Showcase of Nepalese women entrepreneurs**' was the major highlight of this year's women's day celebration.



Through the launch of a book writing project, DBSV aims to explore women's stories of recognition, strength, courage, learnings, growth and visions that influenced positively or negatively in the process of migration. Also, we expect to encourage all women to be a part of this inspirational landmarking book of ours that will remain as a great document to appreciate and realize our achievements and resilience. Similarly, the showcase of Nepalese women entrepreneurs intended to acknowledge and highlight women entrepreneurs and to provide them with an opportunity to share their stories against all the odds. We also took the opportunity to honor the strength,

resistance, hard work and dedication of our women entrepreneurs: Raj Shrestha, Soni Raj Bhandari, Neera Srivastava, Kriti Maharjan, Shobha Rayamajhi, Anita Chitrakaar, Mallika Sharma Aryal, Ranju Shrestha, Sharmila Dahal. The event also included cultural dance performances, poem reading, motivational talk, story sharing, RAT kit distribution session, photo session and dinner. The program ended up with great joy and positive feedback from our valuable event participants and event attendees, honorable guests and community leaders.



18. HULA HOOPS LEARNING SESSION

Various Hula-Hoops learning sessions were organized and facilitated in various suburbs of Melbourne (Melton-Aintree, West (24th May And 31st May 2022) as a learning and exercise project among community members with an objective to foster a means to break the social isolation and to create a harmonious family environment post lock down. The aim was also to add the value to enjoy a better time together to learn new skills and to engage more actively.

At the same time connecting with others would eventually help to bounce back from negative emotion experienced due to the COVID -19 crisis that consequently improves social cohesion, connection and support system.



Hence, the major highlights and objectives of the sessions were to:

1. Provide the practical Hula-hoops training to women and women teach back to their family member.
2. Educate Multicultural women and their families about the health, wellbeing, and social benefits of Hula-hoops fitness
3. Create a platform for social connection, cohesion and the conducive family environment through Hula- hoops
4. Form and develop a broader social network with a group of women and family that to be continued beyond this project.





19.DBSV KIDS COVID ACTIVITIES

COVID -19 vaccination Education and Awareness via Kids art Activities: DBSV organized a Kids' art activity program proudly funded by FECCA small grant, Victoria on 23rd April 2022 at Coburg Lake Park, North Coburg, Victoria. This program was conducted to increase awareness and understanding of COVID 19 and its vaccination among the aged group 5 and 11 years old, and their parents. Nearly 100 people participated in the program including 45 kids aged 5-11 years old.



All the kids actively participated in the art activities to draw a portrait of their understanding of COVID 19 and its vaccination and how it has impacted their childhood via the art. Surprisingly, most of the kids had a basic understanding of the COVID 19 virus, its symptoms, hand hygiene and mask. Some of them also illustrated the COVID 19 vaccination in their portrayal. One of the kids explained how hard it



was to do home-schooling and then to go back to school with a mask when it opened, and she explained it through her drawing. In the same program, kids also played a hot potato game with a spiky ball assuming the ball is COVID 19 virus, and no one likes it, so whoever gets the ball has to pass it to another person so that they don't get the virus. Music was played and when stopped, whoever has the ball was out of the game. The last three winners were recognized with some gifts for their encouragement and their active participation. It was a mix of fun and education for kids. Hand hygiene was reminded in-between the game. At the same event, the program coordinator Ms. Reeta Lamichhane demonstrated the RAT testing procedure focusing on the correct way of testing without contamination, its time and reporting when tested positive. Additionally, Ms. Kamala Homagain (Immunizer and COVID 19 vaccinator from DPV health) provided education on COVID 19 vaccination (second and booster dose, vaccination sites and booking, managing minor side effects, and reporting the adverse events if happened), especially for the kid's aged group between 5-11 years old. She also addressed the questions raised by the

parents regarding the vaccination. Overall, the program was highly effective in ensuring all the community people have a good understanding of the COVID 19 vaccination. Especially children were very excited as this was the only program focusing on kids of this age group where they can play, laugh, run, educate, and share their experiences. Most of the parents were grateful to see their kid's active participation and to visualize their art along with education and awareness.



“Thank you for organising this art activity, my daughter is very happy to participate in this art program. I was not aware that she has the talent to show her understanding via art. In the beginning, I was thinking it is just the usual kids' activity, but found kids are very creative and talented to be able to transform their feelings via arts.”

20. KIDS QUIZ COMPETITION

Didi Bahini Samaj Victoria (DBSV) successfully organized a quiz competition program among kids aged between 5 and 11 years old on the 4th of June 2022 at Glenroy Uniting Church, Glenroy, Victoria. The program was proudly funded by FECCA Small grant Victoria. The major theme of the quiz competition was Covid-19 and vaccination education and awareness. Based on the major theme of the program, the majority of the questions were focused on COVID 19 and COVID 19 vaccination. Hence, the overall objective of the program was to increase the awareness of COVID 19 vaccination among kids and as well as among adult community members including parents. Furthermore, emphasis was given to the two doses of

COVID 19 vaccination among kid groups aged 5-11 years by providing guidance and information on vaccination. More than 90% of the questions from the quiz program were targeted on the COVID 19 vaccination, its importance, procedures, side effects, efficacy, vaccination centers and providers, and covered the COVID 19 infections. A total of 100 questions were prepared in three rounds: Questions in the first round were based on COVID 19 vaccinations only, the second round consisted of questions related to the COVID 19 infections and hygiene-related questions, and the last/third round consisted of general knowledge questions. Quiz questions were carefully designed by a core team of four members (experienced in COVID



19 and its vaccination) from DBSV with careful consideration of the knowledge level and age group of the participants.

Around 30 kids participated in the quiz competition and the program ran for around three hours. The team members were grouped prior to the competition and each team consisted of team members from different aged groups. All the groups had the team members from the 5-to 11 years, to make the competition fairer and more relevant. There were in total six groups including five participants in each group (Groups name: Delta, Omicron, Delta corn, Alpha, SARS and COVID). As the quiz competition was noted to be the first kids' focused program among Nepalese community members, all the kids and parents were very excited and actively engaged throughout the program.

The first and second winning teams were declared at the end of the program

based on their scores in front of everyone. Both winners were awarded trophies and gift cards. Additionally, all the 30 participants got the certificate of participation and a water bottle with DBSV/FECCA logos and a COVID 19 vaccination message.

Overall, all the kids and parents enjoyed the whole program with lots of messages and awareness on COVID 19 vaccination. The Facilitators (Mr. Chhavi Raman Chaulagain and Mr. Ananta Homagain) and the panel members (Dr Jamuna Parajuli, President DBSV and Reeta Lamichhane, program Coordinator) answered the questions raised during the sessions. The questions were simplified to make everyone understand and translated to the Nepalese language where needed. Furthermore, all the posters from the "Kids Art Activities" on 23rd April 2022 were displayed around the hall. Kids were happy to see their art and some of



them took it home saying that they wanted to keep their art with them at home.

Moreover, the posters with information on RAT testing, COVID 19 vaccination, and COVID 19 infection in the Nepalese language were displayed around the hall. The RAT kits were also distributed among the attendees at the end of the session. Nearly 80 people actively attended the program including 30 participants from the Nepalese community from all around Melbourne.

Parents have thanked DBSV for organizing such a creative and knowledge-based program for kids, and have also encouraged to continue such a highly effective program for the kids regularly in future. It was a mix of fun, achievement, learning, socializing and creative thinking. It was a successful team activity from DBSV and FECCA small grant for the Nepalese community in Victoria. DBSV would like to heartily thank all the parents who attended the program and brought their children to the quiz program.



21. WOMEN RETREAT PROGRAM (FOR WOMEN RESIDING IN BRIMBANK CATCHMENT AREA)

In 24th April 2022, Didi Bahini Samaj Victoria (DBSV) organized a one-day well-being retreat program with Nepalese migrant women (residing in Brimbank catchment area) to peninsula Hot spring. The major purpose of the retreat was to foster well-being, self-love, self-care, self-respect. DBSV retreat also aimed to build connection with sisters residing in Brimbank area and to build new team to nurture a sense of womanhood,

empowerment and togetherness. At the retreat program, around 25 beautiful and energetic ladies came together to celebrate womanhood, connection and to restore a sense of overall well-being.



22. MAN KO SAFAI (MEDITATION, MINDFULNESS SESSIONS AND SPIRITUAL LEARNING WITH SISTER SITA-

The mediation, mindfulness sessions and spiritual learning ‘Man ko Safai with Sister Sita’ was facilitated by DBSV in collaboration with The Brahma Kumari every Thursday. The session started in 19th May 2022 and was facilitated via Zoom. Around 15-20 community members attended the Zoom session directly.

The main aim was to ignite a passion for meditation and mindfulness among the community members including international students. Further, the session intended to help community members reduce their stress and anxiety, to promote healthy living, to balance body and mind. Besides, the objective was also to engage community members to enhance the connection among each other’s through various sessions and to share their feelings.



23. PUBLIC SPEAKING TRAINING

Didi Bahini Samaj Victoria in collaboration with Royal Westerns Club, facilitated one day 'PUBLIC SPEAKING TRAINING' St Albans Community Centre. Total number of participants were 25. Major objectives of the training were:

- Develop an awareness of components of speaking to a variety of purposes and audiences.
- Demonstrate competence in applying public speaking skills through a well-

organized and well supported oral presentation.

- Understand the power of language, to persuade, or give charge to, a whole group or society.
- Identify feelings associated with positive speaking experiences.
- Determine appropriate purposes statements for specific topics.
- Develop comfort and confidence in speaking in front of an audience



24. TWO-DAY MOTHER'S DAY RETREAT PROGRAM

Didi Bahini Samaj Victoria (DBSV) organized a two-day Women's retreat program from 27 to 28th May 2022 in honor of Mother's Day. 53 enthusiastic Nepalese sisters participated in the program including the DBSV program organizing committee team members. The program involved one night's stay



at Halls Gap, which is a village in Victoria, Australia. It is a gateway to Grampians National Park, known for its sandstone mountains, wildflowers and wildlife including echidnas and wallabies. Park trails lead to waterfalls, such as MacKenzie Falls, Silver band Falls and Clematis Falls Walk. This landscape of Halls Gap was similar to our country, Nepal. The main theme of the program was “**Beyond Happiness**”. The main objectives of a two-day retreat program were to promote well-being and self-care strategies among sisters through Meditation, and thematic talks, build a network and connection among diverse Nepalese sisters living in Victoria and provide recreation and entertainment through activities such as dancing, cooking sessions, social media engagement and fun activities sessions, understand and highlight the importance of nature by engaging in activities such as forest walking, nature trails and fire camping

sessions and to empower independence in sisters by engaging in meaningful conversations, team-building exercises and through the Beyond Happiness sessions. DBSV’s two-day retreat program included various activities to achieve the program activities including innovative introduction sessions, a brief session about happiness hormones followed by an online session about happiness and well-being talks, a nature walks, meditation, dance, music and many more.

Everyone thoroughly enjoyed their time away in the Australian bush and participation in the activities. It reaffirmed DBSV’s commitment through activities to its objectives, values and guiding principles for focusing on its endeavors.



25. CONSULTATION MEETING WITH KNOX CITY COUNCIL MAYOR: DBSV EAST COMMITTEE MEMBERS (JUNE 2022)

Knox Council Mayor Cr Susan Laukens invited the Nepalese community through coordination with **Nirmala Nyaupane, an executive member and Eastern suburb unit coordinator of Didi Bahini Samaj Victoria (DBSV)**. The meeting was held at the councilor's lounge at **Civic Center building at Knox** with the following members of the Nepalese community present in the meeting: Nirmala Nyaupane- Executive member and Eastern Suburb Coordinator of DBSV, Dr Raju Adhikari- Founding president of NAV, Lina Gubhaju- Executive member of DBSV, Susan Adhikari- Community member, Tamoj Bajracharya- community member and Eastern warrior- soccer club, Diwakar Basnet- Community member and Eastern suburb Cycling Club

At the meeting, Nirmala briefly introduced DBSV and how Knox City Council's grant support is supporting the current activities and programs among the Nepalese community around the Knox catchment area. Dr Raju Adhikari provided comprehensive insights about Nepalese community migration rates in and around the Knox catchment area. Similarly, Lina Gubhaju briefly explained various community activities including language classes for Nepalese children which are occurring every Sunday with an objective to promote language learning among new generations. Susan Adhikari communicated about being interested in being a volunteer in the community.



Tamoj Bajracharya highlighted the importance of having Milpera grounds to keep the children and adults active through sports such as soccer. Furthermore, Diwakar Basnet highlighted the importance of sports and events such as cycling each week to keep the community connected. The Knox Council Mayor expressed her high interest to work collaboratively with the Nepalese community to understand and address community needs to make Knox more inclusive and achieve great outcomes for the community members. During the meeting, Dr Raju Adhikari also took the opportunity and presented a token of thanks on behalf of NAV as Knox Mayor Cr. Susan was unable to attend the NAV Gala Dinner due to her prior commitments.



26. FREE COMMUNITY YOGA SIBIR (JUNE 2022)

A free community yoga sibir was organized by DBSV in partnership with Patanjali Yog samiti on 17th of June 2022. the yoga session was held at Timbertop children's and community center, Aintree. the session was facilitated by Lekhnath Panta and Radhika Panta. community members of all age groups were invited to attend the session. for the promotional purpose flyer was published and disseminated via various DBSV social media platform encouraging everyone to join the session. the major objective of the yoga session was to promote mental and physical health awareness, to foster harmony and connection among community members. around 30 people joined the session and the session ended with positive feedback from all the participants



27. FINANCIAL REPORT FROM JUNE 2021 TO JULY 2022

Surplus and Deficit as at 30th June 2022	
Particular	Amount
Revenue	
	58,850.00
Grants	
	10,951.75
Membership Fees	
	0
Contribution	
	69,801.75
Total Income	
Expenses	
	2,891.90
Fundraising Expenses	
	1,615.84
Administration Expenses	
	161,390.51
Major Program Expenses	
	174,284.25
Total Expenses	
	104,482.50
Net Surplus /Deficit	

Statement of Financial Position as at 30th June 2022	
	Amount
Assets	
Current Assets	0
Cash & Cash Equivalents	35312.01
Prepayments	0
Inventories	0
Total Current Assets	35312.01
Non - Current Assets	
Property, Plant and Equipment	11995.82
Total Non-Current Assets	11995.82
Total Assets	47307.83
Liabilities	0
Net Assets/Liabilities	47307.83

SNAPSHOTS:















Thank you Note!

DBSV team heartily express our sincere 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. We are excited about our new ventures to bring positive impacts in people's life.