



Didi Bahini
Samaj
Victoria



ANNUAL REPORT 2023



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A WORD FROM OUR PRESIDENT



As we reflect the past year, I am incredibly grateful for the strength and unity that our organization has shown. Despite the challenge we faced due to the impact of Covid and high living cost, as well as the low funding support for not-for-profit community organization, and work life balance for women, we remained resilient and supportive between one another, demonstrating our true spirit of togetherness.

In this year's Annual Report, we celebrate achievements and progresses we have made together. Our collective efforts have led to

significant improvements in various areas, such as women's empowerment, skill development, capacity building, governance and policy, decision making, and awareness against domestic violence. We have made significant progress in networking with local LGOs, state Governments, multicultural communities, and climate change mitigation programs such as Tree Planting. Each one of you have played an important role for this accomplishment, and I want to extend my heartfelt appreciation for your precious time, and the use of skills and resources.

Despite having many challenges, and struggles, I am very proud to share our achievements. The following list clearly reflects the true power of the DBSV, an emerging community in Victoria that tells why our organization would be in the heart and mind of Nepali women and lay a foundation of hope to those who needed the most:

1. Our generation faces very tough time to defend the Covid -19 pandemic as well as the post-covid period. We worked tirelessly for mental health of the vulnerable communities including women, children, elderly and students,

promoted vaccination awareness and education programs by aligning with the Victorian government.

2. Prolonged lockdown had severe impacts on family violence's. The number of domestic violence significantly increased in Victoria causing poorer health and education among women and kids, and even dismantling the family relationships. Without any external resources and support, we were able to offer door-to-door support to victims of the family violence through empowerment and family counsel services. In every step of our activity, we received positive compliments from the community.

3. We have expanded our networking, services, and group activities from many local LGOs in Greater Melbourne, and further to regional Victoria. Now we have a total of 17 Unit committees, one executive committee and one advisory committee.

4. We have aligned with climate change mitigation activities in favour of environment protection.

5. We have established a platform to debate mental health and wellbeing policies and programs among Nepalese Women. Such platforms have increased social cohesion and made significant positive impacts on women's participation in community activities.

6. We have received continuous support from different individuals, local community organizations, and local government organizations (LGOs). We have successfully aligned with the total of 9 City Councils, Victorian Multicultural Community (VMC) and many other community organizations.

When we look ahead, our pathway is shining and bright as we have exciting plans and projects in the pipeline that will further enhance our organization's wellbeing and prosperity. I encourage each of you to continue actively engaging in our community events, volunteering, and supporting each other. By doing this, we would create even a stronger and vibrant community.

Along with energetic, vibrant, and empowered community members, we can drive a membership with many hearts and souls to be contributing to the community development program. Our focus at DBSV has always been on

improving women's quality of life through one-to-one support programs, such as for mental health and education through strong community networking. As we navigate for the future, let's remember that our unity and compassion are a cornerstone of our success. Together we can overcome any challenges that come our way and continue to build a community we are proud of to call our home.

I would like to extend sincere gratitude to every member of our community including the valued volunteers, team members, stakeholders, advisors, always being an essential part of our organization's journey, and I am very optimistic about the goal and the great things we will achieve in the coming future.

With Warmest regards,

Roshani Shrestha

President, Didi Bahini Samaj Victoria (DBSV)

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.

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1. 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.

2. OUR VALUES AND OUR MISSION

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.



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



DBSV PROJECTS, ACTIVITIES AND WELLNESS SESSIONS SUMMARY LIST (JULY 2022- JUNE 2023)

S. N	Project, Program, Activities	Date	Number of participants
1.	DBSV Youth M3 Zone project 2022	9 th of July to 13 th of August	30
2.	DBSV Teej Celebration 2022	20 th August 2022	More than 500
3.	DBSV Marathon 2022	2 nd October 2022	
4.	DBSV Breast Screening Program organised by DBSV Unit Committee in various suburbs of Melbourne - 2022	October 2022	
5.	DBSV Mha Puja and Deusi-Bhailo Program 2022	November 2022	Around 100
6.	16 Days of Activism against Family Violence 1. Walking Campaign 2. Social Media Campaign: Awareness against family violence via Facebook post, photos, short videos 3. Respect is...campaign 4. Yoga Session and Fund handover program 5. DBSV Book Launch Program - Nepalese Women's Tales of Resilience'	25 th November to 10 th December 2022	More than 100
7.	Team building and Christmas Celebration Dinner	December 2022	Around 30
8.	DBSV Annual Family Picnic 2022	31 st December 2022	Around 50
9.	Lunch of Gratitude (Appreciation lunch to Glenroy Uniting Church Council Members) -2022	January 2023	More than 50

10.	DBSV Annual General Meeting 2022 Selection of New Executive and Advisory Committee Members	March 2023	
11.	International Women's Day Celebration 2023	8 th March 2023	Around 100
12.	Two-day Mother's Day Retreat Program	5 th and 6 th May 2023	55
13.	Health Awareness Session Organised by Casey Unit Committee	18th of June 2023	25

3. DBSV COMMUNITY ENGAGEMENT PROJECTS, ACTIVITIES, WELLNESS SESSIONS AND PROGRAM HIGHLIGHTS

A. DBSV YOUTH M3 ZONE PROJECT 2022

DBSV Youth M3 Zone Project is a fun and interactive youth community session which occurred on every Saturday from 9th of July till 13th of August, spanning six weeks at the Uniting Church of Glenroy. The project aimed to bring young people together and discuss challenging questions; something that doesn't occur frequently in public schools. Coupled with that were activities such as Zumba, icebreakers and meditation. Main themes of the sessions were:



Week 1: Knowing yourself
 Week 2: Your culture; and your strengths
 Week 3: Culture and your Personal Growth
 Week 4: Your Culture and identity and gender awareness
 Week 5: Team building, trust, and mutual respect
 Week 6: Emotion, and interpersonal relationship

One of the questions discussed was 'What does well-being mean to me? Well-being can have many different interpretations by different types of people. Some of the answers we received were health, security, purpose, and many more. What

followed this was a long discussion about the various concepts. It was very insightful to hear differing opinions from people of different generations and cultures. The idea of well-being and living a meaningful life seems to be an

inspiring idea. One of the other activities we did was goal setting. It was very practical and gave people a chance to think and plan their futures. Research shows, people who regularly set and review goals are more likely to live a more fulfilling life. Due to the variation in age, there were vastly different goals. There were some that wanted to learn to cook, enhance their technical knowledge and even buy a house. Every session started off with a fast-paced Zumba class. Far and away the most popular activity, taught by the exceptional Anna. Zumba is a Latin Inspired dance fitness, where the participants follow the lead of the instructor. At first glance it looks simple and straightforward- it is anything but that. We learnt something new, improved our cardiovascular levels, improved coordination and by the end of the 6th week, we got better



that even the shyest of us were moving and jumping around. The effects of Zumba were great and should be brought into future community events. There were activities that were spiritual. Yogis and meditation gurus taught us about the value of mindfulness and happiness. Mindfulness is being aware of the present situation which can reduce anxiety, stress and worry. Team building exercises demonstrated the power of cooperation. Chinese whispers are a much harder game than it seems! Overall, the event was a great success. It provided value that can be used beyond the contexts of the programme.



at it. What was a delight to see was

B. DBSV TEEJ CELEBRATION 2022



Every year DBSV celebrates the Teej Festival with great enthusiasm. Teej is one of the biggest festivals of Nepal that are celebrated by all Nepali Hindu women across the world which is also named 'Hartalika Teej'. In 2022 DBSV hosted the program on 20th August at 90 Bell Street Coburg, Coburg Town Hall and more than 500 Nepalese women and distinguished guests from different local bodies attended the event. The

program aimed at Preserving Culture by highlighting the essence of Teej festival and by providing a common platform for Nepalese women to participate and celebrate the festival. The event also aimed to raise hope and endowment to assist women in Nepal who are victims or survivors of sexual assault and rape as fund raised from this event were provided to the victims or survivor of rape or sexual assault in collaboration with AAWAJ (NGO working for Family Violence in Nepal).

Highlights of this year includes:

- i. Participation of our distinguished Chief guest and honourable guest:
 - Hon. Natalie Hutchins MP (Member for Sydenham, Minister for Education, Minister for Women)
 - Kaushaliya Vaghela MP (Independent State Member of Parliament for Western Metropolitan Region. The MLC in Victoria, Australia. First India-born MP elected in Victoria
 - CR Mark Riley, Mayor of Moreland City Council
 - Mr Hari Khadka, VICE President, Non-resident Nepali Association -NRNA Australia (Victoria State Co-ordinator)
 - Kathleen Mathew -Ward State Labor Candidate for Broadmeadows

- Sue Bolton, Socialist Alliance candidate for the Labor-held seat of Wills
 - Tina Lyndon, DBSV Advisor
 - Roshan Bhandary, DBSV Advisor
 - Mr Essan Dileri, Team Leader Diversity and Intercultural Development, Melton City Council After the guest acknowledgement
- ii. Floor dance performed by various DBSV Unit Committees Group members
 - iii. Active voluntarily role and team efforts by the participation of DBSV Youth M3 Zone Project
 - iv. Invitation to all community members to promote the brotherhood not only the sisterhood and to strengthen the bond between sisterhood and brotherhood. This 2022 Teej event also focused on each age group. There was a separate entertainment section for the child that included face painting and other recreational activities.
 - v. A platform to the Nepalese women entrepreneurs where they were provided opportunities to display their products and introduce it to the event attendees.



The event concluded with massive success and a positive note. The overall feedback from participants specified a high level of happiness and gratitude. There were many positive remarks about the DBSV Teej celebration, the organization, structure and process of the program.

Highlights of DBSV Teej Celebration Organised by Wets Unit Committee for community members living in Western Suburbs.



C. DBSV MELBOURNE MARATHON

This year DBSV initiated and organized Nepalese participation in Melbourne Marathon 2023 in mass to demonstrate Nepalese community support. The program was held on 2nd of October 2023. The initiation aimed to 'Promote Mental and Physical Health'.



D. DBSV BREAST SCREENING PROGRAM ORGANISED BY VARIOUS UNIT COMMITTEE

Some Glimpse of DBSV Breast Screening Program led and organised by Lalor, Thomastown, Wollert, Mernda, Glenroy, West and Craigieburn unit committee members for visitor mothers.





The DBSV team was privileged and honoured to meet Hon. Minister of Women and Education, Natalie Hutchins to discuss our community and women issue on NOVEMBER 4 2022. Some Snapshots:



E. DBSV MHA PUJA AND DEUSI-VAILO PROGRAM 2022

Festivals are an immense part of Nepalese community members. There are various unique cultures, traditions, food, values and diversity among Nepali people. Dashain and Tihar are the two greatest festivals in Nepal. When it comes to Nepal, the celebrations are many and countless among the Nepalese diverse community members but they are celebrated and are observed in rejoice by all Nepalese people despite the regions an individual belongs to. One of these celebrations was MHA Puja- The Self- worshipping Festival: DBSV successfully organized and facilitated the MHA Puja program in November 2022. Mha Puja means "worship of the self" in 'NEWARI' and it celebrates the spirit within oneself. The ceremony signifies and invokes prosperity and longevity for the participant. It is the celebration of the existence of one's own life and understanding the importance of life. The culturally rich Newar community of Nepal worship their body because the body provides a symbol of existence and pray for their health.

The program aimed to spread the beautiful message to respect self-worth and to preserve culture and promote connection among Nepalese community members here in Australia. For the purpose of the event, community members were duly invited to participate in the cultural celebration. More than 50 community members joined the event. Major highlights of the event were various cultural dance, cultural activities, puja, food were delivered via the celebration



Deusi-Bhailo Program:

Deusi and Bhailo program provides cultural entertainment by a group of men and/or women who move around their local area singing the Deusi/Bhailo song and other songs.

Every year Tihar (the second largest festival of Nepa) is celebrated. Tihar is also known as Deepawali and Yamapanchak and is the festival of lights, a five-day event celebrated by the Hindus in Nepal and Bhutan primarily. The deusi-bhailo programme is held on the third and fourth days of Tihar, where Bhailo is performed on the third day (Laxmi Puja) and Deusi is performed on the fourth day (Gowardhan Puja).



One of the major objectives of DBSV is to provide a common forum for Nepalese women to discuss issues relating to women's lives and strengthening support networks through discussions, celebrations, programs, activities and to preserve culture and raise hope from the cultural celebration in this cultural diversity country Australia. With

this as objective, the DBSV team hosted the Deusi-bhailo program on 25th of October 2022 in Werribee River Park. The program not only aimed to promote culture but also aimed to raise funds to support flood victims of Victoria.

F. 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. 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, Didi Bahini Samaj Victoria (DBSV) organized various programs for this global campaign against violence, as such, walk against family violence, Respect is... campaign, social media engagements and initiatives, yoga sessions in orange clothes and many more. This year as well DBSV was successful to receive \$1500 from

Highlights of this year's campaign: On the very first of this international campaign, the DBSV team supported the walking campaign 'Walk against Family Violence (WAFV) 2022' initiated by Safe Steps.

Respect Is ...' Campaign initiated By Respect Victoria was another major highlight of this year. DBSV team members from various unit communities supported the campaign by producing various videos by expressing what respect means to them and by flexing that everyone despite their gender, sex, race, class have rights to be treated equally and respectfully without any forms of discrimination and violence.



Free YOGA Session: A free yoga session was organised by DBSV on 27th of November in Werribee Beach.

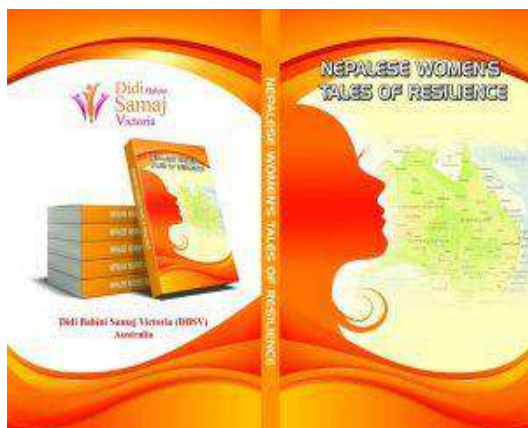
Community

members were invited to participate in the event and were encouraged to wear blue tops to demonstrate our solidarity against violence. More than 50 community members participated in the program.

DBSV also took the opportunity to facilitate fund handover Aud 6000 (fund was raised from DBSV Teej Celebration program 2022) to AAWAJ (local NGO of Nepal) to support victim-survivors of family violence.



G. DBSV BOOK LAUNCH PROGRAM 2022 ‘NEPALESE WOMEN’S TALES OF RESILIENCE’



‘Nepalese Women’s Tales of Resilience’ is a book that aims to collect and share intimate stories of adversity, resilience and growth of Nepalese immigrant women in Australia. The concept of the book emerged during 2021’s 16 days of campaigns against gender-based violence.

During the event ‘Knitting- The New Me’, women who participated in the project shared their stories as a part of knitting and connecting. Then that took us on to the next step, to publish the book. The concept and purpose were formed and finalised. The purpose of this book includes the intention to explore and share life stories and lived experiences of Nepalese immigrant women and their resilience in Australia. The book also intended to highlight

immigrant women's experiences of both, marginalization, struggle, isolation, racism, adversity, and their courage, the unique resilience, strength, hope, inspiration, resourcefulness that helped them to overcome the situation, to claim their place and to live a meaningful life. The story sharing guidelines were developed and an expression of interest was released in early 2022 inviting every woman to put their EOI to share their stories of resilience. 39 beautiful sisters living around Victoria including regional Victoria and some other parts of Australia expressed their interest and shared their stories of resilience that reflected their personal journey, their experiences of adversity and learnings as well as the unique resilience, hope, strength. The overall story collection, coordination of the whole process at an early stage was done by Anita Bhandari. The conceptualisation and coordination including contributing to the whole process and editing was done by Dr Jamuna Parajuli (Former President, DBSV). The editing and content visualities were performed by DBSV executives Dr Jharana Bhattarai and Sanjana Shrestha. The editing of the Nepali content was done by Ram Kumar Shrestha (Honorable Nepalese community leader). The final editing of the content was performed by advisors Tina Lyndon and Roshan Bhandary followed by final proofreading by Dr Smriti Ghimire. The book cover was graphically designed and developed by Sopan Press Pvt. Ltd (Nepal). The content was then sent to the publisher 'Working Type Studio' for the printing and publication. Typesetter Luke Harris coordinated the whole printing process.

BOOK LAUNCH EVENT DAY:

DBSV organized the book launch program 'Nepalese Women's Tales of Resilience'. The event was organized at Glenroy Community Hub on the 10th of December 2022. An enthusiastic crowd of more than 50 amazing attendees including invited honourable guests, respectable



community leaders and beloved DBSV committee members and volunteers (from the DBSV youth project) gathered together in great anticipation to celebrate and witness the landmark moment for Nepalese community members.

The invited honourable guest present:

- Hon. Natalie Hutchins - MP, Minister for Education Minister for Women (Chief Guest)
- Vivienne (Viv) Nguyen AM, Chairperson, Victorian Multicultural Commission (Guest of Honor)
- Kathleen Matthews-Ward MP - Broadmeadows
- Sue Bolton, Socialist Alliance Councillor
- Cr Mark Riley, Merri Bek City Councillor and other Councillors present: Monica Harte
- Graeme Kent, Director - Aussie Action Abroad
- Parsuram Sharma-Luitai JP Chairperson at Refugee Communities Association of Australia
- DBSV partner organisations - Jenni Smith (CEO- NCLC), Gina Dougall (CEO, Banksia Garden), Catherine Schmidt (Uniting Church)
- Respected Nepalese Community leaders, leaders from multicultural communities, media representatives, and DBSV Advisors.

With all positive remarks and with 100 books being distributed and more enthusiasm to grab the book, the event was observed as a success.

As the book launch program was one of the DBSV's campaigns of 16 Dyas of activism, a short video on DBSV's work in the past years on raising awareness against family violence was screened. The video reflected various programs and



campaigns organised by DBSV from the year 2017 to the present day. The video also highlighted DBSV's commitment to advocating for women and women-related issues. Technically, Mr Anuj Nepal supported the overall process.

And at the end of the program, a brief info video of DBSV work for the last 10 years was also screened, as we celebrate the completion of our 10 years of community work this year.

DBSV CELEBRATING 10TH ANNIVERSARY (2022)

In December 2022 DBSV marked its 10th year's Anniversary.

DBSV has been a common platform for all Nepalese women for the last 10 years and later for multicultural women. The journey started in 2012 by a group of strong active Nepalese women who were committed to playing an active role in achieving gender equality and women empowerment where prevention of Family Violence is a cross-cutting agenda of DBSV. Now we have expanded state-wide including in regional Victoria with 15 units, 1 advisory committee and 1 EC committee. Now we have 156 committee members. The organisation is guided by social justice principles; access, equity, participation and empowerment (advocacy, diversity, and supportive environment). And driven by the important value of compassion, courage, respect, and change. In these last 10 years, DBSV touched thousands of hearts and souls in Nepalese as well as broader multicultural communities. We believe that the overall impact of DBSV's programs and activities has been exceptionally outstanding for our community and women in particular and we strongly hope to be able to magnify more from here.

H. ANNUAL GENERAL MEETING

Like every year, the DBSV annual general meeting was organized. Members from various unit committees duly participated in the meeting, discussion on previous programs, planning for further actions in upcoming days were the major agenda of discussion.



I. 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.



J. 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 to fully enjoy sharing food, playing games, dancing with music, and talking with a like-minded group. We were privileged and humbled by the participation of around 50 people including children from Nepalese backgrounds/families despite some restrictions in response to Covid-19 being in place.



K. INTRODUCTION OF NEW COMMITTEE MEMBERS

DBSV Executive Committee (2023-2025)

			
NIRMALA NYAUPANE (VICE-PRESIDENT)	ROSHANI SHRESTHA (PRESIDENT)	ANJANA NEPAL (SECRETARY)	
			
LINA GUBHAJU (CO-SECRETARY)	BENJU GNAWALI NEPAL (TREASURER)	REETA LAMICHHANE CHAULAGAIN (CO-TREASURER)	
			
DR SMRITI GHIMIRE (EXECUTIVE MEMBER)	PRASHA SHRESTHA (EXECUTIVE MEMBER)	GEETA THAPA CHHETRI (EXECUTIVE MEMBER)	
			
DURGA PARAJULI (EXECUTIVE MEMBER)	BARSHA KC RAJBHANDARY (EXECUTIVE MEMBER)	SHOVA LAMSAL (EXECUTIVE MEMBER)	ANITA SHANDARI (EXECUTIVE MEMBER)
			
ANJU ADHIKARI (EXECUTIVE MEMBER)	KAMALA CHALISE HOMAGAIN (EXECUTIVE MEMBER)	MANORAMA SHAH (EXECUTIVE MEMBER)	TIRTHA BASNET (EXECUTIVE MEMBER)

DBSV ADVISORY COMMITTEE MEMBERS 2023-2025



ROSHAN BHANDARY



DR JAMUNA PARAJULI



TINA LYNDON



DR JHARANA BHATTARAI



SANJANA SHRESTHA



CATHERINE SCHMIDT

**DR ANN MARIE DIGGINS
ADVISOR**

L. LUNCH OF GRATITUDE (DECEMBER 2022)

(Appreciation lunch to Glenroy Uniting Church Council Members)

DBSV appreciation lunch to Glenroy Uniting Church members took place January 2023. 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 6 years and to appreciate the generosity of all their unconditional support 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. More than 50 participate the program including Church members, community members and DBSV team.



HOLI CELEBRATION 2023 – ORGANISED BY DBSV WEST AND GEELONG UNIT COMMITTEE



M. INTERNATIONAL WOMEN'S DAY 2023

Didi Bahini Samaj Victoria's 2023 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 2023 theme **'EMBRACE EQUITY'** 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, and media persons. 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 program ended up with great joy and positive feedback from our valuable event participants and event attendees, honourable guests and community leader

N. DBSV WEST PARENTS MEET AND GREET PROGRAM STARTED MARCH 2023 TILL CURRENT



Visiting Parents meet and greet program hosted by DBSV West Unit Committee aims to foster a means to break the social isolation and to create a harmonious family environment, enjoy better time together with our visiting. The program at the same time provided them with an opportunity and platform to connect with others which consequently improves social cohesion, connection and support system.

Hence, the major highlights of the program are:

- 1.** More than 20 visiting parents gather together during each session.

2. Creation of a platform for social connection, cohesion and the conducive family environment through talk, food and fun activities
3. Form and develop a broader social network with other family members including community members and this is likely to be continued beyond this project.

O. TWO-DAY MOTHER'S DAY RETREAT PROGRAM 2023

“Beyond Happiness”



In May 2023, Didi Bahini Samaj Victoria held a two-days well-being retreat Program in the regional city of Warrnambool with participants of 55 women from Victoria. Two days long fun filled program was organised to celebrate Mother's Day as part of its objective celebrating strength of women capacity and honour women for their resilience and success through meaningful involvement and to foster the well-being, self-love, self-care, self-

respect as well as to nurture a sense of togetherness and inner strengthening and empowerment. As part of the annual retreat program, this year's retreat program was organized with the theme of "Beyond Happiness" on 5th and 6th May 2023. It was a phenomenal two-days retreat, which created a positive and connective environment and offered a chance to step back from the everyday life, to find inner calm in a

peaceful setting of Warrnambool and to spent time in 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 engagement activities. DBSV presented information on the importance of various hormones that are released with meaningful engagement in activities for wellbeing which contributes to a happy life. Physical and emotional wellbeing session was followed up by a learning session by motivational speaker L. P. Bhanu Sharma from Nepal through online.



Zumba, guided meditation, motivational speech and cultural dance were organised to give



opportunity for meaningful engagement and strength emotional and spiritual wellbeing. Hence, a two day retreat camping program was organised to support women from Nepalese cultural



background as part of building capacity, women empowerment and strengthening. The retreat program offered a chance to shift from busy doing mode to rebalance and learn about the importance of physical, emotional, and social well-being with like-minded women. Overall, the feedback, engagement and enthusiasm from participants

indicates a high level of satisfaction. There were many informal positive remarks about the overall achievements of the retreat, the quality of the participation, the organization, structure and process of the retreat, the venue, the food, and the facilitation.



DBSV PRESIDENT ROSHANI SHRESTHA'S Participation in the community leadership showcase program organised by the Brimbank City Council, where Mayor Bruce Lancashire was the chief guest along with the other delegates.



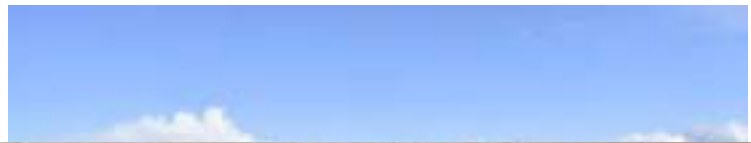
P. HEALTH AWARENESS PROGRAM ORGANISED BY CASEY UNIT COMMITTEE

DBSV Casey Unit Committee hosted a health awareness program in partnership with Indian Care and Nepalese Association of South East Melbourne - NASEM on 18th of June 2023. Dr. Kaushik Banerjea led the discussion on musculoskeletal and general health followed by a question-and-answer session.



4. 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.



2023 Financial Report

Annual Update

Prepared by
Benju Gnawali Nepal



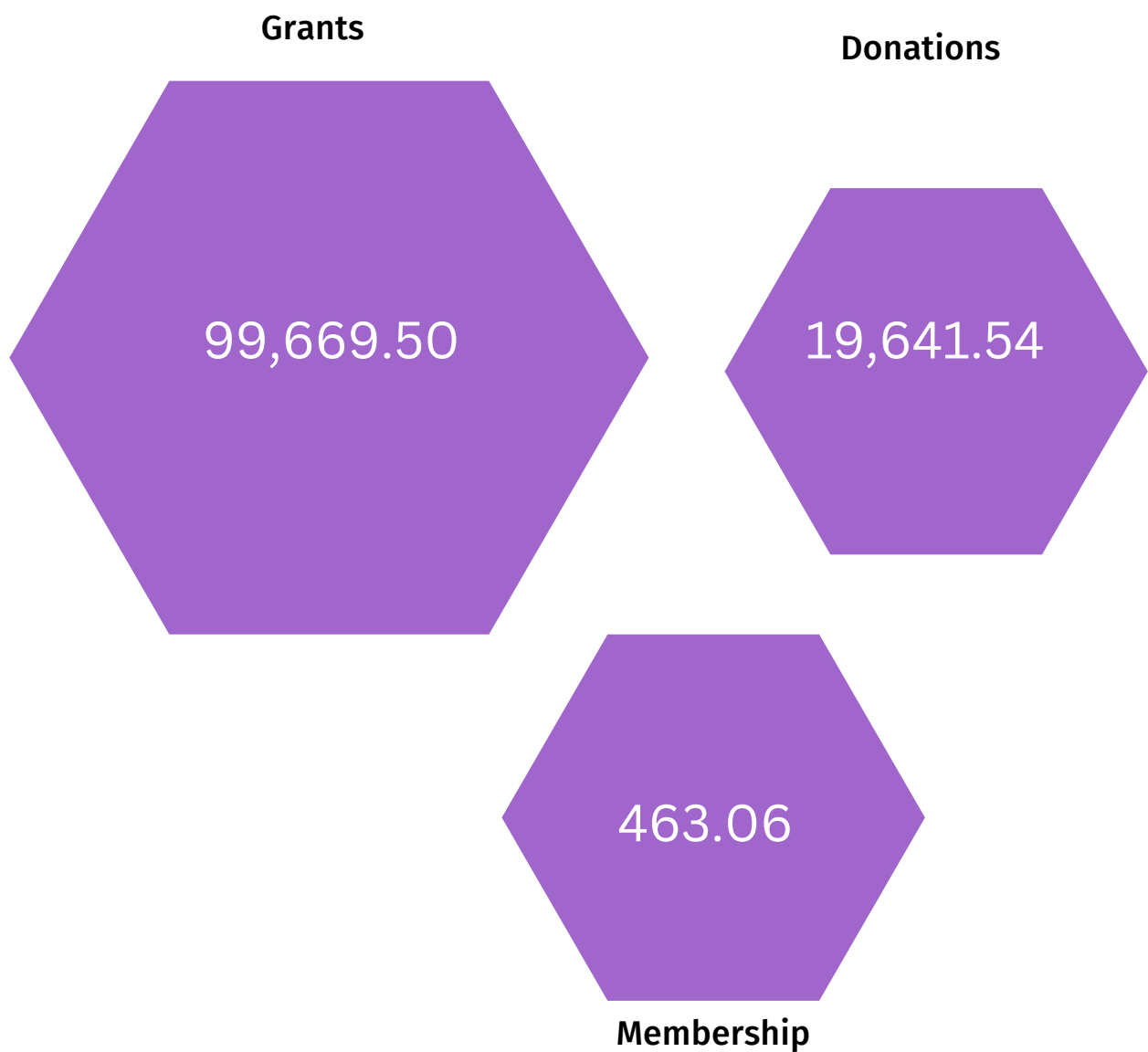
ABOUT DIDI BAHINI SAMAJ VICTORIA

Didi Bahini Samaj Victoria (DBSV) was formed in 2012 by a group of strong active Nepalese women who were 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 the duly registered women-led organization. It was registered on the date October 2012 under the status of Organization of incorporation Act 1981.

INCOME STATEMENTS



MAIN SOURCES OF REVENUE



Surplus and Deficit as at 30th June 2022

Particular	Amount
Revenue	
Grants	99,669.50
Membership Fees/donations	00
Total Income	119,774.10
Expenses	
Fundraising Expenses	5,022.83
Administration Expenses	3,566.53
Major Program Expenses	87,017.04
Total Expenses	104,156.95
Net Surplus /Deficit	15,617.15

Statement of Financial Position as at 30th June 2022

Assets	Amount
Current Assets	0
Cash & Equivalents	49,243.26
Prepayments	0
Inventories	0
Total Current Assets	49,243.26
Non-Current Assets	
Property, Plant, Equipments	1,076.24
Total Non-current Assets	1,076.24
Total Assets	50,319.50
Liabilities	0
Net Assets/Liabilities	50,319.50

Grants Received this financial year 2022/23

Merri-Bek- \$3,000.00

Ballarat city Council- \$3,049.50

Wyndham city Council- \$9,000.00

Melton city Council- \$6,640.00

Geelong city Council- \$4,000.00

Dffh- \$33,920.00

FECCA- \$2,500.00

Melton City Council- \$12,910.00

Wyndham city Council- \$2,000.00