



**2025**

**SUNITA FOUNDATION**  
**SEMI-ANNUAL**  
**NEWSLETTER**

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***RISE BEYOND MISERY***





## A Message from Our Managing Director

*"In every step we take, we are reminded of the dedication and courage of our Founder President, Sunita Danuwar. Being her daughter, continuing her legacy is both a personal commitment and a professional honor. The values she instilled in us- empowerment, dignity, right-based and justice are the guiding principles of Sunita Foundation. I am humbled to be a part of the organization as we work to fulfill her dream of a world where trafficking survivors not only survive but thrive. Together, we will continue to push boundaries and make a difference in the lives of those who need it most. I thank each one of you for being part of this journey and for supporting our cause." - Swostika Danuwar*

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## Remembering Our Founder President, Late Sunita Danuwar

As we look back on the journey of Sunita Foundation, we take a moment to reflect on the remarkable legacy of our Founder President, late Sunita Danuwar. Her vision for empowering survivors of human trafficking not only shaped the foundation but also inspired a movement grounded in courage and resilience. Her commitment to building a society free from exploitation continues to guide us in every program, every workshop and activity, and in every survivor we work with.

Her leadership truly transcended the ordinary. She didn't just build an organization; she nurtured a community of survivors, advocates, and allies who carry her mission forward with dedication and hope. Her legacy is not only the foundation she established but also the ripple effect of empowerment that has spread across Nepal and beyond, touching countless lives and helping to build a safer, more just world for all.

*“I survived trafficking, but survival is only the beginning. Rescue alone can't protect us from falling back into harm. Without true healing and lasting economic independence, many survivors face the risk of being trapped again because poverty and trauma don't simply disappear. Real change means supporting the whole person: body, mind, and future. Only then can we break the cycle and build lives of dignity and freedom.”*

**-Sunita Danuwar**





## **PROVINCE-LEVEL WORKSHOP: “OUR ROLES IN ENSURING THE HEALTH RIGHTS OF TRAFFICKING SURVIVORS”**

Sunita Foundation hosted a province-level workshop that focused on improving the health rights of trafficking survivors. This event brought together stakeholders from the healthcare sector, law enforcement agencies, local government, civil society organizations and survivor leaders. Participants discussed the significant health challenges faced by survivors, including access to specialized medical services and mental health care. Insights on the importance of coordinated responses and survivor-centered approaches were shared.

The workshop encouraged interactive discussions to identify practical strategies to strengthen referral systems, improve service delivery, and address barriers to accessing health care. By the end of the session, all participants committed to work collaboratively toward ensuring comprehensive and accessible health services for survivors in their regions. This event marked an important milestone in our ongoing advocacy for the holistic well-being and rights of trafficking survivors, building stronger partnerships to drive systemic change.

## **EDUCATIONAL VISIT OF JAPANESE STUDENTS**

Sunita Foundation welcomed 18 Japanese students from Nagoya University of Foreign Studies and Kaetsu University, along with their professors, for an educational visit. The students were introduced to the complex realities of human trafficking in Nepal and learned about our survivor-led approach. Through detailed discussions and survivor stories, they gained firsthand insight into the challenges of reintegration, stigma, and the importance of rights-based, trauma-informed support. The visit also served as a meaningful platform for cross-cultural exchange, encouraging empathy and solidarity beyond borders. Students expressed deep respect for the resilience of survivors and the work being done by Sunita Foundation to empower them. The session highlighted the importance of collaborations, community-based approaches to combat human trafficking, inspiring future advocates and allies to take these lessons back to their own contexts.





## National-Level Workshop: “Our Roles in Ensuring the Health Rights of Trafficking Survivors”

Following the province-level workshop, Sunita Foundation hosted a national-level workshop to further advance advocacy on survivors’ health rights. This event brought together experts, policymakers, police officials and civil society leaders. Building on insights from local discussions, participants explored systemic challenges such as service gaps, limited coordination, and stigma that hinder access to adequate health care for survivors.

The workshop facilitated the development of actionable recommendations to ensure consistent, survivor-centered care. By fostering shared responsibility and multi-sectoral collaboration, the session reinforced the importance of national-level commitment to addressing survivors’ physical and mental health needs. This continued advocacy effort demonstrated our dedication to creating lasting change through strengthened networks.



Sunita Foundation, in collaboration with WOREC Nepal, hosted a panel discussion during the 69th Commission on the Status of Women in New York. The event, titled “Understanding Human Trafficking from a Feminist Lens,” brought together global advocates to examine how gender, poverty, and systemic inequality intersect to create vulnerabilities for women, children, and transgender individuals. Speakers highlighted the importance of recognizing these intersections in developing effective anti-trafficking strategies.

## CSW 69th Session in New York: “Understanding Human Trafficking from a Feminist Lens”

The discussion also emphasized survivor-led solutions, calling for policy changes that empower survivors and center their voices in decision-making processes. This international platform allowed Sunita Foundation to showcase its work in Nepal while strengthening networks with allies who share a commitment to feminist, rights-based approaches. The session received positive feedback, underscoring the value of survivor leadership in shaping global anti-trafficking efforts.

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*When stories rooted in pain and courage cross borders, they become more than testimony—they become tools for transformation*

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## Self-Care Session for Women Workers in Gokarneshwor Municipality

In collaboration with Tarangini Foundation, Sunita Foundation facilitated a self-care session for women workers in Gokarneshwor Municipality. This session recognized the demanding nature of their daily lives and the limited opportunities they have to prioritize their own well-being. Participants engaged in guided discussions and practical exercises designed to help manage stress, encourage relaxation, and build resilience in the face of everyday challenges.

The session also fostered peer connections, creating a safe space for women to share personal experiences and support one another. By promoting the importance of mental and emotional health, the initiative aimed to empower women workers to invest in self-care as a foundation for their overall resilience and well-being. This activity underscored Sunita Foundation's commitment to holistic empowerment that addresses both external and internal challenges faced by women in vulnerable contexts.



By fostering peer leadership and advocacy, Sunita Foundation seeks to enable survivors to become active agents of transformation, challenging stigma and advocating for improved services and protections. These initiatives represent our commitment to survivor-led approaches that create lasting, meaningful change.

## Leadership Development Workshop: Empowering Survivors

Sunita Foundation conducted two 3-days residential Leadership Development Workshops for Women Empowerment Groups of Nuwakot and Sindhupalchowk, led by survivors themselves. These workshops focused on equipping participants with knowledge about reintegration rights, local government provisions, and available support resources. Hands-on sessions and role plays helped participants build advocacy skills, practice communicating their needs, and develop confidence in engaging with authorities. Beyond individual skill-building, the workshops aimed to strengthen these groups as collective voices for change in their communities.

## STRATEGIC PLAN FOR 2025-2029

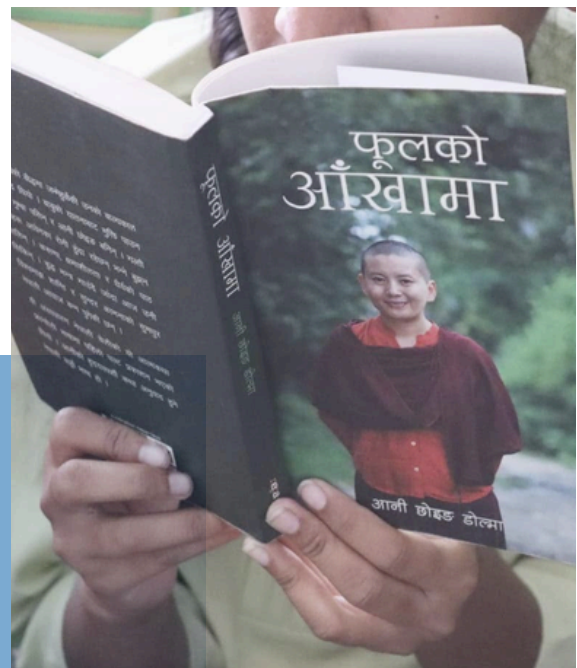
Sunita Foundation concluded a 3-days strategic planning workshop with board members and staff, dedicated to envisioning our work through 2029. This collaborative process was an opportunity to reflect on the organization's achievements, learn from challenges, and align around a shared vision for long-term impact. Together, participants identified strategic priorities, sustainability goals, and capacity-building needs that will strengthen our ability to serve survivors across Nepal.

Our upcoming Strategic Plan (2025-2029) will focus on enhancing program effectiveness, expanding our outreach, deepening survivor leadership, and advocating for systemic change. It will also include strengthening internal systems and policies and planning to ensure a resilient, survivor-centered organization.



## HOLISTIC APPROACH TO LONG-TERM HEALING AND EMPOWERMENT

In the past six months, Sunita Foundation reached hundreds of survivors and their children across Kathmandu, Nuwakot, and Sindhupalchowk, extending its efforts to other districts where support was needed most. With a deep belief in holistic and dignified reintegration, we provided a combination of services tailored to each individual's needs from educational support and healthcare access to legal aid, psychosocial counseling, and skills-based training. Survivors were not just supported but empowered encouraged to identify their strengths, pursue their interests, and make decisions that shaped their futures. Many began their own paths toward independence, and we've witnessed powerful transformations: restored confidence, economic self-reliance, and renewed hope.



## TRAUMA-INFORMED CARE Workshop for Frontline Care Providers



Sunita Foundation organized a Trauma-Informed Care Workshop for board members, staff who are frontline workers to strengthen their capacity to support survivors effectively. The workshop focused on understanding the effects of trauma on behavior, recognizing triggers, and developing strategies to respond with empathy, safety, and respect. Through interactive sessions, participants explored trauma-informed principles and learned how to apply them in daily interactions with survivors.

In addition to professional development, the training emphasized self-care and stress management for participants themselves, acknowledging their emotional needs. By enhancing the team's understanding and skills, the initiative aims to create a more supportive, compassionate organizational culture that prioritizes both board members well-being and staff well-being



## Self-Awareness & Care Workshop for Survivors

Sunita Foundation organized a specialized workshop designed to help trafficking survivors build self-awareness, emotional resilience, and practical self-care strategies. Participants engaged in guided psychosocial activities encouraging personal reflection on their experiences, helping them identify inner strengths and develop tools for managing stress and healing. The session emphasized the importance of understanding oneself as the first step toward recovery and empowerment.

By fostering open dialogue and peer support, the workshop created a safe and supportive environment where survivors could share stories, validate one another's experiences, and learn from each other. This collective approach aimed to strengthen participants' confidence, promote emotional well-being, and empower them to take an active role in their own healing journeys.

## Formation of Adolescents Club and Reformation of Child Club

Sunita Foundation initiated the formation of a new Adolescents Club and the reformation of an existing Child Club in collaboration with Dupcheshwor Secondary School in Nuwakot. These clubs aim to raise awareness about human trafficking and other gender-based violence (GBV) issues among children, adolescents and community. Through capacity-building sessions, members learned about violence prevention, child marriage, its causes and impacts, legal consequences, and how to respond or seek support if such cases arise.

The clubs are designed to empower children and adolescents to become advocates for change within their communities and schools. Members are encouraged to share their knowledge with peers, raise awareness among other students and community people. This initiative helps create safer, more informed communities by equipping the next generation with the tools and confidence to stand up against trafficking and GBV.



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*"Children are not just the future- they are the spark of every powerful movement. When one child becomes aware, they awaken another, and that ripple spreads from homes to communities, across borders and generations. Investing in their voice, their awareness, it is the most powerful act of change we can make for a better world."*

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## Join Us in Our Journey

We invite you to continue supporting Sunita Foundation's mission and work. Your contribution, whether through donations or spreading awareness, helps us reach more survivors and provide them with the support they need to rebuild their lives with dignity.

## Donate Today

Your support allows us to continue providing essential services to survivors and advocate for the changes necessary to create a safer, more just society.

नेपाल राष्ट्र बैकबाट अनुमति प्राप्त



SUNITA FOUNDATION

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*Together, we honor the memory of our guardian Sunita Danuwar, whose vision continues to guide our work. We remain committed to building a world where every survivor has the opportunity to live with dignity, respect, and empowerment. Thank you for being a part of this journey.*

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## ABOUT US

Sunita Foundation (SF) is a national-level non-profit organization established in 2019 by our Late Founder President Sunita Danuwar, a 2018 trafficking in Persons (TIP) Hero.

SF is dedicated to ensuring the mental and physical health rights and the economic reintegration of survivors, recognizing financial independence as essential to preventing re-trafficking. The foundation provides a comprehensive range of services, including job training and placement, mental and physical healthcare, legal support, and education. By collaborating with government agencies, SF raises awareness about human trafficking and offers a Protective Home for those at risk, ensuring a holistic approach to recovery and empowerment.



*RISE BEYOND MISERY*

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