

# 2025

ISSUE II, JULY-DECEMBER

# Semi-Annual Newsletter



***RISE BEYOND MISERY***

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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**



## Honoring 48th Birth Anniversary of Our Beloved Founder President



On 17th July, the 48th Birth Anniversary of our beloved Founder President, Late Sunita Danuwar, we gathered to celebrate her powerful spirit and lifelong dedication to the Anti-Human Trafficking Movement. During our event, Reflection and Action on the Anti-Human Trafficking Movement, Dr. Renu Adhikari, one of Nepal's leading pioneers in the movement shared inspiring reflections on survivor-centric approaches, survivor agency, and the values that our founder held close throughout her life.

A special Tribute Wall was created where participants wrote their personal commitments to carry the movement forward. The wall became a space filled with love, promise, and determination, each message honoring her legacy and reaffirming our collective responsibility to continue her work. Though she is no longer with us, her vision lives on in our actions, our mission, and in every step we take toward justice.

We remember her. We honor her. We continue her journey.





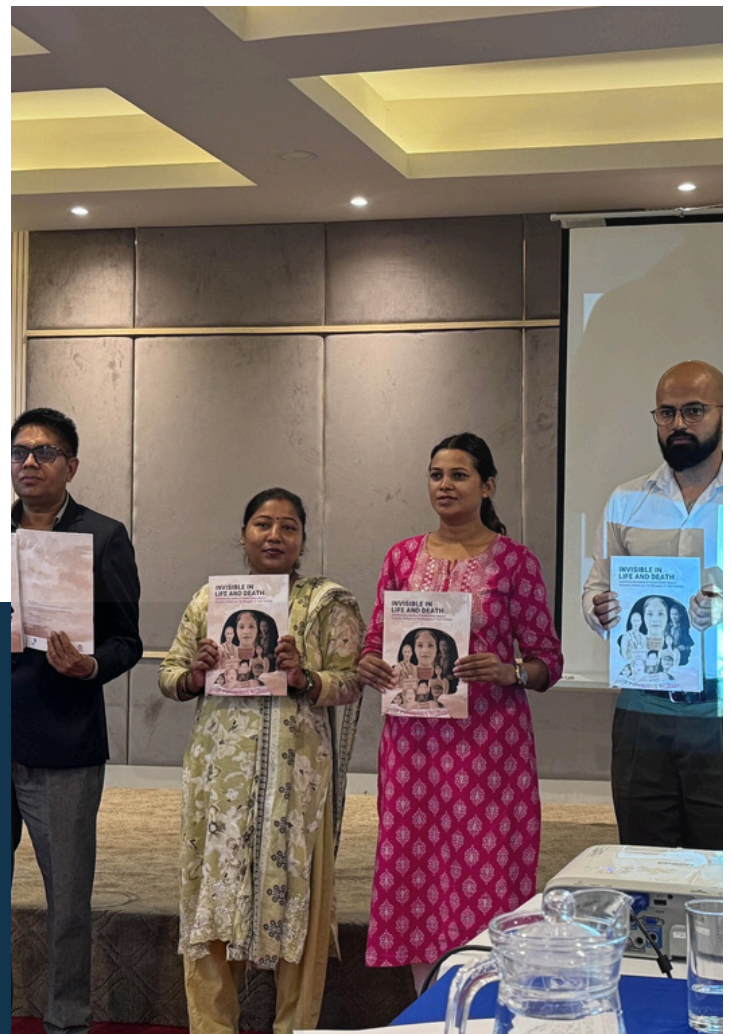
## Strengthening Local Partnerships | Meeting with Melamchi Municipality

Sunita Foundation held a productive meeting with the Mayor, Deputy Mayor and key officials of Melamchi Municipality, Sindhupalchowk, to discuss long-term empowerment strategies for survivors of human trafficking. The dialogue centered on a holistic approach, addressing physical and mental health needs, socio-economic empowerment, and pathways to sustainable reintegration of survivors. The municipality expressed a strong commitment to advancing survivor well-being, reaffirming the importance of coordinated efforts. This collaboration strengthens our shared mission to ensure that every survivor has the opportunity to heal, rebuild, and live a life of dignity, independence, and opportunity.

## Research Report Launch: Invisible in Life and Death

Sunita Foundation stood in solidarity with WOREC and Brunel University London during the public launch of the research report “Invisible in Life and Death: Visibilising the Deaths of Female Nepali Migrant Domestic Workers and the Struggles of Their Families.” The research sheds light on the often-unacknowledged deaths of Nepali women migrant domestic workers and the profound social, economic, and emotional impact their loss has on families left behind.

Sunita Foundation contributed to this research by supporting field-level engagement in Sindhupalchowk, facilitating connections with affected families and helping document their lived realities. Through this contribution, the research was able to capture voices that are frequently excluded from policy discussions, highlighting gaps in investigation, compensation, and psychosocial support. This study stands as a collective call for dignity, accountability, and justice for women migrant workers and their families.



## World Day Against Trafficking in Persons 2025 | Awareness Program in Nuwakot



On the occasion of the World Day Against Trafficking in Persons 2025, Sunita Foundation conducted an awareness session in Nuwakot in coordination with Dupcheshwor Secondary School, with active involvement of the Child and Adolescent Club. This year, our focus was on an often unheard yet deeply important issue “the mental well-being of trafficking survivors.”

While physical wounds may heal over time, emotional pain, fear, and trauma often remain hidden beneath the surface. This session went beyond awareness, creating a safe space for emotional expression, connection, and self-reflection. By involving families, the program encouraged deeper understanding of how healing begins with listening, presence, empathy, and mutual support. When one person suffers, the entire family feels the impact, and when healing begins, the whole family grows stronger.

The session highlighted that when survivors are emotionally supported and mentally empowered, they rise. Healed survivors become confident leaders and powerful voices in the movement against human trafficking, contributing to safer, more informed, and compassionate communities. A healed survivor carries not only personal strength, but also the power to challenge and change the systems that once failed them.

## Community Awareness Session | Sindhupalchowk



This session went beyond awareness, creating a safe space for emotional expression, connection, and self-reflection. By involving families, the program encouraged deeper understanding of how healing begins with listening, presence, empathy, and mutual support. When these issues remain unaddressed, they create silent risks within communities. The session brought together women, men, youth, and children, reinforcing the idea that preventing trafficking requires collective awareness and shared responsibility.

This inclusive discussion reflected a quiet but strong commitment toward change. While the session was a small step, it marked a meaningful effort toward building a safer, more informed, and united community where everyone plays a role in protecting one another.

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## National Day Against Human Trafficking | Awareness Session in Sindhupalchowk



On the occasion of the National Day Against Human Trafficking, Sunita Foundation conducted awareness sessions in some of Nepal’s most affected districts. The initiative began in Sindhupalchowk, with an awareness session held at Chapabot Secondary School in Nanglebhare, where students actively engaged in learning about the risks of human trafficking, self-protection strategies, and the importance of sharing knowledge within their families and communities.

Sindhupalchowk remains particularly vulnerable to trafficking due to factors such as poverty, limited access to education, and migration pressures. Reaching students is especially important, as they are both at risk and powerful agents of change. Through this session, students gained increased awareness, confidence, and a sense of responsibility, reinforcing the idea that informed and empowered youth are key to building safer and more resilient communities.

## National Day Against Human Trafficking | Rally Participation



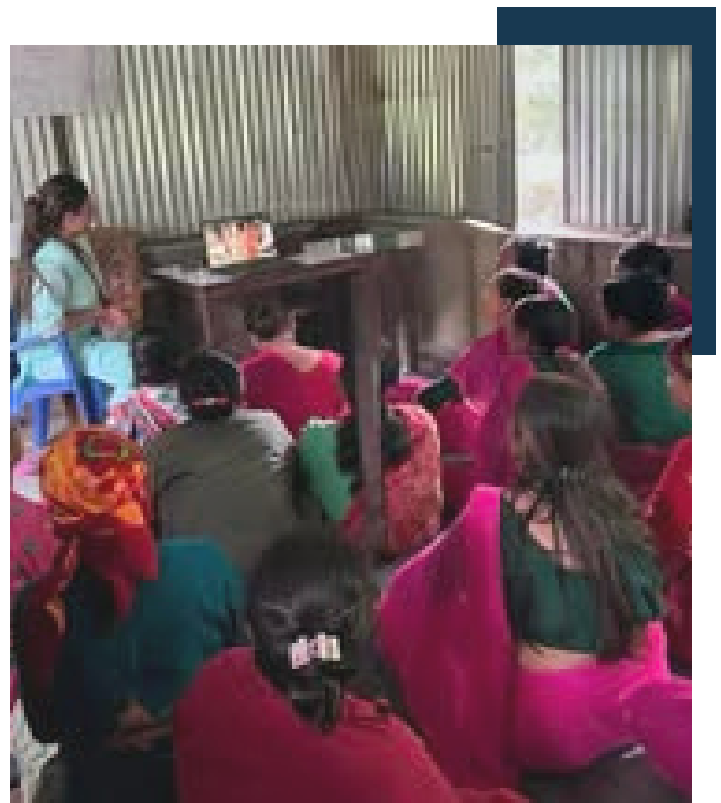
On Bhadra 20, 2082 (5 September), Nepal observed the 19th National Day Against Human Trafficking with a solidarity rally held from Bhrikutimandap to Nachghar, Jamal. Government bodies, civil society organizations, and members of the anti-human trafficking movement came together to stand united against one of the gravest violations of human rights.

The rally amplified the voices of survivors, reflected the commitment of activists, and extended the collective call for justice. It served as a powerful reminder that human lives are not for sale and that exploitation in all its forms must come to an end.

## National Day Against Human Trafficking | Awareness Session in Dupcheshwor, Nuwakot

Sunita Foundation conducted an awareness session in Dupcheshwor, Nuwakot, engaging local women's groups directly in their workplace. The session created a safe and interactive space where women openly shared their experiences, concerns, and everyday realities.

Discussions focused on the root causes of trafficking, including poverty, unsafe migration, and lack of information, while collectively exploring practical ways to prevent trafficking at the community level. The session highlighted the power of women-led awareness, reinforcing that when women are informed, engaged, and confident, they become strong protectors of their families and communities.



## Survivor-Made Product Display Stalls



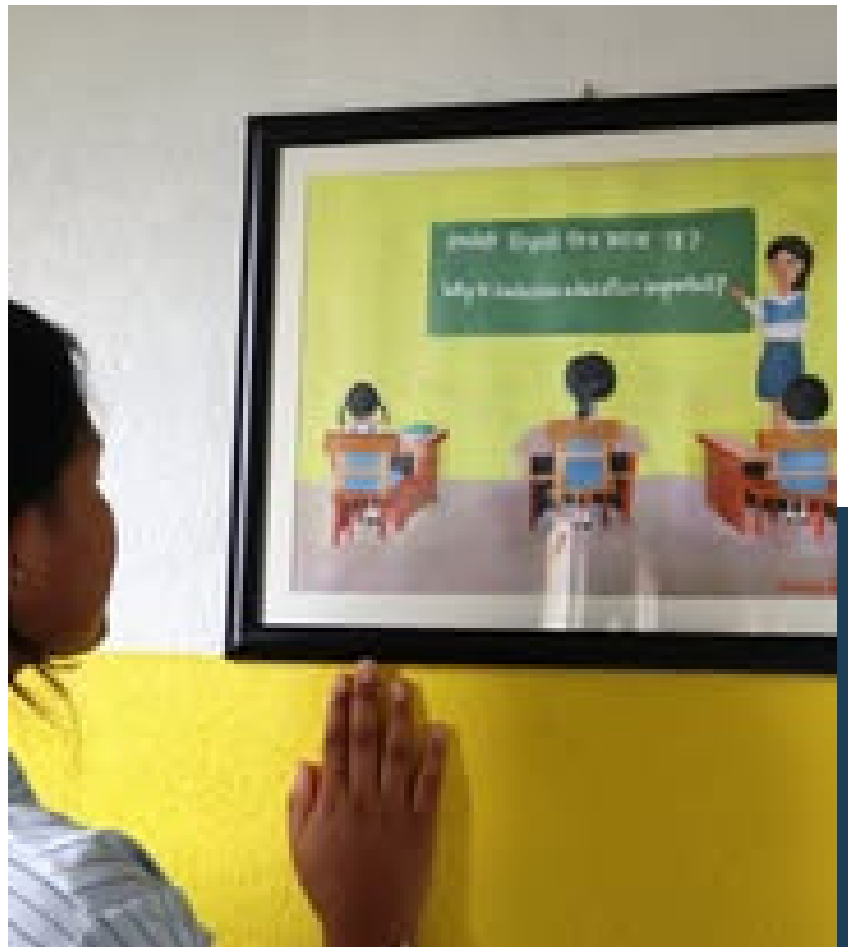
Sunita Foundation set up a stall alongside the anti-human trafficking movement on Bhadra 20, 2082, marking the 19th National Day Against Human Trafficking.

More than a space for selling products, the stall became a place of encouragement, connection, and empowerment for the survivors we work with. The love, kind words, and solidarity shown by visitors gave survivors confidence and the strength to keep moving forward. Every purchase was more than a contribution. It was a powerful message that survivors are valued, capable, and not alone on this journey.

## Inclusive Art Exhibition

Young students of Sunita Foundation along with other different organizations and schools came together to celebrate creativity, joy, and connection with the theme, "Inclusive Education Through Art". This platform created a meaningful space for children to express their own understanding of education through painting and artistic expression. Guided by professional artist, the children confidently shared their ideas, emotions, and hopes, reflecting how education can be inclusive, empowering, and accessible to all.

The artwork displayed was deeply admired by visitors, as each piece carried a unique story and perspective shaped by the child's experience. The exhibition became more than a visual display. It was a celebration of inclusion, imagination, and collective hope, reminding us that when children are given space to create and express, their voices can inspire understanding and change.



## Safety Awareness Session | Jorpati Lions Academy

Sunita Foundation organized an awareness session at Jorpati Lions Academy with the objective of building children's understanding of safety and protection. Recognizing that topics like human trafficking can feel heavy for young learners, the session was designed in a simple, child-friendly, and engaging manner under the theme "My Safety, My Choice." Through stories, interactive discussions, and age-appropriate activities, children learned practical ways to protect themselves using the easy-to-remember mantra: NO - RUN - TELL. The session helped build confidence, awareness, and essential safety skills, reinforcing the message that children's voices are powerful, their choices matter, and their safety must always come first.



## Four-Day Feminist Retreat in Pharping



Four days of deep feminist conversations, laughter, healing, and solidarity unfolded at New Azom Monastery, Pharping, creating a safe and nurturing space for reflection and collective re-imagining. Sunita Foundation, together with its sister organizations, came together in this peaceful setting to reflect, heal, and learn from one another. Guided by Dr. Renu Adhikari, participants explored how personal experiences are shaped by political realities, examined feminist politics in everyday life, and engaged in meaningful dialogue that connected theory with lived practice. The sessions encouraged critical thinking, honest sharing, and collective strategizing in response to the changing social and political landscape. The program was deeply enriching and empowering. It offered a rare opportunity to pause, connect, reflect, and build solidarity, while strengthening a shared commitment to collective feminist action. The experience fostered a strong sense of sisterhood, leaving participants with rejuvenated energy, shared memories, and clear ideas for moving forward together.

## Strengthening Care Through Social and Emotional Learning

Sunita Foundation team participated in an engaging and interactive online session on Social and Emotional Learning (SEL) and Psychosocial First Aid (PFA), facilitated by Mr. Hiroshi Okamoto.

The session provided valuable insights on how SEL can support well-being, strengthen relationships, and deepen our understanding of ourselves and others especially in the context of working with children and communities during challenging times. Through practical approaches, reflection, and shared learning, the session offered both inspiration and grounding, reminding us that emotional connection and care are at the heart of meaningful social work. This experience has strengthened our commitment to applying these principles in our programs and daily work.

## Creative Learning | Upcycling Bottle Cap Workshop



Sunita Foundation's young girls actively participated in an Upcycling Bottle Cap Handicraft Workshop, facilitated by Mr. Hiroshi Okamoto. During this engaging session, they learned how to transform simple plastic bottle caps into colorful, creative items. Despite it being their first experience, the girls quickly grasped the process and collaborated with enthusiasm and teamwork.

This workshop was more than just a craft activity. It promoted creativity, environmental care, and the idea that waste can be transformed into something beautiful and useful. The girls left inspired, motivated to try new designs, and excited to continue exploring creative ways to make a positive impact on their surroundings.



## From Learning to Leading: Child and Adolescent Club in Action



The Child and Adolescent Club, formed through practical and skill-building trainings by Sunita Foundation begun its active engagement at Dupcheshwor Higher Secondary School in Dupcheshwor, Nuwakot. After receiving guidance and awareness sessions, the club members confidently organized and led an awareness program on child marriage and various forms of violence affecting children and adolescents.

Starting from their own school, the students facilitated discussions and performed a short action drama, delivering strong and relatable messages to their peers. This initiative marks an important breakthrough, demonstrating how trained and empowered young people can become effective advocates for safety, protection, and positive social change within their communities.



# 16 Days of Activism against Gender Based Violence, 2025: “Unite to End Digital Violence Against All Women and Girls” Rising Leaders: Leading Change for Safer Communities

Sunita Foundation’s formed Child Club and Adolescent Club from Nuwakot actively led three key initiatives to raise awareness on this year’s national theme:

“प्रविधिको सही प्रयोग गरौं, लैङ्गिक हिंसा अन्त्य गरौं”

The initiative began with orientation sessions for the club members on different forms of digital violence, online safety, and practical ways to support their peers. Equipped with knowledge, the clubs started outreach activities within their communities, spreading important messages on safety, respect, and responsible technology use.

The club involved in organizing an interactive awareness program with local leaders, social workers, and community members in coordination with Dupcheshwor Rural Municipality.

The members led the session, highlighting how young leaders can influence safe technology use and prevent digital forms of gender-based violence within their communities.

The club members carried out community awareness across several areas of Nuwakot, engaging children, adolescents, and families in dialogue on digital safety and gender-based violence prevention. Through these efforts, the youth demonstrated leadership, commitment, and the power of community-driven initiatives to create meaningful change.



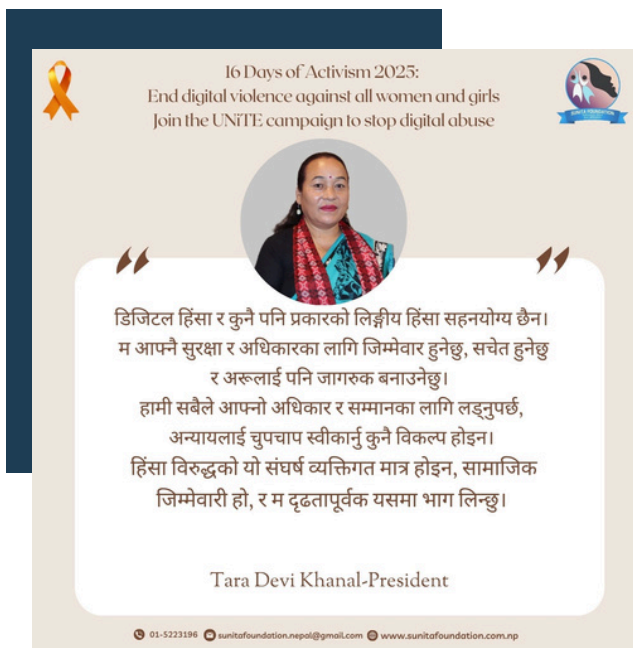
## Dialogue with Local Leadership for Women’s Empowerment



Sunita Foundation facilitated a meaningful discussion with the Deputy Mayor of Melamchi Municipality, Ms. Uma Pradhan and the local Women Empowerment Group. During the session, right holders openly shared their challenges, hopes, and the barriers they face in daily life.

The Deputy Mayor committed to supporting women by easing access to municipal services and highlighting available trainings, job opportunities, and business support that can help women move forward. Moments like this remind us that real change happens when leaders listen, respond, and walk alongside those whose voices have long been unheard.

# Raising Voices Online | Social Media Campaign against Digital Violence



The team of Sunita Foundation actively engaged in social media campaign to raise awareness about digital violence against women and girls. Through posts and interactive online content, we shared our thoughts, experiences, and messages of solidarity, reminding everyone that every voice matters, and even one voice can inspire many.

By engaging through digital platforms, Sunita Foundation amplified the campaign's reach, encouraged responsible online behavior, and promoted safe digital spaces. This online initiative complemented our community-level efforts, demonstrating how awareness and action in both physical and virtual spaces can contribute to a safer, more informed society for all women and girls.

## Awareness Program on Cybercrime and Gender-Based Violence for Students



Sunita Foundation conducted an engaging awareness session at Shree Haibung Mahadebasthan Madhyamik Vidyalaya for students. The session focused on cybercrime awareness, prevention of human trafficking, and how these issues are connected to gender-based violence. Through interactive discussions and activities, students gained knowledge about online safety, responsible digital behavior, and ways to protect themselves and others.

Organized in close coordination with the Melamchi Municipality, Ward 3, the session received enthusiastic participation from students, making it a meaningful and impactful step toward fostering awareness and empowering young people to contribute to safer communities.

## National-Level Survivors' Conference: Agrani Sammellan2082



Agrani Sammellan 2082 was organized by WOREC in collaboration with Sunita Foundation and other sister organizations.

The conference brought together GBV survivors from all seven provinces to share experiences, discuss challenges, and collaboratively develop the 12-point Agrani Declaration 2082 which was formally submitted to national decision-makers, ensuring survivors' voices influence policy and action.

The Conference also marked the formation of the National Agrani Network, strengthening a united movement for justice and empowerment. With the theme "Transformation is Possible; We Will Do It!", the conference highlighted that when survivors and frontline women unite, real change becomes unstoppable.

## National Community Mental Health Conference 2025



The National Community Mental Health Conference was organized by Tarangini Foundation, with Sunita Foundation and other partners as co-organizers, under the theme "No Health Without Optimal Mental Health." The event emphasized the importance of mental wellbeing as a core part of overall health.

Over two days, mental health professionals, policymakers, students, and civil society shared insights and strategies, focusing on children and adolescent mental health and its long-term social impact. The conference concluded with a 16-point declaration, setting a roadmap to strengthen community-based mental health services and promote inclusive, rights-based care across Nepal.

# Residential Leadership Workshop: Women's Leadership - A Journey of Strength and Transformation



Sunita Foundation in collaboration with WOFOWON, hosted a residential leadership workshop, for trafficking survivors and women working in the entertainment and hospitality sectors. The workshop offered a safe and nurturing space for participants to share their experiences, reflect, and reconnect with their leadership potential.

A highlight of the program was a session led by Dr. Renu Adhikari, a pioneering women's rights activist and advisory member of Sunita Foundation, whose decades of dedication and advocacy inspired participants, helping them gain confidence, clarity, and belief in their own voices.

The workshop also incorporated self-care practices, including Dance Movement Therapy (DMT), meditation, grounding exercises, and self-acknowledgment activities, allowing participants to release emotional burdens, reconnect with their bodies, and rebuild inner strength.

By the conclusion of the workshop, participants shared that they felt more empowered, confident, and ready to embrace leadership in their lives. Beyond being a training program, the workshop became a journey of healing, self-discovery, and empowerment, demonstrating the critical role of supporting women's voices and leadership in creating safer, more equitable communities



## A Message from Our Managing Director

*“Real and lasting change comes when the voices of those with lived experience guide the way. At Sunita Foundation, my vision is rooted in justice, rights, and the belief that survivors should lead their own transformation, not by force, but through choice, opportunity, and empowerment. True change grows when individuals are given the space to reclaim their lives and shape their futures with dignity.*

*I am committed to carrying forward my mother’s legacy with purpose and determination. This is a movement that will continue relentlessly—I will advocate for survivors, amplify their voices, and ensure that every right and opportunity for empowerment is realized. The path may be challenging, but this mission is unwavering, and the change it brings will be lasting.”*

**-Swostika Danuwar**



## 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

Terminal : 2222080006244255

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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, survivor-led non-profit organization established in 2019 in Nepal by Late Ms. Sunita Danuwar, a globally recognized Trafficking in Persons (TIP) Hero – 2018. Founded on lived experience, the organization stands as a voice for dignity, justice, and survivor-led change.

Building on the legacy and more than two decades of pioneering leadership of its Founder, SF works to prevent human trafficking, protect the rights of survivors, and empower women and children at risk through a rights-based approach.

SF provides holistic support across mental and physical health, education, legal assistance, vocational training, and sustainable livelihoods, recognizing economic independence as central to long-term recovery and prevention of re-trafficking. Following the untimely passing of its Founder, Sunita Foundation continues through intergenerational leadership, carrying forward a legacy of resilience, hope, and empowerment.



*RISE BEYOND MISERY*

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