



Social Changemakers
And Innovators

ANNUAL REPORT



2081/82

2024/25

2081/82



ANNUAL REPORT



2024/25

SOCIAL CHANGEMAKERS & INNOVATORS

Message from the team



Bonita Sharma
Co-founder/ CEO

This year we saw the incredible strength of coming together of young people, communities, and partners to achieve a shared purpose. We focused on our goal i.e. delivering simple, affordable, innovative nutrition and health solutions directly into the hands of mothers, adolescents, and frontline workers. We expanded wearables to Banke, Kailali, Rautahat and Surkhet districts reaching over 11,000 women. We were able to support many more families by creating dignified, income-generating opportunities for women artisans. We sparked essential conversations that are challenging norms around health and nutrition both online and offline. We were able to explore newer opportunities through collaboration for better mental health and CSE among adolescents and youth. Our success belongs to the dedication of our team, volunteers, and the trust of our valuable partners. We thank Government of Nepal, iDE Nepal, NIH-Yale University, UNFPA our local partners, private donors, CSR supporters for helping us persevere and remain consistent in these testing times. As we look forward to a new year, we are more committed than ever to scale further. Thank you for being a vital part of SOCHAI's journey. Together, we will continue deepening collaboration, and ensuring that every woman and child has the opportunity to reach their full potential.



Neha Malla,
Co-founder/ Director of Programs

As I look back on 2024/25, I am filled with immense pride and gratitude for how far SOCHAI has come — not just as an organization, but as a collective movement of young change-makers, working for a healthier and more equitable Nepal.

This year has been a testament to the power of collaboration, resilience, and youth leadership in driving meaningful social change. We successfully completed two major projects, UNICEF supported Project POSHAN and Astrazeneca supported NCD Youth Ambassadors this year. We also strengthened our Volunteer pool by adding the 4th cohort of Central and 2nd cohort of Provincial Youth members through SOCHAI's V-Program. Additionally, we secured new partnerships with esteemed donors like iDE, NIH-Yale University and EU to expand our youth-led community action.

I feel incredibly grateful for the steadfast support of our partners, donors, volunteers and beneficiaries, whose trust and collaboration continue to inspire us every day. Together, we are nurturing a generation that believes in change, compassion, and co-creation.

As we step into a new year, we will continue and further bolster our efforts to innovate, collaborate, amplify youth voices and promote their initiatives for better health and well-being.



ABOUT US

The Social Changemakers and Innovators (SOCHAI) is a youth led non-profit organization, formed in 2017 to improve overall health, nutrition and socio-economic status of people, particularly women, children and girls through education, innovation and entrepreneurship at grass-root level.

We believe that devastating consequences of malnutrition can be prevented with access to simple and affordable interventions. SOCHAI is implementing various community-based learning programs led by youth in partnership with local government, that contributes to accelerate the progress in the SDGs 2 – Zero Hunger, 3 – Good Health and Wellbeing, 4 – Quality Education, 6 – Clean Water and Sanitation and 8 – Decent Work and Economic Growth.

SOCHAI combines low cost, low tech innovative products and services to tackle health and nutrition issues at ground level. SOCHAI's community-based interventions are complemented by the three flagship innovations, Nutribeads bracelet, Red cycle bracelet and Iron-folic acid bracelet. Nutribeads Bracelet is an innovative educational tool which is especially designed for golden 1000 days mothers and their family to aware them about the nutritional requirements of the children in the first two years of life. Similarly, the Red cycle bracelet is a tool primarily designed for menstruating individuals to learn, inform and track their monthly menstrual cycle. Iron Folic Acid bracelet has been designed to promote weekly supplementation of iron folic acid among adolescents for anemia prevention.

MISSION

To support women, children and girls reach their full potential in life by improving their intergenerational well-being through community engagement and youth leadership.



YEAR IN A SNAPSHOT

Projects (ongoing and completed):

- SOCHAI V-Program (4th batch)
- NCD Ambassador : By Youth for Youth: AstraZeneca
- SOCHAI x UNICEF: Project POSHAN
- CHANGE : EU
- YPF-SuPP : National Institutes of Health (NIH), Yale University
- Mother and Child well-being : IDE Nepal

Annual Impact Numbers:

- Youths and adolescents:
- Health Workers and FCHVs:
- Government Stakeholders:
- School Representatives:
- Partner Agency Stakeholders:
- Pregnant and Lactating Women:

Project implementation sites:

Madhesh Province:

- Sarlahi: Barathahawa Municipality, Bagmati Municipality and Hariwon Municipality

Bagmati Province:

- Kathmandu: Kageshwori Manohara Municipality
- Lalitpur, Bhaktapur and Chitwan
- Makwanpur

Gandaki Province

- Kaski (V-Program)



Key Partners



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

In the Fiscal Year 2024/25, SOCHAI continued its flagship youth capacity building program, the **V-Program** through three groups: Central; based in Kathmandu and two Provincial units; Pokhara University, Kaski, Gandaki Province and Agriculture & Forestry University, Chitwan, Bagmati Province. The teams comprising of 32 Youth Volunteers were mobilized throughout the year in various advocacy and awareness activities which are highlighted as follows:

1. SOCHAI Sikai:

SOCHAI Sikai is the first activity under the V-Program where the volunteers lead school/college based campaign and programs to promote the product and programs of SOCHAI. Our Youth Volunteers carried the programs forward in their best capacity this year as well.

Program	Area	Date	Target Groups reached	Volunteers Team
"Menstrual Hygiene and Management" for Adolescents	Creative Academy, Kritipur	July 15th, 2024	160	Team NutrienZ Shiwani Dhakal, Sunena Tamrakar
"Menstrual Hygiene Management" for adolescents in collaboration with Sakhuwa Prasauni RM	Shree Ne. Ra. Ma. Vi. Mahuwan	July 18 th , 2024	98	Team NutrienZ Supriya Shah
"Bean Sprouting and Microgreens"	AFU College, Rampur	July 23rd, 2024	3	Team Bagmati PVN



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

1. SOCHAI Sikai:

Program	Area	Date	Target Groups reached	Volunteers Team
"Menstrual Health and Hygiene Management" for youths in college	Shree Deepnarayan Aadarsh Namuna Ma. Wi. Sakhuwa Prasauni	August 4th, 2024	30	Team NutrienZ Supriya Shah
"Breastfeeding and Its Importance" to Adolescents	Tilingtar Secondary School, Dhapashi, Tokha	August 23rd, 2024	58	Santosh Bohara Supported by NCD Ambassador: Nawaraj Yadav
"Concept of My Plate and Healthy Snacks" for school going adolescents	Bishwo Prakash Secondary School, Bharatpur	August 23rd, 2024	54	Swostika Shrestha, Bisharjan Chunara, Jay Chaudhary, Sharmila Adhikari



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

1. SOCHAI Sikai:

Program	Area	Date	Target Groups reached	Volunteers Team
"Glow from within-healthy Eating Without Dieting" for Young People	Virtual	September 7th, 2024	18	Pallavi Karn
"Tips on Healthy Eating" for School Going Adolescents	Shree Shankarnagar Durgadutta Secondary School, Tilottama, Rupandehi	September 20th, 2024	95	Namuna Sharma



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

2. SOCHAI Thari Thari Kaa:

SOCHAI Thari Thari Kaa is a monthly learning and sharing session (Virtual/In-person), led by the volunteers across different target groups.

Program	Area	Date	Target Groups reached	Volunteers Team
"Healthy Food and Diet: Perspective of Public Health Students"	Central Department of Public Health, Maharajgunj, Kathmandu	July 21st, 2024	21	Team PASS
"Menstrual Disorders & Reflections on Healthcare" for youths	Virtual Medium	July 30 th , 2024	14	Team Balanced Bites
"Family पोषण" An interactive discussion with families	Santichowk Tintolia, Biratnagar - 10	July 30th, 2024	3	Team PASS
"Joshilo Guff with NutrienZs" An initiative of SOCHAI Podcast	SOCHAI Office	September 29th, 2024	7	Team NutrienZ Sashank Joshi, Shiwani Dhakal, Sunena Tamrakar



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

3. Community Sensitization and Engagement:

As a SOCHAI Youth Volunteer, our youth advocates also organize relevant nutrition sensitive programs like FCHVs & Women group orientation, Health center based sensitization programs, Local body (stakeholders) orientation and public space targeted awareness sessions.

Program	Area	Date	Target Groups reached	Volunteers Team
Breastfeeding week information and counselling session in Breastfeeding Corner	Pokhara International Airport, Pokhara	August 1st, 2024	7	Team Gandaki PVN
"Breastfeeding Awareness and Best Practices in Breastfeeding"	Nutritional Rehabilitation Home, Western Regional Hospital, Pokhara	August 2nd, 2024	8	Team Gandaki PVN
Breastfeeding week information and counselling session to mothers	NRH, Bharatpur Hospital, Bharatpur Metropolitan City	August 6th, 2024	5	Team Bagmati PVN
Orientation to FCHVs on Poshan Mala and Golden 1000 days	Basic Health Service Center, Tokha - 2	August 23rd, 2024	7	Team Balanced Bites Sushma Khadka Chhetri, Khushi Adhikari
Orientation to FCHVs on Menstruation and Red Cycle Bracelet	Basic Health Service Center - 2, Tokha Municipality	September 24th, 2024	14	Khushi Adhikari V-mentor: Anusha Adhikari
Breast Cancer awareness session to local women	Machhapuchre Basic Health Center, Lumle Village-8, Kaski	October 1 st , 2024	35	Team Gandaki PVN

A. SOCHAI V-PROGRAM: Community Engagement Highlights



PROGRAMS & PROJECTS



A. SOCHAI V-PROGRAM

4. Back to School Campaign:

School health and nutrition programs are an integral part of the V-Program and our Volunteers collaborated with our core team members and fellow SOCHAI youth advocates, the **NCD Ambassadors** to lead the 2-day **#BacktoSchoolCampaign** this year at Golden Peak High School, Kathmandu.

Program	Area	Date	Target Groups reached	Volunteers Team
"Menstrual Health and Hygiene Management" and "Nutrition and Healthy Eating Behavior with adolescents" session	Golden Peak High School, Saraswatinagar, Kathmandu	August 8th, 2024	55	Shiwani Dhakal, Khushi Adhikari, Ritendra Badu, Bonita Sharma, Rakshya Adhikari, Santosh Bohara, Simran KC
Nutrition and Menstrual Hygiene and Management focused student led-exhibition on the occasion of World Indigenous Day	Golden Peak High School, Saraswatinagar, Kathmandu	August 9th, 2024	200	



PROGRAMS & PROJECTS

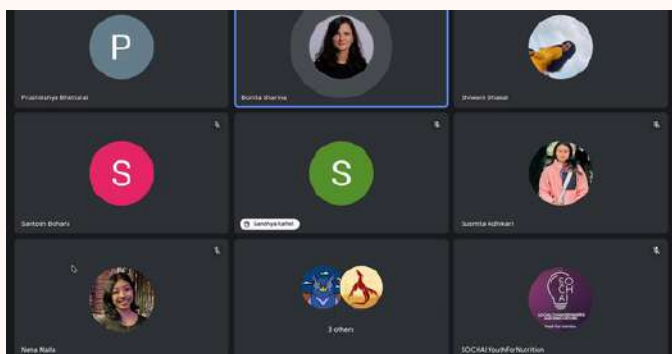
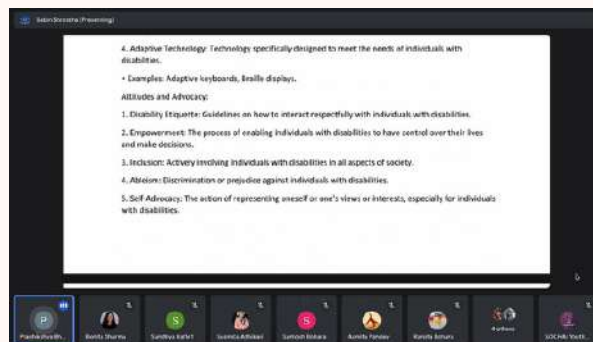
A. SOCHAI V-PROGRAM



5. Capacity building of volunteers: Structured Learning Sessions

SOCHAI organized monthly learning sessions for the capacity building and soft-skill enhancement of the Youth Volunteers. The sessions this year diversified into topics beyond nutrition and ranged from project management to first aid and disability sensitization.

Program	Facilitator	Area/ Medium	Date	Target Groups reached	Members Engaged
First Aid Training for Bagmati Provincial Youth Volunteers	Sagar Parajuli	AFU, Rampur	August 14 th , 2024	8	Team Bgmati PVN
"Project Management for NGOs"	Satish Karn	SOCHAI Office	September 19 th , 2024	18	Central, Gandaki and Bagmati Provincial Volunteers
"Disability Etiquette"	Prashikshya Bhattarai	Virtual (Google Meet)	November 24 th , 2024	11	Central, Gandaki and Bagmati Provincial Volunteers
"Understanding Your Body and Nutrition"	Prechhya Karki Shiksha Regmi	SOCHAI Office, Panipokhari, Kathmandu	November 29 th , 2024	10	Central and Gandaki Provincial Volunteers



A. SOCHAI V-PROGRAM

6. Community Engagement Project (CEP):

SOCHAI's Community Engagement Program (CEP) is a major learning and community engagement opportunity of the V-Program. It aims at fostering local connections and addressing community needs by engaging the volunteers with the community, teach them the skills of project management, etc. CEP not only seeks to leverage the skills of volunteers but also intends to provide them with life-long experience of working with the community, in a team and under the supervision of specific mentors.

This year too the five Volunteer groups led and successfully implemented their CEP projects with a collective impact of outreach to 300+ target groups across 4 municipalities and 3 districts which are briefed below.



A. Team NutrienZ: "Midday Meal Reinforcement and IEC Corner establishment"

CEP Project Title	Area	Date	Target Groups reached	Volunteers Engaged
"Midday Meal Reinforcement and IEC Corner establishment"	Shree Gorakhnath Secondary School, Kirtipur	November 22nd, 27th, 2024	40	Sashank Joshi, Shiwani Dhakal, Sunena Tamrakar, Supriya Shah



A. SOCHAI V-PROGRAM

B. Team Gandaki Provincial Volunteers Network:

CEP Project Title	Area	Date	Target Groups reached	Volunteers Engaged
"Breastfeeding Corner Utilization at Pokhara International Airport"	Pokhara International Airport, Kaski	Decemeber 2nd, 2024	35/ day	Manisha Neupane, Shristi Ojha and Pratik Rijal



C. Team Balanced Bites:

CEP Project Title	Area	Date	Target Groups reached	Volunteers Engaged
"Midday Meal Reinforcement and IEC Corner establishment"	Shree Gorakhnath Secondary School, Kirtipur	November 22nd, 27th, 2024	40	Sashank Joshi, Shiwani Dhakal, Sunena Tamrakar, Supriya Shah



A. SOCHAI V-PROGRAM

D. Team PASS:

Program	Area	Date	Target Groups reached	Volunteers Engaged
"Improving Affordability, Availability, and Training for Nutritious Mid-Day Meals in Schools"	Shree Manohar Secondary School, Tokha-10	December 27th, 2024	120	Pallavi Karn, Sandhya Kafle, Santosh Bohara



E. Team Bagmati Provincial Volunteers Network:

Program	Area	Date	Target Groups reached	Volunteers Engaged
"Mushroom Farming Training for Female Farmers"	Ward no.15, Fulbari, Chitwan	January 11th, 2025	23	Namuna Sharma, Sharmila Adhikari, Jay Chaudhary, Prabina Parajuli, Smriti Sedhai



A. SOCHAI V-PROGRAM

7. Central Volunteers Batch IV Graduation

The official tenure of the 2023/24 Central Volunteers concluded with a graduation ceremony on April 5th, 2025. During the event, the outgoing volunteers reflected on their experiences and shared feedback on the V-Program. The ceremony concluded with certificate distribution in recognition of their valuable contributions to SOCHAI's annual volunteer program.



B. PROJECT POSHAN: FINAL STAKEHOLDERS MEETING

The Final Stakeholders Meeting of Project POSHAN was held in Sarlahi in August, marking the conclusion of the 1.5-year program. The event featured presentations on project outcomes, baseline and endline assessment findings, a panel discussion, experience sharing from participating youth and adolescents, and a Gallery Walk showcasing key highlights.

The meeting was attended by Mayors and municipal officials from Bagmati, Hariwon, and Barahathawa Municipalities, as well as representatives from UNICEF Nepal's Janakpur Field Office. Stakeholders emphasized the value of the adolescent-led approach and commended SOCHAI's efforts, particularly the active involvement of School and Community Club Members and Junior Youth Volunteers.

The project led to significant improvements in awareness and coverage of Iron Folic Acid (IFA) supplementation and deworming, while also contributing to reduced consumption of unhealthy foods in target schools and communities through strengthened youth leadership.



B. PROJECT POSHAN: FINAL DISSEMINATION MEETING, FWD, DOHS, TEKU

The Final Dissemination Meeting of Project POSHAN was held on November 10, 2024, at the Family Welfare Division (FWD), Department of Health Services (DoHS), Teku, marking the conclusion of the 1.5-year program. The event featured presentations on project outcomes, baseline and endline assessment findings, and experience sharing by Team SOCHAI. Officials from the FWD, Ministry of Health and Population (MoHP), UNICEF Nepal, and other partner agencies attended the meeting. They recognized the impact of the adolescent-led approach and appreciated SOCHAI's efforts in implementing the project effectively.



C. AstraZeneca: NCDs Youth Ambassador Project

Endline study at the selected schools

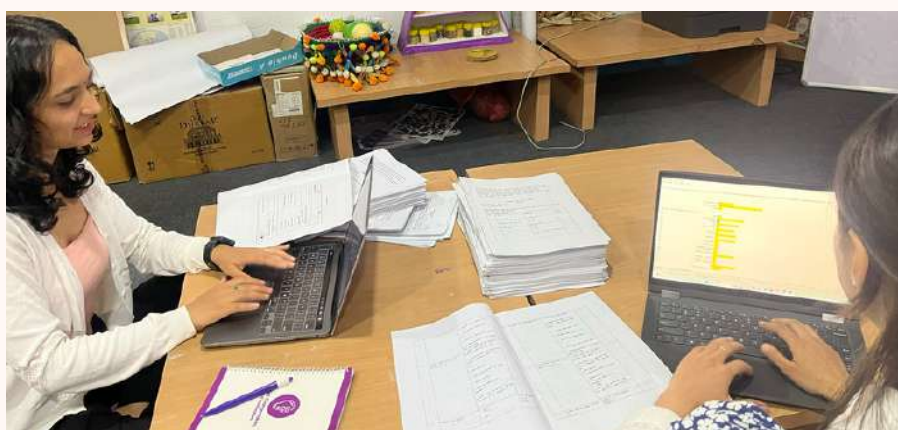
Endline study at the selected schools

As part of the NCD Ambassadors Program, an endline study was conducted in June 2024 with 179 students from Grades 7 to 9 at two partner schools, Shree Kanti Bhairav Secondary School and Shree Siddhi Ganesh Secondary School, in Kageshwori Manohara Municipality. The study involved students who had participated in the baseline assessment and was carried out by a joint team of SOCHAI Core Team members and volunteers.



Data entry

Following the data collection phase of the NCD Ambassadors Program, data entry was conducted on June 19th and 20th, 2024. This process was carried out by the SOCHAI team in collaboration with central youth volunteer Ms. Khushi Adhikari. The data was carefully reviewed and systematically entered, laying the groundwork for subsequent analysis and program evaluation.



C. AstraZeneca: NCDs Youth Ambassador Project

Final Sharing Meeting

On July 23, 2024 the final sharing meeting of the “NCD Ambassadors: By Youth, For Youth” project was held in Thali, in collaboration with Kageshwori Manohara Municipality and AstraZeneca’s Young Health Programme. The event included presentations of project results, youth-led policy recommendations, and experience sharing by ambassadors. Mayor Upendra Karki and municipal representatives expressed their commitment to sustaining the initiative. A total of 31 NCD ambassadors and 16 stakeholders participated.



D. NATIONAL CSE ADVOCACY COALITION

a. Coalition Periodic meetings

The National CSE Advocacy Coalition held three first periodic meetings in the Fiscal Year 2024/25 on September 9th, November 30th and December 30th, 2024. The discussions in the periodic meetings centered on strengthening the coalition's agenda, reviewing recent activities, and consulting with the core working group on upcoming initiatives for the current tenure.



D. NATIONAL CSE ADVOCACY COALITION

b. Key Activities:

Consultation Workshop on Gender-Transformative Comprehensive Sexuality Education (CSE) Integration in the Grade Seven Curriculum:

SOCHAI participated in the Consultation Workshop on Gender-Transformative Comprehensive Sexuality Education (CSE) Content for the Grade 7 Curriculum on August 15, 2024. The workshop was jointly organized by UNFPA, FPAN, the National CSE Advocacy Coalition, and Mayako Pahichan Nepal. SOCHAI was represented by Co-founder Neha Malla and CSE Focal Person Rakshya Adhikari.



Post National Conference on CSE Roundtable Discussion:

SOCHAI supported the National CSE Advocacy Coalition to organize the **Post-National Conference on Comprehensive Sexuality Education (CSE), Roundtable Discussion** in the presence of **Hon'ble Minister Ms. Bidya Bhattarai** from the Ministry of Education, Science, and Technology on 1st December 2024. This initiative aimed to foster collaboration among government officials to ensure the effective implementation of CSE for the well-being of its target groups.



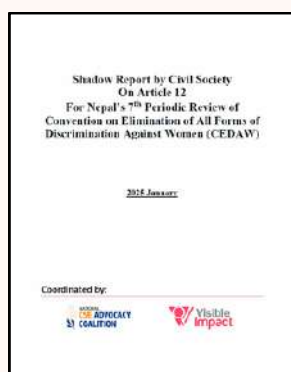
D. NATIONAL CSE ADVOCACY COALITION

b. Key Activities:

CEDAW Shadow Report Preparation and Validation:

SOCHAI Co-founder and Director of Programs, Ms. Neha Malla, served on the drafting committee for the **“Shadow Report by Civil Society on Article 12”** for Nepal’s 7th Periodic Review of CEDAW. The drafting was coordinated by the National CSE Advocacy Coalition and led by the Coalition Chair, Visible Impact.

Ms. Rakshya Adhikari, SOCHAI’s CSE Focal Person and Co-Chair of the National CSE Advocacy Coalition, participated in the National Validation Workshop of the CEDAW Shadow Report on January 3, 2025 that was facilitated by Yuwalaya.



Capacity Building Workshop:

The National CSE Advocacy Coalition hosted a dynamic two-day residential workshop on May 7th to 8th, 2024, at Hotel Bhadgaon, Bhaktapur. From exploring the current status of CSE and the School Health Program to aligning with ITGSE standards, the workshop brought together key stakeholders including CDC and CEHRD to shape a stronger, strategic path forward with the coalition members. SOCHAI Co-founder and DoP, Ms. Neha Malla and CSE Focal Person, Ms. Rakshya Adhikari participated at the workshop that involved energizing discussions, strategic reflections and a renewed commitment to advancing CSE in Nepal through the coalition.



D. NATIONAL CSE ADVOCACY COALITION

c. Collaborative efforts of the National CSE Advocacy Coalition

National CSE Advocacy Coalition 2nd Alignment Meeting with RHRN:

SOCHAI participated in the second alignment meeting of the National CSE Advocacy Coalition with RHRN on November 30th, 2024. The key discussions focused on reinforcing the coalition's agenda, planning of activities for the upcoming year 2025, and engaging in a collaborative consultation with the core working group members on upcoming initiatives. The meeting was attended by SOCHAI Co-founder Neha Malla and CSE Focal Person Rakshya Adhikari.

Consultation Meeting for CEDAW Shadow Report

On 19th December, 2024, as the co-chair of National CSE Advocacy Coalition, SOCHAI participated at the consultation event to integrate Comprehensive Sexuality Education (CSE) and Sexual and Reproductive Health and Rights (SRHR) into the CEDAW Shadow Report. The event was organized by the CSE Coalition Chair, Visible Impact to compile on Article 12 of the Shadow Report that covers CSE, Safe Abortion, Menstruation and Access to SRHR. The event aimed to generate more meaningful and valuable inputs from experts and implementers on SRHR and CSE wherein SOCHAI took the lead to compile the issues and recommendations on MHM.



E. PROJECT YPF-SuPP

SOCHAI commenced the new project “**Youth peer-delivered and family-engaged suicide Prevention Package (YPF-SuPP)**” on December 2024. The three year-project is a part of pilot hybrid type 2 implementation study funded by National Institutes of Health (NIH) and led by Yale University in collaboration with Dhulikhel Hospital, Mankaa Kuraa and SOCHAI at Manahari Rural Municipality, Makwanpur, Bagmati Province. The following activities were undertaken this fiscal year under the project:

a. Preliminary Stakeholders Consultation Meeting, Manahari, Makwanpur

The Preliminary Stakeholders Consultation Meeting was held at Manahari Rural Municipality Office, Makwanpur on 24th December, 2024. SOCHAI Co-founder and CEO, Bonita Sharma introduced the organization and the new project “YPF-SuPP”. Whereas, SOCHAI Co-founder and DoP, Neha Malla shared in detail about the project activities and timeline. Afterwards, an open space was held to collect the suggestions and recommendations from local stakeholders.



E. PROJECT YPF-SuPP

b. YPF-SuPP Project Briefing Meeting

SOCHAI hosted Dr.Kelly Johnson, Associate Research Scientist from School of Behavioral and Social Science, Yale University to conduct the project briefing meeting of YPF-SuPP research trial project. The meeting was held at SOCHAI office, Panipokhari on January 30th and was attended by the collaborator organization representatives from Dhulikhel Hospital and ManKaa Kura.



c. Scoping Visit to Manahari Rural Municipality, Makwanpur

SOCHAI organized a Scoping Visit for Dr.Johnson at the YPF-SuPP trial project site in Manahari Rural Municipality, Makwanpur. The visit included a situation analysis discussion of youth and adolescent mental health with the past Youth Volunteers at Makwanpur.



SOCHAI team also led briefing meetings with the Municipal Health Section, Manahari Rural Municipality and Dr. Johnson on January 31st. Dr. Johnson also visited the Hadikhola Health Post at Ward no.3 and the Manahari Hospital, Ward no.7 and observed the health center settings for trial planning and site mapping.

E. PROJECT YPF-SuPP



d. YAB/CAB Recruitment Consultation Meeting at Manahari Rural Municipality, Makwanpur

SOCHAI team led a consultation meeting for the Youth Advisory Board (YAB) and Community Advisory Board (CAB) recruitment strategies with the Youth Mobilization Officer, Mr. Ananta Prasad Aryal and Municipal Health Section Chief Mr. Ram Chandra Dahal at Manahari Rural Municipality Office on May 13, 2025.



e. Protocol discussion with Local Youth Volunteers at Manahari :

SOCHAI organized a YPF-SuPP research trial protocol briefing and discussion meeting with the local youth volunteers at Manahari Rural Municipality. The briefing was led by YPF-SuPP Project Co-ordinator Dr. Kemlin Acharya and Research Associate Ms. Dikshya Wagle. The discussion was based on the potential engagement of the youth members in the YAB and Peer Volunteers group.

E. PROJECT YPF-SuPP



f. Project Briefing Meeting at Provincial Health Directorate Office, Hetauda:

SOCHAI team held a Project Briefing Meeting of YPF-SuPP at the Provincial Health Directorate (PHD) Office at Hetauda. with the PHD Director, Dr. Narendra Kumar Jha and Health Education Administrator, Mr. Arjun Poudel on May 14. The PHD officials gave their feedback and key suggestions on the implementation modality as well as co-ordination points at the Provincial Government for the way forward.



g. YAB and CAB members recruitment support at Manahari:

SOCHAI supported the YPF-SuPP project team at Manahari for the recruitment of the Youth Advisory Board (YAB) and the Community Advisory Board (CAB) members through the co-ordination of Municipality Office and mobilization of past Local Youth Volunteers for this.



POLICY ADVOCACY & ENGAGEMENT

Pre-consultation workshop for Nepal Youth Summit 2024

On August 1 and 2, Nutrition Officer Ms. Susmita Adhikari, along with central volunteers Shiwani Dhakal and Sunena Tamrakar, attended the Bagmati Province Pre-Consultation Workshop for the Nepal Youth Summit 2024. Held at the UNFPA/UNICEF Meeting Hall in UN House, Pulchowk, Lalitpur, the workshop aimed to amplify youth voices and deepen understanding of key themes. Their participation contributed to shaping the Nepal Declaration of Youth, which will urge action from peers and government and UN decision-makers.



Nepal Youth Summit 2024

The Nepal Youth Summit 2024 was held on August 12-13 at Hotel Yak & Yeti, inaugurated by President Ram Chandra Poudel and Minister Teju Lal Chaudhary. The event gathered over 170 young leaders from across Nepal to discuss key issues including Education, Health, Climate Change, Migration, and Decent Work. The summit concluded with a Youth Declaration presented to Prime Minister KP Sharma Oli, contributing to the global Pact for the Future. SOCHAI was represented by Nutrition Officer Ms. Susmita Adhikari, CSE Focal Person Ms. Rakshya Adhikari, and central volunteers Shiwani Dhakal, Sunena Tamrakar, and Sashank Joshi, who actively participated in the discussions.



Summit of the Future Regional Conference

CSE Coalition Focal Person Ms. Rakshya Adhikari and President Ms. Pushpa Joshi represented SOCHAI at the Asia Pacific Regional Convening in Kuala Lumpur, Malaysia, from August 22-24, ahead of the Summit of the Future. They participated in key discussions on sustainable development, peace and security, climate action, human rights, gender equality, and technology integration.

With contributions from 82 youth representatives across 21 Asia-Pacific countries, a Call to Action was developed, including recommendations to be presented at the upcoming Summit of the Future.



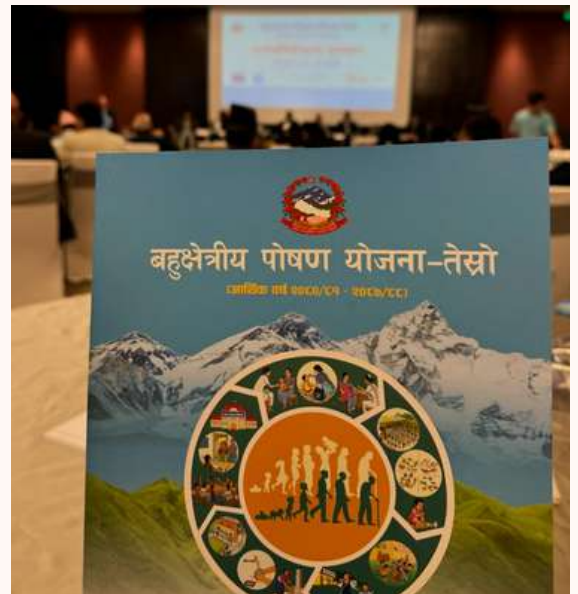
Visit of Youth Engagement Specialist, FAO Bhutan

SOCHAI welcomed Mr. Ngawang Gyeltshen, Youth Engagement Specialist at FAO Bhutan, and Ms. Tshering Delkar, Youth Focal Point at FAO Bhutan. Our discussions focused on meaningful youth engagement and exploring collaboration opportunities. We look forward to cross-learning between Nepal and Bhutan on innovative approaches in nutrition, agriculture, and food systems.



Launch Event of MSNP III

The Government of Nepal officially launched the Multi-Sector Nutrition Plan III (MSNP III) for 2023–2030, bringing together multisectoral stakeholders. MSNP III marks a significant milestone in the public health and nutrition sector, reinforcing the commitment to ending malnutrition, fostering human capital development, and driving overall socio-economic progress. The focus now is on translating this commitment into action through joint accountability, ownership, and collaboration among all stakeholders.



Regional Youth Advocacy Champions Training

Ms. Susmita Adhikari, Nutrition Officer at SOCHAI, represented Nepal at a transformative Youth Regional Youth Advocacy Champion Training, hosted by UNICEF Regional Office for South Asia, with more than 50 passionate youth advocates from 8 countries including Nepal, India, Pakistan, Sri Lanka, Bhutan, Maldives, Indonesia, and Bangladesh. The training covered essential topics like advocacy strategies, media literacy, and stakeholder mapping. Ms. Susmita actively participated in the sessions. She also proudly shared SOCHAI's impactful work, particularly highlighting the innovative bracelets.



Nepal Civil Society Conference 2024

SOCHAI Co-founder and Director of Programs, Ms. Neha Malla, participated in the Nepal Civil Society Conference 2024 held at Hotel Himalaya on September 3, 2024. Organized by the UN, NGO Federation of Nepal, and the Association of INGOs in Nepal (AIN), the conference brought together representatives from over 100 CSOs nationwide to draft recommendations for the “Pact of the Future” document, which was presented at the Summit of the Future in New York.



Nepal Food Forum 2024

SOCHAI team members Neha Malla, Prechhya Karki, Shiksha Regmi, Sashank Joshi, Namuna Sharma, Arya Amatya and Smriti Sedhai participated at the first ever Nepal Food Forum 2024. The event was held at Hotel Yak and Yeti, Kathmandu on September 10th, 2024 and was organized by the Food and Agriculture Organization of United Nations (FAO Nepal), World Food Forum Nepal. This event brought together changemakers, innovators, entrepreneurs and leaders dedicated to transforming Nepal's agrifood systems.



Session on Navigating Food Systems in Kathmandu: Insights and Stories of Change through the lens of Young People

Our Nutrition Officer, Ms. Susmita Adhikari, took part in an interactive session on the topic "Navigating Food Systems in Kathmandu: Insights and Stories of Change through the lens of Young People" hosted by Food Systems for Nutrition Innovation Lab (FSN-IL).



Inter-Ministerial Seminar as part of the 16 Days of Activism Against Gender-Based Violence

Susmita Adhikari, Nutrition Officer for SOCHAI, attended the Inter-Ministerial Seminar organized by the Menstrual Hygiene Management (MHM) PA Secretariat Office and Beyond Beijing Committee (BBC) as part of the 16 Days of Activism Against Gender-Based Violence. The seminar brought together key stakeholders, including government representatives, to reflect on the progress made toward the Beijing Declaration and Platform for Action (BPfA) over the past 30 years. This platform facilitated discussions on advancing collaborative efforts to end violence against women and girls, aligning with the 2024 campaign theme, "Towards 30 Years of the Beijing Declaration and Platform for Action: UNiTE to End Violence Against Women and Girls."



Delivering For Nutrition in South Asia: D4N2024 Conference, Colombo, Sri Lanka

SOCHAI Co-founder and Director of Programs, Neha Malla participated at the Delivering for Nutrition in South Asia [#D4N2024](#) conference in Colombo, Sri Lanka from December 3rd to 5th, 2024 through her oral presentation on the thematic session on Nutrition Knowledge and Access to Information. She represented Team SOCHAI by presenting about the findings of the 'Adolescent-led school-based intervention for improving adolescents nutrition' (Project POSHAN) implemented by SOCHAI with the support of FWD/DoHS GoN, UNICEF Nepal and NORAD. SOCHAI's innovative adolescent led model and tools were well received and appreciated at the conference.



SOCHAI's Participation at the SRHR Mela Organized by YUWA in support of RHRN-2

On June 14th, 2024, SOCHAI took part in the SRHR Mela organized by YUWA, with the support of the RHRN2 initiative, held at Yak Palace, Pulchowk. This dynamic youth-centered event aimed to raise awareness on Sexual and Reproductive Health and Rights (SRHR) through interactive learning platforms. SOCHAI's stall engaged over 400 adolescents and youth, with the "Poshan Pong" educational game drawing significant interest. The activity served as an effective tool to initiate dialogue on the intersection of nutrition and SRHR in an engaging and youth-friendly manner.



Bagmati Province Annual Review and Planning Meeting

SOCHAI's Co-founder and Director of Programs, Ms. Neha Malla, represented the organization at the Annual Provincial Review and Consultation Program of Bagmati Province. The event brought together representatives from the Provincial Ministry, Health Directorate, development partners, and sectoral experts. Ms. Malla presented SOCHAI's key activities and achievements from the past year and actively contributed to discussions on meaningful youth engagement, sectoral challenges, and strategic recommendations for improved program delivery.





Collaboration with iDE Nepal

SOCHAI, in partnership with iDE Nepal under the Global Nutrition and Mother and Child Well-being Projects, worked to improve nutrition and reduce poverty in Banke, Kailali, Rautahat, and Surkhet. Through Red-Cycle Bracelets and Nutribeads, 11,500 pregnant and lactating mothers received counseling and subsidized bracelets from Community Business Facilitators (CBFs). Implemented with BEE Group and local partners -O YAC Nepal, Protection Nepal and Sundar Nepal, the project promoted menstrual health and nutrition, reaching over 550 mothers and selling 22,000+ bracelets.



CBFs from Banke districts receiving certificate of recognition (above), CBFs engaged in conducting group awareness session to mothers using SOCHAI's bracelet (below)



Bracelet making Workshop with National and International Influencers



SOCHAI organized a Red-Cycle menstrual bracelet making, learning and sharing workshop in collaboration with MHM Goodwill Ambassador and actor Keki Adhikari, local partner and women artisan group Beads for Life Nepal, global activist Janina Breitling from Nookees, Kenyan actor Eunice Ruwa, GIZ WASH Policy Advisor Jan Schlek, and international filmmakers Rico, Ignacio, and their team.

The workshop united local and global change-makers to advocate for a period-friendly world through the universal language of art and craft. It created space for meaningful dialogue on menstruation among influencers and women bracelet makers.



#LetsTalkPeriod Campaign

SOCHAI also supported in #LetsTalkPeriod video campaign led by GIZ and IMPURE filmmakers team. The video content created was utilized to promote and support advocacy on menstrual health and hygiene at national and international levels.

SOCHAI's CEO Bonita Sharma shared her advocacy journey from grassroots Nepal to the global stage. A key moment within the video was co-creating RedCycle period bracelets with change-makers, symbolizing awareness and empowerment. The video encouraged open conversations, challenged taboos, and showcased SOCHAI's innovations to a global audience. Event videos were shared on social media and are available for viewing.

Watch full video via link below:

https://www.youtube.com/watch?v=_uQCIPjkYDA



Introducing Red-Cycle Bracelet: Special Edition



SOCHAI collaborated with Beads for Life, a women-led enterprise employing over 50 women from marginalized communities, to produce its wearable educational bracelets, including a special edition of the Red-Cycle Bracelet. Through this partnership, SOCHAI supported grassroots women artisans by creating income-generating opportunities through bracelet making.

The special edition Red-Cycle Bracelet, crafted with Moonstone and Carnelian, Rose Quartz and Citrine was launched in the market as a unique advocacy tool for menstrual health awareness.





Capacity building training of MSNP facilitators

The National Planning Commission (NPC) and Ministry of Federal Affairs and General Administration (MoFAGA) organized a three-day nutrition training program for Multi-Sector Nutrition Plan (MSNP) facilitators from all provinces in Dhangadi and Chitwan. SOCHAI supported MoFAGA and the National Planning Commission (NPC) in designing and delivering sessions on Nutrition, Menstrual Hygiene Management, Digital Advocacy, and Meaningful Engagement of Adolescents and Youth. We collaborated with federal, provincial, and local governments to provide innovative tools and activities, including our wearable bracelets. The positive response from participants underscores the potential impact MSNP facilitators will have in improving nutrition at the local level through the MSNP platform.



Digital Advocacy Training for Social Change Agents of KSSC

On September 10, 2024, SOCHAI conducted a virtual session titled *Digital Advocacy for the Promotion of Nutrition*, engaging 19 Social Change Agents along with a representative from Welthungerhilfe (WHH) and Kalika Self-Reliance Social Centre. The two-hour training focused on enhancing participants' skills in creating effective nutrition-related digital content. Key topics included digital advocacy strategies, recognizing credible information, and practical photography and videography techniques. The session concluded with interactive activities and an assignment to apply the newly acquired skills.



IEC Development for KSSC and Approval from DHO and the Local Government, Kapilvastu

SOCHAI collaborated with Welthungerhilfe (WHH), Kalika Self Reliance Social Center (KSSC) and FORWARD Nepal for the project “Civil Society Organizations as Promoters of Improved Food Systems and Equal Livelihood Opportunities (FELLO)” to develop 30 different digital IEC posters and materials on Nutrition, Breastfeeding, Menstruation and WASH. The developed IEC materials were officially approved and endorsed by the District Health Office (DHO), Kapilvastu, the District Co-ordination Committee (DCC) and the Health sections of Mayadevi, Siddhodhan and Yashodhara Rural Municipality (RM) offices via a feedback meeting organized on March 2nd at KSSC Office. The experts reviewed and provided their feedback on the developed content which will now be disseminated to the local communities in all the three RMs Kapilvastu.



Some of the developed IEC materials were also displayed as a part of the FELLO Project at the “Nutritious Food Fair” organized by Siddhodhan RM Office that was supported by WHH, KSSC and FORWARD Nepal at Labani, Siddhodhan, Kapilvastu on March 10th.



Capacity building program of FCHVs in collaboration with iDE Nepal and BEE group

SOCHAI collaborated with iDE Nepal and BEE Group for a capacity building program to 32 FCHVs from Rapti Sunari and Baijanath Rural Municipality, Banke, Lumbini Province. The participants learned about several health and nutrition topics and also engaged in hands on learning activities. It was heartwarming to see the enthusiasm and energy of the participants. We are excited about the impact the FCHVs will be making by educating pregnant lactating mothers and adolescent through innovative tools and approaches. SOCHAI's CEO, Ms. Bonita Sharma, and our central volunteer, Sashank Joshi, led these sessions.



Capacity building of local Community Business Facilitators (CBF) in collaboration with iDE Nepal and BEE group

SOCHAI collaborated with iDE and BEE group in Nepalgunj, Banke to improve health and other nutrition outcomes in Pregnant and Lactating Mothers (PLMs) through capacity building of local Community Business Facilitators (CBF). The participants learnt about overall nutrition and menstrual health advocacy in the community using SOCHAI's Innovative Nutribeads and Red Cycle Bracelet, with additional skill building on marketing and sales, pitch creation, creating slogans and effective communications and negotiations skills building sessions. This collaboration will test a sustainable social business model for improving nutrition through the trained CBF. The CBF will now reach 1500 PLMs with our wearable educational bracelets.



M-ToT on Nutrition Friendly Local Governance (NFLG) organized by Ministry of Federal Affairs and General Administration (MoFAGA)

SOCHAI Co-founders Bonita Sharma and Neha Malla were selected to participate on a Master-Training of Trainers (MTot) on Nutrition Friendly Local Governance (NFLG) organized by Ministry of Federal Affairs and General Administration from over 400+ applicants. The training was held from October 3rd to 5th at Dhulikhel and had multiple sessions on NFLG that provides practical guidance for local governments in scaling up nutrition from a multi sectoral approach in the communities for ending malnutrition, human capital development and overall socio-economic growth.



Annual Provincial Review of Nutrition Program in Janakpurdham

SOCHAI was recognized by Madhesh Province for our contributions to adolescent nutrition during the Annual Provincial Nutrition Review in Janakpurdham. Representing SOCHAI, Ms. Pabitra Majhi and Ms. Sujata Thapa presented on 'Project Poshan,' with Ms. Majhi receiving the certificate from Hon. Health Minister Mr. Shatrudhan Prasad Singh. We sincerely thank the adolescents, youth, and our partners including the Provincial Health Directorate (Sapahi), HO Sarlahi, local governments in Bagmati, Hariwon, and Barahathawa, FWD, DoHS, UNICEF, and NORAD for their continued support and collaboration.



School based Menstrual Health and Hygiene Campaign

As a part of SOCHAI x White Moon Pads x Birat Healthcare Industries CSR Collaboration Project, a Menstrual Health and Hygiene Campaign '#700For700' was implemented in two schools of Barahathawa Municipality in Sarlahi, Madhesh Province. Through this collaboration, 1000+ adolescent girls and boys were provided with:

- Menstrual product support (700 Redcycle menstrual bracelet, 700 White Moon sanitary pads, 20 dustbins)
- Interactive learning sessions on menstrual health and hygiene management with 120 adolescent girls and boys trained as peer educators
- 10+ interactive stalls featuring IEC materials, health education games, and student-made exhibits reaching 1000+ adolescents



Training of Trainers on Parenting Education



From January 20 to 26, Ms. Apekshya Bohara attended a Training of Trainers (ToT) on Parental Education, organized by Seto Gurans with support from UNICEF Nepal.



The training, developed by MOEST's Center for Education and Human Resources, aimed to prepare trainers to equip caregivers with the skills and knowledge needed to support children's healthy development.

Stakeholder Consultation on Digital Rights and Accessibility, Prayatna Nepal

SOCHAI CSE Focal Person, Ms. Rakshya Adhikari participated in a one-day consultation workshop on Digital Rights and Accessibility led by Prayatna Nepal on January 17th, 2025. The workshop focused on exploration of ways to make digital platforms inclusive for all, including people with disabilities and visually impaired individuals. The session highlighted the importance of accessible designs and assistive technologies.



Collaboration with Sipalu Sister to produce informative videos on Nutrition

SOCHAI partnered with Sipalu Sisters to create a series of short educational videos on basic nutrition, aimed at empowering Nepali women with practical, accessible knowledge. The videos cover topics including balanced diets, essential nutrients, safe food preparation, and age-specific dietary needs, supporting women to make informed health and nutrition decisions.



Collaboration with Rotary Club of Patan Heritage

On July 30, SOCHAI, in collaboration with the Rotaract Club of Patan Heritage, the Rotary Club of Patan Heritage, and the Patan Museum, conducted an educational session for the museum's female staff titled "Nurture and Nourish: Maternal Health Essentials." The session covered key health topics across life stages, including nutrition during the first 1,000 days, adolescence, menstruation, adulthood, and menopause. Participants appreciated the session for its informative and engaging content.



Moderate Wasting Initiative Dissemination Event



The Moderate Wasting Initiative (MWI) Dissemination Event was held on April 23, 2025, in Biratnagar, Koshi Province, organized by Belaka Municipality with support from Action Against Hunger (ACF) Nepal and SAHARA Nepal. SOCHAI collaborated with ACF Nepal to enhance the event through visual and interactive components, including an MWI intervention gallery walk, live food demonstrations, innovative IEC material displays, BMI measurements, and nutrition games such as Poshan Pong. Participants also received SOCHAI's Nutribeads bracelet, a tool designed to support understanding of breastfeeding, complementary feeding, and dietary diversity.



DIGITAL ENGAGEMENT & MEDIA

A. Breastfeeding Week



sochai_yfn 🌟 स्तनपानमा समानता : सबैको सहयोग र सहभागिता भन्ने नाराका साथ आज बाट विश्व स्तनपान सप्ताह सुरु भएको छ । यसैको अवसरमा Nepal Paediatric Society (NEPAS), Action Against Hunger (ACF) Nepal र SOCHAI को संयुक्त सहकार्यमा स्तनपान सम्बन्धि विविध जानकारीमूलक भिडियो सामग्री लिएर तपाईंहरू माझ आउदैछो । हाम्रो पेजलाई निरन्तर फलो गर्दै गर्नुहोला ।

Today we begin the celebration of World Breastfeeding Week 2024 with the theme "Closing the gap: Breastfeeding support for all". NEPAS, ACF and SOCHAI are jointly conducting a video campaign on breastfeeding to help address your frequently asked questions through experts.

Follow this page for informative reels with expert Paediatricians and learn about the lived experiences, challenges of breastfeeding mothers and how you can support them.

@nepal_paediatric_society @actioncontrelafaim



sochai_yfn 4w
विश्व स्तनपान सप्ताहको अवसरमा Nepal Paediatric Society (NEPAS), Action Against Hunger (ACF) Nepal र SOCHAI को संयुक्त सहकार्यमा का.म.पा. का शहरी स्वास्थ्य प्रवर्द्धन केन्द्रका स्वास्थ्यकर्मीहरूका लागि स्तनपान र आमाको दूध भण्डारण अभ्यास सम्बन्धि अन्तरक्रियात्मक परामर्श कार्यक्रमको झलक

B. Khaja Time

KHAJA TIME

लौकाको रोटी



फाइदाहरू :

- स्वास्थ्यका लागि फाइदाजनक हुनुका साथै यो अत्यन्तै स्वादिष्ट पनि हुन्छ
- लौकामा क्यालोरी र चिल्लो पदार्थको मात्रा कम हुन्छ भने यसमा विभिन्न भिटामिन मिनरल र सबै तरकारी फलफूल झैँ शरीरलाई विभिन्न प्रकारका रोग लाग्नबाट जोगाउने तत्वहरू (ANTIOXIDANTS) पनि पाइन्छन्
- सूजीमा प्रोटीन र बी भिटामिनहरू प्रशस्त मात्रामा पाइन्छन्

बनाउने तरिका →

KHAJA TIME

लौकाको रोटी

बनाउने तरिका :

- आधा लौका लिनुहोस्, त्यसलाई तासेर कोरेसोमा कोर्नुहोस्
- अब एउटा ठूलो भाडामा एक बटुका सूजी र एक बटुका दहि लिनुहोस्
- त्यसमा अघि कोरेको लौका हाल्नुहोस् र आधा बटुका पानी लिएर राम्ररी चलाउनुहोस्
- थोरै मसिनो गरि काटेको प्याज, क्यापसिकम, खुर्सानी आदि हाल्नुहोस्

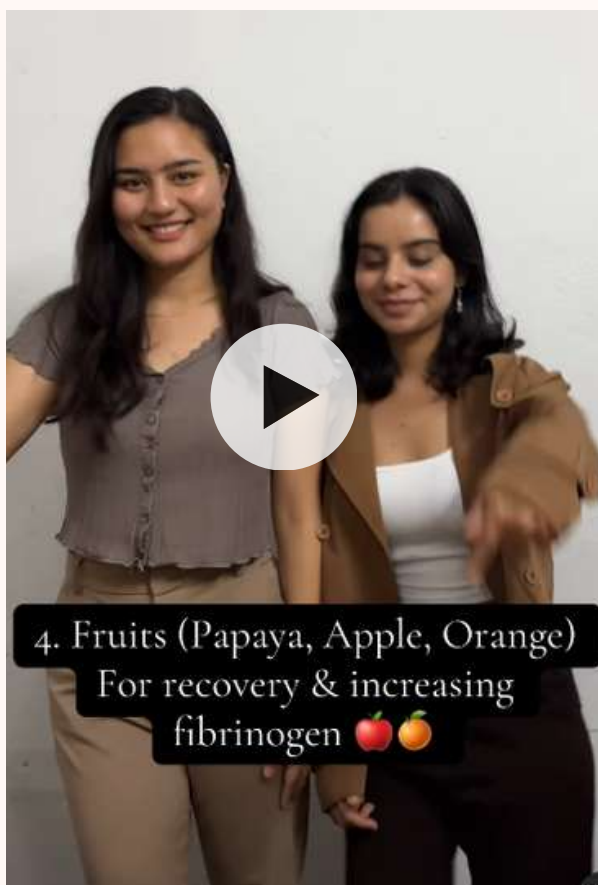


- संगै जीरा, धनिया, लसुन, स्वाद अनुसार मसला हाल्नुहोस् र राम्रोसँग चलाउनुहोस्
- थोरै पानी थप्नुहोस् र स्वाद अनुसार नून हाल्नुहोस् र केहि समय छोपेर राख्नुहोस्
- पेस्ट धेरै बाक्लो वा धेरै पातलो भने हुन हुन्न

- अब नून-इस्टिक प्यानमा थोरै तेल हाल्नुहोस्
- थोरै पेस्ट प्यानमा राख्दै रोटी बनाउनुहोस्
- यो रोटी अचारसँग वा राइता वा यत्तिकै पनी खान सकिन्छ



Food for dengue



4. Fruits (Papaya, Apple, Orange)
For recovery & increasing
fibrinogen 🍎🍊



sochai_yfn 4 foods to include in your diet for recovery from DENGUE FEVER 🦋 recommended by Shikshya & Prekshya, Nutrition & Dietetics 🍎

1] COCONUT WATER

Increases platelets count and fibrinogen

2] PROTEINS - Fish, egg, meat, tofu, milk, milk product

Helps in recovery and strength.

3] GREEN VEGETABLES - Spinach, Asparagus

Contains vitamins, minerals that promotes cell growth and division

4] FRUITS - PAPAYA, APPLE, ORANGES

Helps body to recover fast

Increase fibrinogen level in the body

✗ AVOID

Spicy food

Caffeine



National Paddy Day (Asar 15 Celebration)



sochai_yfn खाजामा दही चिउरा खानु भयो त?
#दहीचिउरा_@_SOCHAI

World Food Safety Day

[Click here! to see the full post](#)

sochai_yfn Today marks World Food Safety Day and this year's theme, "Prepare for the Unexpected," is an important reminder of the importance of readiness in ensuring food safety.

Let's mark this day recognizing food safety myth vs fact, shall we?

#MythVsFact #WorldFoodSafetyDay2024 #EatSafe



WORLD FOOD SAFETY DAY 2024

FOOD SAFETY : PREPARE FOR THE UNEXPECTED



भ्रम कि सत्य



मासु धोएर पकाउनु पर्छ
गलत
मासु धोएर पकाउदा, काँचो मासुमा हुने खतरनाक किटाणुहरू हात, सिक, अरु भाडामा सर्न सक्छन, मासुलाई राम्रो संग पकाउँदा सबै किटाणु नष्ट हुन्छ



झरोको खानलाई ५ सेकेन्डमा टिपेर खायो भने केहि हुन्न
गलत
किटाणु खानामा तुरुन्तै सर्छन र कतिपय अवस्थामा रोग लाग्न पनि सक्छ



भाडा मस्काउने र पुराने कपडामा पनि किटाणु हुन्छ
सहि
भाडा मस्काउने र पुराने कपडामा पनि रोग लगाउन सक्ने किटाणु हुन सक्छन त्यसैले समय समयमा यिनलाई पनि साफा गर्न आवश्यक छ

Source: WHO/FAO



Food in summer



[Click here! to see the full video](#)

sochai_yfn Cool down this summer with these healthy drinks!

#SOCHAI #YFN #V_Program #PVNBagmati



sochai_yfn सुदूरपश्चिमको मौलिक रैथाने परिकार- ढुप्का

Have you tried it yet? If not, now's the time to enjoy this authentic dish!



बनाउने विधि

- पाकेको फर्सीलाई कोरेसोमा कोरेर राख्ने
- अब थुला भाँडामा घिउ हाल्ने अनि कोरेको पाकेको फर्सी हालेर राम्रो सँग पकाउने
- १० मिनेट सम्म चलाईरहने र फर्सीको मात्रा अनुरूप दूध हाल्ने
- फर्सी र दूध मिलेर लपक्क भएपछि चिनी र घिउ हाल्ने
- यसमा केहि दाना अलैची, सुकमेल र नरिवलको धूलो राखेर चलाउने
- अब थुला कचौरामा खीर खन्याएर तातालो वा चिसो बनाएर खान सकिन्छ

पाकेको फर्सीको खीर

फाइदाहरु:

- रन्टि आक्सिडन्ट युक्त
- कम क्यालोरी भएको पोषिलो परिकार
- पोटाशियम, मिटामिन ए, सी र फाइबर युक्त
- शरिरको रोग प्रतिरोधात्मक शक्ति बढाउने
- फर्सीको पोषिलो बियालाई भुटेर पनि खान सकिने

sochai_yfn साउन १५ मा खिर त खाने पयो नि ! हेन त ?

World Environment Day



sochai_yfn Our team is passionate about making a difference! 🌍 Here are some of our favorite eco-friendly tips. What are yours? Share with us!

#WorldEnvironmentDay #TeamGreen #EcoTips #gogreen #SOCHAI #YFN

Shrawan and Breastfeeding Week



sochai_yfn Breastfeeding Week is just around the corner. Are you ready to celebrate with us?

Celebrating Shrawan and Breastfeeding Week.



NCD Riddle Giveaway

sochai_yfn Chance to Win with NCD Riddle Time 🤖

Calling all our amazing followers!

We're hosting 'NCD Riddle Giveaway' from July 5th to 11th. Solve the riddles and you could be one of the winners to win our REDCYCLE bracelet.

To join the giveaway, simply leave your answer in the comment section of each post. Only one comment per account will be considered for each post.

🌟 Seven lucky winners, one for each riddle, will be announced on July 16th on our Facebook and Instagram pages 🌟

Stay tuned and Good Luck !

#SOCHAI #YFN #NCD #Riddles #AstraZeneca #Giveaway #RedcycleBracelet



NCD Riddle



NCD Riddle



NCD Riddle





I am a disease that affects the heart and blood vessels. I am a leading cause of death worldwide. Who am I?

I am a condition characterized by high levels of sugar in the blood. I can be managed through diet, exercise, and medication. Who am I?





I am a neurological disorder that progressively affects movement, often including tremors. I usually occur in older adults. Who am I?


sochai_yfn

Solve & Win



NCD Word Search

V	K	B	F	N	J	S	D	J	O	G	F	L	N	S	P	V	F	A	T
D	I	S	T	O	W	T	L	S	F	G	E	N	E	T	I	C	S	J	Y
N	H	I	O	Z	D	R	N	T	A	N	L	O	T	I	O	N	S	W	M
X	N	X	X	A	C	O	P	D	F	A	E	P	I	L	E	P	S	Y	N
K	H	Z	F	V	G	K	E	R	L	F	U	S	A	H	K	W	I	Y	P
X	Z	S	R	T	Q	E	H	M	F	O	B	E	S	I	T	Y	N	C	D
Z	M	U	I	M	F	P	L	D	W	A	H	Q	X	T	A	C	G	A	B
U	N	B	S	V	V	I	G	I	L	U	B	W	K	S	L	M	P	N	K
G	G	U	K	Q	F	Y	S	A	S	T	H	A	M	A	W	Y	O	C	N
Y	U	A	K	N	Z	L	S	B	J	S	S	G	G	Q	M	D	L	E	R
C	A	R	C	I	N	O	G	E	N	S	J	Q	B	G	E	N	E	R	B
F	L	O	B	U	U	L	S	T	G	R	C	H	A	I	R	S	S	P	Z
I	F	J	O	X	D	N	M	E	X	Y	M	E	L	U	K	J	G	W	P
I	H	F	D	E	P	R	E	S	S	I	O	N	C	Z	D	H	L	I	R
Q	Y	I	H	M	H	J	L	W	M	T	E	R	O	W	A	V	A	S	A
J	X	S	K	X	G	F	T	J	O	J	X	M	H	Q	V	Y	U	N	D
A	L	H	B	C	O	U	L	M	K	T	C	S	O	R	H	O	C	O	I
B	S	H	O	V	E	L	C	O	I	L	E	R	L	E	F	A	O	R	O
H	G	H	Y	P	E	R	T	E	N	S	I	O	N	E	E	Y	M	U	D
A	X	P	V	O	T	B	U	C	G	E	T	F	P	G	E	F	A	G	Z

Giveaway Winners

Congratulations to:

dipjyoti_12

Bishwo Ram Prajapati

moneeka_53

B-kaSh Sah

Baliram Tharu

_puja11__

Rushna Basnet

Aashma Dhital



Vitamin A supplementation and deworming

कार्तिक २ र ३ गते देशैभर
भिटामिन ए क्याप्सुलसँगै जुकाको औषधी खुवाउने

राष्ट्रिय पोषण कार्यक्रम अन्तर्गत कार्तिक २ र ३ गते
६ महिना देखि ५ वर्ष मुनिका बालबालिकालाई भिटामिन ए क्याप्सुल
१ वर्ष देखि ५ वर्ष मुनिका बालबालिकालाई जुकाको औषधी खुवाउने

साथै १५ महिनासम्म लगाउनु पर्ने कुनै नियमित खोप छुटेको
गर्ने ५ वर्ष मुनिका बालबालिकालाई नजिकैको स्वास्थ्य संस्था
छुटेको खोप लगाओ ।



थप जानकारीका लागि महिला सामुदायिक स्वास्थ्य
स्वयंसेविका तथा नजिकैको स्वास्थ्य संस्था वा वडा
कार्यालयमा सम्पर्क गर्नुहोस् ।



sochai_yfn अनि आज आफ्नो ५ वर्ष मुनिको बच्चालाई भिटामिन ए क्याप्सुल
र जुकाको औषधि खुवाउनु भयो त ? यदि छैन भने, यहि कार्तिक २ र ३ गते
नबिर्सि खुवाओ है ।

#VitaminA #Albendazole #Nutrition #sochai

Picture credit: National Health Education Information and
Communication Centre

Sipalu sister video series



**स्वास्थ्यको लागि पौष्टिक आहार | आफ्नो
जीवनशैली सुधार्नका लागि सरल सुझावहरू**

 सिपालु सिस्टर / Sipalu Sister

The 'Sipalu Sister' project, supported by the U.S. Embassy Alumni Engagement Innovation Fund 2023 launched its online platform to empower Nepali women with essential life skills through short videos. Led by founders Priya Joshi and Anish Shrestha, the project covers topics such as nutrition, power tools, digital safety, and financial literacy, aiming to help women become more self-reliant. We are proud to be part of this impactful initiative, with our Nutrition Officer, Susmita Adhikari, contributing her expertise as a Sipalu Sister.

Link to YouTube videos: [Here](#)



विपदमा पोषण राहत प्याकेजमा
के के समावेश गर्न सकिन्छ ?



sochai_yfn विपदमा पोषण राहत प्याकेजमा के के समावेश गर्न सकिन्छ ?

बिपद्को बेलामा प्रायजसो राहत समग्री वितरण गर्दा अत्यधिक प्रशोधन गरिएको र न्युन पोषक तत्व भएको खानेकुरा जस्तै चाउचाउ, बिस्कुट पनि वितरण गर्ने गरिन्छ । यसले जोखिममा रहेका वर्ग जस्तै गर्भवती, सुत्केरी र साना बालबालिकालाई झनै कुपोषित बनाउछ । त्यसैले सकेसम्म आपतकालिन अवस्थामा सकेसम्म स्वस्थकर र पोषिलो सामग्री सहयोग गर्दा स्वास्थ्य लाई पनि फाइदा पुग्छ ।

सबैले आफ्नो क्षमता अनुसार सहयोग गरौं, र यो आपतकालीन अवस्थामा मानवताको दायित्व निभाऔं ।

#nepalflood #emergencyresponse #nutrition



sochai_yfn यसपालिको दशैँमा चिनीले भरिएको चिसो पेयपदार्थ पिउदा सचेत रहनुहोस् । सन्तुलित खाना, स्वस्थ दशैँको उत्सव । यो दशैँ अस्वस्थ छोडौ स्वस्थ रोजौ । 🍌 बडादशैँको मंगलमय शुभकामना!

#Dashain #Nutrition

Deepawali



sochai_yfn Happy Tihar from Sochai Parivaar 🍌

Sending best wishes to our supporters as well as the team members who could not join in person. ✨

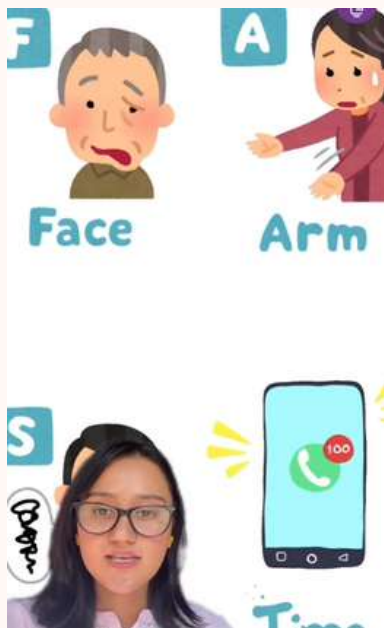
Joshilo guff



sochai_yfn 🌟🌟 Exciting First Episode Alert! The first episode of Joshilo Guff with the NutrienZ is here! 🌱 We're thrilled to have Ms. Pragya Thapaliya, Program Manager at Mercy Corps Nepal, as our expert guest. She shares invaluable insights on Nepal's National Mid-Day Meal Program, highlighting how it impacts communities across the country. 🌍

🔊 Tune in to this engaging discussion led by our host, Sashank Joshi, to learn about the power of nutrition initiatives in Nepal! 🌟

World Stroke Day



sochai_yfn विश्व मस्तिष्कघात दिवसको अवसरमा मस्तिष्कघात बारे बुझौं।

Stroke can happen to anyone, at any age. Every year on October 29, World Stroke Day reminds us that prevention is better than cure.

Globally, 1 in 4 adults over 25 will have a stroke in their lifetime. Together, we can be #GreaterThanStroke by making lifestyle changes and spreading awareness. 🌱

Join us for World Stroke Day and commit to learning and sharing the F.A.S.T. warning signs. Let's protect ourselves and our loved ones—prevention is key! 🌍❤️

#WorldStrokeDay #StrokeAwareness #ActFAST
#StrokePrevention #sochai #SOCHAI



Featured in the technical brief by UNESCO and UNICEF

**How this looks in practice**

Youth for Nutrition: A low-tech innovation model in Nepal

Social Changemakers and Innovators (SOCHAI), a young women-led non-profit organization in Nepal, created a comprehensive learning programme for primary and secondary schools in the country. This programme, called Youth for Nutrition, is supported by local government officers and local schools.

The programme trains adolescents and youth on health, nutrition, sexual and reproductive health including menstrual hygiene, and life skills using a low-cost community-based model.

Selected students from grades 8 to 10, aged 15 to 18, are enrolled in capacity-building training for four days, after which they are equipped to conduct health and nutrition camps in their schools. Topics related to nutrition covered in the camps include balanced diet, diet diversity, consequences of unhealthy food consumption and healthy meal planning, among others. Following the camp, school clubs are formed. A Health and Nutrition Exhibition is then conducted to present their learning to younger children (aged 5 to 10), teachers, caregivers and other actors. During the exhibition, several attractive stalls are set up by the students, who use quizzes, demonstrations (e.g. handwashing, roleplay), painting, hand displays and games to educate the younger learners. The camp is an interactive platform for trained adolescents' education to reach other young people within and beyond their school.

The programme is complemented by low-tech, wearable and educational tools, such as the Namibeads Bracelet that informs caregivers on how to feed a child during the first two years, the Iron Folic Acid (IFA) Bracelet that helps to understand anemia prevention through iron supplementation and the Redcycle bracelet that helps adolescents and young people understand, communicate and track their menstrual cycle.

Author: Binita Sharma, Co-founder and CEO, Social Changemakers and Innovators (SOCHAI).

For further information, see: <https://sochai.org/what-we-do/>, <https://sochai.org/wp-content/uploads/2023/03/Menuah-Report-2023-7-1.pdf> and <https://www.youtube.com/watch?v=VtArbRtUg0M> (video on the camp model).



[Click here! to find out how learning about health & well-being early on benefits children's #education & lives](#)

sochai_yfn just mentioned: Explore the new brief on #BuildingStrongFoundations for children by @unesco & @unicef & find out how learning about health & well-being early on benefits children's #education & lives here: <https://bit.ly/3yDf9Bb>

We are elated that SOCHAI's school-based health and nutrition bootcamp model has been featured in the technical brief as an example on 'what to teach for foundational education for health and well-being' brief.

Menstruation Day Celebration

**sochai_yfn** 5d



 36

 1

 3



 Liked by mallaneha9 and others

sochai_yfn Menstrual Hygiene Day 2025: Together for a Period-Friendly World 🌸... more



16 days of activism against gender-based violence



nationalcseadvocacycoalition ♦ Words Matter: Let's Create a Kinder Digital Space ♦

According to the Institute of Development Studies, *between 16-58 per cent of women have experienced technology-facilitated gender-based violence.*

A powerful message from **Mr. Sisan Baniya**, popular youtuber, reminds us of the power our words hold, especially in the digital realm. 🧑

In today's world, negativity often targets marginalized groups, impacting their mental health deeply. Through the [#16DaysOfActivismagainstGenderBasedViolence](#) campaign, Sisan urges us to reflect on our words, and be empathetic to others.

Our actions define the online spaces we create.

👉 Let's unite to build a safer, more positive world for everyone as advocates against Gender Based Violence.



nationalcseadvocacycoalition ♦ " Our future, Our decision! "

On the 3rd day of 16 Days of Activism against Gender-Based Violence, a young school student, **Ms. Jessica Dhakal** shares her message highlighting **Comprehensive Sexuality Education** as a key to address issues on discrimination faced during menstruation and harmful practices like child marriage. 📖

The next generation is reclaiming their voice and challenging harmful norms, advocating for a safer environment.

The power of knowledge equips us to take informed decisions and shape a secure, equal, and brighter future for all.



16 days of activism against gender-based violence



nationalcseadvocacycoalition ♦ Uniting to End Violence: A Call for Action ♦

On the 12th day of 16 Days of Activism against Gender-Based Violence, wise and powerful words from *the legendary actor and comedian, Mr. Madan Krishna Shrestha*.

As we near the end of [#16DaysOfActivismAgainstGenderBasedViolence](#), let these words remind us of the importance of collective action. Violence against women is not just history—it's a reality for many today. It's on all of us to unite, raise awareness, and take a stand against gender-based violence.

👊 Together, we can build a safer, more equitable world. Let's commit to this fight—not just for 16 days, but every single day.

nationalcseadvocacycoalition ♦ CSE for Youth ♦

On the 13th day of 16 Days of Activism against Gender-Based Violence, a powerful message from **Ms. Neha Malla, Co-founder and Director of Programs, SOCHAI**.

In Nepal, every young person deserves the tools, knowledge, and confidence to make informed decisions about their health and well-being. **Comprehensive Sexuality Education (CSE)** is a fundamental right.

Lets unite for youth's rights and health, ensuring access to CSE for every individual, everywhere, even beyond schools 🌍



Neha Malla
Co-founder and Director of Programs SOCHAI

By uniting, we can advocate for
youth's rights and health





Click [here](#) to see the video!



sochai_yfn We are delighted to share this informative jingle on child wasting awareness which includes conversation between a Female Community Health Volunteer (FCHV) and a golden 1000 days mother.

This audio jingle has been developed under the guidance of NHEICC and Nutrition Section/FWD with the support of Elenor Crook Foundation (ECF), Action Against Hunger (ACF) and SOCHAI.

We would like to give special thanks and credit to the original makers of the song 'Babari Ful ko Bot'.

Original Singers: Pandav Sunuwar & Basundev Munal
Lyrics & Music Compiled By: Pahira Sunuwar

We would also like to thank IYCF Image bank for the open source pictures used in the video. The video has been additionally created by SOCHAI for the jingle to ensure it reaches large number of users through social media. Support us in reaching many more mothers by sharing this video. #SOCHAI #JINGLE #NHEICC #SAM



Podcast on Nutrition

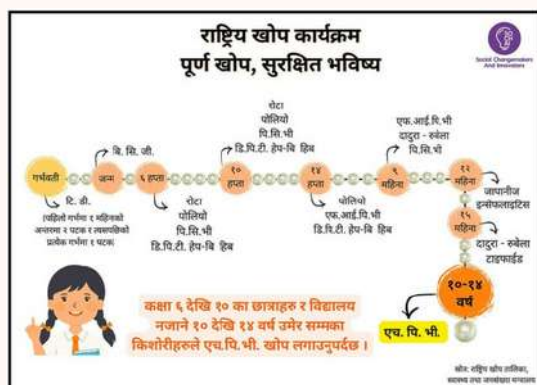


A video podcast 'Kurakani Khanpan Ani Aanibani' hosted by our CEO Bonita Sharma has been started by SDG Studio which highlights nutrition from a multi-sectoral perspective.

Click [HERE](#) for the link!



National Immunization Program - HPV Vaccination Campaign



sochai_yfn एच.पि.भी. खोपले Human Papillomavirus (HPV) को संक्रमणबाट हुने पाठेघरको मुखको क्यान्सर हुनबाट बचाउँछ ।

यो वर्ष एच.पि.भी. खोप अभियानको रुपमा माघ २२ गते देखि फाल्गुण ६ गते सम्म नेपालभरी नै सञ्चालन हुँदैछ ।

अभियान सञ्चालनको समयमा आ-आफ्नो विद्यालयमा गएर कक्षा ६ देखि १० सम्म अध्ययन गर्ने छात्राहरूले एच.पि.भी. खोप लगाउनु पर्दछ ।

साथै विद्यालय नजान्ने १० देखि १४ वर्ष उमेरका किशोरीहरूले पनि अभियान सञ्चालनको समयमा नजिकैको विद्यालयमा गएर एच.पि.भी. खोप लगाउनुपर्दछ ।

एच.पि.भी खोप लगाउन जाँदा - विद्यालय नजान्ने १० देखि १४ वर्ष सम्मका किशोरीहरूले उमेर खुल्ने प्रमाणपत्र लिएर खोप लगाउन जानुपर्छ भने विद्यालय जाने कक्षा ६ देखि १० सम्मका छात्राहरूले विद्यालयको परिचय पत्र देखाउनु पर्छ ।

#HPVcampaign2024 #Nepal #cervicalcancerawareness

FCHV's take on Red cycle bracelet



sochai_yfn माला एक, काम अनेक!

Quick feedback on our Redcycle menstrual bracelet from FCHV Sabitri Sunar who will be utilizing the bracelet to educate adolescent girls and women in Rapti Sunari Ward No. 7, Banke district.

#Menstruation #periodbracelet #mhm #fertilityawareness



IFA supplementation



sochai_yfn के तपाइलाई थाहा छ, रक्त-अल्पता रोकथामका लागि विद्यालय जाने र नजाने किशोरीहरूलाई आइरन तथा फोलिक एसिड चक्कि कहिले कहिले खुवाउने भनेर ?

- ❌ बैशाख, जेठ, आसार (१३ हप्ता) - नखुवाउने
- ✅ साउन, भदौ, असोज (१३ हप्ता) - खुवाउने
- ❌ कात्तिक, मङ्सिर, पुष (१३ हप्ता) - नखुवाउने
- ✅ माघ, फागुन, चैत (१३ हप्ता) - खुवाउने

आइरन चक्की खुवाउँदा १३ हप्तासम्म प्रत्येक हप्ता एक चक्कीका दरले आइरन चक्की खुवाउनु पर्नेछ । साथै, वर्षको दुई पटक जेठ र मङ्सिर महिनामा जुकाको औषधि पनि खुवाउनु पर्छ ।

यी जानकारीहरु सजिलै सम्झन सम्झाउनका लागि सोचाइको नविनतम सिर्जना - “आइरन चक्की माला” को प्रयोग गर्न सक्नु हुन्छ ।

माघ त लागिस्को, यदि आफ्नो विद्यालय र समुदायका किशोरीहरूलाई आइरन चक्की खुवाउन सुरु गरेको छैन भने आफ्नो शिक्षक, स्थानीय स्वास्थ्यकर्मी र जनप्रतिनिधिलाई सम्झाउनु होला हे । अनि रक्त-अल्पताबाट बच्नको लागि तपाईंको आहारमा आइरन र भिटामिन सी युक्त खानेकुरा पनि समावेश गर्नुहोला ।



A teacher in Sarlahi facilitating a session to young alodescents on “Anemia Awareness” using the ICE Materials made in reference to SOCHAI’s wearable IFA bracelet info-card.



Winter Clothes Donation



sochai_yfn Join us in our Winter Clothes Donation Drive for students from Nursery to Grade 10 at Gorakhnath School, Kirtipur.

Your small act of kindness can make a big difference in keeping children warm and happy this season. 🧡

📍 Drop-off locations: SOCHAI Office (Near Police Hospital, Panipokhari) DNN Office (Shantinagar Chowk, Baneshwor)

For queries, please contact 9748780338 (Aashrat)

Let's come together and make an impact.

Donate today ✨

#WinterDonation #SpreadWarmth #SOCHAI #GivingBack

Christmas



sochai_yfn We wish you all a Merry Christmas and a very Happy New Year 2025 ! 🎄 🎆 Thank you for your unwavering support in promoting health and nutrition throughout 2024. We hope to continue making a positive impact in the upcoming year. ✨

#Christmas #newyear #2025



Cultural exchange: Nutrition version



sochai_yfn Join Chihiro from Japan and Shiwani from Nepal as they explore healthy and unhealthy dietary practices from their cultures!

Share your thoughts and let us know if you have something to add to the list. 🌍



Hara Hachi Bu: A Japanese practice that promotes moderate and mindful eating i.e. stop eating when you're 80% full.



Only 48% of children (aged 6–23 months) and 56% of women (aged 15–49) consume meals with a minimum dietary diversity in Nepal. (NDHS 2022)

National Immunization Program



Sochai - Youth For Nutrition

18 Apr · 🌐

वैशाख ६ र ७ गते (शनिवार र आइतवार), राष्ट्रिय पोषण कार्यक्रम अन्तर्गत देशैभर भिटामिन 'ए' क्याप्सुल सँगै जुकाको औषधी खुवाऔं ! ❤️

- ६ महिना देखि ५ वर्ष मुनिका बालबालिकालाई भिटामिन 'ए' क्याप्सुल खुवाऔं।
- १ वर्ष देखि ५ वर्ष मुनिका बालबालिकालाई जुकाको औषधी खुवाऔं।
- १५ महिनासम्म लगाउनु पर्ने कुनै नियमित खोप छुटेको छ भने ५ वर्ष मुनिका बालबालिकालाई 'नजिकैको स्वास्थ्य संस्थामा ' छुटेको खोप लगाऔं।



World Health day

 **Sochai - Youth For Nutrition** 7 Apr · 🌐

This #WorldHealthDay, let's take simple yet powerful steps toward a healthier future. Watch and share these 11 messages to inspire change - for yourself, your community, and the world.

#HealthForAll #PreventionIsPower



  Neha Malla + 9 2 shares 913 views

विश्व स्वास्थ्य दिवस
अप्रिल ७

स्वस्थ रहनका लागि ११ सन्देश



 10

 2

 Sochai - Youth For...  Following

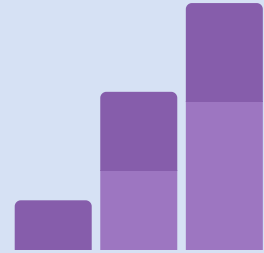
This #WorldHealthDay, let's take simple yet powerful steps toward a healthier futur... more



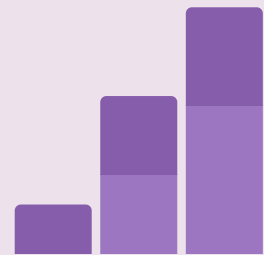
Digital Outreach



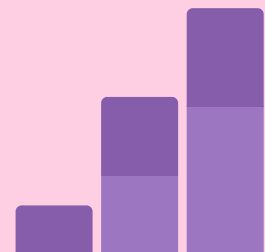
1,980.06 K



195.60 K



17.06 K



Board of Directors



President

Pushpa Joshi

Treasurer

Kriti Dahal

Member

Kriti Lamichhane

Member

Bhawana Bhandari

Member

Sagar Parajuli

Member

Prashikshya Bhattarai

Member

Rakshya Bhattachan



Our Team



CEO

Bonita Sharma

Director of Programs

Neha Malla

Admin & Finance Coordinator

Sabin Shrestha

Program Officer

Bibhuti Pokhrel

Nutrition and Dietetics Officer

Sushmita Adhikari

Project Officer

Sashank Joshi

V-Program Lead

Ritendra Badu

CSE Focal Person

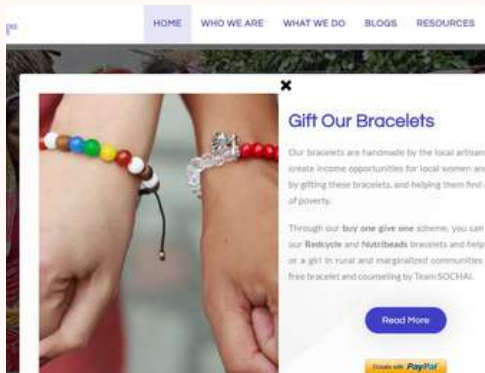
Rakshya Adhikari

Design Associate

Susan Shrestha

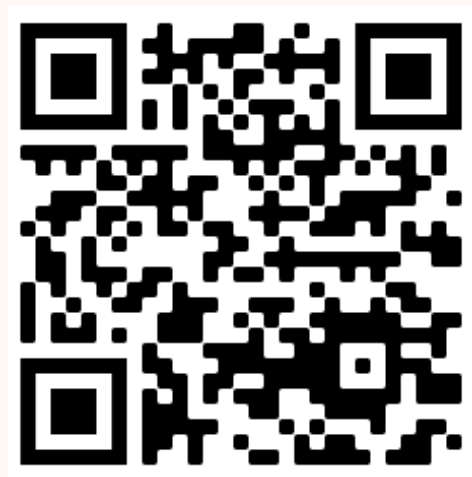


REACH OUT TO US



SOCHAI website is Live! You can buy our bracelet or contribute to our mission against malnutrition through PayPal. Visit www.sochai.org or for details.

Find out more about our work by visiting linktr.ee/sochai



To support us, please visit our website
or scan the QR code



You can now order our bracelets and merch at the Daraz online store
Link to the online store: [Here](#)



info@sochai.org
sochai.yfn@gmail.com

