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ISSUE I

SUNITA FOUNDATION

JANUARY-JUNE 2026

Semi-Annual Newsletter

About Sunita Foundation

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.

IN THIS NEWSLETTER

**Support, skills, and
voices raised for justice.**

Keep Reading!



RISE BEYOND MISERY



EXPLORING, EXPRESSING, AND EMPOWERING
| “CONNECTING TO FEELINGS AND STRENGTH” TRAUMA-INFORMED WORKSHOP

Sunita Foundation conducted a trauma-informed workshop for survivors of human trafficking, bringing together participants from diverse cultures and communities. Through expressive art activities, participants were encouraged to safely explore their emotions, reflect on their experiences, and reconnect with their inner strength.

The workshop created a supportive and respectful environment for sharing and mutual understanding. Many participants shared their appreciation for the opportunity to express feelings, strengthen emotional resilience, and build meaningful connections with one another.

This gathering became a meaningful step toward healing, empowerment, and collective strength, highlighting the importance of safe spaces in supporting survivors' well-being and recovery.



REVIEWING, REFLECTING, AND REINFORCING ACCOUNTABILITY | SOCIAL AUDIT 2081/82

Sunita Foundation successfully conducted its Social Audit 2081/82 at the National Women Commission, upholding our commitment to ethical governance, responsible programming, and survivor-centered work.

The process provided an opportunity to review our work openly and reflect on the values that guide our efforts. It reminded us that our programs are built on trust, accountability, and the real lives and experiences of the communities we serve. We are grateful for the presence, insights, and continued support of our partners, team members, and all those who believe in our mission. These reflections encourage us to move forward with commitment, humility, and hope.



REFLECTING, RECOGNIZING, AND STRENGTHENING | ANNUAL GENERAL MEETING 2082 B.S.

Sunita Foundation's Annual General Meeting (AGM) 2082 B.S. served as an important moment to reflect on a year marked by resilience, progress, and collective dedication. Members reinforced their shared commitment to advancing human rights, justice, and the ongoing movement against human trafficking. We extend heartfelt appreciation to all members whose continued efforts strengthen our organization and the communities we serve.



LEARNING, PLANNING, AND EMPOWERING | FINANCIAL LITERACY FOR WOMEN

Sunita Foundation organized a Financial Literacy and Interaction Program in Melamchi, Sindhupalchowk as part of strengthening the Women Empowerment Network. The network aims to support survivors in becoming confident, financially independent, and active contributors to positive change within their communities. During the session, participants learned practical financial skills such as budgeting and managing resources effectively. The program also created space for discussion on coordinating with local stakeholders and government bodies to strengthen the sustainability of the network. Beyond learning financial concepts, the gathering encouraged women to share experiences, build confidence, and inspire one another. This initiative marks an important step toward nurturing a community of self-reliant women who can lead change and contribute to a stronger and more sustainable future.

LEARNING, HEALING, AND EARNING | CANDLE-MAKING TRAINING



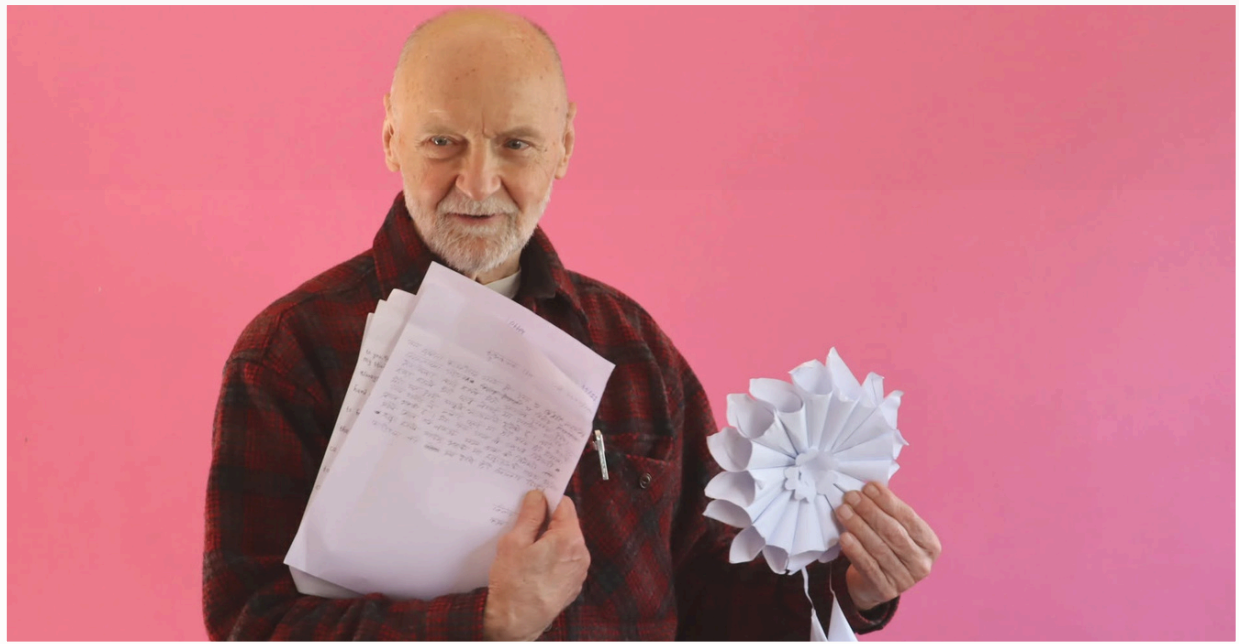
For four days, women from the Women Empowerment Network in Nuwakot came together to participate in a candle-making training organized with the support of Dupcheshwor Rural Municipality. Alongside the vocational skill training, psychosocial counseling support was also provided, creating a safe space for sharing experiences, building confidence, and nurturing leadership among the participants.



The Women Empowerment Network, formed by Sunita Foundation, carries a clear vision of promoting women's economic empowerment while supporting their personal growth and transformation.

To further strengthen this initiative, the group has also been provided with a candle-making machine, allowing the learning to continue beyond the training. With practice, production, and teamwork, the skills gained can now be developed into a sustainable source of income for the women and their group.

INSPIRING YOUNG MINDS, EMPOWERING COMMUNITIE



Sunita Foundation was delighted to welcome Mr. Randall Bollig, Director of the Family & Friends Project, and Mr. Masata Yamada from Japan for a series of inspiring visits to Kathmandu, Sindhupalchowk, and Nuwakot. Through creative doodle storytelling, reading sessions, origami workshops, and interactive learning activities, children were encouraged to express their ideas, explore their creativity, and build confidence. I



In Nuwakot, students warmly welcomed the guests with handmade cards and flowers and presented a powerful drama on child marriage, showcasing their creativity and commitment to social change. The visits fostered meaningful cultural exchange, joyful learning, and lasting connections, reaffirming the power of creativity and collaboration in inspiring young minds.



Through open sharing, emotional validation, and mutual encouragement, the group fostered an atmosphere of trust, self-awareness, and collective healing. The session highlighted the importance of nurturing mental well-being as a foundation for overall well-being, validating the value of safe spaces where women can support and empower one another.

HEALING, REFLECTING, AND STRENGTHENING | GROUP COUNSELING SESSION

Sunita Foundation conducted a meaningful Group Counseling Therapy Session for members of the Women Empowerment Network in Sindhupalchowk District, creating a supportive space focused on mental well-being and personal growth.

The session began with gentle body stretching exercises to help participants relax, build connection, and create positive energy within the group. This was followed by a guided Progressive Muscle Relaxation (PMR) practice that helped release physical tension and calm the mind. A key part of the session encouraged participants to reflect on their personal strengths and identify one behavior they wished to improve.



SOLIDARITY, STRENGTH, AND SHARED RESPONSIBILITY | INTERNATIONAL WOMEN'S DAY 2026 "RIGHTS, JUSTICE, AND EQUAL OPPORTUNITIES FOR ALL WOMEN AND GIRLS."

On the occasion of the 116th International Women's Day 2026, Sunita Foundation stood in solidarity at Maitighar Mandala alongside women's rights organizations, activists, and allies. The gathering was not only a celebration, but also a powerful moment to recognize the strength, resilience, and invaluable contributions of women workers everywhere. The message was clear. When women's work stops, the world stops. Their rights, dignity, safety, and opportunities are not optional; they are fundamental. This day served as both a celebration and a reminder that achieving equality and justice for all women and girls requires collective action and shared responsibility. Together, we continue to raise our voices and stand united for a more just and equitable society.



RAISING VOICES FOR JUSTICE | STANDING AGAINST VIOLENCE

Sunita Foundation stands in solidarity with all those raising their voices against violence against women. Violence against women is not an isolated incident, it reflects deep-rooted inequality, systemic gaps, and the silence that continues to persist in our society.

We strongly urge the state to take immediate, transparent, and impartial action to uncover the truth and ensure justice. It is essential that those responsible are held fully accountable under the law.

Ending violence requires collective responsibility, sustained action, and a firm commitment to uphold the rights, dignity, and safety of all women.

ADVOCATING FOR STRONGER INSTITUTIONS | PROTECTING THE MINISTRY OF WOMEN, CHILDREN AND SENIOR CITIZENS



Sunita Foundation joined fellow civil society organizations and advocates at Maitighar Mandala to express serious concern over the proposed plan to merge the Ministry of Women, Children and Senior Citizens with other ministries.

We urge the government of Nepal to withdraw the proposal and uphold its commitment to gender equality, social justice and protection of the rights of the women, children and senior citizens. A strong and dedicated institution remains essential to advancing inclusive and rights-based governance

EMPOWERING GIRLS AND SURVIVORS THROUGH LIFE SKILLS AND LEADERSHIP.



Sunita Foundation successfully conducted a 2-day Life Skills and Leadership Training in Nuwakot for adolescent girls from Child and Adolescent Clubs and survivors of human trafficking as part of its capacity-building efforts.

Through interactive and participatory sessions, participants explored their strengths, built self-confidence, enhanced communication, teamwork, decision-making, and problem-solving skills, and reflected on ways to address everyday challenges. The training also encouraged participants to recognize their potential, strengthen their leadership abilities, and actively contribute to their schools, families, and communities.

The training created a supportive space for learning, sharing experiences, and inspiring one another—empowering participants to become more confident individuals and positive changemakers in their communities.



STRENGTHENING GLOBAL ACTION AGAINST HUMAN TRAFFICKING



Sunita Foundation strengthened its commitment to combating human trafficking through a series of collaborative initiatives with Freedom in Disasters (FiD). These included a Practitioner Workshop Against Human Trafficking in Dakshinkali, Kathmandu, active participation in the official launch of the International Standard for Counter Human Trafficking Programming in Disasters—highlighting the integration of protection measures into disaster response—and strategic discussions with the FiD team to strengthen partnerships and jointly plan for Global Action for Freedom 2026. Together, these efforts reinforced our shared commitment to advancing coordinated action, protection, and human rights in disaster and humanitarian contexts.





The discussion highlighted the importance of gender equality, state accountability, social protection, and the recognition of women's contributions with dignity and respect. Panelists shared diverse perspectives on creating safer and more rights-based labour migration systems while emphasizing the role of collective advocacy in advancing justice for migrant workers.

ADVOCATING FOR SAFE LABOUR MIGRATION AND WOMEN'S RIGHTS

On the occasion of International Workers' Day, Sunita Foundation, in collaboration with sister organizations, organized an Interaction and Panel Discussion on Labour Migration and Women's Rights in Nepal in Kathmandu. The program brought together activists, researchers, media professionals, and organizations working on labour migration to discuss the realities and challenges faced by migrant workers, particularly women whose labour often remains unseen and undervalued.



PROMOTING LABOUR RIGHTS AND PREVENTING HUMAN TRAFFICKING

On the occasion of International Workers' Day, Sunita Foundation conducted a community-based awareness program on labour rights and human trafficking in Melamchi Municipality-4, Sindhupalchowk. The program brought together women's groups, students, teachers, female community health volunteers, and health workers to strengthen community awareness and dialogue.

The session highlighted the close link between labour rights and human trafficking, emphasizing how unsafe migration, exploitation, and limited awareness can increase the risk of trafficking. Through interactive discussions, participants gained a better understanding of safe migration, workers' rights, and the importance of collective efforts in creating informed, safe, and dignified opportunities within their communities.

STRENGTHENING YOUNG VOICES AGAINST HUMAN TRAFFICKING



As part of its continued engagement with the Child and Adolescent Clubs in Dupcheshwor, Nuwakot, Sunita Foundation conducted another awareness session on anti-human trafficking. The interactive training provided a child-friendly space for participants to learn about the risks and realities of human trafficking in a simple and engaging manner.

The session focused on strengthening participants' understanding of personal safety, recognizing potential risks, and the importance of remaining informed and vigilant. By equipping children and adolescents with knowledge and confidence, the initiative encourages them to become active advocates who can share awareness within their schools, families, and communities, contributing to the prevention of human trafficking at the grassroots level.

STRENGTHENING LOCAL CHILD PROTECTION SYSTEMS



Sunita Foundation organized an Interactive Program on Strengthening the Child Protection System in Dupcheshwor, Nuwakot, bringing together members of the Child Rights Committee, representatives of Dupcheshwor Rural Municipality, and development partner Ecpat Luxembourg. The program served as a platform to strengthen collaboration and reinforce the collective responsibility of local stakeholders in protecting children's rights.

The discussion covered updates on local child protection initiatives, emerging trends in human trafficking, and recent developments in child rights laws and policies. A technical session facilitated by Ms. Debaki Acharya, Child Rights Expert, enhanced participants' understanding of the Committee on the Rights of the Child (CRC), the role of Child Clubs, and Nepal's child protection framework. The program concluded with a renewed commitment among stakeholders to strengthen coordination and build a safer, more child-friendly protection system at the local level.

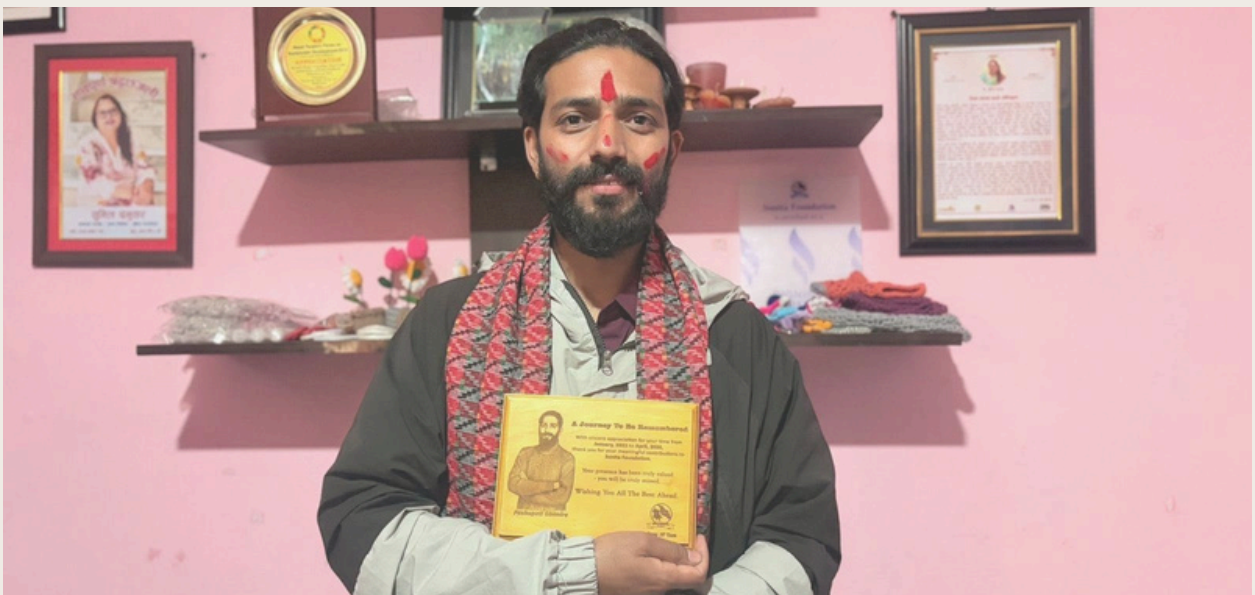


HONORING DEDICATION



RECOGNIZING EXCELLENCE | EMPLOYEE OF THE YEAR 2025

During Sunita Foundation's Annual General Meeting 2082 B.S., Ms. Amrita Shrestha, Project Officer, was honored with the Employee of the Year 2025 (Award of Excellence). This recognition celebrates her exceptional professionalism, leadership, and dedication to survivor-centered programming, holistic empowerment, and rights-based advocacy. Her commitment continues to strengthen Sunita Foundation's mission and inspire our team.



WITH GRATITUDE | APPRECIATING DEDICATED SERVICE

Sunita Foundation extends its sincere appreciation to Mr. Pashupati Ghimire for his dedicated service as Finance and Admin Assistant. His professionalism, commitment, and reliability have contributed greatly to the smooth functioning of the organization. As he embarks on a new chapter, we thank him for his valuable contributions and wish him every success in his future endeavors.

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.”

-Advocate, 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 बैंकबाट अनुमति प्राप्त



SUNITA FOUNDATION

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