

HIS ROYAL HIGHNESS-THE DUKE OF CLOUCESTER- PRESENTS AN AWARD TO RISE UP FOUNDATION NEPAL



ANNUAL IMPACT REPORT 2025

A Glimpse into a Year of Rising Up for Change

www.riseupfoundation.org.np

Message from the CHAIRPERSON



WELCOME TO RISE UP FOUNDATION - NEPAL (RUF-N)!

We are happy to present our third annual report for the year 2025. This report highlights our achievements and impact from January to December 2025. We founded this organization with the vision of providing access to quality education, social protection, healthcare services, and advocating for gender and environmental justice for marginalized women, children, and gender minorities. I extend my gratitude to everyone who has supported our mission thus far. Your encouragement fuels our determination to continue fostering positive change.

Together, we can RISE UP for change in Nepal.

FATEMA BANU

Chairperson

Rise Up Foundation - Nepal

About RUF-N

VISION

A just and sustainable society where every individual has access to quality education, protection, healthcare, and gender and environmental justice.

MISSION

RUF-N is dedicated to empowering communities by providing innovative health solutions, quality educational resources, child/girls protection services, environmental conservation, and advocating for social justice.

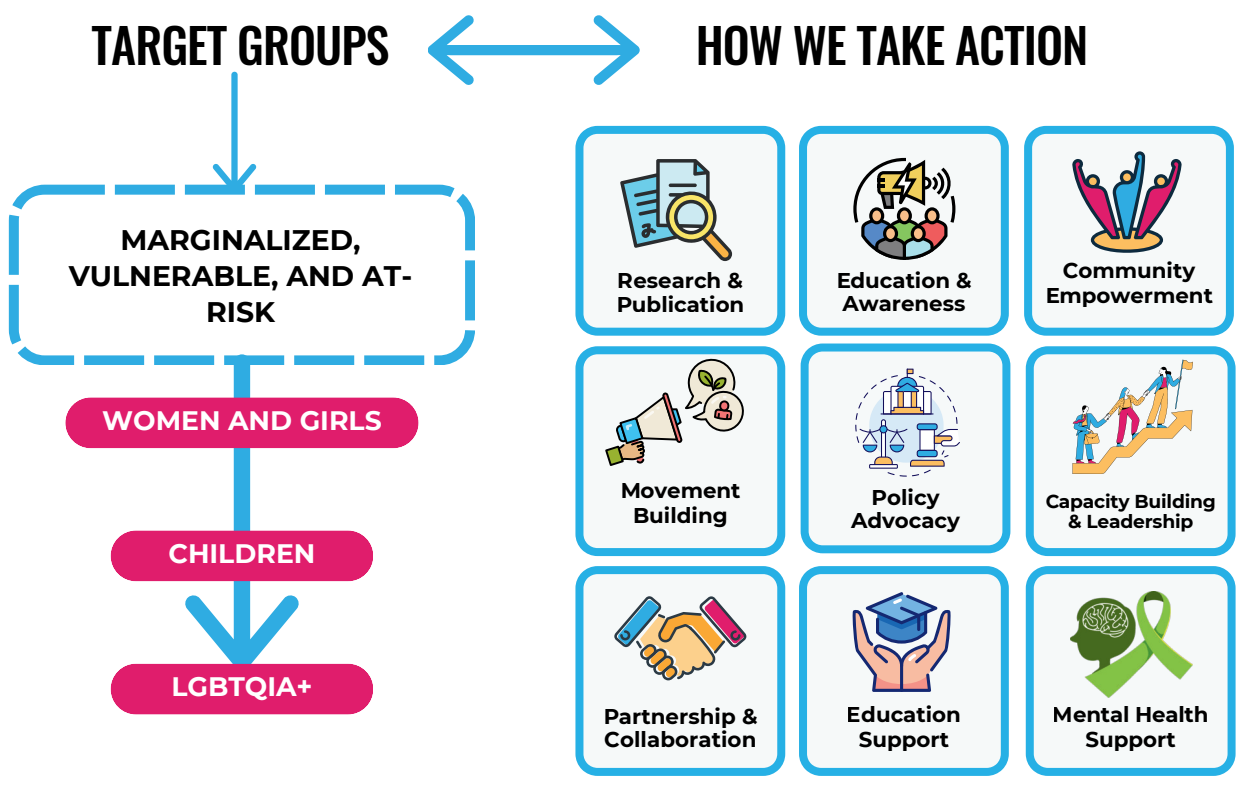
VALUES

- ✓ Feminism and Movement Building
- ✓ Leadership and Empowerment
- ✓ Community-Led and Gender-Responsive Initiatives
- ✓ Integrity
- ✓ Co-creation
- ✓ Collaboration
- ✓ Ethics
- ✓ Innovation
- ✓ Equity
- ✓ Sustainability
- ✓ Mindfulness

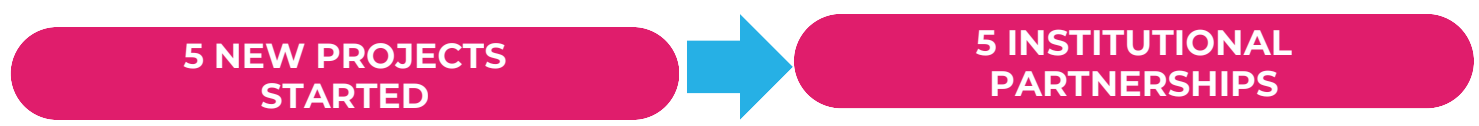


OUR CORE AREAS OF WORK

What WE Do



2025 At a Glance



THIS YEAR, OUR EFFORTS ALLOWED US TO REACH..

2243 WOMEN AND GIRLS

201 CHILDREN

980 YOUTHS

10,000+ GENERAL PEOPLE THROUGH SOCIAL MEDIA POSTS

120 MARGINALIZED AND GENDER MINORITIES

Major MILESTONES



BREAKING THE SILENCE, ENDING CHHAUPADI

Period Friendly Village Initiative – Eradicating Chhaupadi in Rural Nepal:

In 2025, Rise Up Foundation Nepal- in partnership with Amplify Change, UK- has launched the Period Friendly Village Initiative to challenge the harmful practice of Chhaupadi and promote menstrual dignity in rural communities of Bannigadhi Jayagadh and Ramaroshan Rural Municipalities of Acham, Sudurpaschim Province. The initiative aimed to create safer, more informed, and more supportive spaces for women and girls to manage menstruation with dignity and confidence.

Project baseline data reveals interesting facts:

- 96.3% of female respondents report actively practicing Chhaupadi during menstruation- one of the highest documented rates for any baseline in Nepal.
- 86.2% believe Chhaupadi is NOT a good practice. Despite negative attitudes, social and religious pressures override personal beliefs.
- 84.3% have heard about menstrual health, but only 56% are aware of their Sexual and Reproductive Health and Rights (SRHR).
- 91.7% believe women are entitled to dignity and safety during menstruation- yet this right is systematically denied in practice.
- 32% of women who practice Chhaupadi stay in Chhau sheds or huts- many described as unsafe and fragile by enumerators.



PROTECTING WOMEN'S HEALTH, SAVING LIVES

Cervical Cancer Awareness and Screening (HPV-DNA TEST)

Rise Up Foundation Nepal- in partnership with Britain Nepal Charitable Trust (BNCT)- has initiated a vital program on cervical cancer awareness and screening targeting 100 marginalized and at-risk women to improve access to life-saving information and preventive health practices. The project empowered women and girls with knowledge about prevention, early detection, and the importance of timely screening.



KEY HIGHLIGHTS

- Promoted awareness on cervical cancer prevention
- Encouraged early screening and health-seeking behavior
- Strengthened women's preventive health knowledge



WHEN GIRLS LEAD, THE WORLD RISES

MAJOR MILESTONES

➤ The Global Girls Leadership Initiative (GGLI) has been launched to support 60 adolescent girls and young women in building confidence, leadership, decision-making, and voice. Through learning and engagement, the initiative created a platform for girls to recognize their power and lead change in their communities.



COMPLETION OF 1ST COHORT- 20 GIRLS GRADUATED



➤ 20 girls graduated from 3 months flagship leadership course of GGLI

CLIMATE JUSTICE: POLICY AND ADVOCACY WORKSHOP

▶ Youth in Climate Justice: Voices for a Greener Future:

Rise Up Foundation Nepal in partnership with Action Aid International Nepal organized a policy and advocacy workshop to amplify youth perspectives on environmental sustainability and climate justice. The workshop created a space for young people to deepen their understanding and strengthen their advocacy for a greener and more equitable future.

130+ youths came together along with lawmaker, experts, government officials and civil society to discuss on:

Youth in Climate Justice: Voices for a greener future



Hon. Thakur Prasad Gaire,
Member of Federal
Parliament



Himal Shiwakoti,
Ministry of Forests and
Environment



Gehanath Gautam,
National Youth Council



Arjun Bhattarai, Chair
NGO Federation



Dharam Raj Uprety,
Association of INGos (AIN)



Ramesh Rijal, Garima Bikash
Bank



Raju Pandit Chhetri, Climate
Expert



Rahul Dewan, Youth Climate
Activist, AAIN



Dipak Prasad Basyal, Rise
Up Foundation



130+ youths and leaders united to call for urgent climate action in Nepal
10 August, 2025



30+
Organizations

Key Highlights

- Engaged youth in climate justice conversations
- Linked environmental issues with social justice
- Strengthened policy and advocacy understanding

WOMEN'S ECONOMIC EMPOWERMENT: EMPOWERING HER FUTURE

MAJOR MILESTONES

➤ Young Women Economic Empowerment Program (Y-WEEP)

Empowering Women Towards Economic Freedom!



Entrepreneurship Skill Development Financial Literacy Mentorship & Support

Funding Support

A Pilot Women's Economic Empowerment Initiative




In partnership with Tewa-Nepal, Rise Up Foundation has started a pilot project to strengthen the practical skills, financial confidence, and economic opportunities of young women. The program supported pathways toward self-reliance, dignity, and long-term empowerment.

Key Highlights

- Focused on financial confidence and life skills
- Encouraged self-reliance and economic opportunity
- Supported young women's empowerment journey



MAJOR MILESTONES

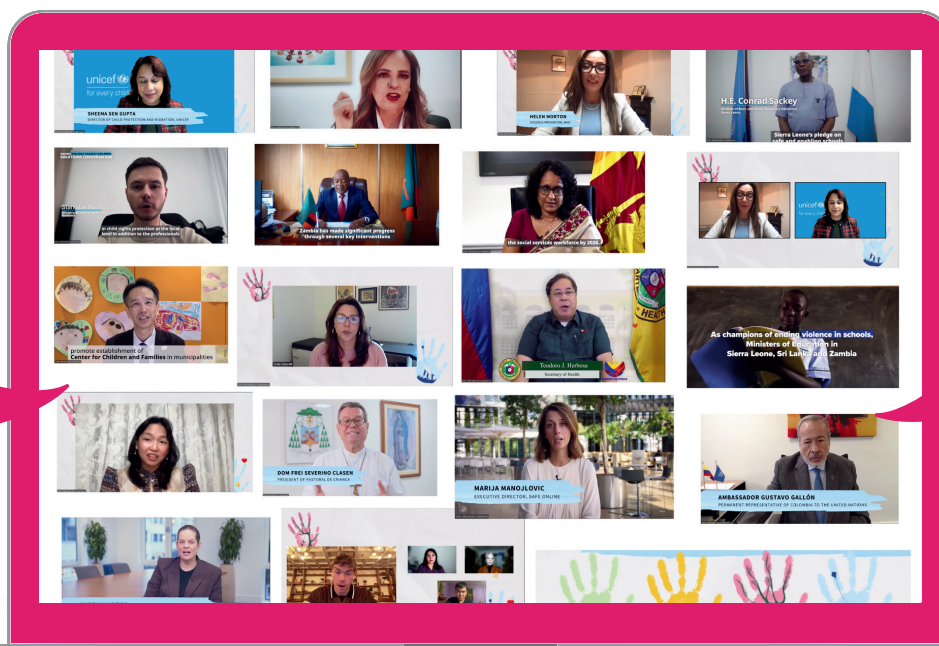
FEMINIST FUTURES IN ACTION

In collaboration with partners and civil society organizations, Rise Up Foundation Nepal co-organized a One Day Feminist Conference that created space for dialogue, solidarity, and collective reflection. The conference reinforced the importance of feminist leadership and movement-building for equality and justice.



INTERNATIONAL SOLIDARITY

➤ **Marking the Ministerial Moment: Anniversary of Commitments to End Violence Against Children**



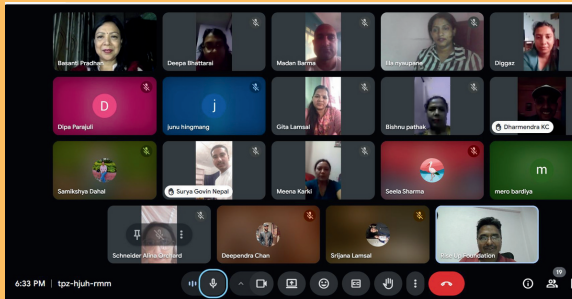
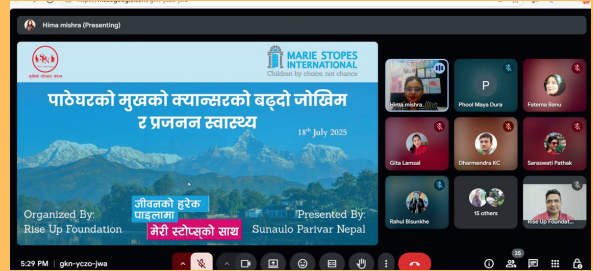
OUR COMMITMENT

WE ARE SERIOUS

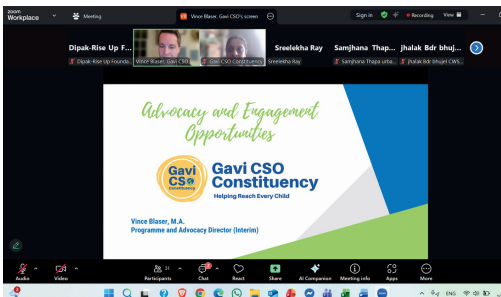
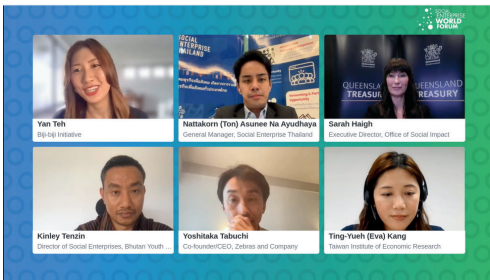
VIRTUAL DISCUSSION SERIES

MAJOR MILESTONES

➤ Rise Up Foundation organized a monthly virtual discussion series on different topics to sensitize and empower the community.



PARTICIPATION AND SOLIDARITY



PARTNERSHIP AND COLLABORATION

MAJOR MILESTONES

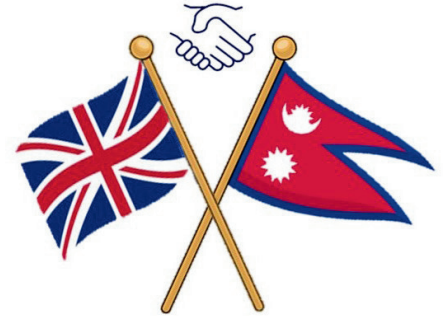
➤ In 2025, we have extended our partnership with:



Britain-Nepal Charitable Trust



act:onaid



हाम्रा साथीहरूलाई मद्दत गर्दै

OUR GLOBAL MEMBERSHIP



SOCIAL MEDIA REACH

➤ Reached over **10,000 individuals** through impactful social media campaigns covering topics such as online child safety, climate change, and gender-based violence



COMMUNITY SCHOOL ORIENTATION AND EDUCATION SUPPORT

MAJOR MILESTONES

- In 2025, Rise Up Foundation provided education support (school bags, notebooks and other stationaries) to 20 graduated girls from GGLI.



ANNUAL GENERAL MEETING AND MEMBER'S FELICITATION

Rise Up Foundation Nepal organized its Annual General Meeting and Members' Felicitation Program to reflect on the year's journey, strengthen collective commitment, and appreciate the valuable contributions of its members. The event reinforced solidarity, shared vision, and the spirit of collective leadership.



Success Story

MAHISHA DHAKAL PATHAK

Rise Up Foundation - Nepal

From Training to Taking the First Step

Meet Ms. Manisha Dhakal Pathak, one of the participants from our recently completed 3-day pickle making training. What began as a learning opportunity has already turned into action.

Soon after the training, Manisha started making different varieties of pickles at home. With growing confidence and excitement, she shared her products with neighbors, friends, and relatives- and the response was immediate. Orders have already started coming in, motivating her to think beyond home consumption.

Manisha now plans to take her next step toward starting a small pickle business, turning her skills into an income-generating opportunity. Her journey reminds us that when women receive the right skills, encouragement, and space, change begins right away.

Rise Up Foundation Nepal is proud to support women like Manisha as they move from learning to earning- one jar at a time.



RISE UP MEMBERS VOLUNTEERED IN FUNDRAISING FOR COMMUNITY SCHOOLS



RISE UP MEMBERS AS OF DEC 2025

DIPIKA GHATRAJ
 JYOYI GURUNG
 INDRANI SHARMA
 DURGA PARAJULI
 SHOVA THAPA
 KABITA NEUPANE
 BISHNU BASHYAL
 PUJA ARYAL
 LAXMI PANDEY
 REKHA REGMI
 RABINA NEUPANE
 MEENA KARKI
 BINITA BARAKOTI
 SUNITA KHANAL
 SANDHYA SHRESTHA
 LALITA LIMBU
 RUPA GAIRE
 PRATIKSHA KAFLE
 SUSHMA BHATTARAI

DIPA PARAJULI
 SARITA PATHAK
 PRAPTI PANDEY
 YASODHA GAIRE
 DEEPIKA NEUPANE
 PRATIMA ARYAL
 SUBANI LIMBU
 PRATIMA PANDEY
 PRAKRITI ADHIKARI
 DEEPA BHATTARAI
 KUBIJA DUMRE
 ROHITA BATALA
 SURAKSHYA LAMSAL
 SARASWATI PAUDEL
 ANISHA LUITEL
 RASHMI THAPA BASNET
 SUSHILA THAPA
 PRAKRITI BASYAL

SUSHILA ADHIKARI
 SRIJANA LAMSAL
 NAINA BHATTARAI
 SARASWATI BHATTARAI
 KALPANA KHANAL
 SANGITA PATHAK
 DILIP PANDEY
 ROJINA KHATUN
 SAMIKSHYA SHRESTHA
 SAJIYA SHAH
 SARASWATI PATHAK
 GOVINDA PARIYAR
 GEETA DHAKAL
 PRATIKSHYA PANDEY
 ANISHA DHAKAL
 APSANA KHATUN
 MEENU SHAKYA DHAKHWA
 JANUKA PANDEY



**Help us empower communities
 for a brighter future!**

ADVISORS AND EXPERTS



Joel Palmer, Australia

Joel Palmer is an experienced consultant and trainer specialising in domestic and family violence, men's behaviour change, and alcohol and other drug interventions. With a background spanning work with both victim-survivors and users of violence, Joel brings a strong focus on risk management, trauma-informed practice, and cultural responsiveness. He develops evidence-based programs, facilitates professional supervision, and delivers training for frontline workers, schools, and community organisations. Passionate about systemic change, Joel integrates research, policy, and practice to support safer families and stronger communities. He is known for his engaging delivery style, practical tools, and deep subject expertise.



Joana Apóstolo, Portugal

Joana Apóstolo is an experienced fundraising and grant writing expert with a strong background in international development and sustainability. With a focus on strategic partnerships, stakeholder engagement, and global project development, Joana has successfully led fundraising initiatives for NGOs and organizations focused on human rights, climate change, and gender equality. She is passionate about driving impactful change through sustainable fundraising strategies and is excited to contribute her expertise to RISE UP Nepal's mission of empowering marginalized communities and advancing social justice.



Saraswati Pathak, Nepal

Saraswati Pathak is a seasoned development professional and social entrepreneur with over 7 years of experience in local governance, gender equality, and social inclusion. She excels in training, capacity building, and advocacy for marginalized communities. Currently, she lectures at Canvas International College and served on the board of Garima Bikash Bank, leveraging her extensive expertise to drive the private sector to social change and empower underserved groups.



Nancy Xiong, USA

Nancy Xiong, named after former First Lady Nancy Reagan, is a dedicated advocate for democracy and diversity. A dreamer at heart, she navigated her Hmong American identity through her college and graduate studies. Nancy holds an M.A. in Sociology and a Certificate in Women and Gender Studies from George Mason University, and an M.A. in Social Justice in Intercultural Relations from SIT Graduate Institute. She is also a Reiki Master and founder of Hono Bono Healing LLC in St. Paul, Minnesota, blending Hmong Shamanic practices with energy and sound healing. Nancy supports clients in improving well-being, reducing stress, and finding life purpose.



Govinda Neupane, Nepal

Govinda Neupane has over 26 years of experience in development management and humanitarian response, working with international and national organizations, donors, and the corporate sector. He excels in strategy design, implementation, program quality assurance, research and evaluations, organizational development, capacity building, strategic advocacy, partnership management, and fundraising. He has held senior management roles, including Country Director/Manager for various INGOs and donors, and served four years as a board member in the Association of INGOs in Nepal (AIN). Govinda is a passionate leader dedicated to advancing development initiatives from grassroots to senior levels.

BOARD OF DIRECTORS



FATEMA BANU, CHAIRPERSON

Fatema Banu, a dedicated Muslim community member, excels in leadership and advocacy for women and children, especially from marginalized groups. She works with various social organizations, including as a Young Women Leader for Global Fund for Women, empowering underserved communities and championing social justice.

SAMIKSHYA YONJAN SHRESTHA, DIRECTOR

Samikshya Yonjan Tamang Shrestha, a social work graduate, is passionate about social change. She leverages her skills in civil society organizations to uplift communities and champion causes. With an entrepreneurial spirit, she brings innovative solutions, making her an invaluable asset to any effort promoting positive change.



GOVINDA PARIYAR, DIRECTOR



Govinda Pariyar, a Dalit and sexual minority, has long advocated for LGBTIQ+ rights despite facing discrimination due to his caste and sexual orientation. Born into poverty in Syangja, he has fought for justice, contributing significantly to organizations supporting Dalit rights and sexual and gender minorities.

INDRANI SHARMA, SECRETARY

Indrani Sharma, a certified wellness coach, healer and Reiki Master over a decade of experience in yoga, meditation and holistic well-being. With expertise in Tai Chi, Pranayama, and mindfulness practices, Indrani is dedicated to helping individuals unlock their inner strength through traditional yogic teachings and therapeutic practices.



SAJIYA SHAH, TREASURER



Saijiya Shah is passionate about social and environmental advocacy with over a decade of experience in team management within the tourism sector. Specializing in business development and public relations, she excels in diverse environments, combining her master's in mass communication with hands-on experience in social issues.

Team of Staffs



DIPAK PRASAD BASHYAL, CO-FOUNDER AND EXECUTIVE DIRECTOR

Dipak Prasad Bashyal is a Co-Founder and Executive Director of Rise Up Foundation Nepal. He has more than 18 years of experience, including more than 12 years in senior management roles. His expertise spans program design, strategic planning, research, and project management, focusing on human rights, child protection, gender equality, anti-slavery, and social inclusion. He has successfully led major projects funded by international organizations such as UN Women, ILO, Freedom Fund, Governance Facility and USAID. Dipak holds a master's degree in social science and has contributed to research, advocacy, and capacity-building initiatives in Nepal, working with marginalized communities to drive sustainable change.



**DIPA PARAJULI,
FINANCE OFFICER**



**PAWAN GIRI,
M&E OFFICER**



**SITA THAKULLA,
COMMUNITY FACILITATOR**



**KHAGESWARI LAMSAL,
ADMIN & FINANCE ASSISTANT**



**BISHNU PATHAK,
TRAINING COORDINATOR**



**KRISHNA SAUD,
COMMUNITY FACILITATOR**



**PRAKRITI BASYAL,
TRAINING FACILITATOR**



**PRAKTIKSHA KHADKA,
OFFICE ASSISTANT**

Financial Details

Funding Sources (Grant+Donation+Membership Fee)	Amount (NPR)	Amount (USD)
Amplify Change, UK (Period Friendly Village Initiative (2025-2027 AD))	14,022,450	100,160
Tewa Nepal (Young Women Economic Empowerment Program) (2025-2026 AD)	500,000	3,571
Britain Nepal Charitable Trust (BNCT)- UK (Cervical Cancer Awareness and Screening Program) (2025-2026 AD)	380,000	2,714
Global Girl Project- UK, (Global Girls Leadership Initiative) (2025-2026 AD)	585,000	3,900
Action Aid International Nepal (AAIN) and Garima Bikash Bank Limited (Youth in Climate Justice: Voices for a Greener Future) (2025 AD)	100,000	720
Membership Fee	50,000	360
Total	15,637,450	111,425



Thank You!

Together, we Rise Up for Change!

Contact Us

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Rise Up Foundation Nepal

