

[View this email in your browser](#)



Dear Friends of Tarayana,

Due to the ongoing National Council elections in the country, Tarayana had planned for in-house capacity building as community or social gatherings were not permitted. Our Programme, Field and Finance colleagues were capacitated in the following subjects with technical support from MTI Consulting; Report Writing and Presentation, Research Methodology and Project Management, Solar Technology and Finance.

As part of the WFP funded project “Nutrition & health advocacy to help rural and vulnerable population groups eat & stay healthy during the COVID-19 pandemic & beyond”, the final round of the cooking competition was held at Bhutan Institute of Tourism and Hospitality (BITH), Thimphu with participation from the block level winners of Zhemgang, Trongsa, Lhuentse and Tsirang. The winner of the competition, Passang Dorji, one of the only two male participants, shares his exciting journey. We hope you enjoy reading this edition of our monthly newsletter.

News in Brief

- The Communication Officer of the Foundation, two volunteers from Royal Thimphu College and Field Officer of Dagana travelled to Largyab block under Dagana district for the video documentation of a Herbal Shaman, Mr. Suk Bdr. Prasad Gurung
- A team from head office along with the Field Officer of Samtse documented one on one testimonials collection and monitoring visit to Tading, Samtse
- Along with 12 partner organizations, a joint monitoring was conducted for the End Violence Against Children (EVAC) Campaign at four blocks of Samtse; Dophuchen, Norbugang and Tendruk

"I honestly think that this campaign has reached us late as we have witnessed a series of cases around us. Nevertheless, we feel better equipped to **prevent VAC**"



"We can only seek intervention from RBP as there are **no other immediate services available**. Due to our **limited knowledge on existing laws and policies**, we find ourselves often marginalized"



End Violence Against Children (EVAC) Campaign funded by UNICEF in partner with NCWC

'Rangi Buzhi; Rangi Norbu - Our Children; Our Wealth' a campaign to address Ending Violence Against Children with the objective to raise awareness and influence service seeking behaviours among children, parents, and caregivers on preventing violence and promoting mental wellbeing, was carried out from July 2022 to January 2023.

Out of the three pilot districts of Thimphu, Samtse and Tashigang, Tarayana

Samtse district in September 2022. For the campaign to reach further, the local leaders led the campaign at the village level, covering 76 villages under Samtse.

Prior to the campaign rollout, along with National Commission for Women and Children (NCWC), Nazhoen Lamtoen and RENEW: Respect, Educate, Nurture and Empower Women, a series of meetings were carried out to decide on the modalities and accountability for implementing activities at the community level of the three target districts. The first formal activity was a consultation with the district Administrator, Dzongda, the chairperson of the Local Government, and sector heads, whereby the campaign received support to expand into the sub-district and village levels.

Among the various Information Communication and Educational materials, the use of case studies and thematic videos proved to be the most effective in conveying the message to the audience, along with group discussions and presentations to help the public identify and solve problems in their own community.

Besides conducting community engagement, Tarayana Foundation has also successfully conducted the campaign to other groups/stakeholders such as;

- ToT for Tarayana Field Officers to reach out to 45 villages in 15 districts under Tarayana project sites
- Sensitization program for women of Royal BodyGuard (RBG) families in Thimphu
- Engagement and sensitization of children, youth, & community members through Tarayana Clubs ranging from primary to tertiary level
- Dissemination of information through community radios based in Samtse and Sarpang districts

The final activity of the campaign was scheduled from 11th to 14th February where twelve partner organisations namely UNICEF, NCWC, RENEW, Nazhoen Lamtoen, Ability Bhutan Society, Draktsho, Bhutan Nuns Foundation, Dratshang Lhentshog, Commission for Religious Organisations, Bhutan Football Federation, Department of Youth and Sports-MOE, Bhutan Broadcasting Service carried out joint monitoring in the four blocks of Samtse, Norbugang, Dophuchen and Tendruk, interviewing local leaders, parents/caregivers, youths, teachers, Early Childhood Care and Development



Monitoring Visit to Tading, Samtse

During the monitoring trip, the team met with 15 households individually in Tading, for testimonial collection and to assess the machinery distribution through the second phase of the project “Improvement of Livelihood for Merak & Sakteng, Trashigang and Tading, Samtse” funded by Sunline Foundation.

operation and maintenance of the tools/machines were also carried out for increased productivity. The machines were distributed in groups based on the number of households, whereby the members identified one member to operate and manage the machine. Each member is required to make a minimum payment either in cash or kind while using the machine, which is eventually saved or used towards electrical charges or any other cost the manager may have to incur to keep the machine functional.

One of the project beneficiaries, Tsho Lham Doya said, “This project has helped women in the village to reduce drudgery and time as it would usually take one to two hours to grind about five kilograms of maize, but with the grinding machine, it takes only a few minutes.” She added, “The younger people in the community do not favour manual work so they usually opt to migrate to towns to find a source of earning. Since the machines reduce the manual work drastically, we are hopeful they will show some interest in staying back and taking on farm work.”





Cooking Competition

The Final round of the Cooking Competition under the World Food Programme funded project "Nutrition & health advocacy to help rural and vulnerable population groups eat & stay healthy during the COVID-19 pandemic & beyond," in partnership with was held on 28th February 2023 at the Bhutan Institute of Tourism and Hospitality, Thimphu. The block level winners of the competition of the targeted districts, Trongsa, Zhemgang, Lhuntse, and Tsirang, came for the final round.



Testimonial

Mr. Passang Rinchen, the finalist from Bardo, Zhemgang, a father of one, secured the first position in the competition. Following is his expression.

" I was so happy for an opportunity to come to the capital for the first time, but securing the first position in the competition is the icing on the cake," said Passang. He was happy and grateful not only for the opportunity to showcase his skills and talents but, at the same time, observe and learn about the different dishes from other fellow competitors.

Passang was one of the two male participants in the competition; and expressed his pride, "I am proud to be among female participants, and I just feel that there should be no gender stereotyping in doing work."

He added, "I always cook for my family."

He said that at the block level the competition was relaxed as they cooked on traditional stoves and were dressed in casual clothes. However, in Thimphu, the experience was formal and intense as the participants had to cook on the gas in full cooking attire with an apron and a toque blanche.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

immune system and the value of the nutritious vegetables that he could grow in his kitchen garden. " Returning to my village, I will not only be mindful about what I cook for my family, but I will also advise my neighbours and other relatives about the importance of consuming nutritious food. I know they would believe me because I came all the way to Thimphu and have proven that I am good at cooking", he says with a smile.



Are you reading this in Gmail?

To continue receiving updates from Tarayana Foundation, kindly move our newsletter emails to primary folder.

Thank you for reading. We'd love your feedback on this newsletter. Please send your thoughts and suggestions to tarayana2003@gmail.com

Our mailing address is:

Tarayana Center, Chubachu
P.O. Box 2003
Thimphu, Bhutan

Phone: +975 2 329-333

Fax: +975 2 331-433

Email: tarayana2003@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Tarayana Foundation

Donate & Support

 <https://www.facebook.com/>

 <https://twitter.com/home>

 Forward

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Tarayana · 145 Chang Lam Southeast · Thimphu 11001 · Bhutan

