



2079/80
2022/23



ANNUAL REPORT

HUMAN DEVELOPMENT
& COMMUNITY SERVICES

Established in 1991, Human Development and Community Services (HDCS) is a faith-based NGO working in sectors of health, education, community development, and disaster management. Currently, it manages various projects across Nepal especially in rural regions and provides services through hospitals, health camps, public health programs, school development programs, teacher training, special needs education centres, community radio stations, and community led disaster management approaches. HDCS aims to improve the quality of health services and education facilities for impoverished communities and increase access to quality health care, education and livelihood opportunities for the poor and underprivileged without discrimination.



VISION

To be living witnesses of God's love and transform communities.

MISSION

Spiritual, social and economic transformation of the disadvantaged, marginalized and underprivileged communities through health, education and community development.

VALUES

Righteousness is the path of our life,
Honesty is the strength of our life &
Serving others is the duty of our life.



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*Names in the stories have been changed to secure their personal identity.

CHAIRPERSON'S

MESSAGE



Dear All,

Greetings and Peace to you!

As the Chairperson of HDCS, it brings me great joy and gratitude to share this report with you. I hope you will be encouraged and rejoice over the work HDCS has accomplished in the year gone by. I am honored to invite you to read about the remarkable journey and achievements we have made in service to our communities in Nepal.

Over the last year, our organization has been steadfast in its commitment to deliver quality health, education, and social services to the community with love and compassion. Through various projects, programs and events, we have strived to make a positive impact in the lives of those we serve. As you read this report, you will get to witness the wonderful efforts and achievements of our dedicated staff and volunteers. You will also be encouraged by the collective support of our partners, volunteers and friends who have all together enabled HDCS to come this far. We are truly thankful to all for your contributions.

During the recent earthquake in Jajarkot and Rukum, HDCS played a vital role and made every effort to help the victims and injured through joint efforts from our disaster management and head office staff and those in our Chaurjahari Hospital.

In our initial response, we were able to treat over 150 patients and support over 500 households with relief materials and we will continue to strive to help rebuild these communities and in doing so help thousands more.

We express our heartfelt gratitude to all who have contributed to the success of our endeavors. The unwavering support of our members, both local and central governments, volunteers and funding partners has been instrumental in helping us achieve our goals.

May the grace, favor and blessings of our Lord continue to guide us as we embark on yet another year of service and compassionate care as we remain committed to the vision and values of HDCS.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Milan Adhikari'. The signature is written in a cursive style and is positioned above a horizontal line.

Milan Adhikari
Chairperson

EXECUTIVE DIRECTOR'S

MESSAGE



I'm delighted to once again report on HDCS's journey over the past year. Though every year brings many challenges, we have not despaired, as by the grace of God we have been able to continue our services and activities.

In our health sector, we acquired Namuna Community Hospital (NCH) in Lamjung and have been able to provide quality health care services to the poor by equipping the hospital with more staff, new equipment, and other improvements. In addition, we have signed a five-year agreement for NCH with the Government of Nepal. We are also thankful to our partners DHM Germany and International Ministries USA for their support towards the new staff quarters at Chaurjahari Hospital in West Rukum.

We appointed a new KISC School Management Committee chairperson and leadership team who continue to work hard to achieve KISC's goals. KISC EQUIP enlarged its tent by partnering with new schools in Rukum and Siraha. ABBS has been able to regularly run its operations in Kathmandu post COVID challenges.

Our community development office is growing in Rukum as two new projects have begun implementation in the area ('One Health' and 'Medical Emergency and Health Response'). HDCS ventured into implementing for the first time an Anticipatory Action project to help disaster affected vulnerable households in Lamjung and Manang.

Our newest radio station in Janakpur has been operating smoothly and we hope to establish two more radio stations to reach the unreached and be the voice of the people.

Through the support of our partner, BMS World Mission, we have been able to embark on a unique Organizational Capacity and Strengthening journey to bring about better structures and systems within our organization.

I would like to thank the Government of Nepal for their support in enabling us to serve the people in need. I want to extend my thanks and appreciation to our dear partners, supporters, and friends whose faithful prayers and support have equipped us to serve the needy and continue our quality services and bring glory to God.

I also want to thank the Executive Board members who have been generous with their time, support and guidance. And last but not least I want to thank and cheer on all staff at HDCS who have been indispensable and have continued to serve the people of Nepal with their hard work and dedication. I hope that you are encouraged as you read the reports of this past year that are evidence of God's faithfulness, guidance and favor. I'm delighted that you are part of the journey we are proud of and thankful for.

May you find joy in knowing that: "We are hard pressed on every side, but not crushed; perplexed, but not in despair," 2 Cor 4:8

God bless!

A handwritten signature in black ink, appearing to read 'Kapil Sharma', written in a cursive style.

Kapil Sharma
Executive Director

HEALTH

CHR

CHAURJAHARI
HOSPITAL RUKUM

GHC

GUNJAMAN SINGH
HOSPITAL CHITWAN

NCH

NAMUNA COMMUNITY
HOSPITAL



CHR

Chaurjahari Hospital Rukum



Our 50-bed hospital - a beacon of hope for many - continues to provide quality health care services to the poor and marginalized people that come from remote parts of the mid-western hills of Nepal, particularly, West Rukum, Salyan, and Jajarkot districts. Our hospital patients numbers continue to grow every year, this past year the hospital served 105,091 patients and conducted 15 free medical camps.

SERVICES

105,091

patients served

402,594

diagnostic tests performed

26,797

received free care

12,749

children under 5 provided with free treatment

10,407

received eye care

6,657

received emergency care

6,224

received antenatal care

4,265

received dental care

3,326

surgeries performed

2,821

children under 5 immunized

41

TB cases treated



5,342
people benefitted
from 15 free
medical camps



4,830
people had their blood
group identified in free
blood testing campaigns



2,800
people received oral
health awareness



925
people supported
for health insurance



HIGHLIGHTS



6 nurses trained on Skilled Birth Attendance (SBA)



Physiotherapy services started



Electronic medical record system operating smoothly since last year



CHR played a vital role in assisting to establish the first blood bank in Chaurjahari



Ambulance service started from the hospital for emergency cases



CHR has begun providing Palliative Care services



CHR hospital staff participated in the following trainings:

- Critical care, medical emergency response & its management
- Training on psychosocial support to health professionals
- Vaccine Preventable Disease (VPD) surveillance standards
- Kangaroo mother care; pre-term infant care
- Early Warning, Alert and Response System (EWARS)
- Emergency health service standard treatment protocol/ clinical update and pediatric essential critical care training

ALL IS WELL THAT ENDS WELL



Anuj, a 12-year-old boy lives with his mother and his 16-year-old sister. Both the sister and brother look out for each other as they do not have a father and their mother has a hearing impairment. After spending a few days enduring pain in his stomach, Anuj and his sister arrived at Chaurjahari Hospital complaining of severe stomach pain. After performing an ultrasound the hospital staff discovered that his appendix had ruptured and he required immediate surgery.

Our doctors advised his sister to take him to a bigger hospital for surgery and treatment. His sister broke down crying as they were not economically sound and she was worried about how she would pay for his treatment. She felt completely helpless as she was only a 16-year-old teenager; too young to be aware and

knowledgeable to take care of her brother. However, our hospital staff took notice of their situation and helped them by coordinating with the Chaurjahari Municipality office to provide an ambulance to take them to the better equipped hospital. Anuj was able to make the journey to better health with his sister as we provided them with necessary financial support and arrangements for his treatment.

After spending three months in recovery, the duo came to thank our hospital staff for their timely support and help in saving his life. Anuj's story is one of many who could have potentially lost their life if timely treatment was not made available to them; a common occurrence and story in remote areas of the mid-western hills of Nepal.

A FORTUNATE ENDING

Manama's story is one of many stories shared by women in the rural villages of Nepal. Manama works in other people's homes doing household work to earn money to feed her family. Her duty starts early in the morning, before sunrise, when she goes to the field to cut grass for her cattle. It was one unfortunate early morning when she got bitten by a snake on her left hand. While still in shock and disbelief, she demonstrated quick thinking by pulling the snake off her hand and immediately tied her hand with her shawl to prevent the snake's venom from spreading. However, like many in the villages, instead of rushing to a hospital for medical treatment, habitually her family took her to a shaman for a remedy and relief for her snake bite. In four days, her hands started to swell and she was not able to do anything due to her debilitation. The village

chairperson who had seen her often working in other people's homes took notice of her absence and visited her. When he saw her hand infected, he immediately advised her to go to our Chaurjahari Hospital.

When she arrived at our hospital, we noticed her left hand had gangrene due to prolonged application of a tourniquet. She was immediately admitted at our hospital and regularly treated for her hand, which took three weeks to recover. Manama is one of the lucky ones who came in time to the hospital and was able to save her hand. We have seen many such cases in previous years where women and men had to have a limb amputated due to severe decomposition after misguided shaman treatment over snake wounds.



GHC

Gunjaman Singh Hospital Chitwan

The Gunjaman Singh Hospital (GHC), a 50 bed hospital, is located in Pithuwa, Ratnanagar 14, Chitwan provides affordable and quality health care services to people living in remote parts of Chitwan and Makwanpur districts who travel long hours on foot to access these services. GHC provides OPD, IPD, orthopaedic, MDGP, physiotherapy, pharmaceutical, diagnostic, emergency and eye care services to mainly the impoverished people from Chepang, Dalit, Janajati, Tharu, and Madhesi ethnicities.



SERVICES

3,821

patients served

1,249

diagnostic tests
performed

445

received free care in
health camps

375

received physiotherapy

149

received emergency
services

HEALING BONES



A nine year old girl Heena Praja fell and hurt herself on a gardening tool causing a fracture in her left arm. Since her family were aware and knowledgeable about our hospital, they rushed her there for treatment.

An x-ray revealed that she had sustained a greenstick fracture – cracks and breaks in the bone rather than shattering of the bone; a common type of fracture sustained by children at the tender age below 10 years. Thankfully, since GHC offers orthopedic services and we have the qualified and competent staff to help with such issues, we were able to immobilize the fracture and provide care to the 9 year old girl. Afterwards, she and her family were provided with counselling and emotional support as well as general health education on hygiene and caring for her condition. After several days of treatment and providing health education to her family we were able to discharge her.

CARING FOR SUNNY MAYA



Sunny Maya, a 75-year-old woman from Gorkha District, several hours away and north of Chitwan District, arrived at our Gunjaman Singh Hospital with complaints of itching and pain all over her body. She had red patches and black crusting on her skin. Due to her condition she had not been eating properly for about 2 months and was unable to walk without support. At first, she had visited a hospital in Gorkha and was prescribed certain medication. Despite that her condition worsened day by day. Her family then heard about the dermatology services at our hospital in Chitwan and decided to bring her for treatment.

After assessing her, our doctor provided a proper diagnosis of her condition (impetigo) and was treated for 5 days with IV antibiotics and topical ointments. During her stay she was provided with health education on hygiene and sanitation, and common diseases and advised on a diet plan. She was then discharged after being without pain and recovering well.

NCH

Namuna Community Hospital



This past year was an opportune and privileged time for HDCS to have acquired Namuna Community Hospital, enabling us to continue providing quality health care services to the people of Lamjung. With the support of our partners and friends, we are happy to report on the accomplishments at NCH within a span of 6.5 months. NCH caters mostly to the disenfranchised people in Sundarbazar Municipality, Lamjung, and people from neighbouring Tanahun District.

SERVICES

9,760

patients served

7,594

diagnostic tests performed

2,594

received dental care

696

surgeries performed

682

surgeries performed

583

children under 5 provided with free treatment

184

received prenatal checkups



2,425

school students from 5 schools, benefitted through free health checkups via our school health programme



2,262

people benefitted from 4 free health camps



540

people benefitted from community health education and awareness program



HIGHLIGHTS



Emergency department set up with four beds and a patient monitor for each bed



5 people benefitted from a free plastic surgery for cleft lip and palate at NCH



Set up of one major operation theatre and minor surgery and in-patient department with 15 beds



22 health post staff received Basic Life Support training



NCH promoted plantation and environmental sanitation and health in ward 6 of Sundarbazaar



Started USG, TB testing, and laboratory testing services



102 people benefitted from a free blood group screening camp in Sundarbazaar Municipality



NCH received approval to implement Safe Motherhood Program and started providing normal and complicated deliveries for free

AN AXE TO GRIND

A 72-year old's experience of modern medicine.



Dil Bahadur Gurung, a 72-year-old man, was felling some trees in his village and, in doing so, sustained a deep axe wound on his knee. Even as Dil resisted and refused to visit a hospital to get timely treatment, his daughter and grandson, after finally convincing him, rushed him to our Namuna Community Hospital.

Even though he got admitted at our hospital, it was very difficult to convince him to take medicines as this was the first time he had ever been admitted to a hospital and he did not trust nor understand the importance of modern medicine in healing and recovery of his wounds. As he was very stubborn and refused to take any injections and medications, it was felt that he should be counselled about the benefits and importance of medicines and how the treatment

would help him on to a faster path to recovery. In doing so, we were slowly able to administer him the much-needed medicines and provide him with the treatment he desperately needed.

He finally recovered after spending six days at our hospital. With a smile on his face he confessed, *"As I speak a different local village dialect and am not very fluent in Nepali, I wasn't sure how to communicate with doctors and staff at the hospital, so I was reluctant to visit. I also find it easy and convenient to take herbal concoctions whenever I was unwell. But now I am happy and convinced to take medicines after coming to Namuna Hospital and recovering fully after six days."*

His daughter was also overjoyed to see her father recovered and exclaimed, *"Thank you, Namuna Hospital family, for taking care of my father and bringing him back to good health. His mindset and attitude have finally changed towards modern medicine. He now understands why the medicines are good for him thanks to the care and treatment he received."*

NANIMAYA FINDS HOPE



Nanimaya arrived at our health camp to receive a general health checkup but when she learned that there is also a mental health counselling station, she decided to receive counselling.

During her session she revealed that she had mental health issues from early childhood. Due to her parents fighting constantly, there was unrest at home and the environment among all her other siblings (11 of them) was not peaceful and filled with strife and sadness. She also stated that five of her sisters took medication for their mental health issues.

She was troubled by her familial situation but had to take care of herself and she knew that she too suffered from mental health issues but was afraid to talk to

anyone about it and bring her condition to light out of fear of discrimination and stigmatisation of having a mental health disorder.

But at the health camp she was eager and happy to finally speak up about her mental health issues. She stated that she will no longer hide her emotions and suffering and seek to face it openly in the coming days.

She testified, *"I felt that I was carrying a huge burden and that I was troubled and had a serious mental health issue but after my counselling session today I have learnt and understood more about mental health and now the burden in my heart feels lighter."*

EDUCATION

ABBS

ASHA BAL BIKAS SEWA

KISC

KATHMANDU INTERNATIONAL
STUDY CENTRE

KISC EQUIP

EDUCATION QUALITY
IMPROVEMENT PROGRAMME



ABBS

Asha Bal Bikas Sewa



Asha Bal Bikas Sewa (ABBS) meaning Hope for Child Development Services, operates two special needs education centers in Kathmandu and Chitwan District for children with intellectual and physical disabilities. It also runs a community-based rehabilitation program in West Rukum District with 472 contacts with the aim to integrate persons living with a disability back to their families, community, and society through skill development, awareness, and training.

ABBS provides life skills education and several therapies according to the needs of each child at their centers to aid them towards becoming independent and self-reliant as far as possible. Children who are unable to attend the center regularly are supported with online classes and home visits.

This past year ABBS, through training and counseling, equipped parents to have a better understanding of the various kinds of disabilities, so they are able to aid in the interaction, growth, and development of their children. ABBS also initiated birthday celebrations for each student to create a loving and compassionate environment and carried out regular sports activities to boost the morale and improve hand-eye coordination and cognitive development of the children.



BENEFICIARIES

66

students in Kathmandu

30

students received regular physiotherapy

80

students in Chitwan

472

people living with disability supported in West Rukum



HIGHLIGHTS



International Disability Day was observed on 3rd December 2022 at our centers, where we celebrated with games, dancing and a special lunch



ABBS celebrated a Christmas Food Festival cum fundraiser on 23rd December 2022 where the students presented dances, songs, and drama



Nepal Sports Fellowship provided sport and games training to ABBS teachers



ABBS students, teachers and parents were able to participate in an 8 km marathon organized by Nepal Sports Fellowship (NSF)



ABBS carried out two free medical health camps for the students at the Kathmandu center. ABBS also distributed hygiene kits that contained toothbrush, toothpaste, and soap to all students during the camp



In June 2023, students from Norway volunteered at ABBS and engaged with students in a 3-day activity camp which included craft making, singing, indoor games, face painting, dance and food



ABBS teachers received training on the International Child Development Program (ICDP)

SUPPORTING PARENTS WITH MENTAL HEALTH PROBLEMS



Madhu Karki is the mother of a student at ABBS, who also suffers from mental health problems. Due to her mental health issues, she is not able to work consistently to provide for her family. During home visits, the ABBS teachers learned that her mental health was deteriorating due to lack of treatment. ABBS teachers coordinated with a mental health institution to provide her with counseling and effective treatment for a whole month. Since then (January 2023), ABBS teachers have been supporting Madhu with medicines and treatments and counseling.

KISC PRIMARY & SECONDARY

Kathmandu International Study Centre

Kathmandu International Study Centre (KISC) comprises of three branches: KISC Primary, KISC Secondary and KISC Education Quality Improvement Programme (KISC EQUIP). New Heads for each of these branches were appointed to support the Director in leading the school into the next phase. The aim at KISC is to provide excellent education and opportunities for good quality educational practice, build up skills, knowledge and positive attitudes in education. It prides itself on a holistic educational philosophy and experience, where the process of learning is as important as actual achievement. Furthermore, KISC strives to provide students with opportunities to develop their gifts and talents through as many aspects of school life as possible: academically, socially and through sports and creative arts.



207
students from

17
different countries



Re-introduction of KISC Athletics Day since the Covid pandemic



KISC completed the security upgrade to its site in conjunction with the US Embassy



KISC held its first ever 'World Book Day' event. Coinciding with the United Nations World Book Day, students and staff dressed up as their favorite book character for the day



Health and safety protocols were further developed in line with the Middle States Association (MSA) site improvement plan and British Schools Overseas (BSO) recommendations



KISC began a Creation Care initiative with the aim of educating students about creation care, the concepts of reducing and recycling waste, which has been incorporated into teaching and learning activities

HIGHLIGHTS

KISC EQUI

Education Quality Improvement Programme



EQUIP currently partners with 38 schools across Nepal with the aim to improve the quality of education in government and private schools in rural and urban areas of Nepal. EQUIP provides training to teachers, students and parents to ignite transformation in education and bring about positive changes in all areas of people's lives, their families and communities across Nepal.

EQUIP Partner Schools:

18

Rukum West

15

Lamjung

4

Siraha

1

Lalitpur



TRANSFORMING LEARNING THROUGH EFFECTIVE RESOURCES

KISC EQUIP provided Early Childhood Development (ECD) facilitator, Krishna Kumari Basnet Bista, at Bijayswari Basic School in Rukum West with essential resources such as teaching materials, carpets, cushions, and furniture for her classroom. These materials have not only created a beautiful learning space but have also become a source of pride for the students who now declare that they have the best classroom in the entire school. ECD facilitator Krishna also testified that it has also led to substantial increase in student attendance.

A LITTLE HELP GOES A LONG WAY

Rajesh Chepang, a 4th Grade student comes from an impoverished home and would often attend school on an empty stomach. His caring teachers ensured that he received snacks and some food at school. Due to his poor background, KISC EQUIP provided him with a scholarship and stationery which enabled him to continue receiving an education and some sustenance to keep him well fed. This hand of support enabled his siblings to also attend school. Rajesh has beaten all the odds by not only overcoming his malnutrition but has also excelled as one of the top students in his class.

ENCOURAGING QUALITY EDUCATION

The principal of Land Star School said, *"I want to thank KISC EQUIP for organizing this science exhibition. It has really been very beneficial for our students. I have been wanting to organize such an event for a long time and finally KISC EQUIP made it possible in our school. I am excited to see what the students of different schools have done. I can see students developing communication skills while they explain and speak about their work confidently."*

TEACHING PHONICS

To enable teachers of all subjects and grades realize the benefits of teaching phonics to their students, EQUIP was able to provide school-based phonics training to 104 teachers from seven partner schools in the month of February 2023. One of the participants said, *"I'm from a government school and so I have difficulty in speaking English, especially pronouncing long words. I have to go to a dictionary to know how to pronounce these words, but it is not easy. I was unaware of phonics before, but this session has helped me a lot. It was very fruitful, and I learnt many new things. I hope that phonics will help me to speak English more confidently and that I can help my students to learn better."*

ACHIEVEMENTS

4,699

students received PE and classroom resources

2,793

students received Creation Care, Reproductive Health awareness, child-club training, and homework support

1,242

students participated in a science exhibition

495

students enrolled in school lunch program

456

teachers provided with general training

422

teachers received subject specific training

342

students received a scholarship

319

parents participated in parents' seminar

235

teachers received phonics training

132

classroom libraries set up

62

principals received leadership training

55

teachers received integrated curriculum training

27

teachers received Early Childhood Development training

6

ICT labs set up



COMMUNITY DEVELOPMENT

CORIN

COMMUNITY RADIO INITIATIVE NEPAL

CBR RUKUM

COMMUNITY BASED REHABILITATION RUKUM

MCH

MOTHER AND CHILD HEALTH PROMOTION PROJECT

WALI

WATER SANITATION & HYGIENE AND LIVELIHOOD RUKUM

MEHR

MEDICAL EMERGENCY AND HEALTH RESPONSE

ONE HEALTH



CoRIN

Community Radio Initiative Nepal



The work of CoRIN started 15 years ago, with Dadeldhura Afno FM being the first radio station established. Our radio stations have proven to be an effective channel of promoting health messages, advocating for rights, and disseminating information regarding animal husbandry and traditional farming in order to enhance lives. Our radio produces packaged information that targets children, the elderly, students, farmers, and persons living with a disability.

Presently, CoRIN operates via Afno FM radio stations in Dadeldhura, Okhaldhunga, Chitwan, and Rukum and via Asha FM in Janakpur. Our radio programs are available online for anyone around the world to tune into at www.afnofm.org.



CHITWAN

Chitwan radio celebrated their 2nd anniversary together with 20 youth and social workers by providing an opportunity for kitchen gardening, radio and youth awareness training. As part of the celebration, 2 wheelchairs were distributed to needy men in Pipaltar Municipality. The Chepang radio station in Chitwan has been instrumental in broadcasting radio programs on information, health, awareness and empowerment specifically for the growth and development of the Chepang community in Kalika Municipality.

DADELDHURA

Afnor FM Dadeldhura celebrated its 15th anniversary with 138 prisoners. We provided motivational books to the prisoners and three Sonset (solar powered) radios, five wooden beds, some fruit and meat for their meals. It was an opportune time to be a living witness of God's love to all. We also visited a children's home and provided some stationery and groceries for them.

JANAKPUR

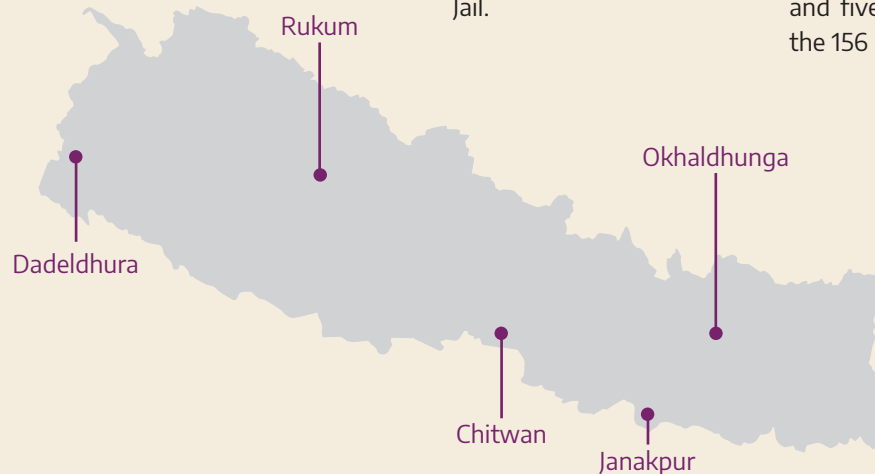
Our Janakpur radio, Naya Asha FM, went live on air on the 16th of December 2022. Naya Asha, meaning New Hope, was aptly named to provide and bring new hope to people who are marginalized and suffering.

OKHALDHUNGA

Afnor FM Okhaldunga celebrated the completion of its 14th year of broadcasting, so we decided to honor 15 farmers from 15 different wards. Some farmers among them testified that they had begun their farming business after listening to our radio programs and learning from it. As part of our celebration we also distributed fruit to patients in Okhaldhunga Hospital and prisoners at the District Jail.

RUKUM

Afnor FM Rukum celebrated their 6th year of serving the local community. The celebration took place in the capital of West Rukum District, Musikot. The Chief District Officer (CDO) has asked us to provide encouragement and support to the prisoners in the District Jail. Therefore, we provided motivational books written by highly successful people. We also provided fruit, 3 oximeters and five SonSet radios to the 156 prisoners.



CBR

Community Based Rehabilitation Rukum Program

The CBR program is designed to integrate persons living with a disability (PwD) back to their families, community, and society through skill development, awareness, and training. The program has helped create greater awareness regarding types of disabilities and their causes, to remove superstitious beliefs that a disability is caused due to the sins of their past life. CBR networks with 14 local groups such as mothers groups, disability groups, and local youth groups for disability awareness and coordinating and facilitating better outcomes for rehabilitation of PwDs in society.



ACHIEVEMENTS

97%



of CBR contacts have obtained disability identity cards

3,137



people received disability awareness in mothers group sessions and local community campaigns

1,138



students received disability awareness in schools

346



people have received regular counseling

198



have received health care support such as wound dressing, health monitoring, catheter change, and medicine delivery through home visits

59



families (approximately 300 individuals) supported for health insurance

18



PwDs were supported with mobility aids

11



PwDs were provided higher education and livelihood support

MCH

Mother and Child Health Promotion Project

HDCS's Mother and Child Health Promotion project is implemented in 6 municipalities of West Rukum District. The primary focus is to provide health education and awareness to mothers in 144 mothers groups. Apart from working with women, the project also strives to increase awareness among men in the community, school teachers and students regarding maternal and child health issues, child marriage and teenage pregnancies. The project also works to strengthen the local capacity of government health personnel through regular support and training.



ACHIEVEMENTS

3,869 

women provided with monthly Ama Surakshya (Safe Motherhood) classes in 144 groups

3,591 

students given support for child club formation and mobilization, awareness and education on sexual and reproductive health, interpersonal and communication skills through school health clubs

3,471 


mothers received nutritional support

883 

mothers received training on healthy diet, habits and benefits of nutrition

765 

men and women benefited from reproductive health camps

147 

Female Community Health Volunteers (FCHVs) provided refresher training on safe motherhood program

312 

citizens (both men and women) mobilized and trained on strategies to pursue dialogue with the local government to strengthen the health system for better access to quality health care services

FROM FEAR TO EMPOWERMENT

Jahana was pushed into adulthood and its responsibilities sooner than she imagined when she got married at the tender age of 18. Two years into her marriage, she discovered that she was expecting her first child. This plagued her with confusion and uncertainty since the intricacies of pregnancy, ante-natal care and motherhood were alien concepts to her. She also felt caged by her shame as she was uncomfortable to speak up and believed these topics should remain private matters, not to be discussed in public.

In that moment, hope entered her life in the form of Gopa Lamichhane, a compassionate social mobilizer for the HDCS-MCH project. Gopa encouraged her to remain calm during her pregnancy and informed her about the project's monthly Ama Surakshya (Safe Motherhood) classes. Jahana eagerly enrolled in the classes and participated well. She gained invaluable knowledge about family planning, ante-natal care, and post-natal care. The classes not only equipped her with essential information but also gave her the confidence to shed the shame she had once felt.

Armed with her newfound knowledge and a supportive network, Jahana was no longer reluctant, she diligently attended her ante-natal care visits and maintained a nutritious diet.



Her transformation was nothing short of remarkable, as she blossomed into a poised and informed mother-to-be.

She gave birth to a healthy child at HDCS Chaurjahari Hospital but her journey to transformative motherhood didn't end there. She continued to prioritize the health of her baby and herself by attending post-natal check ups and now cherishes every moment of her experience, embracing the joys and challenges of motherhood with confidence.

She testifies, *"Thank you HDCS for taking away my shame, fear, and discomfort related to pregnancy and motherhood. Thank you for*

making my motherhood an encouraging and enjoyable journey."

Jahana's story serves as a testimony for the transformative power of education, community support and empowerment. Her journey from uncertainty to confidence is a shining example of how informed and empowered mothers can create a brighter future for themselves and their children.

WALI

WASH and Livelihood

HDCS's WASH and Livelihood project is based in West Rukum district. The project aims to support children and their families to improve their health, nutrition and economic status.

The WASH component of the project implements the Seven Flags Approach for Total Sanitation (7FATS) which equips schools with WASH education, gender-segregated and disability-friendly toilets, while also improving access to water by constructing drinking water and hand-washing facilities.

The livelihood aspect focuses on providing knowledge and training to farmers and mothers on agriculture, livestock and financial management, whilst enabling market access to improve their socioeconomic status. This helps parents to meet their children's basic nutritional needs, healthcare and education.



ACHIEVEMENTS

5,000



students supported with better knowledge and information on health and hygiene

15



schools received support for WASH awareness and education

5



gender-segregated and disability friendly toilets constructed

500



120



received knowledge on agriculture and livestock management

90



women received financial management training

ISHA'S JOURNEY



I'm Isha Pun and I had the privilege of attending a three-day animal husbandry training provided by HDCS. After the training I took out a loan of NPR 8,000 (USD 60) from the project and purchased two baby goats and started my goat farming business. After a year of rearing them I was able to sell them and make a profit of NPR 25,000 (USD 188).

I'm thankful that this training provided a wonderful opportunity to learn about livestock management and trade. This has helped my family of 5 meet our basic needs and also have enough for our expenses. We are now better financially and are grateful for it. This initiative has not only saved me from financial hardships but also inspired hope for a better future. I sincerely hope that this program continues its support to people like me and uplifts the living standards of people in Rukum.

YADHU RANA'S TESTIMONY



Yadu Rana, is the principal of Shital Secondary School in Chaurjahari, West Rukum. He wanted to thank HDCS and their partners for the support the school has received over the years in this testimony:

Through HDCS's School WASH project and the 7FATS, our school over the years has received support in WASH awareness, education, and infrastructure. We now have six well-equipped and modern toilets, handwashing and safe drinking water facilities.

These changes have brought about a positive impact on the school children as many of them are stricken with poverty and lack these basic facilities at home. These provisions have enabled the school to provide a sanitary and positive learning environment for the development of these children whilst enabling good health and hygiene.

MEHR

Medical Emergency and Health Response

The Medical Emergency and Health Response (MEHR) project began its implementation in February 2023 in 10 municipalities within three different districts: Jajarkot, Salyan and Rukum West. This is a three-year project which will establish a local Medical Emergency Team (MET) and improve the emergency health services and response in the region through HDCS's Chaurjahari Hospital Rukum (CHR).

Furthermore, the project aims to capacitate and strengthen the local emergency response bodies and systems such as the local government, police, and youth and health personnel by providing basic first aid training, ambulance system management, and providing skills for the mobilization of local resources to efficiently respond to disasters and emergency situations.





ACHIEVEMENTS

CAPACITY BUILDING OF CHR



- CHR equipped with emergency medical equipment
- Needs assessment and procurement of disaster stock carried out at CHR
- In-house training on emergency department services

FREE MEDICAL CAMPS



1,750
individuals received free health check ups in 5 medical camps

18
individuals donated their blood in 2 blood donation camps

STRENGTHENING OF LOCAL BODIES



- Strengthened emergency response coordination through regular stakeholder meetings with the District Ambulance Committee, Red Cross, and the Police
- B class ambulance procured and in use

BASIC FIRST-AID TRAINING PROVIDED TO



22
local ambulance drivers

74
community group members

88
police personnel

105
health post/
FCHV personnel



WAY FORWARD

Ambulance service system to be developed

Establish and train the local Medical Emergency Team

Continue local body capacity strengthening to ensure effectiveness of disaster response



A WALK TO REMEMBER

Dhanush is a 73-year-old man who had been suffering from leg pain for over two weeks and was only able to walk with the help of crutches. Due to his poor financial condition, he had never visited a hospital. One day, on HDCS's Afno FM radio, he heard about a free health camp in his area organized by HDCS and requested his son to take him to the camp.

The doctors at the camp examined him and diagnosed him with arthritis and prescribed the needed medication. After taking the medicines and some rest his pain dissipated and he was able to stand unaided. With joy he expressed his gratitude, *"I am now able to stand up on my own feet. The free health camp enabled me to receive needed treatment. I want to thank HDCS for their hard work and for providing access to quality health care and treatment to people like me in remote areas of West Rukum."*

ONE HEALTH

The project began in May 2023 and will be implemented in West Rukum District. The project will apply the concept of One Health which describes the close link, relationship and interaction between human health, animal health and environmental health.

HDCS seeks to bring about optimized and balanced healthy ecosystems, healthy animals, and healthy humans through practical programmatic implementation of the concept among the general population with special focus on community sections such as schools, farmers groups, and mothers groups.

In the coming days, HDCS will work towards raising awareness of the concept and help communities realize the important of taking care of each sector to ultimately enhance their health and wellbeing and improve their livelihood.

Project activities will be closely linked to HDCS's Kotjahari Organic Farm where a Model One Health Farm will be set up to provide practical examples of applying the concept to bring about healthier communities. This project is first of its kind to be implemented at the community level and pivotal to understanding and preventing outbreaks of disease and perhaps another pandemic.



DISASTER MANAGEMENT

This past year we started two new disaster-related projects in the neighbouring districts of Manang and Lamjung:

The Forecast Based Emergency Response (FOREBER) project focuses on developing community-led 'Anticipatory Action' to enhance the coping capacity of vulnerable communities before and during disasters. This is carried out in select communities that are identified as vulnerable to disasters like flood, landslide, Glacial Lake Outbursts (GLOFs).

The Namuna Community Preparedness Project (NCP) focuses on empowering people in communities, particularly young people, to learn about disaster preparedness and response in order to effectively prepare and respond to a disaster when it occurs in the hope of creating resilient communities.



FOREBER Forecast Based Emergency Response



27 representatives from Nepal Army, APF, Nepal Police and community youth received Search and Rescue training in Manang. The training covered the following topics: rope handling and rescue techniques, fire control and medical first responder and general emergencies.



Geological survey (landslide susceptibility study) carried out of two landslides in Chailung and Sikhre of Dordi Rural Municipality, Lamjung.



2,000 sq m plastic sheets provided for temporary protection of landslide in Sikhre, Lamjung.



For dengue prevention, **515** mosquito nets to poor and vulnerable families and **50** nets were provided to NCH hospital. Hoarding board was installed and radio messages were also disseminated.

NCPP Namuna Community Preparedness Project



Equipped **4** wards in Sundarbazar, Lamjung, with disaster stock.



11 ward officers orientated on climate change adaptation and disaster risk reduction, basic first aid training, patient transfer, fire extinguisher and tent building training and also on using local materials to build temporary shelters.



Namuna Community Hospital staff trained and equipped on fire extinguisher use, tent building and core humanitarian standards.



Established a Creation Care garden to promote environmental care and sustainability.

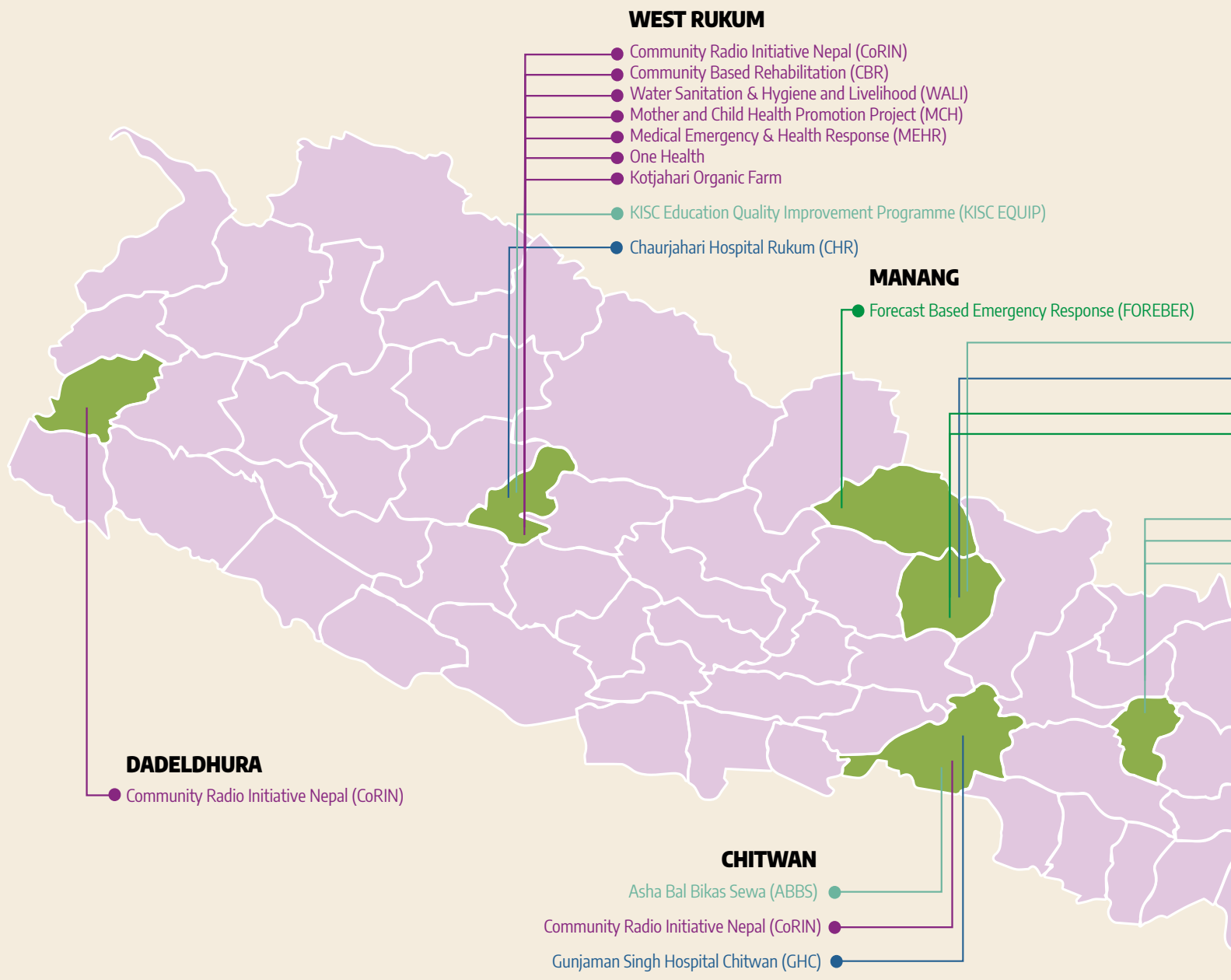


My Waste My Responsibility campaign initiated across HDCS.

Compiled Income & Expenditure Statement 2079-80 (2022-23)

DESCRIPTION	HDCS-HQ	ABBS	CoRIN	MEHR	PHP	NCH	CHR	GHC	KISC	Total	%
Income											
Internal Contribution	22,506,433	2,139,869	981,391			13,601,482	161,210,455	4,802,456	181,968,643	387,210,728	77%
External Contribution		6,616,197	6,537,152	20,102,273	19,411,746	10,653,248	33,761,058	3,649,985	18,044,796	118,776,455	23%
Government Contribution											0%
Total Income	22,506,433	8,756,066	7,518,543	20,102,273	19,411,746	24,254,730	194,971,513	8,452,441	200,013,439	505,987,183	100%
Expenditure											
Human Resource Expenditure	9,429,271	7,259,935	3,845,670	2,590,917	2,480,004	9,982,063	70,084,982	5,514,274	63,383,889	174,571,005	34%
Program/ Operation Expenditure	8,442,777	1,582,528	2,660,011	9,801,542	19,560,348	15,609,737	118,612,794	8,609,417	134,186,750	319,065,905	63%
Capital Expenditure			1,179,641			6,416,244	6,618,082	192,199		14,406,166	3%
Total Expenditure	17,872,048	8,842,463	7,685,322	12,392,459	22,040,352	32,008,044	195,315,858	14,315,890	197,570,639	508,043,076	100%
Surplus/(deficit) for the year	4,634,385	(86,397)	(166,780)	7,709,814	(2,628,606)	(7,753,314)	(344,345)	(5,863,449)	2,442,799	(2,055,893)	

Note: HQ=Head Quarters | ABBS=Asha Bal Bikash Sewa | CoRIN=Community Radio Initiative Nepal | MEHR=Medical Emergency and Health Response | PHP=Public Health Program | NCH=Namuna Community Hospital | CHR=Chaurjahari Hospital Rukum | GHC=Gunjaman Hospital Chitwan | KISC= Kathmandu International Study Centre



HDACS PROJECT AREAS

LAMJUNG

- KISC Education Quality Improvement Programme (KISC EQUIP)
- Namuna Community Hospital (NCH)
- Namuna Community Preparedness Project (NCP)
- Forecast Based Emergency Response (FOREBER)

KATHMANDU

- Asha Bal Bikas Sewa (ABBS)
- Kathmandu International Study Centre (KISC)
- KISC Education Quality Improvement Programme (KISC EQUIP)

OKHALDUNGA

- Community Radio Initiative Nepal (CoRIN)

SIRAHA

- KISC Education Quality Improvement Programme (KISC EQUIP)

DHANUSHA

- Community Radio Initiative Nepal (CoRIN)

- HEALTH
- EDUCATION
- COMMUNITY DEVELOPMENT
- DISASTER MANAGEMENT

HDACS PROJECTS
CONTRIBUTE IN THESE SDGs

SUSTAINABLE
DEVELOPMENT GOALS





Human Development & Community Services

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To be living witnesses of God's love and transform communities.