



मानव विकास तथा
सामुदायिक सेवा
HUMAN DEVELOPMENT AND
COMMUNITY SERVICES

HDCS

ANNUAL REPORT
2080-81 / 2023-24

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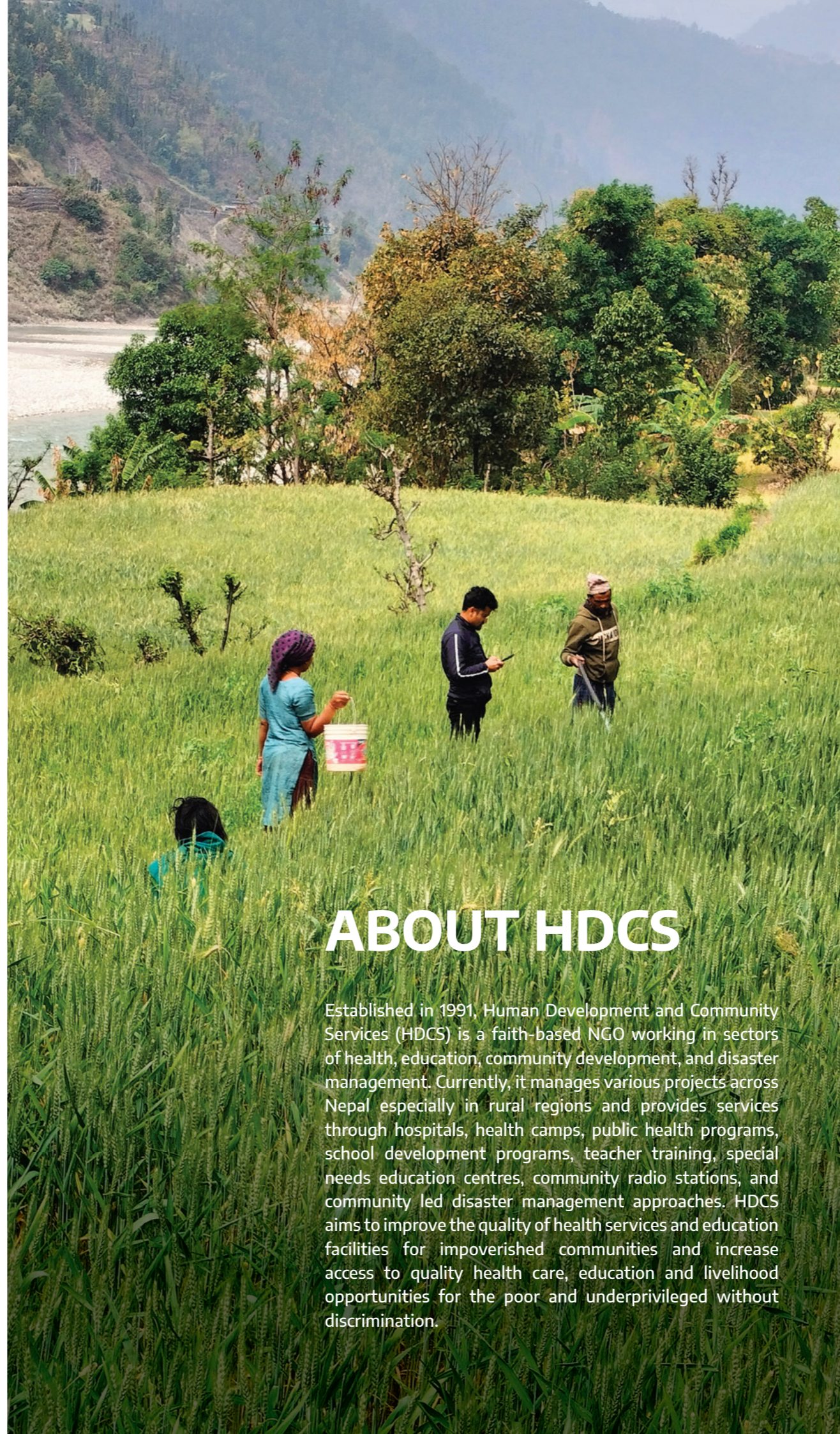
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ABOUT HDCS

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.

MISSION

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

VISION

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

VALUES

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

MESSAGE

FROM THE CHAIRPERSON



Greetings and Warm Wishes,

As the Chairperson of Human Development and Community Services (HDCS), it is with great joy and gratitude that I share the achievements of HDCS over the past year. HDCS is a faith-based non-governmental organization dedicated to multiple sectors, including Health, Education, Community Development, and Disaster Management. Our work spans 14 impactful projects across various regions of Nepal. The reports presented within this publication reflect another year of remarkable progress and service, and I sincerely hope they inspire and bless you as you read through them.

Guided by our Vision, Mission, and Values, HDCS continues to move forward with an unwavering commitment to uplifting Nepal's underserved populations. As we reflect on our journey, it is clear that the impact of our work over the past 33 years speaks for itself. I take this moment to express my deepest gratitude to God for His continued guidance, wisdom, and grace, which have brought us to where we are today.

I would also like to extend my heartfelt thanks to all our general members, board members, partners, and staff. Your steadfast support—through prayers, suggestions, and hard work—has been invaluable. Without your dedication, the achievements we've witnessed would not have been possible. Additionally, we are deeply grateful to the Federal, Provincial, and Local Governments of Nepal for their cooperation and support. Your partnership has been essential in helping us implement our projects effectively.

It is with profound sadness that I report the untimely passing of our dear General Member Shreya Thapa on 15th October 2024. Shreya was a devoted member of the HDCS family, having served at our Head Office, she made significant contributions to our work with KISC during times of crisis. We are deeply thankful for her service, and she will be dearly missed.

As we anticipate the activities and projects in the New Year, I hope and pray for God's grace, wisdom, favor, and blessings to be upon all staff, board members, general members, partners and supporters of HDCS. May His faithfulness be known in our lives and may He carry us with abundant grace through the New Year.

Wishing everyone a prosperous and fulfilling new year.
With sincere regards,

Mr. Milan Adhikari
Chairperson

MESSAGE

FROM THE EXECUTIVE DIRECTOR



Dear Partners, Supporters, and Friends of HDCS,

With thanksgiving and great delight I present this year's Annual Report, highlighting HDCS's incredible journey and achievements. In a world marked by fear, uncertainty, and unimaginable challenges, we continue to persevere, by God's grace, in serving those in need. The global environment, shaped by conflict, war, natural disasters, and shifting societal trends, has posed significant hurdles. The growing migration from rural to urban areas, and even abroad, has emptied many villages in Nepal, creating challenges for sustaining rural community projects.

Despite these obstacles, HDCS has continued to grow and expand its impact. We launched new initiatives and reached significant milestones this year. Chaurjahari Hospital celebrated the approval of 100 beds and a three year renewal of our agreement with the Ministry of Health and Population. Namuna Community Hospital made significant upgrades in medical equipment and human resources to improve services. Gunjaman Hospital enhanced its surgical and diagnostic offerings while adding dermatology and orthotic services. KISC maintained its excellence in education and EQUIP expanded its network to support 40 partner schools across four districts. Though faced with funding challenges, ABBS continued to provide essential services and support to persons living with disabilities. CoRIN launched a new radio station in Dang and has plans for another in Gandaki Province. Community projects are making steady progress in the areas of Maternal and Child Health, Livelihoods, Water Sanitation and Hygiene, Emergency Response, Environmental Sustainability, and the One Health Approach. HDCS was one of the first responders to the earthquake-affected communities in Rukum and Jajarkot, where reconstruction and rehabilitation efforts continue.

I want to express my heartfelt gratitude to the Government of Nepal for their ongoing support, which enables us to serve those in need. My deepest thanks also go to our partners, supporters, and friends for your prayers and steadfast encouragement. To our Executive Board members, thank you for your guidance and leadership. Finally, a profound thank you to our dedicated staff—your commitment and servant-hearted attitude are the foundation of HDCS's success. Despite the challenges we face, we remain encouraged by God's faithfulness, guidance, and protection. Together, we will continue to move forward, bringing hope and transformation to the communities we serve, all for the glory of God.

Thank you for being a vital part of this journey.

Kapil Sharma
Executive Director



CHR

CHAURJAHARI HOSPITAL RUKUM



100,863
patients served



415,209
diagnostic tests performed



25,265
received free care



12,732
children under 5 provided
with free treatment



10,935
received eye care



9,090
received emergency care



5,885
received antenatal care



4,115
received dental care



2,823
surgeries performed



2,306
children under 5 immunized



Chaurjahari Hospital is located in West Rukum District of Karnali Province and has been providing invaluable quality healthcare services and health education and awareness to people who travel from many districts of the Karnali Province, although the majority are from Rukum, Jajarkot and Salyan. CHR staff with relentless effort have been contributing to good health and wellbeing for the past 30 years.

This past year, Chaurjahari Hospital had a prominent role in treating large numbers of emergency patients from the November 2023 earthquake and mass casualties of road traffic accidents. Altogether, the hospital served 100,863 outpatients and carried out 2,823 life-saving surgeries. Various capacity building and training programs were conducted for our hospital staff which helped them gain knowledge and skills to perform well. Our outreach medical camps also benefitted 5,700 people.

CHR's compassionate care is well known in the region as many local bodies speak highly of our unyielding passion to provide quality healthcare services to the poor and marginalized. Hence, it was an honour to receive and host the Prime Minister of Nepal who came to visit the victims of the earthquake and commended us for the quality care our hospital provides. We also welcomed our partners, donors and many guests and delegates that arrived from many international countries who continue to enable us to make significant contributions in the development of healthcare in Chaurjahari.

Furthermore, we have reached a significant milestone of becoming a 100-bed hospital (previously 60 beds) and are thankful for the support of all stakeholders as we aim to continue serving the underprivileged and creating happy and healthy communities.



LOVE AND CARE FOR ALL

Nirmaya entered this world without a first cry, a helpless soul with a large body but a small head, weighing 4kg. Her mother could not reach the health post for her delivery and she was delivered on the way to the health post. Nirmaya's mother was heartbroken when she found out that her child was born with a disability.



To deepen the heartbreak, Nirmaya's father abandoned them and since then her mother has been struggling to make ends meet. The only way for Nirmaya's mother to bring food on the table was by carrying out labour intensive work in the fields or working as a daily wage earner performing odd jobs for others. To alleviate their poverty, Nirmaya's mother decided to migrate to a gulf country for work leaving Nirmaya to be taken care by her grandmother. Nirmaya is seven years old now and known to have cerebral palsy. We had the opportunity to meet her during a wheelchair distribution program at CHR. She arrived at our hospital weak and pale. Upon our initial assessment we realized that she had a high fever and was immediately admitted to the hospital. She had been suffering from enteric fever which was intensified by the woollen warm clothes she was wearing in the hot summer months because she didn't have anything else.

The hospital provided her with free treatment, food and suitable clothing donated by our loving and caring staff. It took a little more than a week for her to get back to good health and head back to her home with her grandmother. Nirmaya's grandmother was completely touched by our care and compassion towards them that she felt that they had extended family: staff at CHR, who deeply care and love them. She also revealed that her lack of knowledge of needing medicines for Nirmaya had aggravated her health as Nirmaya often falls sick. She is thankful to have come to the hospital and gain knowledge and incomparable love.

Our charity services have impacted the lives of many children over the years and we are proud to serve children like Nirmaya who are unable to speak up for themselves and express their needs.

5,700



people benefitted from 10 free medical camps.

2,000



school children benefitted from school health program



1,277



people in the community, 801 students, 38 health workers and 21 school teachers benefitted from the Palliative Care Awareness program and 121 palliative care patients were identified

279



Post Natal Clinic visits carried out to identify early problems in new-borns and mothers and provide effective treatments

150



participants from various parts of Nepal attended the 11th National Christian Healthcare Fellowship at CHR



NCH

NAMUNA COMMUNITY HOSPITAL



14,349
patients served



128,731
diagnostic tests performed



4,714
received free care



3,339
received dental care



2,538
received emergency care



1,143
surgeries performed



1,209
children under 5 treated



297
received antenatal care



62
received pastoral care and counselling



Namuna Community Hospital is located in Sundarbazar Municipality of Lamjung District. HDCS took over the management of the hospital on 1st Nov 2023. Since then, our team of 26 medical professionals and 11 administrative and support staff at NCH have been ensuring that the impoverished and indispensed people in the remote areas of Lamjung District receive the quality healthcare they desperately need.

This past year, NCH upgraded its capacity from a 15-bed to a 25-bed hospital. There were several first time complex operations like appendectomy and orthopaedic surgery that were successfully performed. We also established a physiotherapy department and began telemedicine services. These significant achievements brought us immense joy as we aim to serve and diligently work to provide the best of healthcare to the indigent people in the region.



THE POWER OF TELEMEDICINE

Beginning in April 2023, for the very first time in Lamjung District, telemedicine services were established between Dordi Rural Municipality (RM) Health Post and HDCS's Namuna Community Hospital, Sundarbazar.

Jyotsna, a 15-year-old girl, was one of the first patients to benefit from this service. Her father knew she needed to be brought to our hospital but he could not afford the transportation costs hence he decided to seek the doctor's advice through telemedicine services. When our medical team was on the video call with her they noticed that she had wounds all over her body. She sat uncomfortably as someone in pain not just physically but mentally too and she seemed fearful. The words were barely coming out of her mouth, as she spoke in a timid, meek manner.

After hearing about this, Hemanta, the NCH Hospital Administrator, recalled one of HDCS's values, which is, "Serving others is the duty of our life." Accordingly, as he was moved to make every effort to help Jyotsna and bring health and wholeness to her. Hence, he phoned the Dordi Rural Municipality Chief, Mr. Yubraj Adhikari, and requested him to help bring Jyotsna to our hospital in the municipality's ambulance.

When she arrived at our hospital, we noticed she had burn marks and wounds all over her body, even on her face. These wounds were inflicted on her by a witchdoctor who believed she was possessed and so beat her with hot steel tongs to drive out her "demons". This experience exacerbated Jyotsna's trauma and anxiety. Moreover, our investigation revealed that she had loss of appetite and insomnia. She was also suffering from the paranoia that someone may have poisoned her food and had lost all enthusiasm for living.

Our medical team treated her for six days at NCH and by the sixth day she was eating and speaking well and seemed to regain her vigor and zest for living. When Jyotsna and her father were ready to head back home her father declared, "We had no money or means to get to the hospital, but Namuna Community Hospital has helped us and now my daughter has gained a new life. Thank you!"

We hope that our initiative to establish Telemedicine services will help several people living in Dordi, who are unable to frequent the hospital due to old age, financial constraints, or mental health illnesses. We hope that even through the internet we can perceive and appropriately treat people and help bring wholeness and wellness back to their beings.

1,850 

people benefitted from free health camps in Sundarbazar, Dordi, and Dudhpkhari

1,424 

people in the community, 1,025 students, 57 health workers benefitted from the Palliative Care Awareness program and 77 palliative care patients were identified

855 

people received free health check-ups, blood tests and blood grouping tests in several wards of Sundarbazar municipality

650 

students benefitted from health education and awareness through our school health programs



As of April 2nd, 2023, NCH began providing telemedicine services every Monday to patients who are unable to travel and visit the hospital



Mock drills and disaster management training was provided to NCH staff for the management and treatment of disaster affected patients



REBIRTH AT NCH

Keshu lost all hope for living as she and her husband were deep in debt, fearing further harassment and humiliation from their creditors, she decided to consume a bottle of buffalo lice medication to end her life. She was brought to the hospital in an unconscious state by her husband. Her initial check-up showed that she was in critical condition, and the doctors at NCH advised her family that she needed to go to a bigger hospital to be put in ICU. But due to lack of money and fearing that her life would be lost, they refused to go to but instead put their hope in NCH and insisted our doctors carry out her treatment and help save her life. Accepting the challenge, our doctors began her treatment with the limited resources we had at our hospital. The medical team tirelessly worked day and night and devoted their efforts to saving her life and to help bring her to a stable condition.

In spite of her unusual behaviour like screaming, shouting and hallucinating, induced by drinking the toxic substance, the doctors did not give up and continually worked towards her healing. Finally after 10 days of continuous treatment and effort by the medical team, she regained her senses and consciousness and was able to recognize herself and her family.

The day she regained her sense of self, in a joyful manner she said, "I feel like I have been reborn, cared for and brought up here," referring to the hospital as her home of rebirth. Her entire family were jubilant at this outcome and went home together with a huge sigh of relief. Her husband was grateful to our staff at NCH as he could once again imagine a happy home and said, "You saved my sons who I thought would be motherless."




YOU SAVED MY SONS WHO I THOUGHT WOULD BE MOTHERLESS."



GHC

GUNJAMAN SINGH HOSPITAL CHITWAN

 **5,756**
patients served

 **4,965**
diagnostic tests performed

 **341**
received physiotherapy

 **101**
were provided emergency services



Our Gunjaman Singh Hospital is a 50-bed hospital located in Pithuwa, Ratnagar-14 in Chitwan District. The hospital is situated away from the urban population and businesses and further out from the main city region, with the aim of providing access to low-cost quality healthcare services and treatment for the less fortunate people living in remote areas of Chitwan, who otherwise may not have means and easy access to private hospitals and specialized care. Hence, GHC staff serve with compassion the Chepang, Dalit, Madhesi, Tharu and Janajati people groups living in rural and remote places in the region.

 **1,008**
people benefitted from four free health camps

 **192**
school children provided free health check ups

 Instituted a dermatology department

 Commenced the provision of Nepal government's Health Insurance Scheme



COMPASSIONATE CARE AT ITS BEST



GHC prides itself as being a silver lining in the lives of many afflicted persons that come through our doors. Patients who receive care at our hospital leave with a profound sense of belonging and love which they receive through the compassionate care provided by each one of our staff. Due to this many patients who come often do so because they hear from others of the quality of services and care provided at GHC.

Jha, a 56-year-old man, arrived at our hospital with complaints of high fever and pain in his right foot. His troubles began when a large pimple on his foot turned big and got severely infected. He decided to visit a reputed hospital in Kathmandu to get an opinion and underwent surgery in Kathmandu and stayed in the hospital for one month. Once he was discharged he returned home to Chitwan. Unfortunately, a few days after returning home from his surgery to his dismay, he started burning up with fever and felt agonizing pain in his operated foot. When he heard about GHC, through some of his family members, he decided to seek help at our hospital.

Upon inquiring about his medical history, we found out that he has been taking medication for type 2 diabetes and hypothyroidism, which required further monitoring in order to sustain his healing and recovery. After performing some necessary lab tests, we began administering antibiotics and carrying out daily dressing of his wound. It took him five days to get to a stable condition.

During his hospital stay, our medical team ensured to provide health education and encouraged him to make lifestyle changes to help control his diabetes and hypothyroidism and to ensure to follow up on appointments. Jha expressed his gratitude by saying, "Thank you for taking such good care of me, you made me feel like family."

Jha, is now a regular patient at GHC, he visits GHC for his regular checkup and wound dressing. He has witnessed a big improvement day by day and he is now able to ride his motorbike which makes him very happy.





ASHA BAL BIKAS SEWA



Beneficiaries:



66

students in Kathmandu



60

students in Chitwan



455

persons living with disability

Asha Bal Bikas Sewa (ABBS) meaning Hope for Child Development Services, operates two special needs education centres in Kathmandu and Chitwan for children with intellectual and physical disabilities and runs a community-based rehabilitation centre in West Rukum.

ABBS centres provide life skills based special needs education and several therapies to aid in the growth and development of children with disabilities by teaching and supporting them towards becoming independent, self-reliant, and integrated into society as far as possible. Children who are unable to attend either centre are regularly supported with online classes and regular home visits. ABBS, through training and counselling, equips parents to have a better understanding of the various kinds of disabilities, so they are able to aid in the growth and development of their children.

ABBS also works to integrate persons living with a disability back to their families, community, and society through skill development, awareness, and training.



CHALLENGES

While ABBS makes every effort to teach and empower children with disabilities to carry out daily life tasks well, we still face challenges in finding suitable markets in which our vocational training products can be sold to help support our work and build on the vocational activities for our students. Furthermore, due to societal stigma and taboos associated with disabled people, it has been a challenge to help adult students acquire jobs once they have graduated from our centres.

Due to lack of funds and provisions to expand the program, we have been limited with what we are currently able to achieve. ABBS Chitwan is operating out of two hospital rooms at HDCS' Gunjaman Singh Hospital. We hope to receive additional support to build an independent ABBS centre building. ABBS also seeks further support with additional human resources and funds that are dedicated towards a vocational training programme.

Nevertheless, ABBS has continued to provide a safe haven for children and adults to grow and become capable individuals.



JOURNEY TO INDEPENDENCE


Ramit Majhi is a student at the ABBS centre in Kathmandu. He is 15 years old and has Cerebral Palsy and intellectual disability. He requires a wheelchair to help him move around. At the centre he has been learning to build his daily living skills. His disabilities present obstacles for learning and moving about with ease, nevertheless, he has been very keen and ambitious and works hard with determination to learn and grow and face the challenges ahead of him. He loves attending his classes at the centre where he learns to write, color, draw, and several other new things every day. He loves to listen to stories and provides support and help to his fellow classmates.

At ABBS we want children living with disabilities to become as independent as possible and hence we provide them with daily living skills which enable them to cope and carry out daily activities by themselves as far as possible. After learning several activities and ways of doing things, Ramit has learned to use the kitchen stove by himself and is now able to make tea and snacks. Even though he is confined to his wheelchair, he helps his mother by cutting vegetables, folding clothes and cleaning his room. He has learned activities of daily living through the support from the school and from his hard work.

We at HDCS and ABBS are deeply encouraged by the small yet significant achievements of our students, which enhances their lives and brings us and them immense joy. When we are able to impart a profound sense of joy, encouragement and love to our children at the centre, then they begin to learn, grow, thrive and understand their uniqueness and abilities beyond their disabilities.



55
parents attended seminars where they learned how to support their child's growth, development and independence.



30
students continually received physiotherapy



16
students visited the Foundation for Sustainable Technologies to learn about income generation possibilities with recycling materials



15
students participated in vocational activities such as beading, making of envelopes, pot coasters, pot holders and cooking classes

KISC

KATHMANDU INTERNATIONAL STUDY CENTRE



KISC offers an excellent education that is founded on research-based best practice. KISC has British Schools Overseas (BSO) and Middle States Association (MSA) accreditation. Optimum class sizes, a quality teaching staff and a supportive, student-centred learning environment, ensure that students expand their academic horizons. In addition, KISC takes a holistic approach by focusing on all students' well-being in order that they thrive.

KISC houses 218 students across our Primary and Secondary schools, covering 22 countries and 5 continents as follows: North America 51, Nepal 46, South Korea 44, Europe 33, rest of Asia 19, South America 12 and Australasia 11.



The school swimming gala was re-introduced for the first time since Covid and was a tremendous success



Three students achieved either best in Nepal or Highly Commended status from Cambridge International Examinations (UK) in their exams



The school's drama production, The Sound of Music - Youth Edition, received praise for an outstanding performance



Students created a 'Green Team' whose aim is to develop and implement initiatives for the environment and the community as a whole

EQUIP

EDUCATION QUALITY IMPROVEMENT PROGRAMME

EQUIP is a teacher training programme with the overall goal to provide training for Nepali school communities to improve the quality of education and to enable them to positively transform their own lives and their communities. EQUIP has partnered with 40 schools to provide a wide range of subject specific training in Mathematics, Science, English, ICT and Physical Education and general trainings such as creative and critical thinking, classroom management, checking for understanding, peer observation, lesson planning, read aloud, parental engagement, child safeguarding and teaching and learning using local available resources. EQUIP training and workshops also extend to child club members, parents, students, and school leaders. EQUIP also runs a school support programme which includes providing scholarships to students, especially girls, from disadvantaged families, setting up classroom libraries, mini science labs and ICT labs and supporting schools with school lunch programmes, physical education equipment and other teaching resources. This has enabled students in rural and impoverished parts of Nepal to gain access to quality education and develop as critical thinkers, as well as life-long learners.



1,427

students participated in Creation Care, Reproductive Health Awareness and child club workshops



1,299

students participated in a Maths Exhibition



855

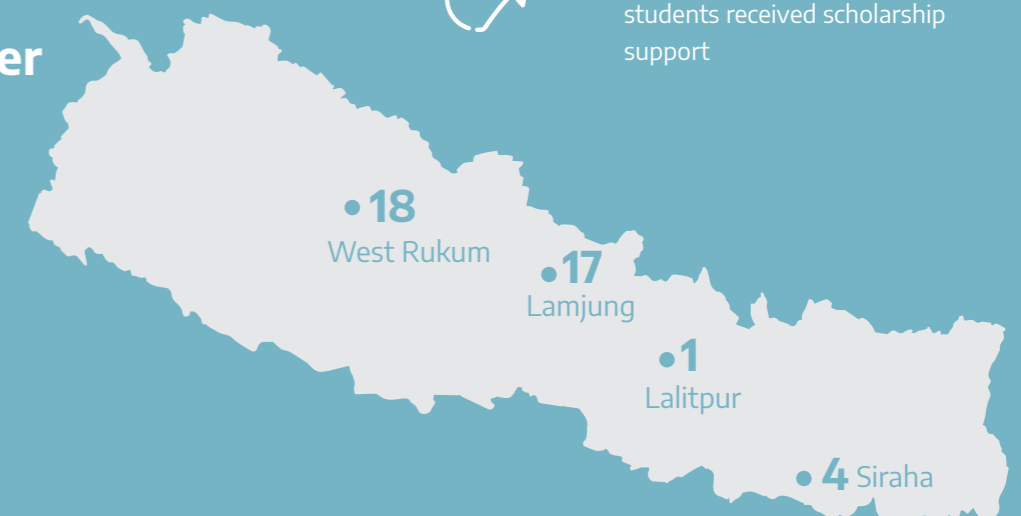
parents attended seminars to support their child's learning and development



582

students received scholarship support

EQUIP Partner Schools:





TESTIMONIALS



TEACHER FROM BALKALYAN SECONDARY SCHOOL

Mrs. Neupane is a basic level maths teacher in Balkalyan Secondary School. She said, “I always liked giving different experiences to my students during maths lessons. When we were informed about the maths exhibition, I was excited but also nervous. After several virtual and in person meetings with the EQUIP teacher trainer, I grasped the idea, and I was able to encourage my colleagues and students to work on it. Then we prepared spinner charts, model villages with different shapes, Pythagoras theorem using rice, square number machine, real numbers tree, models of jato (mill stone) and plough. These items were appreciated by everyone during the exhibition. We also learned a lot from other displays. This exhibition gave us different perspectives of maths in our daily life.”



TEACHER FROM YESHO BRAHMA



STUDENT FROM YESHO BRAMA

“My teacher told me to write a poem on the topic Who am I. She helped me think and gave ideas and I went home and wrote a poem. I thought about different roles I had to play as a student, daughter, friend and included that in my poem.”

“My students are so excited. Their hard work has paid off. They were able to create and write. Now I understand what it means by the need to write. The Literature Festival has created this need to write, the students were excited and full of ideas. I have never seen them this excited about writing.”



527

students participated in a Literature Festival



278

classroom libraries set up



326

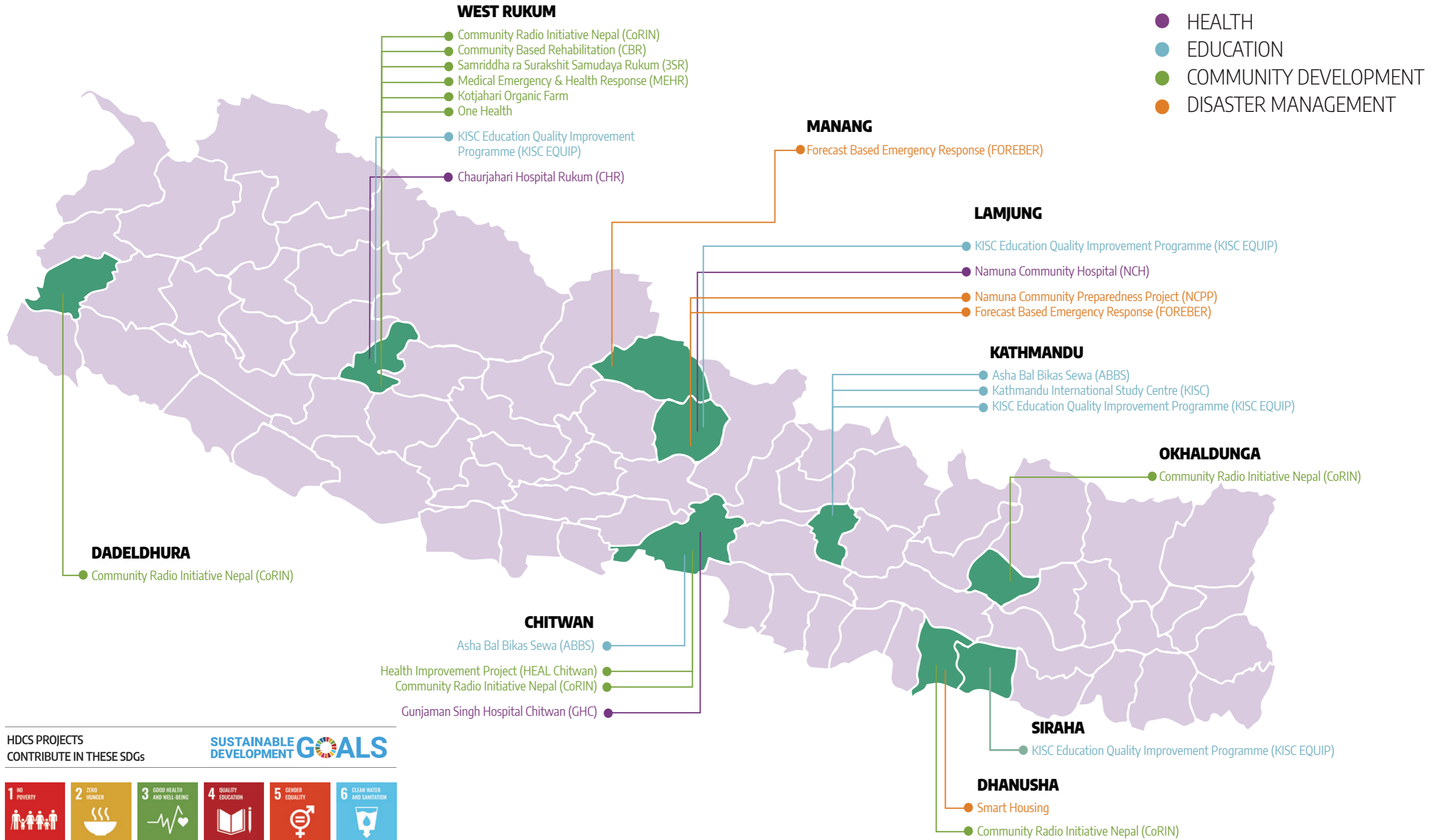
students benefitted from school lunch programme in 6 partner schools



40

schools equipped with physical education and other classroom teaching materials and resources

HDCS PROJECT AREAS



HDCS PROJECTS
CONTRIBUTE IN THESE SDGs



CoRIN

COMMUNITY RADIO INITIATIVE NEPAL



CoRIN was established in 2008 with its first radio station in Dadeldhura. This past year CoRIN celebrated its 16th anniversary and continues to be a helping hand and a shining example of community support, encouragement and empowerment to its listeners. CoRIN radio stations disseminate radio programs based on health awareness, education and promotion, agriculture, eco-friendly farming practices, animal husbandry and advocates strongly for the rights of women and people living with disabilities. We also established a radio studio at the HDCS Central Office with the aim of generating radio programs that can be used across its several radio stations to benefit the people in the rural communities we serve. From its humble beginnings from a small radio station in Dadeldhura, CoRIN has established a total of 5 radio stations across Nepal and notably, in the coming year, will acquire and run one more radio station in Dang.

DADELDHURA

After several years of moving our radio station from one rented building to another, we have finally found a suitable studio with facilities such as parking and bathrooms and now have an agreement for 10 years. In celebration of our 16th anniversary we were able to distribute stationery and sports material to two schools which has helped 155 students.

OKHALDHUNGA

Okhaldhunga's anniversary celebrations included distribution of books and fruits to patients in the hospital and prisoners in the jail. We hope to enhance the life of prisoners, and promote positive thinking and enhance their well-being through motivational books. A three-day multimedia training, to build the capacity of journalists, was provided through our radio station. Participants included our staff from Dadeldhura and two local radio stations. This resulted in helping us receive more opportunities to serve the community.

RUKUM

Our radio station was also impacted by the earthquake that devastated Rukum and Jajarkot districts. We are thankful that we were able to continue broadcasting and stay operational despite some damage to our station. We were also enabled to help provide monetary and food support to a few victims and additionally assist two families that have persons living with a disability. Notably, to celebrate our 7th anniversary, we were able to support 15 journalists with jackets, whistles, and flashlights for their arduous journeys to faraway places to gather news and stories.

JANAKPUR

During the annual celebration of the radio, encouragement was given to the nearby Pipaltar Youth Club by distributing jerseys and football equipment. This gesture has helped the radio play a significant role in community transformation and in changing lives through its programs. After several bureaucratic hurdles, all documentation for our radio station in Janakpur is in order. Our radio station here is called Naya Asha meaning New Hope. We have successfully been broadcasting radio programs in the local languages of Maithili and Bhojpuri that has allowed people to access and benefit from the content.

CHITWAN

Our Chitwan Radio called, Chepang's Afno FM, is the first and only radio station run by the Chepang people. Since the start of broadcasting, the Chepang community has gained access to information about their rights, modern agricultural practices, education, and health. Additionally, by receiving news in the Chepang language, community members have been able to stay informed about events both within the country and abroad.



CBR

COMMUNITY BASED REHABILITATION RUKUM



Rukum CBR, under Asha Bal Bikas Sewa (ABBS), has long been working on community-based rehabilitation for people with disabilities in Chaurjahari Municipality, West Rukum. We provide direct support in education, health, livelihood, socialization, and empowerment through advocacy, referral, and networking. Our services include home visits, counselling, physiotherapy, vocational and livelihood training and other needs-based assistance.

Disability Policy Workshop

A one-day workshop was held with leaders and representatives from government and non-government organizations in West Rukum. The focus was on improving the lives of people with disabilities, implementation of their rights, and enhancing access to policies and services.

Health Insurance Support

Coordinated with local government and health centres to secure health insurance concessions for people with disabilities and their families. As a result, those with severe disabilities now receive free insurance, while others get a 50% discount.

Palliative Care

We provided palliative care to individuals suffering from bed sores due to physical disabilities such as spinal cord injury, muscular dystrophy, and paralysis, along with preventive education.

Distribution of Essentials

In collaboration with local government and partner organizations, we distributed food, clothing, blankets, and essential items (e.g., toilet chairs, air mattresses, white canes, wheelchairs).

Prosthetic Support

Assisted 4 individuals with amputations to receive prosthetic limbs, in partnership with INF Pokhara, providing financial support for those who couldn't afford them.

White Cane Distribution

Distributed white canes to blind individuals, along with training on how to use them effectively.

Waste Management & Sanitation

Our CBR staff facilitated waste management and sanitation programs in the community in coordination with local government.



Psychosocial Support and Training

Coordinated with the Disaster Risk Reduction Project under HDCS to conduct 7-day psychosocial counselling and first aid training for 26 individuals, including HDCS staff and community health volunteers.

Earthquake Relief

Coordinated rescue efforts and distributed relief to victims of the earthquake. Additionally, in collaboration with World Food Security, we secured financial support for families affected by the earthquake.

Mobility Aids

Given the high demand for assistive devices, we partnered with Joni & Friends and Sundar Dhoka Sathi Sewa to distribute 230 wheelchairs. In the first set of distribution in June, we distributed 65 wheelchairs (41 women, 24 men), the rest will be distributed in the coming fiscal year.



THE INSPIRING JOURNEY OF SHANTA JAISI – FROM BEING A BURDEN TO BECOMING THE PROVIDER



In Basigaon, a small village in West Rukum’s Chaurjahari Municipality, 20-year-old Shanta Jaisi lives with her parents. The youngest of five children, Shanta was born with Down Syndrome, which delayed her intellectual and physical development. Growing up, she was largely ignored by her family, who saw her as a burden rather than a person with potential.



Sixteen years ago, the team from CBR first met Shanta when she was just four years old. She was playing alone in a dangerous irrigation canal, and when they approached her, they learned she had an intellectual disability. Her family expressed little care for her, saying, “She’s disabled, she can’t do anything. It doesn’t matter to us if we have this child or not; she’s just a burden.”

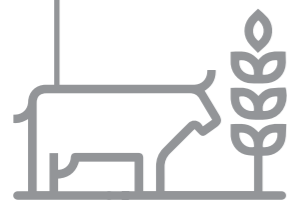
Despite her family’s negative attitude, the team decided to make a difference. They began visiting Shanta’s home regularly, counselling her parents, and teaching Shanta basic life skills. Over time, she became more capable, learning to manage household chores and take care of herself.

Tragedy struck when, a few years ago, two of Shanta’s brothers passed away—one in an accident and the other from cancer. Her two sisters left home after getting married. This left the parents alone with Shanta, without any source of income and struggling to survive on small-scale farming. However, the years of counselling, therapy and teaching from CBR staff were not in vain. Shanta stepped up to the role of providing for her family. She received training and an income by working at HDCS’s Kotjahari Organic Farm, which was enough to cover her family’s essential expenses.

Her transformation from a burden to the family’s main provider was nothing short of remarkable. Her parents, who once believed she was incapable of contributing, now saw her as a helper, a friend, and a supporter and now regret their past treatment of her.

Sadly, Shanta’s father recently passed away, leaving her as the sole caretaker for her mother. But Shanta, who is now independent, has become a symbol of strength and resilience in her community. Her journey proves that with support, love, and belief, even those once deemed incapable can overcome the greatest challenges.

Shanta’s story is a powerful reminder that every person, no matter their abilities, has the potential to change their life - and the lives of others.



HEALTH IMPROVEMENT PROJECT



4,416

students received WASH education



1,392

individuals received free treatment from a medical camp



842

individuals in the community received WASH education



734

individuals received reusable pad making training



627

individuals received menstrual health education



229

school teachers training on maintenance of WASH facilities

This project is aimed at enhancing the livelihood and health of the Chepang communities in the Chitwan area, who are often described as the poorest of Nepal's poor. They generally lack knowledge of basic hygiene, and are limited in their understanding of basic practices for a healthy lifestyle. They are also heavily immersed in cultural taboos and stigma which prevents them from seeking proper medical help and other modern interventions when needed. Hence, this project emphasizes on Water, Sanitation and Hygiene (WASH) education in schools and communities with the desire to change cultural beliefs and perceptions.

EMPOWERING YOUNG GIRLS AND MOTHERS WITH MENSTRUAL HYGIENE MATTERS

People living in remote and rural parts of Nepal still lack awareness and access to basic sanitary facilities and resources like toilets, drinking water infrastructure and even a simple menstruation pad. Our dedicated, compassionate and energized social mobilizers visited remote areas of Chitwan district to raise awareness and teach girls and women about basic and personal hygiene, with a particular focus on menstrual health and hygiene, whilst also providing a reusable pad making training.

This past year 9 menstrual health training for students, 4 for teachers and 7 sessions in the community were carried out. Additionally, 14 pad-making trainings among students and 13 training sessions in several community groups were carried out.

These pad-making trainings have proven to be monumental in helping change perceptions; addressing myths and taboos regarding menstruation and have left girls and women empowered to meet their basic need and gain a sense of dignity and self-confidence. These trainings have also produced a ripple effect, in that several students who previously received these trainings have taken the initiative themselves to empower other young girls and female teachers in several schools.

SAMRIDDHA RA SURAKSHIT SAMUDAYA RUKUM



Samriddha ra Surakshit Samudaya Rukum, known as 3SR, is a project of HDCS that combines the Maternal and Child Health (MCH), Livelihood and WASH sectors in an integrated approach to bring about prosperous communities. The project has been successfully working with farmers groups, mothers groups, schools, local governmental bodies and other stakeholders in order to address the issues of agriculture, livestock, entrepreneurship development, value chain strengthening, nutrition, sanitation, and major issues in MCH. It is also addressing other cross-cutting issues including climate change, gender equality and social inclusion so as to improve the overall living conditions of the target community. The Livelihood and WASH program activities are concentrated in the Chaurjahari Municipality however the MCH related program activities span all over the six municipalities within West Rukum.

MCH

49

health workers received health education training on various topics

16

school teachers and 14 social mobilizers received training on reproductive health

16

episodes per month on MCH, reproductive health, and psychosocial counselling were broadcast on the HDCS' Afno FM radio

62

individuals from local government bodies and health facilities received capacity building training on various topics

6

rural municipalities were supported with vital medical equipment

41

health post personnel received Gender Equality & Social Inclusion (GESI) mainstreaming training

23

schools were supported with waste management materials like dustbins and brooms etc.



LIVELIHOOD

8

men

8

women

received Nepal government's Council for Technical Education and Vocational Training CTEVT Level-1 plumbing training to develop their capacity to generate income to meet their livelihood needs

21

women received 390 hours of basic tailoring training

268

women participated in training relating to rearing livestock and agricultural practices

209

women were provided support for government registration, mainstreaming, group policies formation, financial management, and mechanisms for the development of group accountability

10

episodes per month on topics of organic agriculture, seed treatment, livestock vaccination etc. were broadcast over the radio

WASH

7

schools formulated WASH committees

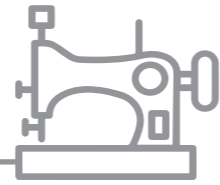
2

schools were supported with renovation of toilets and installation of handwashing facilities

4

schools supported with reverse osmosis water filters





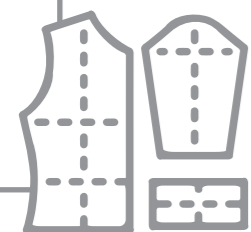
TAILORING HAPPINESS

In the lush hills of Chaurjahari, where the fabric of life is interwoven by threads of resilience, comes a story about Mrs. Lal Mati Pun - hinging upon the indomitable will of the human spirit. All of 21 years, Lal Mati's world is a hushed balance between nurturing the tender life of her five-year-old son, who is bravely battling a tumor, and sustaining her family through the toil of agriculture. It was such a situation when the Samriddha and Surakshit Rukum Pariyojana – 3SR Project instituted a training program in Basic Tailoring in her locality. Selected by the Jharana Health Mothers Group, Lal Mati embarked on a life-changing 390 hour journey that sewed an entirely new story into her life. More than just a skill, it was a lifeline – a manner in which she could weave a better future, other than those fields that had for so long been their only source of sustenance. With every thread and seam, Lal Mati not only stitched garments but put stitches into her confidence and dreams too.

Her skills, after five months of training, caught the attention of her mentors, who decided to give her a short-term contract as an assistant trainer. This job was more than just employment; it was recognition of her talent and hard work, which finally resulted in an income of 45,000 rupees. But life is a piece of fabric knitted with hindrances – a hard-earned bounty. Her wages were spent for the treatment of her son, and every visit to Kathmandu would cost her family 25 to 30 thousand rupees. Still, the stitches she does are as strong as the determination of Lal Mati.

She has two goals: first, to have her own tailoring business; and second, to relieve her family from the financial web of loans. She even has this in mind: to pay back the debts in five months, a plan as accurate as her measures taken for tailoring. And her story is not an isolated one; it is one thread in the more comprehensive tapestry of the Jharana Health Mothers Group, in which 19 other women get together, united by solidarity and survival with their unique despairs. Lal Mati's is a story of bravery, a chronicle of a woman who is sewing not only clothes but also stitching the quilt of hope for her family with every stitch of the needle and thread.

This is also a story that mirrors the resilience of many in her community, where skill development has turned into a catalyst toward change, empowerment, and a stitch toward a future filled with possibilities. She continues to tailor her path, and through it all, Lal Mati Pun stands as an inspiration – a life pieced together by perseverance, hope, and the enduring strength of a mother's love.



ONE HEALTH



One Health Centre at Kotjahari Organic Farm has been established successfully. The site will serve as a centre for learning and research on the One Health concept



2,885

mothers received various awareness training on the One Health concept and furthermore specific awareness sessions on animal health, environmental health and human health



1,978

school students received awareness training on the One Health concept



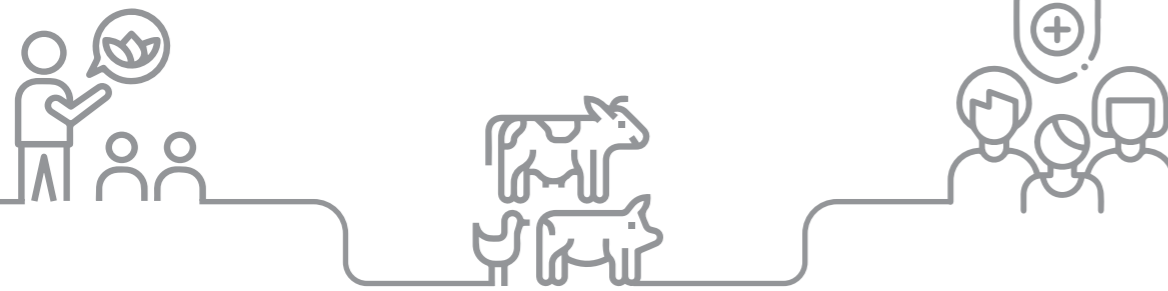
1,730

farmers from 15 different farmers' groups received training on making bio-fertilizer

HDCS began the implementation of the One Health approach in West Rukum, which places emphasis on promoting the health of humans, animals, and the environment, as it recognizes that the health of all three are interlinked and co-dependent to realize optimal health.

The project's primary focus is to raise awareness on the concept of One Health, to train, educate and provide technical support to encourage practices that promote overall health and prevent risk of outbreaks and stressed environments that provide opportunities for the emergence and spread of diseases.

The project works with school children, farmers' groups, mothers' groups, key community leaders and relevant government officials to raise awareness, train and provide technical support wherever needed to realize and foster the One Health approach. Additionally, the project aims to establish a model farm to provide practical examples of applying and sustaining the concept to bring about healthier communities.



NATURE BASED SOLUTION IN AGRICULTURE



In Bhalakcha, Ward No. 10 of Chaurjahari Municipality, West Rukum, the Bhalakcha Agriculture and Livestock Mothers' Group have been holding regular monthly meetings. The group members had been using both chemical and farmyard manure in their agricultural practices.

This group received training on making and using Jholmol, the bio-fertilizer, and education on its benefits along with general awareness on the One Health concept, in particular the relationship between animal, human, and environmental health.

After applying their learning and creating bio-fertilizer at the home of the group's chairperson, all members began its use in their fields for 15 days. According to the Chairperson, Iswari Rokaya, the use of Jholmol resulted in faster plant growth, increased production, and she reckons will have added health benefits for the vegetables grown. She emphasized that henceforth they would no longer use chemical fertilizers and would fully commit to using organic manure.

The group expressed their gratitude to the project for providing the knowledge and skills needed for this transition. Through this project we hope to continue promoting and preaching the One Health concept until such environmentally friendly and sustainable practices are adopted in all sectors to help promote and realize healthy and vibrant communities and ecosystems.



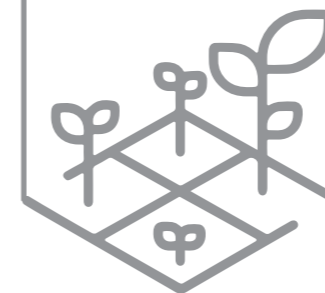
KOTJAHARI ORGANIC FARM

Our farm models the cultivation of 100% organic and sustainable crops: grains, vegetables, and fruits. We place emphasis on the use and practice of sustainable and environmentally friendly methods to cultivate each crop.

At the farm we seek to employ people with intellectual and physical disabilities with hopes to provide them with a means to earn an income, whilst also receiving horticulture therapy and gaining experience and independence to lift themselves out of poverty.

Seven persons living with a disability were employed at the farm and have been empowered, enabled and equipped despite their disabilities. We are proud that we do not see their limits and inabilities but we nurture them to grow and become self-sustained capable humans.

Furthermore, we aim to produce, package and sell products from the farm in order to raise income that can be used to continue the work on the farm and keep the project self-sustained.



8

model farmers were selected for in-depth training on sustainable, practical and eco-friendly organic farming methods. The trainings made them aware and knowledgeable about the importance of organic farming and how it can play an important role in maintaining the balance between human, animal and environmental health. These practical sessions helped and encouraged the farmers to promote organic farming in the region.

788

school students received awareness of their health status through free medical care services from 2 health camps.

One Health Day celebrations were integrated on Environment Day in which

520

school students participated in a campaign to raise awareness in their respective communities.



400

saplings were distributed to schools, hospitals, agriculture cooperatives and social organizations of 14 wards in the target area.

MEHR

MEDICAL EMERGENCY AND HEALTH RESPONSE

CAPACITY BUILDING OF CHR



112
staff at CHR received Hospital Preparedness for Emergency Training



45
staff at CHR equipped with training on the use of emergency medical equipment



40
ambulance drivers were trained on emergency care and patient handling



The Medical Emergency and Health Response (MEHR) project began its implementation in February 2023 in 10 municipalities in three different districts: Jajarkot, Salyan and West Rukum. This is a three-year project which will aim to establish a local Medical Emergency Team (MET) and improve the emergency health services and response in the region through 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, health personnel and youth by providing basic first aid training, supporting in ambulance system management, and providing skills for the mobilization of local resources to efficiently respond to disasters and emergency situations.

Response and technical support were provided to patients and the general public in real emergency situations, such as road traffic accidents, natural disasters like the Rukum Jajarkot Earthquake, snake bites, and fire incidents.



BASIC FIRST AID TRAINING PROVIDED TO



611
community people



211
police personnel



143
health workers

FREE MEDICAL CAMPS



12
medical camps



2,153
beneficiaries

STRENGTHENING OF LOCAL BODIES

36

stakeholder meetings conducted with 102 individuals

11

District Disaster Management Committee meetings conducted with 81 contributors

11

Local Disaster Management Committee meetings conducted with 122 contributors

6

District Ambulance Committee meetings conducted with 76 contributors



AMBULANCE SAVES LIVES

Thanks to the MEHR project, Chaurjahari Hospital was equipped with an ambulance, significantly improving emergency response times and increasing the chances of saving lives.

One such life saved is that of Trilochan Giri. In October, Trilochan, a young man in his 30s, was traveling in a minivan from Nepalgunj to celebrate the Dashain festival. The journey was delayed due to vehicle malfunctions, but the real crisis struck the following morning, on October 24, at 4 a.m. The vehicle crashed into a hillside wall and overturned into a ditch, 9 km from Chaurjahari.

When Trilochan regained consciousness, he realized he couldn't move one of his legs. Fellow passengers rushed to help him into Chaurjahari Hospital's ambulance. Upon arrival, he was quickly assessed by doctors and health workers. The diagnosis was severe: multiple fractures and nerve damage to his right leg. Immediate steps were taken to prevent further injury and infection. His wounds were carefully dressed, pain-relief injections were administered, and medications were provided to avoid infection. Despite the challenges of a crowded hospital, the medical team acted swiftly and stabilized his leg with a plaster cast. After being stabilized, he was referred to a more specialized hospital and taken in our ambulance. The ambulance driver, well-aware of the urgency, drove cautiously but swiftly, reassuring him and offering encouragement along the way.

Trilochan received further treatment at the Western Hospital in Nepalgunj and was discharged several days later and is now recovering with follow-up care. Reflecting on his experience, Trilochan shared his gratitude: "Thanks to the quick response of Chaurjahari Hospital's team and the timely use of the ambulance, my condition didn't worsen. I'm deeply thankful to the HDCS Hospital family for their life-saving care."

This is just one example of how the ambulance service has made a real difference in emergency care, saving lives when every second counts.

FOREBER

FORECAST BASED EMERGENCY RESPONSE PROJECT



The FOREBER project is an Anticipatory Action (AA) project implemented in 12 communities in Lamjung and Manang Districts of Gandaki Province that were classified as areas of high risk for floods, landslides, and Glacial Lake Outburst Floods (GLOF). This project focused on developing community led approaches to disaster risk reduction that utilizes weather forecasts and early warning systems to trigger pre-agreed actions that can prevent or reduce the impacts of expected weather-related hazards.

350

dengue test kits, IEC materials, a spine board, patient shift roller, wheelchair, blood donation bed and chair, OT chair, and an emergency siren were provided to NCH.



A landslide research study and response was conducted in Dordi RM, Lamjung.

14

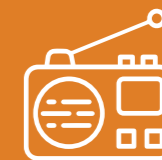
consultation meetings were conducted with stakeholders: to facilitate best practices and action planning for effective anticipatory action.



A flood modelling system of Marsyangdi River was completed for flood prone areas in Chame RM and Nasong RM of Manang District.

4

consultation meetings and trainings were conducted in vulnerable communities with Civil Society Organizations, Community Based Organizations and local bodies.



A disaster awareness radio program called Bipad tatha Swasthya Sarokar (Disaster & Health Concerns) was developed and continues to broadcast in 3 different radio stations in Lamjung.

ERR

EARTHQUAKE RESPONSE AND RECOVERY



HDCS had a two-pronged approach of response and recovery to victims of the 6.4 magnitude earthquake that occurred on the night of 3rd November 2023 which largely affected people in Jajarkot and West Rukum districts. Since West Rukum is one of our main working areas, HDCS had a vested interest in helping rebuild the lives of those severely affected in the region. Hence, thanks to our partners who were also keen on helping rebuild the lives of many in the region, we were able to distribute relief immediately and carry out several assessments to determine the unique needs in several communities and consequently implement a recovery plan to aid in rebuilding of communities and households.

A special thank you to all our various partners and individuals donors who responded so quickly and generously to helping the people in West Rukum affected by the earthquake. We would also like to extend our gratitude to Australian Aid for their partnership in helping rebuild communities by improving access to basic services.



<p>752 </p> <p>individuals in 150 HHs now have a repaired water-lift solar system thus access to water in their community in Timile of Chaurjahari Municipality</p>	<p>662 </p> <p>individuals received medical response treatment</p>	<p>504 </p> <p>food packages were distributed</p>
<p>699 blankets 714 tarpaulins</p> <p>were handed over to the municipal and ward offices for distribution</p>	<p>500 </p> <p>hygiene kits were distributed</p>	<p>363 </p> <p>individuals have been directly impacted by the solar panel repair at the Garayala Health Post, Sanibheri RM</p>
<p>250 </p> <p>items of winter clothing were provided to pregnant women</p>	<p>259 </p> <p>people living with disability were provided with winter clothing and appropriate mobility aids</p>	<p>21 </p> <p>households (HHs) supported with earthquake resistant house construction</p>
<p>21 </p> <p>air mattresses provided to persons living with a disability</p>	<p>13 </p> <p>toilet chairs provided to persons living with a disability</p>	<p>14 health workers 13 community mobilizers</p> <p>provided with psychosocial first aid training</p>
<p>4 </p> <p>schools were supported with waste segregation bins, water taps, and water filters benefitting 253 students</p>	<p></p> <p>Additionally, disaster resilience training for resilience in schools was provided to HDCS staff at KISC EQUIP, ABBS and Rukum community projects.</p>	

N CPP

NAMUNA COMMUNITY PREPAREDNESS PROJECT

Namuna Community Preparedness Project (N CPP) is a disaster preparedness project focused on equipping and empowering the staff at HDCS's Namuna Community Hospital, the local ward offices and youth in the surrounding communities of Sundarbazar Municipality. Its aim is to strengthen the communities' ability to respond to disasters by capacitating the local ward and the community people, providing disaster stock and disaster response training to community people and ward officials. To recognize the importance of taking care of the environment and to reduce harm caused by human activities and negligence, the concept of Creation Care was also promoted at NCH and the surrounding communities.



100% 

of the medical staff at NCH have been trained to respond to disasters inside and outside of the hospital.

5 

disaster stock trunks were distributed in the communities and the hospital.



A Creation Care garden was built inside NCH to promote kitchen gardening, the use of eco-friendly manure and fertilizers, and to bring awareness of the importance of environmental health and sanitation.

196 

community members were provided awareness on the concept of Climate Change and Disaster Risk Reduction plus training on extinguishing and controlling fires using local resources and fire extinguishers, basic first aid training, and building and use of shelters and stretchers.

5 

waste segregation bins were placed in the four wards of the project area to promote Creation Care.



Through this project we hope that thousands of people will be impacted by the transfer of knowledge and skill from the participants of this project.

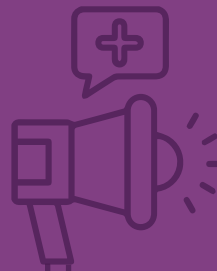
Consolidated Financial Statement of FY 2080-81

DESCRIPTION	HQ	ABBS	CoRIN	RC	NCH	CHR	GHC	KISC	Total	%
Income										
Internal Contribution	32,919,489	2,647,932	2,712,028	-	34,390,986	178,405,652	9,022,185	219,913,432	480,011,705	70%
External Contribution	27,018,486	7,635,770	5,481,416	57,298,885	14,163,953	60,235,587	4,082,935	23,940,430	199,857,463	29%
Government Contribution	-	-	-	-	-	7,241,937	-	-	7,241,937	1%
Total Income	59,937,974	10,283,703	8,193,444	57,298,885	48,554,939	245,883,177	13,105,120	243,853,863	687,111,105	100%
Expenditure										
Human Resource Expenditure	18,360,650	6,961,155	5,860,205	28,359,297	22,995,499	88,168,070	7,428,401	70,538,674	248,671,951	35%
Program/Operation Expenditure	34,289,738	3,277,386	2,685,332	33,291,348	21,577,876	114,788,407	6,365,184	151,590,644	367,865,915	52%
Capital Expenditure	901,661	-	547,545	19,397,930	3,680,932	63,908,444	-	1,664,658	90,101,170	13%
Total Expenditure	53,552,049	10,238,541	9,093,082	81,048,575	48,254,308	266,864,921	13,793,585	223,793,976	706,639,036	100%
Surplus/(deficit) for the year	6,385,925	45,162	(899,638)	(23,749,690)	300,631	(20,981,744)	(688,464)	20,059,886	(19,527,931)	

Note: HQ=Head Quarters & DRR projects | ABBS=Asha Bal Bikas Sewa | CoRIN=Community Radio Initiative Nepal | RC=Rukum Community | NCH=Namuna Community Hospital | CHR=Chaurjahari Hospital Rukum | GHC=Gunjaman Hospital Chitwan | KISC= Kathmandu International Study Centre

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