



From the Executive Director and Founder's Desk



Many things going on at once

The rural districts of Nepal still lack proper health care facilities causing the already vulnerable people to suffer even more. Curable diseases have killed many due to limitation of medicines and health care centres. Similarly, rural schools lack the advancement and creativity that a school in the today's world needs. Children studying in rural areas face graver challenges than we can imagine. HDCS actively seeks to transform and to aid to the development of the disadvantaged communities.

A good news to share, for this fiscal year the Government of Nepal has granted near about 70 million rupees for the construction and medical equipments of the hospitals. The hospitals now have the latest X-ray machines and we have also replaced a number of old equipments. The hospital has already begun with the construction work for extension. The villages in eastern parts of Nepal lack sufficient medicines and health care facilities. In order to fill that gap, our long term plan is to establish a new hospital in a selected remote village of east Nepal.

Kathmandu International Study Centre (KISC) is in the process of starting its construction work in a new site. The school will be shifting to its new location and the cost is estimated to be over 100 million rupees.

Our educational department has also begun a new program called Jarayo. Jarayo is led by Kavita Gurung, an energetic, dynamic and visionary young lady who is exploring her innovative ideas in the field of education. The program is an outreach for the village teachers to think and teach creatively. By training the teachers of government schools, this can indeed be a big stepping stone for the teachers in different parts of Nepal.

As we are dreaming and stepping onto bigger plans, it sometimes seems that our plans are almost impossible to achieve due to the tremendous challenges we face. But based on our past results, all our projects we have built today were once a distant dream. The dreams we hold is not only our reality but the reality for thousands whom we serve. Many have helped us reach our success such as people from

all around the world who are working behind the scenes providing financial, technical and moral support to HDCS.

Lastly, this is a team work of thousands of people working behind the scene and I as a porter would like to express gratitude on behalf of HDCS with the hope to receive your support for all our upcoming plans mentioned above.

Sincerely,
Tirtha Thapa, PhD
Executive Director

HEALTH

Lamjung District Community Hospital, LDCH

Walking miles for health care services

Health care is essential for the wellbeing of all community members. Although the government is trying to increase health care facilities in rural areas of Nepal, the progress has been slow. There are many reasons why people from peripheral areas lack health care facilities due to insufficiency of medicines, transport, doctors, money, and also for practicing superstitious beliefs.

To fill the gap, LDCH conducts free General Health Camps yearly including camps for eye and dental care. Majority of the camps are held in rural areas where health facilities are limited. The camps help the hospital team to meet villagers, to check on their general health and further encourage them to visit hospitals. Such camps have created a positive impact for the people to open up about their health issues and a few have even come to the hospital for treatment. Although it can be a hard journey to the hospital for those who come from rough terrains, the hospital receives them with care and provides free treatment to those living below the poverty line.



On 28th January, Lamjung hospital organized a free Reproductive Health Camp along with the Maternal and Child Health Program (MCHP) in Gilung- a VDC of Lamjung. Gilung is located in a remote area of Lamjung where the majority cannot come to the hospital due to poverty and long distance. Total 191 cases (124 female and 67 male) were given treatment. Other health issues related to eye, dental infection, malnutrition, Pelvic Inflammatory Disease (PID), uterus prolapsed, chest infection, gastritis, and injury cases were also given clinical diagnosis. Additionally, antenatal check up, teeth extraction, wound incision and dressing services were also provided. There was an active participation of local

leaders, local clubs, Female Community Health Volunteer (FCHV), health workers and school teachers. The camp was highly beneficial for children, pregnant mothers and women of all ages from Gilung and its surrounding villages.

The hospitals in HDCS carry out free health camps to provide general check up, referrals and free medicines to patients. Such camps support the villagers to gain access and information about existing health care and treatments that are available.



Chaurjahari Hospital Rukum, CHR

Uterus Prolapsed Concerns

Every year Chaurjahari hospital partners with concerned health agents and carries out health camps similar to the ones in Lamjung hospital. On 26th February, with the financial support of Jajarkot District, Development Committee & Women, Girl's and Child Right Program Surkhet, a free Uterus Prolapsed Surgery camp was conducted.

Chaurjahari hospital is located in Rukum, a mid-western region of Nepal where people are amongst the most vulnerable groups. Over 120 people come to the hospital everyday for check up and medical problems. One of the growing concerns of the hospital is the common issue found in women, regardless of age, suffering from a reproductive health issue called uterus prolapsed. This health issues arises when the cervix and uterus move down from the normal position to protrude outside of the genitals. The condition is agonizing and painful, and many women are shy and ashamed to talk about these issues due to the associated stigma and shame.



Through the camp, 35 surgeries were performed and 85 women received the treatment for the prevention of uterus prolapsed. The hospital provided medicines, doctors, nurses, volunteers and further treatment of the patients.



Regional Health Directorate, Ms. Rita Bhandari Joshi visit CHR.



On March 9th, a severe bus accident in Jajarkot called in for an emergency response. Over 22 CHR staff went to assist in the Jajarkot Hospital.

Public Health Program, PHP

School Health Program can create a positive change in the attitudes, behaviors and environment of not only the students but also community members. Good health and a clean environment can encourage higher attendance in schools and also introduce preventive and precautionary measures to live a healthier life. The School Health Program is run as a supportive program of the Maternal Child Health Program (MCHP). This quarter, PHP was able to meet 722 students from various schools of eight VDCs (Bijauashowri, Kotjahari, Simli, Garayala, Purtimkandai, Nuwakot, Ghetma and Kholaghaun) in Rukum. The program helped spread health and hygiene awareness like WASH, reproductive health, personal hygiene, menstrual hygiene, waste management and first aid response. The students, especially the girls felt that talking about reproductive health and personal hygiene had empowered them to participate in school and community activities.





EDUCATION

Asha Bal Bikash Sewa, ABBS - Day care centre for children with physical and mental disability

What is fun like at ABBS camp?

Starting from last year, ABBS introduced a weeklong camp that is filled with fun, games and other entertainment activities for the children. The camp moves beyond the four walls of a class room to explore creative ways of learning while providing the perfect opportunity to get children to be active. It includes all children of ABBS from all age groups. The ABBS children and teachers participate together to experience outdoors games, drawing competitions, make art & craft items, watch moral movies and get involved in other team building activities. The camp benefits the children in being active and it also helps in evaluating the progress of the children through these activities.



Anjana (right) with Ms. Tulsa Coordinator of ABBS.

Building strength

Anjana came to ABBS, a little girl barely three years old, unable to walk and facing cerebral palsy. After years of diligent care and physiotherapy, finally Anjana was able to take steps and walk independently. Unfortunately, few months ago, she complained about having a backache. Even after visiting the hospital, the doctors could not figure out the exact cause of her backache. At ABBS, we helped her through physiotherapy. Slowly, her back pain had started to ease but the pain was not completely gone. Her recent visit to another doctor has reported of spine tuberculosis and now she has started to take medicines. Although she cannot completely walk, our support and care will guide her to help her find her strength back again. Please Pray for Anjana.

Jarayo

"To witness a world where every child is exposed to maximum creative and nurturing learning environments so that her formative years are developed experientially to the best of her abilities."

New Beginnings

On 9th January, 2017, Jarayo launched its first teacher training project (Language & Literacy) at Shree Bal Vidyashram Primary School in Naruwal village of Lamjung district. Through this project, Jarayo aims to develop the primary level teachers' skills mostly in areas of creativity and critical thinking.



Besides Lamjung, Jarayo is also in the makings of a new project in Somang Academy, a community school at Thecho VDC of Lalitpur district. With regard to this, a baseline study of primary level school teachers (grade 1-5) was conducted at Somang Academy in mid-February. The study consisted of surveys and class observations. Similarly, inspection of the school's facilities will also be carried out in the coming weeks. In summary, the findings will lead to a teacher training project as well as to

provide a more strategic and comprehensive planning for Somang School Development Project.

Through all its projects, Jarayo's key objective is to increase the quality of educational experiences in government & community led schools by addressing the basic educational needs of children, especially those who are underprivileged, marginalised and belong to low socio-economic backgrounds.

Kathmandu International Study Centre, KISC



KISC EQUIP

KISA stands for Kathmandu Inter School Art (it was a vision I had 3 years ago), to bring together teachers and students from Kathmandu schools to spend a day connecting and collaborating to create art work. In partnership with other schools and art organizations, we bring together teachers and over 100 students aged 10-14 for a day of collaborative art making.

Two different workshops encouraged teachers to explore locally sourced and recycled materials to create art. In one workshop the participants looked at how people from Tibet to Timbuktu have developed unique designs for temporary living and then went to create their own 'pop-up shelters' from bamboo and recycled sari fabric. This also led to sensitive reflections on the time after the earthquake when many of them were living in temporary shelters.

A second workshop introduced teachers to using paint, recycled plastic, wire and paper to decorate traditional Nepali nanglos (bamboo trays). Each school took away a set of nanglos to work on with their students.



Teachers give their feedback and it encourages me to think that the main KISA event will enable them to help their students to develop new thinking and learn new ideas and skills through art.

-Anne Brown, Teacher Trainer



KISC alumni Miriam Knoble, raised US \$3653 for 56 Nepali school libraries EQUIP is supporting



On January 12-13, 2017 KISC EQUIP held training in Creative & Critical Thinking, Science and English in Daman.



COMMUNITY DEVELOPMENT

Community Radio Initiative Nepal (CoRIN), Afno FM

Against all odds

Four years ago, I met Rima Rai and Kopila Gurung in Okhaldhunga. They shared their stories of hardships and challenges that they faced while struggling to find jobs simply to make a living. Rima was often disheartened when she was looked down by the villagers due to her disability. Some even considered her unfit for work and called her a burden. She took care of her husband who was visually impaired. At times when she was upset, her husband was her only comfort. Similarly, after listening to Afno FM, Rima felt calm and comforted. Afno FM usually shares stories of people who have faced grave hardships and have overcome the challenges. Those stories helped her to feel inspired.

After talking to Rima, we encouraged her to join Lydia Vocational Training Centre. Here many disadvantaged women learn vocational skills like sewing, cooking and also receive spiritual guidance. Rima has joined the centre and will be soon graduating. After completing her training, she wants to open her own tailoring shop. Afno FM, will provide her the needed support to help her dreams come true.



Rima and Kopila are friends and they shared their stories in Afno FM. Kopila, who had just done her Bachelors in Social Work expressed how difficult it was finding a job that looked at her potential rather than her disability. She is partially blind but she works hard to complete all her tasks diligently. Today, she is working with us for a period of 6 months and receives radio skills trainings. Afno FM has inspired her to overcome her fears and will continue to help many deserving people like Rima and Kopila who never give up.



- Vijay Manandhar, Afno FM Project Coordinator



On February 3rd, on the World Radio Day we handed over 40 radios to the ACORAB to support earthquake affected families. The Prime Minister of Nepal Honourable, Pushpa Kamal Dahal handed over the radio to the affected families.

The radio was distributed to families living below the poverty line and from the Musahar tribe of eastern Terai.

BECOME A PART OF HDCS:

- Help KISC build its new campus
- Support the children of ABBS for their Adult Livelihood Program
- Volunteer in Rukum and Lamjung Hospital (As medical doctors)
- Support Afno FM run their radio programs
- Support EQUIP in extending its Teacher Training Programs

THANK YOU FOR SUPPORTING HDCS!

Contact us:

Human Development & Community Services (HDCS)

P.O.Box: 8975, EPC 1461, Kathmandu, Nepal

Tel: 977-1-5015248

Email: info@hdcsnepal.org

For more updates:

www.hdcsnepal.org

www.facebook.com/hdcsnepal/

