



# HDCS

ANNUAL REPORT  
2074/75 (2017/18)





Looks like your blood pressure is normal !!



Then



Now

## Lamjung Hospital





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## Message from Chairperson,

Greetings!!!

What could be better than to be a Chairman of a faithful and serving organization like Human Development & Community Services (HDCS). Though it has been about two years since I had the privilege to become the Chairman of the HDCS, my journey with HDCS has been the same as when it first started, 28 years. Phew!!!

Pen and paper are not enough to express what HDCS has been doing over the years. It is not possible to present in this page the vital work of HDCS which has been transforming and blessing the lives of thousands of people in Nepal.

This Annual Report itself will give you more than a brief overview of our work in the year 2074/75. So, I am not repeating any of that in detail but just to say that HDCS has three major areas of work - health, education and community development in Nepal. This year I have made several visits to the HDCS headquarters, to the Asha Bal Bikas Sewa (ABBS), and Kathmandu International Study Centre (KISC). I also had the opportunity to visit Lamjung District Community Hospital and Chaurjahari Hospital in Rukum. There, I received first-hand information and experienced the service these hospitals are providing, especially to those in need. My heart was deeply touched by the sincere work of our hospital staff.

I had the opportunity to work with the Founder of HDCS, the respected Dr. Tirtha Thapa and my predecessor, the respected Dr. Nastu Sharma. HDCS stands in this height today because of God's Grace and these dynamic people, who gave many long years of leadership and service to HDCS. I express my sincere thanks to both for their valuable contribution they have made to HDCS.

Finally, I thank God for enabling us to carry on this work to help the people of this nation. I also would like to thank the new Executive Director, Mr. Kapil Sharma, in continuing to lead HDCS in good forms, to thank all the Board and General Members for their continuous support. My thanks also go to all the staff for their hard work, to the Government of Nepal for their kind cooperation, and the generosity of our Partners.

May God bless you all.

Mr. Milan Kumar Adhikari

Chairman







## Message from Executive Director

Dear Partners, Supporters and Friends of HDCS,

Our journey of another year gives us great pleasure which has passed with many successes, challenges, hard work and growth. This last year has been a blessing for HDCS in many ways.

I am so pleased to inform you our health work has been extended even further, having taken over a new hospital in Chitwan, in the plain of Terai.

Strengthening Partnership for Maternal and Child Health, Rukum was honored with the Gold Medal of the International Project Management Association (IMPA). Our community radios and disable child development service, Asha Bal Bikas Sewa (ABBS) continue to provide excellent services.



After years of prayers, we were finally able to move our international school, Kathmandu International Study Centre, (KISC) to a new permanent site. Our teacher training program, KISC Educational Quality Improvement Program (EQUIP), has further extended its services to more schools across the country.

We would like to thank you, our Partners, Supporters, and Friends. Thank you for your support and prayers in our journey to serve people in need and in bringing glory to our Lord. I would also like to thank to our dedicated Executive board members and staffs. We could not have made it without their dedication and serving hearts.

It is a huge encouragement for us to continue our journey in spite of the many challenges along our way. We have continued to experience God's faithfulness, guidance and protection over us.

We give thanks to our Lord for His Grace and His faithfulness over HDCS.

**"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."** - Galatians 6:9

God bless!

Kapil Sharma  
Executive Director  
HDCS





# Human Development and Community Services (HDCS)

HDCS is a non-government, non-profit making organization established in 1991 registered with the Government of Nepal. It is currently working in three main sectors of health, education and community development.



HDCS was founded by Dr. Tirtha Thapa along with other members in 1991 but it was envisioned by a young boy of 15 when he faced a tragic death of his father in an early age. He was just 16 when he left his village in west Nepal and moved to Kathmandu. After years of struggle, hard work and dedication; HDCS was established as a result of his vision.

It started as a social and community development program providing services as minute as supplying drinking water, informal education, uplifting the poorer Nepal as well as constructing suspension bridges in rural Nepal. At present, it is focused on three areas of health, education and community development. Through the HDCS projects activities, thousands of Nepalese have access to better and affordable quality health care, transformational education and have been improving their lifestyle by learning basic survival skills.





## LAMJUNG DISTRICT COMMUNITY HOSPITAL (LDCH)

### *New Emergency Building*

#### **Introduction**

HDCHS-Lamjung District Community Hospital (LDCH) is a 60-bed unique venture between Government of Nepal and a Nepali NGO Human Development and Community Service (HDCHS) under a Public Private Partnership model. The hospital was reported by the World Bank as "Role Model District Hospital for Nepal in 2003"

In 2015, LDCH was awarded a bronze certificate by the International Project Management Association (IPMA). LDCH hopes to carry the example of being the Model hospital with quality affordable health care for all hospitals in Nepal.

It provides Medical, Surgical, Gynecological, Orthopedics and Emergency services to a large number of populations with bed occupancy rate of 60% throughout the year. Health Services are provided by a team of 10 doctors lead by a Medical Director.

#### **Achievements**

LDCH organized and supported 5 Free Medical Camps. It also started Special New Born Care Unit (SNCU). LDCH got new equipment's (Cautery machine, Cardiac monitor, SNCU setup, phototherapy) and started hospital emergency service from new building and expand emergency bed 3 to 6. It also began ambulance service and repair, maintenance and coloring of training building, repair and maintenance of training site furniture. It completed the 30<sup>th</sup> batch Skilled Birth Attendant and the 27<sup>th</sup> batch Mid-Level Practicum (MLP) training.

Public health awareness program for (Aama/ Buwa Samuha) in local community organized school health program in Diamond Hill Academy, Chandra Surya Eng, Boarding School, Kid Zone Montessori where 400 students were benefited.

LDCH extended Lab services (TFT, Tissue Biopsy, Cytology test, Pap smear, cervical





cancer screening). Hospital was visited by Prithivi Subba Gurung (Chief Minister of Gandaki Pradesh), Nar Devi Pun (Social Development Minister of Gandaki Pradesh) and Dev Gurung (Chief Whip of NCP). We also successful completed 3 days free ear camp in support of INF, Green Pasture Hospital. 348 patients were benefited.

### Story of Bhim Bahadur Kumal

Mr Bhim Bahadur Kumal, 39 years old, from Dhamilikuwa, Lamjung came in free health camp for general checkup organized by HDCS-Lamjung District Community Hospital in Chakratirtha, Rainas, Lamjung. However, he was diagnosed as suffering from hydrocele. According to Kumal, he has had this problem for the last 5 years. But he did not want to visit the hospital because of his alcoholic addiction. His thought was, "If I go to the hospital for treatment the doctor will not allow me to

drink alcohol". After counselling from staff of the social service department and a doctor, he was convinced to come to hospital for further treatment of his health problems.

Kumal was admitted in the hospital on Magh 17, 2075. He was cleaned and prepared for hydrocele surgery. His hydrocele surgery was successfully performed by Dr. Prakash Shahu and his team. He stayed in the hospital for seven days. Dr Prakash advise him to take medicine on time and to eat a proper balanced diet for a speedy recovery. However, his wife shared about their poor economic situation that they are not able to buy proper food for their daily life. So, the hospital provided him one tray of eggs during his discharge. He had stopped drinking alcohol during his hospital stay and has promised not to drink alcohol after discharge. The hospital provided free food to him and his wife including service to the value of NPR. 12,985.



Before



After





Surgical Team During Operation

## Hospital Statistics Report 2074-75

Description	2074/75 BS
OPD	62108
Emergency	10196
ANC Visit	6412
Delivery	1322
In patients	5204
Bed Occupancy	60%
Tuberculosis Diagnostics	11
Leprosy Diagnostics	0
Family planning user	635
Surgery	2449
No. of health worker	83
Doctors (full time)	10



Free Health Camp





## Short Real Case

A homeless man of 74 years from Sundarbazar municipality-7 called Padam Bahadur Gurung was found in Paudi, Lamjung. He was brought in the hospital by a member of Bhotewodar Youth Club on 1<sup>st</sup> April, 2019. The patient was in an unconscious situation; after the investigation he was admitted in hospital for two days then referred to Gandaki Medical College, Pokhara for a CT scan. The hospital has provided him free treatment and ambulance service up to Pokhara. He was safely taken to Pokhara with one helper in the ambulance.



*Padam Bdr. Gurung in Ambulance*



*Emergency Building*



*Ambulance Support  
by Indian Embassy*





## Television Program

### Health Awareness Program

HDCS-Lamjung District Community Hospital is conducting an awareness program through television and FM radio. Different health related videos, interview and other activities are broadcasted through TV and radio. Along with Father/Mother group health awareness, school health program is running on monthly basis.





## HDCS- Chaurjahari Hospital Rukum

HDCS Chaurjahari Hospital enters its 23<sup>rd</sup> year of service to the community, we seek to remain focused on the original intent of the founders of this organization: to deliver quality health care to the poor and underprivileged at an affordable cost, all to the glory of God. Despite lack of resources, geopolitical, socioeconomically challenges we were thriving, growing day by day in His grace.

### Hospital Statistics Report 2074-75

Description	2074/75 BS
OPD	41597
Emergency	4180
ANC visit	4173
Delivery	834
In patients	5348
Bed occupancy	115%
Tuberculosis diagnostic	14
Leprosy diagnostic	2
Family planning user	969
Surgery	2195
No. of health worker	75
Doctors (full time)	3 full time Nepalese, 1 expatriate = 4

This past year over 41,000 patients received care, the majority of whom were from the surrounding districts of Rukum, Salyan, Jajarkot, and Jumla, including the remote district of Dolpa. Patients were seen from Rolpa and Surkhet. There has been an increase of investigations performed since many more patients were referred to the hospital requiring more extensive care.

Our x-ray and ultrasound service remained busy throughout the year, and the lab continues to provide excellent chemistry, haematology, and microbiology services. The maternity ward is constantly seeing mothers and babies. This gives us a great sense of pride as we serve families providing them a safe delivery to welcome the new child. This year there were 834 deliveries, including 96 complicated cases (Vacuum, Forceps delivery Postpartum haemorrhage etc) and 120 C-sections performed. Both the antenatal and postnatal care services have been highly active, with 4173 women receiving antenatal care and 834 receiving postnatal care.

A total of 2195 surgeries were performed. These have included 48 uterine prolapse surgeries in coordination with friends of Japan and local government. We saw 5348 inpatients and 4180 emergency cases. Dental patients received extractions, RCT, and fillings numbered 1618.





This year 19353 patients received free care during. 12 children with heart problems were referred for treatment at Gangalal Heart Centre in Kathmandu with the financial help from HDCS and Sathi Sewa. Another 48 patients were also referred from Chaurjahari for further treatment. One child was referred to Severance Hospital in Seoul, Korea for Cochlear Implant and the treatment was successful. In our outpatient department, the full spectrum of patients treated are from infants to the elderly. Orthopaedic care spiked with the arrival of Dr. Mori, a visiting orthopaedic surgeon. He performed 279 orthopaedic surgeries and carried out 607 plaster casts.

There is also the provision of pastoral care and social services. 1415 patients received spiritual care and counselling services this year. 11 free medical camps were conducted benefitting 5648 patients.

14 cases of tuberculosis and 2 cases of leprosy were diagnosed on-site. Chaurjahari Hospital also plays an integral part in the district's immunization program towards women and children. However, the most common illnesses among children remain

to be respiratory tract infections, worm infestations, and malnutrition.

Our community health programs are effectively being administered in close coordination with the district health office of Rukum to support and improve the health of mothers and children. There are 5150 mothers active in the 103 mothers' groups currently engaged in an income generation program. This program works by collecting dues that eventually amount to a substantial loan amount to be used as a reinvestment for the betterment of families. 14 community nutrition rehabilitation centres have been started to specifically target remote areas. In these centres there is monthly monitoring of the growth of children below 2 years of age. The centres also provide super flour to malnourished children, and health education to mothers. Through the Community Health program there have been 36 antenatal outreach clinics conducted in remote villages of Rukum. The program also promotes a health awareness program through schools that gives free health check-ups, sanitation and hygiene lessons, growth monitoring, and strategizes water





supplies to students. All of these components through the Community Health program help the hospital to work towards implementing improved health standards for the people of Rukum.

Additionally, this year essential medical equipment (Digital X-ray, C-ARM, Anaesthesia machine, beds, O2 cylinders, trolley) were installed from Nepal government support and Child out patients building is under the construction and it will complete by next month.

As a whole, the Chaurjahari Mission Hospital continues to give hope and healing the sick and poor of the hills in Mid-Western Nepal. Despite the challenges and constraints placed in front of us, we remain committed and determined to overcome the disease and poverty of our friends and neighbours in Rukum and the surrounding districts.

Our thanks go to our leaders, the District Health Office, the District Development Committee, the District Administration Office, Karnali Province Health Directorate, and the Ministry

of Health, Municipality and Rural municipality for their constructive support and help that allows us to better serve.

The work carried out this year was made possible through the support of our partners and friends who advocate for and give to HDCS Chaurjahari Hospital.

Thanks to our leaders, the District Health Office, the District Development Coordination Committee, the District Administration Office, Karnali Province Health Directorate, and the Ministry of Health, Municipality and Rural municipality for their constructive support and help that allows us to better serve.

The work done this year was made possible through the support of our partners and friends. Thanks to DHM Germany, Gossner Mission, German Nepal Help Association, American Baptist Church, Swiss friends of Switzerland, Friend of Trinidad and Tobago, JOCS, MMA, Yonsei University Health System South Korea, New life Hospital Japan, DOSANKO.

Also we would like to acknowledge our friends who contribute their technical and financial





support, we would not be able to work at as high of a capacity. Thank you Dr. Elke Masher (MDGP), Dr. Ryuji Mori (Orthopedic surgeon) & his wife Mrs. Rie Mori, Dr. Yoshiaki Yamamoto (Obstetrics and Gynecology), Dr. Ajit George Kurvilla (MD, FACOG), Dr. Morai Aurora Vyrica (Obstetrics and Gynecology), Dr. Yongman Lee (MD- Physician), Dr. Kenjiro Narato (MDGP), Mrs. Sadako Yamamoto, Miss Keiko, and all the year-round staff for their remarkably hard work and contribution to help as many patients as possible. The hospital would simply not run without the coordination and team work of the medical team.

We would like to thank Dr. Won Ho Kim and Dr. Shinki An from Yonsei University Health System for their visit at Chaurjahari and started the partnership between HDCS and Yonsei University, Dr. Simon Myint, Dr Yoichi Miyao (New life Hospital Japan), Dr Ted McKinney and Dr. Daniel from America for their hospital visit and encouraging us.

### **Stories Worth telling:**

Sunita Rokaya, a 15 years girl from, Barhekot (3 days walk from Chaurjahari), was brought to our hospital with foul pus discharging from a wound at the back of her left knee. She fell 5 years previously at home while cutting grass and

sustained injury over left leg and applied herbal medicine at home. It worsened her pain and formed a wound over left leg and she became handicapped. Her father tried treatments at traditional healers, local medical shops, health posts, spending lots of money. He even sold his field for her treatment. Her situation worsened. She became bedridden.

Somehow, he heard about our hospital and brought her here. She was found to have chronic osteomyelitis of left femur and tibia (infection of her leg bones). Surgery was conducted at our hospital in multiple times to remove the bone infection. Sunita stayed at Chaurjahari hospital for six months. She received free medical treatment and the hospital also provided her daily food. Her father took good care of her. He worked at the on-going hospital building site as a labourer for some time. On being asked why he looked sad one day he said- 'you have taken care of my daughter here but I have four other kids at home who have not eaten rice for four days now'. Our hearts melted on hearing this. We shared this with our staff and were able to raise some money (Rs 18,500/-) for their travel home and to meet their immediate needs. Sunita was able to walk on her own feet and went home happily. The hospital provided NPR.76000 charity care to her.







Oral Health Care Awareness

## Public Health Program (PHP)

### Introduction

Public Health Program (PHP) works within the health sector to encompass community health programs carried out in the HDCS hospitals and surrounding communities. The approach is to develop and implement programs aimed at improving the health and well-being of individuals, families and communities where hospitals of HDCS are based. It carries out awareness programs on health promoting healthy behaviors and how to prevent health hazards. PHP also partners with the government for providing emergency obstetric equipment to the birthing center and provides technical support to local health staff as well as community members.

### Objectives

PHP's objective is to provide preventive, rehabilitative, and health-promoting services. It is also to coordinate and collaborate with

stakeholders to enable individuals, families, and communities to adopt healthy behaviors.

### Achievements

PHP has implemented a maternal health project in strengthening its partnership with local government in maternal and child health in Rukum district across 16 communities. It is funded by International Needs Australia (INA).

This project is delivering awareness sessions to 5500 women in the Rukum district, and provided emergency obstetric equipment across 8 health facility in Rukum district. It has also delivered training on nutrition and newborn care practice to 144 Female Child Health Volunteers (FCHV). Currently, there are 25 school health clubs across 16 communities which provided technical knowledge on HIV/AIDS, WASH, and maternal health. We deliver mobile health camps across remote communities and 1000 mothers have benefited. PHP also broadcasts a





maternal health program weekly through local radio.

PHP has also implemented a similar public health project promoting maternal and child health improvement in Lamjung district in 8 communities.

The project has delivered awareness sessions to 2400 women in the Lamjung district. It has provided emergency obstetric equipment across 5 health facilities in this district. It has also supported in capacity building of the FCHV and mothers' groups. The project delivers mobile camps to the communities who do not have access to health services and established 16 school health clubs.

### **Impact and value**

PHP has increasingly supported health care child delivery through government health institutions in PHP project communities. Previously there were only 4 child deliveries when our project started in 2015 in the government Kholagaun birthing center, Rukum. This project year there have been 99 deliveries at this institution. Initially there are approximately 300 institutional deliveries during the start of the project now there are more than 800 deliveries at Chaurjahari hospital. This is the result of PHP raising awareness. FCHV have the technical capacity to provide awareness training. Project had established more than 35 school health clubs



SCHOOL GIRLS LEARNED TO MAKE SANITATION PAD





SAFE MOTHERHOOD PROGRAM

TRAINING FOR FCHV

## Success story Rukum

This is the story of Mrs. Bishnu Pun Thapa, 19 years old, of Syalakhadi-1 in west Rukum district. She is a housewife and her husband Mr. Hari Pun Thapa is a primary school teacher.

Mrs. Thapa's last menstrual period (LMP) was on Jan 18, 2018 and her expected date of delivery (EDD) was on Oct 28, 2018. Recently she has been visiting our Aama Surakshya Classes (Safe Motherhood) held in Syalakhadi by our social mobiliser (SM) Mr. Arjun Thapa. She has been attending her regular Antenatal visit. During her last Antenatal visit, they found that the fetus was in breech presentation. So, our SM counseled them about the complications of this and advised them for higher referral to Chaurjahari hospital.

At first, they went to the nearby district hospital (nearly 6 hrs. bus ride) but they felt that the service was not as good as it could be so they went to Chaurjahari hospital (nearly one and half day bus ride from Syalakhadi). Mrs. Thapa's condition was examined and found to be complicated for normal vaginal delivery. A Caesarean Section (CS) was performed by the medical team of HDCS CHR and the baby of weight 2.72 kg was delivered on Oct 30, 2018. The condition of the mother and the baby is now normal. As, they had a financial problem, the hospital provided treatment services free to them.

They were very happy and thankful to HDCS' PHP for conducting Aama Surakshya classes and Chaurjahari hospital Rukum for the safe delivery. It was our great privilege to save the life of a woman and a baby by helping them to go through a safe delivery and hope to continue these noble deeds in the future.



**Bishnu Pun Thapa**





In 1993, ABBS began its service with the effort to give three children with disabilities who were neglected by the community the proper attention and care they deserved. Originally, with the support of a Norwegian missionary couple along with the other generous and faithful partners over the last 25 years, ABBS has now become a full-fledged daycare center for the children with various forms of

disabilities such as cerebral palsy, intellectual, autism and multiple disabilities. Today, ABBS has grown to encompass two different care centers, Lalitpur and Chitwan where we provide service to a total of 110 students and a community based rehabilitation program in Rukum that serves over 600 people who have different forms of disability.







ABBS School program is categorized into two sections:

- i) **Adult Program:** This program looks after the students who are above 16 and they are given vocational training to cope well with their daily life.
- ii) **Reliance Group:** It is a group of children below 16 which focus on self help skills such as games, recreational & prevocational activities, class & need activities. They are engaged in morning devotions, screening program, and physiotherapy, like speech, music, dance, etc.

The major activities of ABBS are:

- Parents Training
- Parents Counselling
- Physiotherapy
- Recreational activities
- Community Based Rehabilitation (CBR)
- Community Awareness

ABBS organized parents counselling and training program which involved over 50 parents on how to take good care of their children while they are at home. CBR in Rukum is going door to door to teach people with disability about good health and hygiene.

Asha Bal Bikas Sewa's children participated in various games at the Special Olympic where 11 children and four teachers were involved which was held on Halchowk, Kathmandu. They enjoyed participating in the following games:

1. 100-meter sprint
2. 50-meter sprint
3. Soft ball throw
4. Shotput
5. Standing Long jump, running, long jump

ABBS competed with different schools and won many medals; three gold medals, two silver medals and six children stood third in various categories of sports.



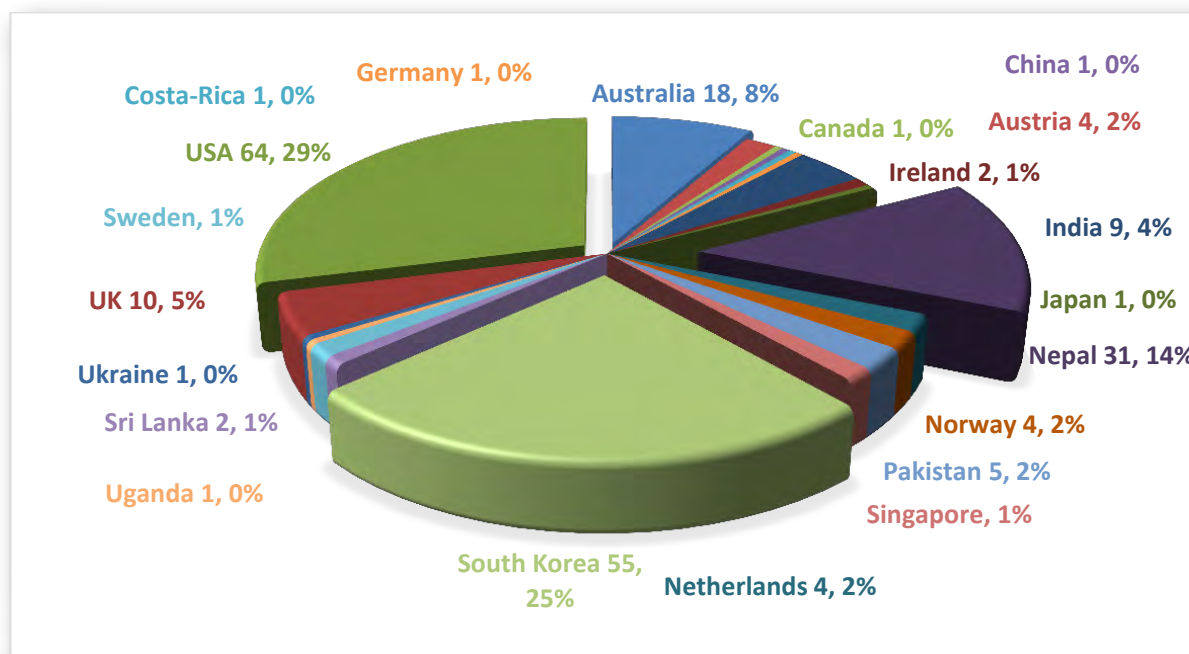


*KISC staff and students 2017-18, in new site Thecho, Lalitpur.*

## KATHMANDU INTERNATIONAL STUDY CENTER (KISC)

KISC is an international school managed by HDCS under a signed agreement with the Ministry of Education. The goal of KISC is to provide excellent international education to the children of expatriate mission families who are working in the fields of aid, development, business and diplomatic missions. KISC has been providing international education in Nepal over the years. The school educates from Kindergarten up to Grade 12. The Study Centre is accredited by Cambridge Assessment International Education (CAIE), UK, and Middle States Association Commissions on Elementary and Secondary Schools (MSA), USA.

KISC currently represents students and staff from 21 different countries. Our expatriate teachers are volunteers and they are supported by their families and sending organizations.



*Number of students at KISC in 2017-18.*





Secretary of Ministry of Education  
Mr. Khaga Raj Baral addressing  
the graduation ceremony

KISC continues to strive for excellent education by focusing on students' academic progress along with their holistic education. KISC students are expected to serve in the community. Our students performed very well in the Cambridge International General Certificate of Secondary Education (IGCSE) exams. 90% of our students received a score in the A to C range and 50% of our students received an A/A\* in their exams. In the AS/A level exams, 63% of students received a score in the A to C range and two results were A\*.

One of the major highlights of KISC for this year is that we have built a permanent site for the school in Thecho, Lalitpur.

In 2017-18, eight students graduated from KISC. The graduation ceremony was held in Hotel Himalaya, Lalitpur which was well attended by students, staff, parents and distinguished guests. Mr. Khaga Raj Baral, the Secretary of Ministry of Education, Science and Technology, addressed this program as the Chief Guest and expressed his well wishes for the graduates and students of KISC.

### Education Quality Improvement Program (EQUIP)



EQUIP is a teacher training program of KISC. The overall goal of EQUIP is *"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 provides subject specific training in Maths, Science, English, ICT and Physical Education along with several general training such as thinking skills, classroom management, checking for understanding, peer observation, lesson planning and TALULAR (Teaching and Learning Using





*Scholarship students of Janajagriti Secondary school, Bajakhet, Lamjung with their parents and teachers*

Local Available Resources). EQUIP also offers training and workshops for parent and school leaders.

In addition to training activities, EQUIP also runs a school support program which includes providing scholarships to Dalits, girls and disadvantaged student. EQUIP sponsored 102 students this year. EQUIP also set up of class room libraries, Mini-science labs and ICT labs in ordered to create love for reading culture as well as making learning more fun and meaningful through hands-on activities.

EQUIP completed 10 years of partnership with 10 schools in Palpa this academic year. Its main focus is now Lamjung and Nuwakot district. This year it has partnered with 22 schools (Lamjung-15 schools, Nuwakot-6 schools and Lalitpur-1 school).

The beneficiaries of KISC EQUIP in 2017-18:

SN	Activities	Beneficiaries
1	Subject Specific Training (English, Math, Science, Creative &Critical thinking and P.E.)	199 teachers
2	Leadership Workshop	31 school leaders
3	Parents Workshop	401 parents
4	General Training	28 teachers
5	Scholarship (NPR. 1,168,865)	102 students (54 F and 48 M)
6	Classroom library setup	493

### Pushpa Surkheti Sarki's story

Pushpa Surkheti Sarki is a student of Gangamilan Secondary School, Lamjung. She is 11 years old and is studying in grade 5. She is from a Dalit community. She lives in Besishahar-6, Lamjung. Her parents are financially poor. Her father is a daily wage laborer. They cannot even afford to buy the stationary items required for her study. The scholarship covers the cost of her uniform, school bag, shoes and stationery, which has inspired her to regularly attend her school. She is improving her study and taking part in extracurricular activities as well. Her parents are very grateful to the support they receive for her.







## 10 Years in Community Service (Afno FM 104.8 Mhz, CoRIN)

The Community Radio Initiative Nepal (CoRIN) (Afno FM 104.8) started since June 2008 as the first community Radio in the district of Dadeldhura, in the Far-West. After six months another radio started in Okhaldhunga as the first community radio on 29 January 2009. The aim of this radio is to transform the communities of Dadeldhura and Okhaldhunga. After almost 8 years we started another radio (90.4 Mhz) in Chaurjahari, Rukum.

This year we celebrated our 3rd and 11th year's anniversaries at Rukum and Okhaldhunga, respectively. We are so proud to express that we were able to serve our communities in different ways. Radio plays a vital role of mass communication in the community because where people cannot reach, the radio wave goes. The program expresses stories from which many people have the opportunity to learn.

Many people have been encouraged to take the opportunity to visit hospitals through our radio programs, many people started sending their

daughters to school, many broken households were united and youths who were planning to go to abroad as migrant workers have also benefited. Farmers have learned modern farming, some started their off-season farming using artificial plastic tunnels. Some people with disabilities received an opportunity for higher education while other victims received hopes and homes.

People say that Afno FM is their friend in time of need, medicine in sickness, a stick for walking, music for entertainment, a teacher to their study, an eye for the blind, the voice for the voiceless, a source of news and much more.

This year we were able to support a wheelchair and some kitchen utensils to an organization known as Safe Home in Okhaldhunga. A Safe Home is a place for victims who have suffered (from domestic violence, girl trafficking, rape case, etc.) and come to stay for legal support. We discovered a girl of aged 13 who has leg





cancer and was raped by her own father. The wheelchair we provided could use by her and when she leaves the place others like her can use it. We also visited the district prison in Okhaldhunga where we distributed fruit to the prisoners and visited the hospital and shared our love to them by also providing fruit and an indoor game board.

#### **Success story:**

This year we were able to support in building a house for a lady named Lali Maya Tamang. She has been without a home for 23 years. She had rented someone's land and built a small thatched house but that was damaged by the big earthquake. She says "My life has changed".



*Speak your heart out loud !!*

She is a mother of seven children (two boys and five girls). We came to know of her after the great earthquake of 2015. We had some time to take her interview and broadcast it. When the interview went on air many people responded with their tears. They said that they were crying with her while listening. She had so sad a story as she lives with her children. No food to eat and no place to stay. She used to feed her children only millet powder in the evening. That is also without any vegetable (Kodoko pithoko khole). In the night she had to sleep on a cold and wet floor as there was no quilt or bed. Her husband left her because she could not give him a son. After her tragic story went on air, many people started supporting her by giving food, shelter and school books for the children. A person gave her a small piece of land and others collected money to build a home for her. The villagers gave their labour support to Lali Maya. Now, she has a new home to stay. Her answer to the public is that "Because of Afno FM, I am here. If Afno FM was not here then my life would have been worse than before."

#### *Fruit Distribution in Jail*





## Human Development & Community Services (HDCS) Compiled Income Statement FY 74-75 (As per Audit)

S.N.	DESCRIPTION	HDCS-HQ	ABBS	CORIN	KISC	LDCH	CHR	PHP	TOTAL	%
	<b>Income</b>									
A	Internal Income	27,330,097	991,141	1,901,504	114,697,617	69,147,643	61,759,777		275,827,779	70%
B	External Income		6,495,210	2,204,797	10,989,396	22,965,248	36,597,287	15,207,698	94,459,636	24%
C	Government Income					8,672,198	17,425,238		26,097,436	7%
D	<b>Total Income (A+B+C)</b>	27,330,097	7,486,351	4,106,301	125,687,013	100,785,089	115,782,302	15,207,698	396,384,851	100%
	<b>Expenditure</b>									
E	Human Resource Expenditure	10,546,691	7,208,718	4,044,950	48,798,506	31,563,338	26,041,148	7,710,588.00	135,913,939	34%
F	Program Expenditure	5,877,051	2,649,766	755,519	77,219,267	51,420,384	51,047,294	6,968,687	195,937,968	50%
G	Capital Expenditure	8,334,857		106,700		19,079,282	35,901,119	528,423	63,950,381	16%
H	<b>Total Expenditure (E+F+G)</b>	24,758,599	9,858,484	4,907,169	126,017,773	102,063,004	112,989,561	15,207,698	395,802,288	100%
I	<b>Surplus/(deficit) for the year (D-H)</b>	2,571,498	(2,372,133)	(800,868)	(330,760)	(1,277,915)	2,792,741	-	582,563	
J	<b>Surplus/(deficit) up to previous year</b>	2,570,070	(4,666,981)	84,128	2,373,017	(616,068)	(1,245,953)		(1,501,787)	
K	<b>Total Surplus/Deficit</b>	5,141,568	(7,039,114)	(716,740)	2,042,257	(1,893,983)	1,546,788	-	(919,224)	

NOTE:

HQ	HEAD QUARTERS
ABBS	ASHA BAL BIKASH SEWA
CoRIN	COMMUNITY RADIO INITIATIVE NEPAL
KISC	KATHMANDU INTERNATIONAL STUDY CENTRE
LDCH	LAMJUNG DISTRICT COMMUNITY HOSPITAL
CHR	CHAURJAHARI HOSPITAL RUKUM
PHP	PUBLIC HEALTH PROGRAM (RUKUM AND LAMJUNG)



# ABBS Activities



ABBS Dance Group



Football for all



Moves like a Jagger



Ouch! That Hurts ...



## TO HDCS MEMBERS, PARTNERS, SUPPORTERS AND FRIENDS:

Your trust and all kinds of support in HDCS has been one of the main reasons why we have come this far in these years. We would like to thank you all for having faith in our organisation and participating in our values. Together we become stronger and better equipped to help and transform the lives of the impoverished and marginalized people living in Nepal.

## HOW TO SUPPORT HDCS

- Support our hospitals by volunteering, giving grants and medical equipment
- Support to KISC through volunteer and grants for EQUIP ([www.kisc.edu.np](http://www.kisc.edu.np))
- Volunteer at ABBS and support through gifts and grants
- Support Afno FM (CoRIN) through grant and equipment
- Support HDCS through our other projects ([www.hdcsnepal.org](http://www.hdcsnepal.org))

To support our cause contact:

**Human Development & Community Services**

P.O. Box: 9875, EPC 1461 | Kathmandu, Nepal | Tel: 977-1-5015062, 5015248

Email: [info@hdcsnepal.org](mailto:info@hdcsnepal.org) | Website: [www.hdcsnepal.org](http://www.hdcsnepal.org)