



# HDACS ANNUAL REPORT

2076-77/2019-20









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## MESSAGE FROM THE CHAIRPERSON

Hello and Greetings from Nepal to all our Friends and Partners in the Ministry of HDCS.

The world we are living in now seems very uncertain, full of despair and total hopelessness because of the COVID-19. We hope and pray that you are well by His grace and mercy as we are here. Let's not lose hope but keep our faith in the one who gives us the HOPE. We are having a hard time in the history of mankind but we are still serving the needy people of Nepal through our three Hospitals and other projects. Our three Hospitals in Lamjung, Rukum and Chitwan have been serving COVID-19 patients day and night. Our doctors, nurses and other health workers and staff have been great examples to the people as they serve sacrificially risking their own lives. Our hat is off for their service as they made us totally proud through their love and commitment they have expressed through their service. We would like to say 'THANK YOU SO MUCH!' We also ask the Lord's richest blessings and protection over them.

In this Annual Report of 2019/20 (BS 2076/77) there are many stories and progress of HDCS and its projects. We shall value your continued prayers and support for the wisdom we need to carry on all the works that HDCS has been involved in.

Thank you once again to all the General Members of HDCS, the Executive Board, the Staff, the Government of Nepal, prayer partners, Friends and well-wishers of HDCS within the Country and from the Overseas. Without your help, co-operation and prayers HDCS wouldn't be here today.

May God bless us all and be safe!

A handwritten signature in black ink, appearing to read 'Milan Kumar Adhikari', written over a horizontal line.

**Mr. Milan Kumar Adhikari**  
**Chairperson**  
**HDCS**



## MESSAGE FROM EXECUTIVE DIRECTOR

Dear Partners, Supporters and Friends of HDCS,

How wonderful it is to be able to share about our journey with you through this past year. Though our journey has been challenging with the corona virus pandemic, we are thankful to you all, our partners, for your prayers as we have sensed God's presence and guidance throughout the year.

So, it is with great joy that I am able to share God's blessings with you.

Our hospitals have been undergoing remarkable change with the construction of an emergency building in Chaurjahari, isolation wards in Chitwan and Lamjung along with other projects meeting the COVID-19 response and the general health needs of communities.

Education has also gone online which has made a real difference for the schools, teacher training projects and special needs classes are now run.

Community radio has also played a huge part in our community and public health programs in improving health and bringing people together.

This is just a small taste of what is in the Annual Report. I hope you enjoy reading it as much as we at HDCS have enjoyed serving the people of Nepal, bringing Glory to God.

Thank you all for your support and prayers as its only through you, our partners and friends, that our achievements have been possible.

Last of all we thank God for his faithfulness in guidance, encouragement and protection.

**"Speak up for people who cannot speak for themselves. Protect the rights of all who are helpless"**

God bless!

**Mr. 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.

## Background & History

The history of HDCS is closely linked to the personal journey of the founder of HDCS, Dr. Tirtha Thapa. At the age of 15, Dr. Thapa's father passed away which played a vital role in bringing about two of the most significant changes in his life - his faith and his aspiration. Dr. Thapa understood that access to basic medical services probably would have saved his father's life. At the age of 16, he left his village in west Nepal and moved to Kathmandu. After many years of hard work and struggle, he was able to establish his vision. In 1991, HDCS was founded as a faith-based NGO. Initially, it began in areas of social and community development programs such as providing safe drinking water, nonformal education, poverty alleviation program as well as building suspension bridges in remote areas of Nepal. Today, it is consistent with its focus on these three areas of health, education and community development. Through HDCS, hundred thousands of people in Nepal have access to affordable quality health care, transformational education, and are learning the skills they need to improve their lives.

## HDCS PROJECTS

### HEALTH

- | Lamjung District Community Hospital (**LDCH**)
- | Chaurjahari Hospital Rukum (**CHR**)
- | Gunjaman Hospital Chitwan (**GHC**)
- | Public Health Program (**PHP**)

Asha Bal Bikash Sewa (**ABBS**) |  
Kathmandu International Study Center (**KISC**) |  
Education Quality Improvement Programme (**EQUIP**) |

### EDUCATION

### COMMUNITY DEVELOPMENT

- | Community Radio Initiative Nepal (**CoRIN**), Afno FM
- | Water, Sanitation & Hygiene (**WASH**) & Livelihood (**WALI**)

## **Vision:**

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



## **Mission:**

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



## **Values:**

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



## **Objectives:**

- To provide access to, and use of affordable and quality health service to the poor and marginalized people;
- To provide access to, and improve the quality of education in rural, public and community schools;
- To provide inclusive education to remove the stigma in order to facilitate the integration of children and young adults with disabilities into mainstream society;
- To empower underserved and underprivileged communities by improving their livelihood through availing right platforms, providing material support, and demand and supply-side advocacy.

From its initial beginnings, HDCS continues its activities according to its motto "Quality Services is our Commitment." Its goal is not simply the operation of different programs, but also the improvement of the living standards and the transformation of the life styles of those whom HDCS services.









# HEALTH





# HDCS-Lamjung District Community Hospital (LDCH)

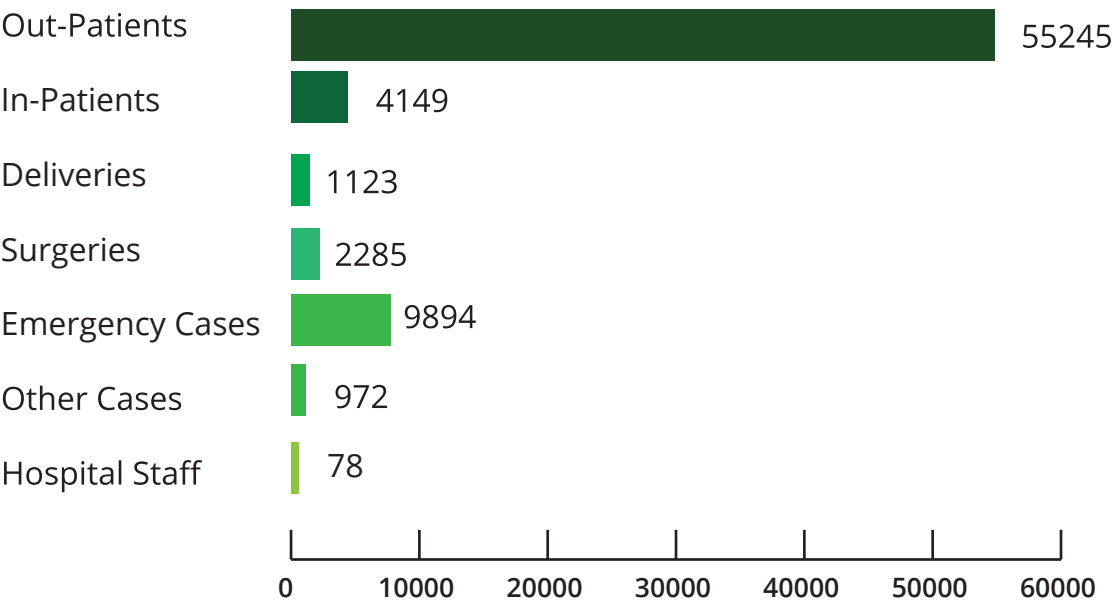
## Introduction

HDCS-Lamjung District Community Hospital (LDCH) is a 60 bed unique venture between the Government of Nepal and HDCS under the Public-Private Partnership model. The hospital was reported by World Bank as "Role Model District Hospital for Nepal in 2003." It is located in Besisahar, Lamjung District and provides Medical, Surgical, Gynecological, Orthopedics, and Emergency service to a large population. The level of care is Primary Health Care provided by a team of eight doctors.

In 2015, LDCH was awarded with the excellent management award 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.

LDCH is currently working on increasing its hospital's capacity to 100 beds and aims to add in more specialized and advanced health care services.

### Hospital Data of The year (2076-77/2019-20)



## Project Achievements

- Organized free health camps in rural and disaster affected areas of Lamjung. More than 2500 people have benefited from this.
- Organized health education among fathers, mothers and youth groups in communities.
- Organized school health programs in Lamjung rural areas and distributed hygienic kits in support of World Help.
- Started monthly Dermatology, Nephrology and Mental Health services.
- Started Colectomy Surgery first time in the history of a district hospital in Nepal.
- Completed 36 Skilled Birth Attendant (SBA) trainings
- Completed 31 Mid-Level Practicum (MLP) trainings
- First time Colectomy Surgery in district hospital in the history of Nepal.
- Construction of patient ramp, waste management house and received C-Arm Machine and Pickup Van with support of Gandaki Province.
- Established a 15-bed isolation ward to manage COVID-19 infected patients.
- Started a Fever Clinic.
- Discharged 46 COVID-19 cases from hospital after treatment.
- Managed different injury cases from Road Traffic Accident (RTA) and natural disasters.
- Received foot-operated hand washing system in support of Engineering Association.
- Hospital was visited by honorable Minister.

## First Colectomy surgery in a district hospital in the history of Nepal

Ms. Sita\*, 36, of Besisahar Municipality-2, came with abdominal pains and gastritis problem. Dr. Subash Thapa Magar (General Surgeon) in his diagnoses, discovered she had a stone in the gallbladder. Due to severe abdominal pain, the doctor advised for an emergency operation. This type of operation has not been done in a District hospital before. But due to the urgency of the case and the limited possibility to transport the patient in the COVID-19 pandemic time, the patient's relatives wished that the operation should be done in LDCH. Dr Subash already performed a number of colectomy operations in his career before and agreed to do the needed emergency operation.

With the consent of the patient and her relatives, the surgeon and his team performed a successful colectomy for the first time in the history of a District Hospital in Nepal. Sita was very much happy after her successful surgery and had a speedy recovery and went home after six days of hospital stay.



*Colectomy surgery in progress at LDCH for the first time in history*

\* Name changed for anonymity





## HDCS - Chaurjahari Hospital Rukum (CHR)

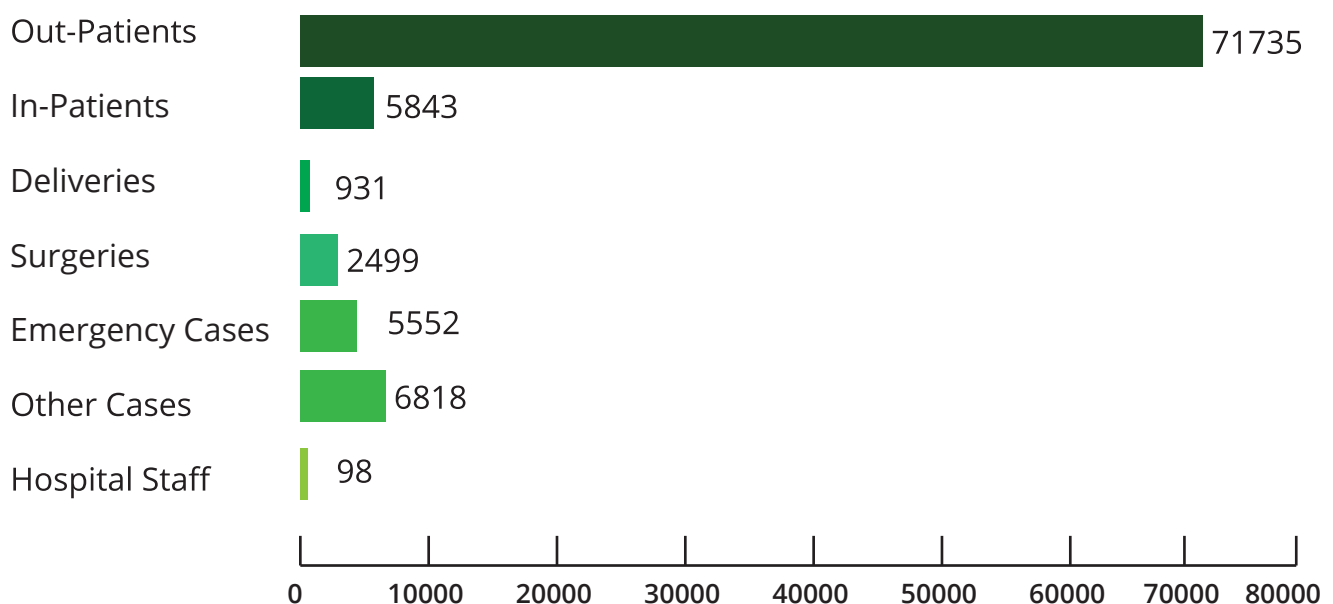
### Introduction

CHR is situated in one of the most remote and rural regions of Nepal. It is located in the centre of three districts (Rukum, Jajarkot, Salyan) in the Karnali Province. The aim of the hospital is to mainly provide quality and affordable medical services to the underprivileged and marginalized communities of people of Rukum and its surrounding districts.

Being in a remote area with limited modern advances, the hospital struggles to change the mentality of people regarding health care. Lack of education has allowed local people to hold on to false beliefs and superstitions. For example, many people seek help from traditional healers for physical ailments and only come to the hospital as a last resort. CHR along with Public Health Program (PHP) is working to educate communities about health issues and to bring positive social changes.

In this way, CHR efficient services and many life changing procedures has established the hospital as a place where HDCS can give quality care for minimal costs.

### Hospital Data of The year (2076-77/2019-20)



## RIISING FROM THE FLAME

“Doctor, my lockdown is over today” said Kopila\* (35 years female from Jajarkot). The doctor asked, “How come it is over? It’s 60th day of lockdown, government has not announced anything so far”, she smiled and said “after 4 months, today I could walk by myself to the dressing room and come back myself”. “Congratulations, now I understand what you meant.” said the doctor.

In last December, 2019, Kopila was sitting outside her house. As it was cold, she made a fire and sat beside it, once the front part of her body became warm, she turned her back towards the fire. After sometime she felt very hot on her back, when she turned, she saw her *Maxi* (long robe dress for woman) had caught fire. She shouted and her neighbors and her 12-year-old daughter came to help her. They put out the fire but it had already burnt most of her back and legs. They rushed to our CHR emergency. We did emergency treatment and referred her to higher centre as she had more than 35% deep burn. One of the neighbors said that they can’t go to Nepalgunj due to financial problems. Her husband is intellectually impaired and has hearing defect, he went to India 6 months ago to work as laborer. So far, we don’t know his whereabouts. She has one 12-year-old daughter and two smaller kids and they are very poor.



After we admitted her to our hospital, she underwent surgery many times and received blood transfusions. Her wounds healed slowly. The hospital took care of her food and treatment and the 12-year-old daughter also looked after her. Her two younger children were being taken care of by her neighbors.



A few weeks later, her other children heard that their mother is becoming better so they came to visit their mother. And they didn’t go back from the hospital as they didn’t get good care at their relative’s house. The older sister asked us if they can stay with their mother and eat here. Seeing their innocent faces, we said YES and let them stay with us. The cost for her treatment and food to the family was covered by CHR poor fund. We hope she makes a full recovery in a few months time.

\* Name changed for anonymity





## GUNJAMAN HOSPITAL CHITWAN (GHC)

### Introduction

HDCS began its management of Gunjaman Hospital Chitwan (GHC) after Gunjaman Memorial Trust handed it over in 2018. The hospital has been giving imparting medical service to local people of remote villages of Chitwan and Makawanpur Districts. Against this backdrop of long felt general lacuna of medical services for needy people in the region, the hospital has been able to fill some gaps in services. Its aim is to provide a comprehensive health program, aimed at reaching target groups, in particular focusing on deprived, marginalized people. This includes Chepang, Dalit, Janajati, Tharu, Madhesis, and women and children with financial constraints.

Gunjaman Hospital is an outreach to not just the people of Chitwan, but also to the neighboring Makwanpur district. People travel miles to attend GHC due to inaccessibility of affordable quality health care in this district. GHC is a hope for many in receiving general care and treatment within a very low budget, sometimes free of cost. Besides helping people suffering from illness and deprivation, GHC also provides counseling to patients when in need.

### Achievements

- Started 24 hour emergency services.
- Providing 24 hour Laboratory and Pharmacy services.
- Conducted free health camps in different areas of Chitwan district.
- Conducted network meetings with local leaders and social workers concerning available hospital services and facilities.
- Conducted First Aid Training, Sanitary pad training, Personnel Hygiene and free health check-up program in Chepang communities.
- Health awareness programs conducted in various churches with hospital information.
- Started portable ultrasound (USG) service in the hospital. Many poor and underprivileged people are expected to benefit from this service which will also save them time and money often used to travel to Bharatpur and Kathmandu for this service.
- Provided nursing care to disabled and old patients in their homes.
- Began Physiotherapy Rehabilitation services at hospital.
- Providing services related to COVID-19 patients.



## AGAINST ALL ODDS

Mrs. Rokaya\*, aged 27, returning from Kuwait was tested positive for COVID-19 after 14 days of quarantine. She was admitted at GHC on 25 June 2020. Initially she had fever and throat pain. Due to the lack of social awareness about COVID-19, she was panicking and depressed. Her family members were harassed by neighbors after finding out she was tested positive for COVID-19, which made her even more depressed.

Our health care professionals and doctors provided her medicines, treating her symptomatically along with counseling services related to her mental health. After 11 days in the hospital, she won the fight against COVID-19. While being discharged from the hospital, a small program was organized with Local Municipality Mayor, Ward Chairperson and Local Security, to ensure her safety at her house. Municipality Mayor even offered her a job as a Social Motivator for other COVID-19 patients after her speech about her experience fighting COVID-19.



"I won against COVID-19 and my suicidal thoughts after receiving so much love, care, spiritual motivation and counseling from the hospital staffs", Mrs. Rokaya told before leaving the hospital. She was very happy with the service provided by GHC and gave her sincere thanks to the hospital and staffs.

She added, "I would not be alive if I was admitted in another hospital."

The Local Community Health Project was established by Chitwan Hospital focusing on the improvement of WASH, maternal health, child health and other chronic and communicable diseases in communities. The project also focuses on prompt referral services in the community.

Laxmi\* is a 50 year old woman from Kalika municipality ward no-10 diagnosed with right side paralysis. She cannot speak and is unable to take care of herself. At our first visit we found that her personal hygiene was very poor and there might have been risk of developing other disease. Project staffs gave her a bath and taught her family about personal hygiene to prevent further complications.



\* Name changed for anonymity



## Public Health Program (PHP)

### Introduction

The Public Health Program (PHP) works within the health sector to encompass community programs carried out in 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 partners with the government for providing emergency obstetric equipment to birthing centers and provides technical support to local health staff and communities.

### Achievements

- Surakshya (Safety) Classes were conducted in 16 communities by Project Staffs covering all wards on different topics: Antenatal/Pre Natal Care (ANC/PNC), Nutrition, Personal Hygiene, Anemia, Pneumonia, Malnutrition, Water and Sanitation, Breast feeding, Menstruation, HIV/AIDS, Reproductive Health, Uterine Prolapsed, Family Planning, ARI, Diarrhea, Immunization, Early Marriage, Teenage Pregnancy, Pelvic Organ Prolapsed, Safe Motherhood, COVID-19, hand washing, etc. 12123 participants in the Ama Surakshya (Safe Mother) classes were trained.
- A total of 48 episodes of a radio program was broadcasted by PHP on the same topics as covered by Ama Surakshya Classes.
- A School Health Program was conducted in 22 schools with a total of 1670 students participating. A Reproductive Health Camp was conducted at Shree Himalayan Ucha Madhyamik Bidhyalaya, Nuwakot on 2076/9/26 (11th January 2020). There were a total of 86 participants among which 84 were female and 2 were male. Among them, there were a total of 23 ANC cases, 1 uterine prolapsed and 2 implant insertion cases and other cases such as pelvic inflammatory diseases, anaemia, and urinary tract infection.
- This year, the total numbers of successful institutional deliveries were 1404 across 16 existing communities of Rukum district among which 627 deliveries took place in Chaurjahari Hospital Rukum (CHR) and 777 deliveries took place in Birthing Centers.



- PHP Social Mobilizers visited health posts, sub-health posts and the primary health outreach clinics regularly in order to support the health facility staffs during immunization, ANC, PNC, growth monitoring and family planning. Altogether there have been 5366 ANC check-up's and 1404 PNC visits. This included the records of CHR, Health Post and Primary Health Care Outreach Clinic (PHCORC).
- Through the Water, Sanitation & Hygiene and Livelihood (WALI), seasonal and off-seasonal vegetable production training was provided to 20 members of 4 mother groups of Ama village community as including a three-day Livestock Training in coordination with the Rural Agricultural Unit.
- As a part of the WALI project, the School WASH program was conducted at 3 schools with Seven Flag Approach of Total Sanitation (7FATS) activities included. WHO introduced the 7FATS approach which evaluates the Water and Sanitation Hygiene of the schools through the means of different flags. The 7FATS activities include menstruation hygiene management, clean water, toilet, nutrition, personal hygiene and clean environment. Through this initiative, WALI was able to construct separate toilets for boys and girls in 3 different schools.



Separate Toilets for girls & boys constructed at a school by PHP

## Story

Mrs. Saraswoti\*, 27, resides in Sanoveri G.P. ward no. 11, Arma. She lives with her family - her husband, two sons (one month old twins!) and her mother-in-law.

As she has been regularly attending the Ama Surakshya Classes, gaining knowledge regarding Safe Motherhood from our Surakshya Classes. So, during her pregnancy she had kept to all the four protocols - ANC visits, taking iron and calcium supplements and T.D injections. She had her twins delivered at the Health Care Center. Mrs. Saraswoti and her twin babies are in good health. She also gained knowledge in caring for babies in the Surakshya classes. She is completely breastfeeding her babies and receiving the BCG vaccination. She is taking good care of herself and the twins through the knowledge gained from Ama Surakshya Classes.

So, in this way we were able to help a mother and child through our health education and counselling in the Ama Surakshya Classes. Mrs. Saraswoti and her family are very grateful to the social mobilizer and the HDCS-Mother and Child Health Promotion Programme (MCHP) for conducting Ama Surakshya Classes.



\* Name changed for anonymity







**EDUCATION**



## Asha Bal Bikash Sewa (ABBS)

### Introduction

Asha Bal Bikash Sewa (ABBS) is a centre established in 1991 with the support of Norwegian Missionary, working with people having intellectual disability, physical disability (Cerebral Palsy and Muscular Dystrophy), Autism and Multiple Disabilities. ABBS was started by giving a service to three children, now ABBS provides a service to a total of 118 children and adults with various disabilities in Lalitpur and in Chitwan. ABBS also runs the Community Based Rehabilitation (CBR) centre in the remote district of Rukum. CBR facilitates the communal integration of disabled children and young adults by hosting workshops that train parents and the community to appropriately interact with people with disabilities. Up to now, the CBR program has served over 600 people who have different forms of disability and altogether ABBS has served around 2000 children and people with disability.

In Nepal, many families believe that bearing children with disability is a curse, stigmatizing disability as a whole and forcing people who have them to live in the shadows, marginalized by society. ABBS strives to remove this stigma and bring transformation to their lives through psychological means, targeted rehabilitation helps them to identify their abilities and supports them according to their needs, aiding and simplifying their daily living. ABBS uses different therapies such as physiotherapy, music, hydrotherapy, art therapy and vocational training to help develop the physical and mental capabilities of children with disabilities and grooming them to be independent adults.

The children of ABBS are an example to society that all children have talents and capabilities that make them special and unique in the world. ABBS hopes that the view of society towards children with disabilities changes from a negative to a positive light where all children do not have to hide in the shadows but lead an inclusive life in all societies.





## Achievements

- A new program has been started by a group of mothers of ABBS students with regard to the development and growth of their children who are 30 or above. They have started to collect a small amount of money to help the children below poverty line for their medicine and other facilities.
- On 3rd December, ABBS student, Anjana Lama had the privilege to inaugurate the lift of the newly constructed building of the Lalitpur Municipal Corporation. The mayor had vowed to invite a person with disability to inaugurate the lift as it was built keeping in mind the people with disability.
- The technical assistance of Chaurjahari Hospital Rukum (CHR) and CBR has been cooperating and assisting in various health camps run in municipalities and villages. It has been assisting in the health treatment of people with disabilities and their families as well as providing disability awareness programs, physiotherapy and counselling services as per their need.
- Even during the difficulties brought by COVID-19 lockdown, ABBS has been conducting online classes for the students and have interaction with the teachers and their friends. Through the online class, the students are learning new things and revising what they previously learned.

## Story

### Parent accepts disability after CBR consultation

Divya\*, 22, was born with cerebral palsy and the main problem seen in her is physical. This problem makes it difficult for her to walk and speak. Divya's younger brother also has the same problem.

It was believed that this was due to their sins committed in the past life, and the anger of the Gods. Having a family member with a disability would be shameful in front of the relatives and neighbors, and the families hoped that their children with disability would not be seen by the people of the community. Hailing from a poor family of a village, the parents had no knowledge about disability and could not consult doctors due to the financial situation of the family, and thus, there was an obligation to keep her in captivity.

ABBS started CBR for supporting people with disability and their families. The frequent home visit program has started a variety of public awareness campaigns for individuals and families with disabilities, including how and what causes disabilities, preventive measures and our perceptions of them, what can be done to help them and as well as counseling individuals and families in the community regarding the rights of the disabled.

Finally, her parents accepted the reality and started to take her out of the house. There has been a positive change in their behavior as well. People from the community have started to speak well to Divya and help by encouraging her. Even after knowing a lot about disability, the parents say that they are very worried about her as they cannot look after her all the time, but also have to leave the children at home as they are herdsmen.

"Until a few years ago, we used to keep Divya locked up inside the house. We were concerned that only our children are disabled, but after attending every CBR event, meeting other disabled people and children and learning about disability, we now recognize that Divya, though being a person with a disability, she still needs to be treated equally and with love" says the parents.

*\* Name changed for anonymity*



# Kathmandu International Study Centre (KISC)

## Introduction

Kathmandu International Study Centre (KISC) is a K-12 International School in Nepal with both Middle States Association (MSA, American) and Cambridge International Examinations (British) accreditations. KISC was established with the hope to provide excellent international education to the children of expatriate mission families who are working in the field of aid and development, business and diplomatic mission. KISC has been providing international education in Nepal over the last 34 years. KISC is accredited by Cambridge Assessment International Education, (CAIE) UK and Middle States Association Commissions on Elementary and Secondary Schools, (MSA) USA.

Today KISC is blessed with a diverse culture and has around 200 students who come from over 15 different countries. Our expatriate teachers are volunteers and they are supported by their families and sending organizations.





## Achievements

- KISC's senior students developed their leadership talents through the new Student Leadership Course. These young leaders led programmes for students in Lamjung, Tansen and with Somang Academy.
- It has been a wonderful year for developing our commitment to serving both at KISC and within Nepal. Primary students connected on a weekly basis with their peers in Somang Academy for fun, learning and friendship. Secondary students served the community in many and varied ways.
- This year, COVID-19 has brought challenges for everyone in our school community. Our teachers and assistants were challenged to deliver engaging online classes in Term 4 and our students to learn via Zoom.
- COVID-19 has taught us that we love being together at Thecho. School is about learning, but most of all about relationships and living out our KISC values on a daily basis. We look forward to being together again in the new year.
- We have had a wonderful year for developing the creative talents of our students –from the wonderful production of Beauty and the Beast Jr to the fantastic House Music Competition based on the theme of Friendship to the re-introduction of Art and Design in the senior school.
- It has been a wonderful year to see how our Grade 12 students have used every opportunity to fundraise for their graduation. It has been fabulous to see how they collaborate and enjoy just being with each other.



### Creating Servant-hearted Leaders at KISC

The Student Leadership course at KISC facilitates growth in leadership potential through classroom instruction- and real-life opportunities to discover and practice God-given skills and abilities. The curriculum encompasses all of KISC's learning goals and focuses on learning by doing followed by structured opportunities for reflection and improvement. Leadership development is accomplished through facilitated opportunities to plan lessons, lead the Primary KISC/Somang Community Connections initiative, organize special events, serve at EQUIP partner schools around Nepal and reflect upon every experience. Student Leaders complete the year-long course at KISC having studied and practiced servant- leadership, team building, communication, critical thinking and conflict management.

### Reflections from students in the Student Leadership Course in 2019-20

"The Student Leadership class has taught me not only what a leader is, but also how to grow as a person."  
- Hana, Grade 11

"The service trips have been excellent opportunities for us to develop our leadership skills and apply what we learned."-Ashish, Grade 12

"In our service experiences we've aimed to foster meaningful connections with students as we lead them in various art and sports activities."-Aryen, Grade 12

"My perspective on leadership has changed. I thought it meant leading a group of people, but now I understand it's much more. It's impacting lives in a positive way."-Danial, Grade 12







## Education Quality Improvement Programme (EQUIP)

### Introduction

EQUIP is a part of KISC and an educational project aiming to improve the quality of education in government, public and private schools in rural and urban areas of Nepal. 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 partners with both rural and urban (community and private schools) Nepali schools that desire to rise above the many challenges of the current education system in Nepal. EQUIP offers school support programs, teacher training, and subject-specific training to equip teachers and schools to increase the standard in education. Teacher trainers provide subject-specific training in Mathematics, Science, English, Information-Communication-Technology (ICT) and Physical Education along with several general training such as thinking skills, classroom management, reading aloud, professional motivation, developing local teaching resources and more.

The aim is to help teachers move away from the traditional rote learning, theoretical teaching and develop interactive and child-friendly learning and teaching environment. KISC EQUIP works with teachers to equip them with the tools and skills necessary to develop problem-solving and creative thinking as well as a good character in students. Additionally, EQUIP works with students, parents, school management committees and the community to encourage a mindset that everyone has an important role towards improving education in Nepal. Furthermore, KISC EQUIP also provides scholarships to deserving children who face financial challenges.

### Achievements

- This year EQUIP finally has a new office on site at KISC. This has made a huge difference to us gaining community and connected-ness with the rest of the KISC staff.
- We have continued to invest holistically and build positive relationships in Lamjung and Nuwakot Districts and with our neighbor, Somang Academy.
- Services extended to the eastern part of Nepal in Jhapa District and formed a new partnership with Machhapuchhre School in Kathmandu. EQUIP has conducted training, followed-up and mentored teachers, trained and supported school leaders and parents, provided resources and given scholarships to students.

## Highlights

- Provided over 200 'EQUIP Postcard Packs' to help teachers across Nepal.
- Welcomed new trainer, Joy Ransom.
- Presented about EQUIP at the International Conference on Quality Education (ICQE 2019) in Kathmandu.
- Contributed in facilitating a Leadership and Management Course for future leaders from six different countries in Dhulikhel.
- Led presentations for Samaritan's Purse Canada at their International Learning Exchange in India.
- Participated in an extensive review of our programme, to review the effectiveness and guide us in ways to best serve our schools in the future.
- Started a new mentoring programme with our neighboring school, Somang Academy. It's been great to build relationships with these teachers and encourage them in their work.
- A new partnership with EduTech Nepal has enabled us to set up three new ICT labs in our Lamjung partner schools.

## Success Story

### A Heart for Teenagers

*Written by: KISC EQUIP Teacher Trainer, Joy Ransom*

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Suicide is the second leading cause of death among young people aged 15-29 in Nepal. 16% of babies born in Lamjung Hospital are to teenage mothers. And in some areas of Nepal, girls and women are considered unclean during their monthly period and are subject to isolation. Sadly, this has even resulted in occasional deaths.

The facts are stark and point to a need, not only for factual and sensitive teaching about the challenges of adolescence, but also for young people to feel understood and supported as they cope with the generational and cultural changes in Nepali society.

Working alongside nurses from Lamjung District Community Hospital (LDCH), EQUIP has delivered training in adolescence and reproductive health to girls and boys at all 15 of our partner schools. This has not always been an easy task due to the large numbers of students in some schools and their understandable embarrassment to consider sensitive issues. However, the follow-up questioning sessions with students in each school have shown a deeper understanding and ease of talking about their problems. As these comments from individual students show, there have been some interesting conversations.



## Boys' Reflections

*"I was really worried because I thought the changes were only in me. The training was good because I realized that everyone goes through the same things."*

*"I think we need to learn more about how to respect girls."*

*"I have one question about our culture – is it necessary for girls to live in the place where goats live during menstruation?"*

## Girls' Reflections

*"Since the training some of the boys in my class don't tease us so much and have shown more understanding of what we have to cope with."*

*"I am not allowed in our kitchen or to cook food during menstruation, but it is my grandmother who says so. My mother and I know that it does not make us dirty, but it's a natural process, so I think attitudes are changing."*

*"I'd like more people in my village to have this training too, as many of them don't understand."*

Delivering this training and conducting the follow-up has been challenging. However, perhaps the most important aspect of this training has been the chance to show that we care and the opportunity to show compassion and understanding to these teenagers. They have had the chance to ask and talk about things they are worried about. In this way, attitudes may be changed, minds opened, and negative behaviors questioned.



*Joy works with students in Lamjung District*



*EQUIP trainer, Phurba Tamang working with teachers*









**COMMUNITY  
DEVELOPMENT**



## Community Radio Initiative Nepal (CoRIN), Afno FM

### Introduction

The Community Radio Initiative Nepal (CoRIN) has three community radios situated in Dadeldhura, Okhaldhunga and Rukum. The first radio began broadcasting from 2008 June, followed by the next in January 2009 and then in January 2017. Our vision is "To be the living witness of God's love through the medium of Radio, connecting with and having a positive impact on community life". We believe that communities are transformed in many ways through the various radio programs. We have been involved in the field of Health Education, where general information related to specific health issues, mental health to public health are broadcasted regularly in our programs.

The objective of this radio initiative is to transform the community. To fulfill and achieve this, we broadcast a variety of programs covering five different areas: Educational, Entertainment, News, Advocacy and Awareness. To cover all these sectors, we have various programs for youth, children, elderly people, housewives, students, migrant workers, pregnant women and mothers. Also, many social activities are covered in our program.

### Achievements

- This year we got the opportunity to run the radio to support the communities during the COVID-19 pandemic. We were the only radio in the district which was running without interruption. We broadcasted from the early morning until the late evening. We were in the frontline to give as much information as possible to the communities and were recognized by the local government, Red Cross, Hospital and many other organizations.
- During the annual celebration, we were able to visit a local primary school where 52 Sherpa kids were studying and provide bags and stationery to all the students. We were also able to visit district prison and hospital where we provided fruits for all.
- Three wheelchairs were given to three disabled people in Rukum while celebrating Afno FM's Third year anniversary. Fruit were distributed to hospital patients in Chaurjahari Rukum.
- Radios were given to landslide victims in Sindhupalchok as relief which would help them to be updated regarding the situation.
- This year we got the opportunity to participate in Asian Broadcast Union's general assembly and associated meeting in Tokyo, Japan. We could meet radio workers from around the world and learned about many new technologies from different people.



## Success story from Okhaldhunga

### The effect of our News report:

On Ashoj 5<sup>th</sup> and 6<sup>th</sup> (19<sup>th</sup> & 20<sup>th</sup>, June 2020), Okhaldhunga experienced very heavy rain that caused damage in the district. The road construction team left everything in the street and was difficult to walk; there was no drainage in the street. The local people went to the concerned office demanding to build the drainage but they did not listen. Most of the time, people lost their valuable goods due to the rain water which entered their homes and shops as there was no proper drainage.

After seeing all these problems, Afno FM news team went to the field and made a short report with local voices. This went on air from our radio and it was also covered by national radio. After the news report, the concerned authorities made the drainage and they put everything in the right order. Now people can walk without difficulty and even the heavy rain, the water will just pass into the drainage, and will not affect the public.

Reshma Magar\* lives in Pattale Solu district. She is our regular listener. She is a widow and lives with her disabled daughter. Her son has finished high school and wants to study. Afno FM team supported her son while in the School by providing some small scholarship. Reshma Magar is very happy with Afno FM as she says the radio gives knowledge on agriculture, health, community life and she says, "The Radio is sometime my pastor, my Church and my friend." While our visit she showed us her strawberry farming which she learned through the radio.



\* Name changed for anonymity

## Afno FM Rukum:

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Afno FM Rukum saw many needs in the community, as there are people who are not able to afford daily commodities like soap, brush, toothpaste etc. We made a very short report addressing the municipality. The municipality thanked Afno FM Rukum for the report and they provided the essential goods for 200 families.

During the COVID-19 pandemic, Rukum, Jajarkot and Salyan did not have RDT and PCR test which caused a problem in the communities. We made a program which went on air. After sometime, the Municipality established a COVID-19 test center where they put the PCR machine and started to test.

Due to the lockdown, many people were out of work, they were facing food shortage and looking for a job. Afno FM broadcasted a story of the community on how they are facing such difficulties without food, which resulted to the municipality providing food aid for 300 families.





## FIGHT AGAINST COVID

From the beginning of the COVID-19 pandemic HDCS hospitals are working relentlessly to manage and treat the COVID positive cases. We started separate fever clinics, isolation wards and ICU set up which is in the process at all hospitals. Among 6128 Covid-19 PCR tests, the hospitals treated more than 1250 COVID positive cases to date and it is still going on. The situation was not expected and difficult to handle without proper personnel protective equipments (PPE) and guidance to manage COVID suspected and positive. But by the grace of God, a dedicated team and coordination of the hospital staff, we were able to manage all the cases till now. During the pandemic, HDCS Hospitals namely; CHR, LDCH & GHC provided all the hospital services for the needy patients with high precaution.



In addition, during COVID-19 pandemic, Lamjung district was badly affected by the floods and landslides. Three people lost their life in Belghari-Sera road landslide and injured were treated in our hospital. Another massive landslide was in Tarapu where 19 houses were buried. The landslide affected 350 people. In response to this natural disaster LDCH organized a one-day free health and post traumatic counselling camp and provided health service and counselling service to traumatized people.

We are very proud of our staff who have worked tirelessly and risking their lives to serve others. We are grateful to all our supporters, prayer partners and well-wishers in making our work possible. Many people have benefitted through the services provided by our hospitals. However, we are still in need of your support continue our service. The next 4-6 months will be very challenging for us to run our hospitals.



# Financials

## HUMAN DEVELOPMENT & COMMUNITY SERVICES

KARYABINAYAK MUNICIPALITY - 4, LALITPUR, NEPAL

### Consolidated Income Statement

For the period ending on July 15, 2020

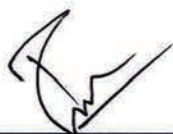
		NRs.	
	Sch.	FY 2019/020	FY 2018/019
<b>Income</b>			
Head office & administered project income	14	45,946,895	33,424,247
Income from hospital operation	15	268,695,298	246,849,449
Income from school operation	16	146,245,633	154,011,463
Currency exchange gain		-	-
<b>Total income (A)</b>		<b>460,887,826</b>	<b>434,285,159</b>
<b>Expenditures</b>			
Head office & administered project expenses	17	43,076,568	48,754,692
Hospital operating expenses	18	275,136,609	245,661,903
School operating expenses	19	119,842,471	114,009,417
Minor Capital		562,086	-
Flooring & Furnishing		4,042,273	5,465,207
Depreciation & amortization	5A	12,152,354	14,606,287
<b>Total expenditures (B)</b>		<b>454,812,362</b>	<b>428,497,505</b>
<b>Surplus/(deficit) for the year (A-D)</b>		<b>6,075,464</b>	<b>5,787,654</b>
Income taxes		(1,518,866)	-
Accumulated surplus/(deficit) upto previous year		1,990,083	(3,797,570)
Add: Adjustment in opening balance		-	-
<b>Restated balance available for appropriations</b>		<b>6,546,681</b>	<b>1,990,083</b>
Less: Appropriations for the year		-	-
<b>Balance at the end of the year</b>		<b>6,546,681</b>	<b>1,990,083</b>

Schedule 13 : Contingent liabilities

Schedule 20 : Significant accounting policies and notes to accounts

Note : Schedule 1 to 19 and 20 are integral part of this Financial Statements

As per our report of even date.



Rakesh Basaula  
Finance Manager




Kapil Sharma  
Executive Director



CA. Abhijit Roy  
Partner  
For and on behalf of  
ANS & Associates  
Chartered Accountants




Raju Nepali  
Treasurer



Milan Kumar Adhikari  
Chairperson

Date: January 01, 2021

Place: Lalitpur, Nepal





## 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. We would like to thank you all for having faith in our organization 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

- Volunteer at KISC as a international teachers
- Volunteer at our hospitals as medical staffs
- Support ABBS, KISC, EQUIP, Hospitals & project through gifts and grants
- Join our Vision, Mission and Values
- Pray for the work of HDCS that communities will be transformed



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