

# Annual Report

HUMAN DEVELOPMENT  
& COMMUNITY SERVICES

2078-79 / 2021-22





Established in 1991, the work of HDCS started through social and community development programs, such as providing safe drinking water, non-formal education, relief provision, as well as building suspension bridges in remote rural areas of Nepal.

With over 30 years behind us, HDCS has grown and now serves the people of Nepal through various channels in health, education and community development.

## Vision

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

## Mission

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

## Values

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



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

# Message

## from the Chairperson



Hello and Greetings from HDCS!

I would like to start by wishing you all a Happy and Joyous New Year 2023.

It has been my great pleasure to serve as the Chairperson and to write a few words of appreciation to God who has enabled HDCS to come so far. I would also like to extend my heartfelt thanks to all the HDCS Executive Board members, staff and partners, for their continued prayers, support and labor to help make a difference in this nation. I sincerely hope that you will find this brief report encouraging as you read about the work of HDCS.

The past year has been challenging as we said goodbye to some of our dear long-serving staff and we also had to say goodbye to the District Hospital in Lamjung, through which we had the privilege to serve people for over 21 years. At the same time, we are encouraged and joyous to have acquired Namuna Community Hospital to continue serving the people of Lamjung District and we trust that we will be able to help many people in the future through this new opportunity.

I also take this opportunity to welcome our new Executive Board members of HDCS. Lastly, I would like to express my gratitude for allowing me to serve another term as HDCS' Chairperson. Let us continue to be salt and light to the world.

Sincerely yours,

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

Mr. Milan Adhikari  
Chairperson



# Message

## from the Executive Director



Dear Partners, Supporters, and Friends of HDCS,

I'm delighted to be greeting you once again with the report of our organization's achievements. This past year has been a year of losses and new beginnings. We handed District Hospital Lamjung back to the government, which seemed unpleasant at the time. However, God opened a new door for us to continue providing medical services in Lamjung District through Namuna Community Hospital in Sundarbazar Municipality.

Agreements with the Nepal government for Gunjaman Hospital in Chitwan and KISC have been signed for the next five years. KISC also received accreditation from British Schools Overseas and the USA's Middle States Association and are now in partnership with Canterbury Christ Church University to begin the International Qualified Teacher Status (IQTS) courses. ABBS reopened in March 2022 after nearly a 2-year pause due to COVID-19 restrictions. A new pharmacy building and doctors' quarters is underway at Chaurjahari Hospital. We have also initiated the process of obtaining radio licenses for a radio station in Janakpur. We also said farewell to three heads of departments: our Public Health Manager, EQUIP Director, and Medical Director of Chaurjahari, which seemed like a trying time for us. Nevertheless, God has raised up and brought capable people to fill these vacant positions.

As we look forward to the New Year, we are anticipating the start of many new projects and are engaging in an ongoing process

to develop and strengthen the capacity of the organization. We hope that this will bring new shape and better structures.

On behalf of HDCS, I would like to thank the Government of Nepal for enabling and empowering us to serve those most in need. I want to extend my sincere thanks to our partners, supporters, and friends for their continued love and support that has helped HDCS strengthen, grow and expand with the number of projects and programs that ultimately improve the lives of the needy. Finally yet importantly, I would like to thank our Executive Board members whose dedication and commitment have guided us so well.

It has been an incredible blessing to experience this kind of love, support, friendship, encouragement and God's faithfulness over HDCS.

*"My thoughts are not your thoughts, neither are your ways my ways." Isaiah 55:8*

God bless!

**Kapil Sharma**  
Executive Director



# Health

- Chaurjahari Hospital Rukum (CHR)
- District Hospital Lamjung (DHL)
- Gunjaman Singh Hospital Chitwan (GHC)



# CHR

## CHAJAHARI HOSPITAL RUKUM



Chaurjahari Hospital Rukum (CHR) is a 50-bed hospital located in West Rukum District of Karnali Province of Nepal. On a daily basis, it caters to more than 300 patients from various districts in the mid-western region of Nepal. CHR provides affordable quality health services to all people, especially reaching out to the poor, remote and marginalized. This past year CHR experienced a 14% increase in patient numbers from the previous year; a total of 88,813 outpatients and 2,993 lifesaving surgeries were performed. CHR also carried out eight medical camps and provided free medical services in different remote places of the district.

### SERVICES

**88,813**  
patients served

**374,650**  
diagnostic tests  
performed

**64,527**  
benefitted from the  
health insurance program

**22,205**  
received free  
health care

**6,453**  
received  
emergency services

**5,239**  
antenatal care visits

**3,889**  
received dental care

**2,993**  
surgeries performed

**2,539**  
children under  
5 immunized

**994**  
deliveries performed

**4**  
leprosy patients  
treated

**44**  
tuberculosis  
patients treated



# HIGHLIGHTS



CHR was awarded for outstanding performance in control, prevention and management of

COVID-19 and health services in the region, including its contribution to ensuring full vaccination coverage in the district by the provincial and local government.



**525** families supported for health insurance, which benefited 2,625 individuals.



**2,650** people benefited from 8 free medical camp services.



Started electronic medical record system and processes.



HDCS-CHR, in partnership with NRNA USA and the local governing authorities of Salyan District, constructed a new birthing center in Tatke. CHR also helped assist birthing center staff with setting up and facilitating services.



CHR Emergency Department construction completed



**6** nurses trained on Skilled Birth Attendance (SBA) from Strengthening Systems for Better Health (SBBH), Health Division from the Ministry of Social Development of Karnali Province.



## A Mother's Love in Action



Sanjay Pun, an 11-year-old boy, came with his mother to our Chaurjahari Hospital Rukum, desperately seeking help and hope for his fractured right hand. His mother is a homemaker who keeps busy completing all her household chores and taking care of her three sons and a daughter. She was apprehensive at first to seek medical care since she comes from a poor background, did not have sufficient funds for his treatment, and speaks a different local language, which also caused her anxiety about expressing their problems.

However, her neighbors recommended that she visit our hospital in Chaurjahari, so she began her journey on foot. It took her four days to reach the hospital. Once they arrived, the doctors made their assessments and he was taken in to have surgery on his right arm. After successful surgery, he stayed in the hospital to ensure full recovery and healing which totaled to 3 months. During his stay, he received free treatment, free food, and compassionate care.

When he had recovered completely, his mother was overwhelmed and grateful to the entire hospital team. She went and bought a goat to gift to the hospital staff. It surprised our hospital administrator who asked her why she had bought a goat.

She responded with tears of joy,

***"I am overwhelmingly happy in my heart, my mind was always up and down with thoughts of uncertainty. But now I am relieved, happy and thankful, and do not know how I can compensate the hospital for their care."***

The goat was a symbol and act of her appreciation and love towards the hospital staff who provided impeccable service and care to Sanjay during his stay. In Nepalese culture, a goat is gifted for feasting as a sign of great honor, reverence, hospitality and appreciation for your guest. In this case, it was the same: the staff received gratitude from an overwhelmed mother of an 11-year-old boy who thought she had no hope.

The next day, Sanjay's mother was invited to share her thankfulness with the staff at the morning meeting and later both mother and son together with all the hospital staff feasted to celebrate Sanjay's recovery and the mother's love and indebtedness.





## Getting Back on His Feet

Balbir Rawat, a 52-year-old man who stopped taking his medication for schizophrenia had a seizure and fell into a pile of burning wood at his house. His family took him to the nearest hospital and was then referred to CHR. His 16-year-old son brought him to CHR with burns on both his feet. Our hospital staff quickly learned that they live in poverty and could not afford to pay the ambulance fees. Balbir struggles to provide food for his family as they rely on farming for their sustenance.



His assessment revealed that he was still suffering from schizophrenia and so his treatment for seizure disorder, schizophrenia and burn wounds had immediately begun. He had to undergo multiple skin graft surgeries on his burned foot.

He gradually recovered and was discharged from the hospital. When he first arrived at the hospital he was unable to walk or stand but he left the hospital on his feet, able to walk and talk.

His son expressed his gratitude by saying, ***“I am happy that my father is talking to me in a good mood for the first time since I can remember. I had thought he will be bedridden and we may need to take care of him his whole life but now he can walk by himself. Thank you very much.”***

Due to his condition and poor background, he was provided with free medical treatment and services from the hospital.





# DHL

## DISTRICT HOSPITAL LAMJUNG



HDCS acquired District Hospital Lamjung in 2001, under an exceptional public-private partnership between HDCS and the Government of Nepal (GoN) with the aim of bringing affordable quality health care services to the impoverished, disadvantaged and marginalized people in Nepal. Before HDCS took over the management of DHL, the hospital lacked proper management and advanced hospital services, had poor infrastructure, and had a low number of patients. Since then, HDCS has successfully converted the 15-bed hospital into a 65-bed hospital. This past year DHL had a team of 12 doctors, 40 nurses, 24 paramedics, 9 diagnostic staff, 10 administrative staff, and 24 support staff and provided services to **76,488** patients at the hospital and additionally, **2,405** individuals through various medical and school health camps. DHL has been actively promoting environmental health by participating in tree planting initiatives in support and coordination by the Forest Division of Lamjung District. Furthermore, DHL has also resumed radio programs to create public health awareness.

### SERVICES

<b>76,488</b> total patients	<b>381,276</b> diagnostic tests performed
<b>61,871</b> outpatients	<b>8,291</b> received free health care
<b>5,265</b> inpatients	<b>2,405</b> treated at free health camps
<b>9,352</b> received emergency services	<b>4,641</b> children under 5 immunized
<b>2,397</b> surgeries performed	<b>1,937</b> antenatal care visits
<b>1,153</b> deliveries performed	<b>1,498</b> post-natal care visits
<b>176</b> received family planning services	<b>162</b> COVID-19 patients



# HIGHLIGHTS

## Garnering accolades

HDCS DHL garnered numerous accolades from nearly all related facets of the government: local and district level. In particular, DHL has received visits from the Hospital Development Board for Lamjung District, the Chief Minister and the Minister of Health and Population of Gandaki Province. The Honorable Health & Population Minister of Gandaki Province, Madhu Adhikari Gurung, inspected the Isolation and PCR building and expressed deep appreciation for the work done by HDCS.



DHL received an **Appreciation Letter from the Chief**

**Minister of Gandaki Province** during the Annual Health Review Program of Gandaki Province for **excellence in COVID-19 management**.

By the end of the fiscal year, DHL scored **91%** on the Minimum Service Standard (MSS) test to identify gaps and improve quality of the hospitals and health posts, which the Government of Nepal initiated in 2021 for quality control of all hospitals in Nepal.



DHL started **free Non-communicable Disease (NCD)**

**service** for patients above 50 years in support of the provincial government. Free services include ECG, renal functional tests, blood sugar tests, cholesterol test, and counseling.



This past year DHL was designated and began operating as the **One-Door Crisis**

**Management Centre (OCMC)** to help survivors of gender-based violence (GBV) in Lamjung district. DHL has provided comprehensive health and treatment services, legal aid services, counseling services and rehabilitation services and ensured the safety of the **survivors**.



DHL has also received an **Appreciation Letter** from Chief

District Officer and Deputy Superintendent of Police during Nepal Police Day for supporting and playing an important role in the investigation and **controlling of crime in district**.



DHL proudly hosted the **40<sup>th</sup> batch Skilled Birth Attendance (SBA) and 35<sup>th</sup> batch for Mid-Level Professional Training**, which was inaugurated in the presence of the Health and Population Minister of Gandaki Province.



DHL with support from CRS Nepal and Caritas Nepal was

able **to advance and specialize the Pediatric ward** services in response to COVID-19 emergencies. Their donations included hospital beds and equipment such as the ABC machine, phototherapy machine, PMO line, stretchers, USG machine, wheelchairs and x-ray view box.





## Helping People Walk Again



Man Singh Gurung, a 60-year-old man was rescued from an old age home. Having suffered mental health problems he was tied up for a very long time at the old age home, causing all of his joints below his waist to lock up.

When he was brought to the hospital, he could not stand or walk standing straight. After 15 days of continuous physiotherapy, his conditions greatly improved. He is now able to walk slowly with the help of a walker. After assessing his conditions and needs, the hospital provided him with free health care.

Providing health care services to the neediest and ensuring that they are not abandoned and without hope, is the reason HDCS implements its free health care treatment services to the neglected, poor, marginalized, and underprivileged through our Charity Fund.

This past year the newly established physiotherapy department at DHL was a blessing to **1,356** individuals. Physiotherapy is an essential and effective rehabilitative treatment for people. When physiotherapy services become available it has proven to bring about positive changes and effects over a person's life and well-being.

This is true especially for old people who are often lonely, abandoned and neglected. Mrs. Bharati Pariyar, a 65-year-old lady, abandoned by her husband soon after their marriage, was living with her brother.



She arrived at the hospital as she could not walk nor sit without the help of another person but could only lie in bed.

After her examination, our doctors diagnosed her with left hemiplegia, paralysis to the left side of her body due to neurological damage. She received physiotherapy every day until her condition improved. After 13 days of continuous physiotherapy, she was able to walk and sit with the support of a walking stick. She received free treatment and free ambulance services.



## Caring for the Vulnerable



People in rural Nepal are still apprehensive to seek timely medical services, not just due to their beliefs or lack of awareness but also due to their lack of finances and a fear of a costly hospital bill. However, with help from several of our partners, we are often able to provide free health care services to those in grave need.

Sani BK, a 4-year-old girl fractured her hand while playing with her friends. At first, her mother was hesitant to take her to the hospital, as she did not have the money or means for her daughter's treatment. However, since Sani's symptoms did not improve and neither did her pain recede, seeing her child helpless and writhing in pain, she decided to bring her daughter to DHL, three days after the incident.



Upon arrival to the hospital, she was both nervous and worried, thinking about the expenses ahead and even how was she to arrange for money to admit her daughter to the hospital in the first place. When she found out about the free treatment provided for children below 5 years of age by DHL, she was relieved and her happiness knew no bounds.

This past year DHL has been able provide **4,641 children under five years with free treatment**. In accordance with the free treatment, the children and their caregiver also receive free of cost nutritious meals during their stay at the hospital. Assigned nurses also provide health education regarding family planning, hygiene, balanced diet, nutrition and how to prevent common childhood illnesses.



## ACKNOWLEDGEMENT

HDCS has had the privilege of managing District Hospital Lamjung for over 21 years and after a successful management experience, we handed DHL back to the Government of Nepal in November 2022. HDCS would like to express gratitude to the Government of Nepal for their support and partnership and to all our friends, partners, and supporters, for supporting us with your valuable time, finances and effort. Through your partnerships and support, we have been able to provide quality medical services and help to countless numbers of the disadvantaged, poor, and marginalized in Lamjung District and beyond.



# GHC

## GUNJAMAN SINGH HOSPITAL CHITWAN



Gunjaman Singh Hospital Chitwan (GHC), a 50-bed hospital that is progressively expanding its services to cater to the needs of people living in the remote region of Pithuwa in Chitwan District. GHC is a ray of hope for many as it provides comprehensive health care services (preventive, curative, and rehabilitative) at a very nominal fee and even free of cost to the poor and marginalized who are from Chepang, Dalit, Janajati, Tharu, and Madhesi backgrounds. Along with OPD and IPD services, GHC also provides physiotherapy, pharmacy, diagnostics, eye care, and orthopedic services.

### SERVICES

**6,109**  
total patients served

**3,735**  
diagnostics tests  
performed

**750**  
received free health  
camps

**397**  
received  
physiotherapy

**251**  
received emergency  
services



## Helping People Heal



Her father recalls, *“I was surprised and heartbroken when I first saw her. I felt what kind of child has been born in my family. There had been no record of such conditions in our village so far.”*

Sharmila, a seven-year-old girl from a remote Chepang village, was born with a cleft mouth and anotia (missing external ear).

One day social mobilizers from our WASH project had gone to a school for a health education training and spotted Sharmila there.

They reported that Sharmila was a shy, reclusive and quiet child. She was scared of being around new people and kept to herself and didn't interact much with her classmates. She had difficulty eating and speaking too.

Her father recalls that he had taken her to Bharatpur Hospital in Chitwan's medical hub area upon the suggestion from the School Principal for treating her cleft lip when she was three years old but it was unsuccessful.

After meeting Sharmila, our social mobilizers informed HDCS Gunjaman Singh Hospital of her condition and also her family about free treatment for her condition. With the support from GHC for their travel and accommodation in Kathmandu, she travelled with her reluctant father for her treatment. It took around 1.5

months for her to recover. Even though she faced some difficulty during her recovery process while eating, her father reported that now no one stares at her like she is an anomaly or unusual.

Her family members are happy for her treatment and recovery and her father hopes to help her overcome her speech impairment. Sharmila has been through a number of challenges in her formative years and it has been a privilege to be able to serve her with compassionate care.





## Courage Care and Compassion



Suk Maya, a widow who lives 18 km away from GHC, heard about our hospital through local beneficiaries. She is a widow, poor and destitute and has been without a job since her ailment. She arrived at GHC with pain in her right foot. Upon examination, the doctors observed her to have a diabetic foot and a foul smelling deep wound filled with pus. She was immediately admitted and put on intravenous antibiotics. She received round the clock care and treatment; periodic blood sugar tests, corrected diet and exercise, timely dressing of her wound and physiotherapy for a total of 55 days.

She confided that her wound had caused her to fall into depression and lose all hope for living, until the compassionate care and treatment she received at GHC brought her hope and joy and a renewed courage for life.

She now arrives at the hospital for her follow up visits with a huge smile on her face.

Life with any ailment can be debilitating but people suffering from diabetes in rural areas, are often unaware, due to lack of education, regarding complications of diabetes such as the much-feared diabetic foot.







# Education

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



# ABBS

## ASHA BAL BIKASH SEWA (ABBS)



Asha Bal Bikas Sewa (ABBS) meaning Hope for Child Development Services, provides special needs education through two centers in Kathmandu and Chitwan. The centers focus on nurturing each child and catering to every child's specific needs through a tailored curriculum that ultimately helps the child's growth and development. The main objectives are to provide a safe space for children living with a disability to develop, learn, have their voices heard, be socially included and grow to become as independent as possible. Due to COVID-19 restrictions, ABBS services via the two centers resumed only in March of 2022, after a near 2-year closure.



### BENEFICIARIES

**134**  
total students

**60**  
Kathmandu

**74**  
Chitwan



# HIGHLIGHTS



6 students received the opportunity to participate in the school level sports competition organized by Kathmandu Paralympics.



Health monitoring of all ABBS children was carried out periodically.



Students received hands-on life skills learning in the kitchen.



A physiotherapy camp was conducted for children with physical conditions compounded due to long periods of COVID-19 lockdown.



Children have enjoyed coming back to school since March 2022 to continue their skill development. Online classes were also offered to students who are not able to physically participate in class.



Children's Day celebration.



Health camp was held for all students in July.



## Uplifting and Supporting Children Living with Disabilities



Mayma, a student of ABBS has Down syndrome. Her mother also suffers from mental health issues, hence, she is unable to create a healthy environment at home for Mayma to flourish. This caused Mayma's condition to deteriorate progressively during the COVID-19 lockdown and restrictions and soon she became unable to carry out any daily living skills such as dressing and feeding herself.

During the lockdown period and extended COVID-19 restrictions, ABBS teachers provided home visits and counseling. When ABBS reopened the center in March, she was unable to attend as she had trouble walking on her own. Hence, ABBS teachers continued home

visits and counseling with her mother and tried their best to create a better home environment for her.

In July 2022, ABBS held a medical camp with the support of Dr. Kaleb and Dr. Sadichhya. After her general checkup, the doctors advised her to do a thyroid test and an ECHO. At this time, her health had deteriorated further and she was visibly getting weaker by the day. Since she comes from a poor household, her mother could not afford to pay for her medical tests. ABBS teachers took her to the hospital and decided to support her with the advised medical tests. The reports revealed that she has Thyroid and Rheumatic Heart Disease. ABBS provided financial help for her medicines and food for her condition. After a few weeks, her condition had greatly improved and she is now able to walk to school by herself. She has also regained the ability to carry out her daily living tasks such as folding clothes, washing dishes, making tea and snacks, and sweeping the floor.

## ABBS Chitwan

This past year, ABBS Chitwan was able to provide its services via a small physiotherapy room at HDCS' Gunjaman Hospital in Chitwan. However, due to the large and increasing number of children needing our services, it has been difficult to accommodate all children at once. In order for these children to flourish and have the opportunity for continuous growth and skill development, they need to attend classes regularly and have their rehabilitation needs met. Hence, we are looking for support to build a special needs education center in Chitwan that can cater to the needs of all these children.



# KISC

## KATHMANDU INTERNATIONAL STUDY CENTRE



Kathmandu International Study Centre (KISC) comprises of three branches: KISC Primary, KISC Secondary and KISC Education Quality Improvement Programme (KISC EQUIP). This past year KISC Primary and Secondary received a British Schools Overseas (BSO) and Middle States Association (MSA) accreditation. The aim at KISC is to provide excellent education and opportunities for good quality educational practice, build up skills, knowledge and positive attitudes in education.

Online classes were on-going for much of the academic year due to COVID-19 until KISC adopted a return-to-site plan in phases and finally resumed on-site schooling from February 14<sup>th</sup> 2022.

In the past year, KISC had

 **189** students from

 **16** different countries



KISC also celebrated their  
35<sup>th</sup> Anniversary  
in February 2022



KISC has recently joined the Foundation for Environmental Education, which will be the first step in KISC addressing our MSA goal of sustainability. We are excited to be part of this journey to promote environmental care.

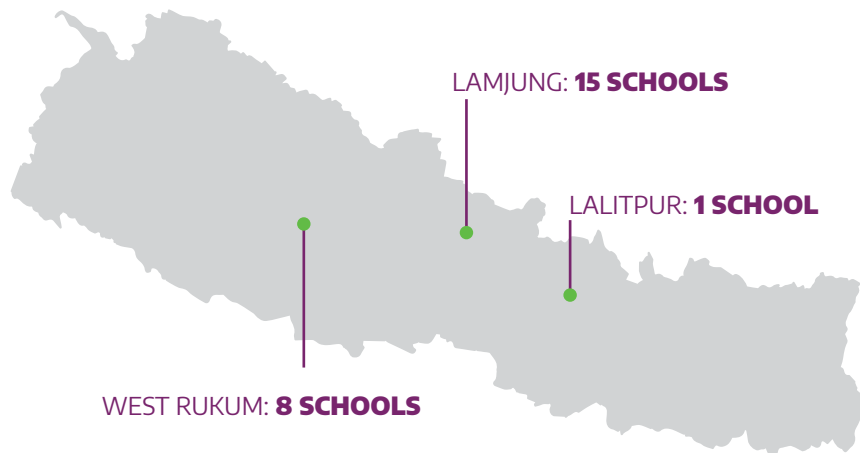




# KISC EQUIP

## KISC EDUCATION QUALITY IMPROVEMENT PROGRAMME

### Working Areas



BENEFICIARIES	
394 Teachers	6,202 Students
24 Principals	1,155 Parents

### KISC EQUIP Training Programme

General Training and Workshop	Subject Specific Training & Workshop	School Support Programme
<ul style="list-style-type: none"><li>Leadership Training</li><li>Parents Seminar</li><li>General Training for Teachers and Students</li></ul>	<ul style="list-style-type: none"><li>English</li><li>Mathematics</li><li>Science</li><li>Social Studies and Creative Arts</li><li>Physical Education (P.E.)</li><li>ICT/Computer Science</li></ul>	<ul style="list-style-type: none"><li>Classroom Library</li><li>Scholarship</li><li>ICT/Science Lab</li><li>Inter School Activities</li><li>School Lunch Programme</li><li>Practical projects such as painting classrooms, activities with students</li></ul>





## Testimonials

Mrs. Bohora, an English teacher in Jana Kalyan Secondary School, Khagal has been directly translating content and texts so that her students could easily understand the text. After the training she said that she realized how doing that was hampering their language development. She said, ***“Now, I will make sure that the simple instructions and regular classroom interactions are done in English. I didn’t realize there were different ways of teaching English without translation. I will try to make them practice simple sentence structure in different forms.”***

***“We (ECD teachers/facilitators) are underpaid and less valued as teachers. We are compelled to work in under-resourced conditions. After receiving ECD resources I feel valued. Thank you for helping ECD teachers by training us and giving us a resource. I will try my best to make good use of these resources.”*** The ECD teacher of one of KISC EQUIP’s partner schools shares her joy with the KISC EQUIP team.

Master Sunar is a grade 4 student who belongs to a Dalit family. His parents work as seasonal laborers. The wages they get are not enough to support their family but through KISC EQUIP the family gets financial support to ensure Sunar is able to continue his schooling. His mother was present to receive the scholarship money. She expressed her gratitude towards KISC EQUIP and the donors for supporting the children of poor families to continue their education. She will be spending the money for her son’s additional educational support (extra class) as her son is struggling academically. During the interview, she said, ***“I want my son to at least complete high school because I do not want him to work as a laborer like us. This scholarship will help us to continue his education. Thank you for the support.”***







# Community Development

- Community Radio Initiative Nepal (CoRIN)
- Community Based Rehabilitation Rukum (CBR Rukum)
- Mother And Child Health Promotion Project (MCH)
- Water Sanitation & Hygiene and Livelihood Rukum (WALI Rukum)
- Water Sanitation & Hygiene in Chepang Community (WASH Chepang)



# CoRIN

## COMMUNITY RADIO INITIATIVE NEPAL



The work of CoRIN started 14 years ago, with Dadeldhura Afno FM being the first radio station that was established. Our radio stations have proven to be an effective channel of promoting health messages, advocating for rights, and disseminating information regarding animal husbandry and traditional farming in order to enhance lives. Our radio produces packaged information that targets children, the elderly, students, farmers, and persons living with disability.

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



### Mind matters

When Afno FM started disseminating programs on mental health issues and availability for treatment at hospitals, our staff visited villages to find people who were ashamed to ask for help with their mental health. Since then, 937 mentally ill patients have visited the hospital over a period of eight months for treatment and have returned home. The Okhaldhunga Community Hospital credited Afno FM for playing a big role in helping reach out to people and helping them receive the care that they needed.





Okhaldhunga

Okhaldhunga Afno FM celebrated its 13<sup>th</sup> anniversary this past year. Due to COVID-19, the celebration was limited to the hospital and the District Jail. We were able to distribute fruit to 70 individuals who were at the time admitted to the hospital. In addition, 95 prisoners received fruit, surgical masks, two gas stoves, and two water filters cylinders to improve the living conditions inside the jail. In return, the prisoners gifted Afno FM two of their handcrafted stools made from plastic threads and recycled rubber from tires. Over these 13 years, Afno FM's goodwill and service has impacted the prisoners. Many of the prisoners have vouched that when they are released they will continue social work in some form.



Janakpur

Janakpur Radio Station, called Asha FM (Hope FM) is our newest radio station venture. The paperwork for acquiring licenses has begun. Asha FM went live on 16<sup>th</sup> December 2022. The radio hopes to reach the unreachable people in Janakpur to help bring hope and transformation among communities.



Rukum

Afno FM Rukum celebrated its fifth anniversary. The celebrations included radio and blanket distribution to 6 people living with a disability. We visited their homes to exchange the warm hospitality and they expressed gratitude for the support from Afno FM. Fruit distribution to 58 patients and their caregivers was also part of our celebration of the fifth anniversary.



Chitwan

After obtaining a license to operate a radio station in Chitwan, we were able to build a new building, radio tower and a studio. We successfully recruited three people from the Chepang community to operate our radio station. Afno FM Chepang is the first and only Chepang run community radio in Nepal. Through our radio station, we are now able to bring awareness and information, to improve knowledge among the Chepang community in Chitwan district to better their livelihood.







Dadeldhura

## It Started with Two Men and a Suitcase

On June 14<sup>th</sup>, 2008, Mr. Bob McLeod and Vijay Manandhar were looking for a place to set up the first radio station in far-west Dadeldhura district. They were carrying a suitcase radio and searching for an appropriate and safe space to set up a radio station.

It was a major task to find a suitable place in Dadeldhura. Finally, after many days of arduous pursuit they decided to approach the pastor at Dadeldhura church. The staff from the church agreed to provide a space for setting up the radio to broadcast.

Ceremoniously, for the very first time in the far-west region of Dadeldhura, Nepal's national anthem: "Sayaun Thunga Phool Ka" played on the radio, followed by announcements and an introduction to Afno FM radio station. Eventually, they went on to build a radio tower, in order to reach more people. Even though, since 2008, the radio station has moved twice, it has not stopped broadcasting news and programs that uplift, educate and empower the people of Dadeldhura.

This year we celebrated 14 years of broadcasting. Our celebration took place at Bethesda Home where 12 orphan boys reside. Afno FM was able to support the orphanage with essential food items for 3 months. The boys were also given stationery materials for their educational needs. Such opportunities where we can help the needy and serve the least in our communities inspires Afno FM staff to continue doing such good works and being a role model for many.



## Testimonial

Yashodha is a regular listener of Afno FM. Her father is a migrant worker in India and she lives at home with four brothers, three sisters and her mother.

When her father visited them during a holiday, he brought home a radio. Since then it has become her best friend. She habitually tunes into Afno FM to learn new things, gain confidence and for entertainment. She testifies that the radio programs helped build her confidence to sing, write songs, and perform in front of other students at her school. Afno FM is a cost effective way for such students to receive opportunities to learn, grow, and empower themselves.



# CBR RUKUM

## COMMUNITY BASED REHABILITATION RUKUM



Our Community Based Rehabilitation program in Rukum (CBR-Rukum) has been an initiative under our ABBS program for 14 years. The main objective of the program is to bring dignity, social inclusion, help and support for all people living with disabilities in remote and marginalized areas of West Rukum District. CBR's services include early childhood development, non-formal education, preventive and curative health support, psychosocial counseling, physiotherapy, health education, advocacy, and skills support with livelihood activities.



marginalized people living with a disability (PwDs) benefited from our CBR program last year



CBR staff provided door-to-door counseling and awareness regarding COVID-19 and other health issues that may affect PwDs.



CBR program has also conducted disability awareness activities in schools and communities and advocated for the rights and social inclusion of persons with disabilities.



429



PwDs empowered with official disability identity cards, which enables them to receive a monthly stipend of up to **US \$30**.

155



individuals from **31** households have been enrolled in the free health insurance scheme

65



patients at Chaurjahari Hospital Rukum with orthopedic needs were provided with physiotherapy and counselling

32



individuals received livelihood training in seasonal and off-seasonal vegetable farming and livestock management

4



students who are disabled and come from impoverished backgrounds we provided scholarship to pursue higher education.

## Walking Hand in Hand

Sheetal, a 16-year-old girl was born with low vision in her left eye, which means that she has impaired vision that cannot be corrected by glasses, surgery or medication. CBR staff encountered her and her family when she was seven years old. Having been born with low vision, by seven years of age, Sheetal's vision had grown weaker. As she comes from a poor background, her parents felt hopeless and in despair her father had expressed, ***"We can't do anything for her, and she can't do anything, not even go to school."***



became an obstacle for her to pursue higher level education.

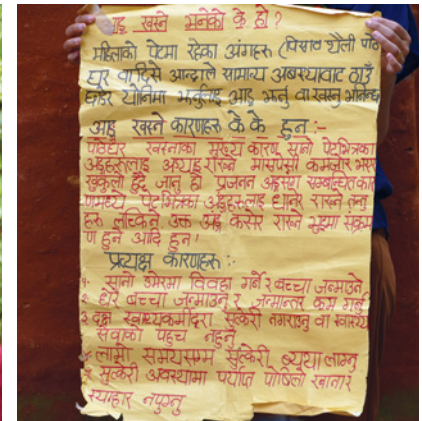
CBR staff discussed her disability and her ability with the family and helped her acquire the government disability identity card, which enabled them to receive monthly allowances for Sheetal. Our staff also advocated with schools for her education. She has completed her primary and secondary level education and her teachers attest that she is a hardworking student. But her poor background still

Upon learning of her desire to pursue higher education, CBR staff put in their coordinated efforts to help her find support. She is now enrolled in a three-year course in agriculture in Surkhet. Her father joyfully expressed, ***"Thank you for your financial, moral and emotional support and for walking with us hand in hand since her childhood."***



# MCH

## MOTHER AND CHILD HEALTH PROMOTION PROJECT



HDCS Mother and Child Health (MCH) Promotion project focuses on providing health education to 5,000 mothers through Ama Suraksha (mother's protection) classes in 16 communities every month. The main objective of this project is to strengthen the capacity of caregivers, Female Community Health Volunteers (FCHVs) and government to provide MCH services. It also aims to help improve the health seeking behaviors and promote maternal and child health among mothers through health education among women, men and traditional leaders, and provide access to family planning services and reproductive health camps.





## Health in our own Hands



Our Social Mobilizers (SM) are not only community educators but, being the backbone of all community development projects, they go beyond themselves to counsel and care for people who unknowingly may place themselves in harm's way.

During mothers' group health-education sessions, maternal and child health issues are discussed and topics like the dangers of alcohol consumption and smoking during pregnancy, the importance of antenatal check-ups and the advantages of institutional delivery are addressed.

During a mothers' group session, one of our social mobilizers came to know that Mrs. Mamta had taken up smoking after 5 years of abstaining. At the time she was pregnant, hence, our SM provided counseling and

encouraged her to quit smoking to prevent harm to herself and her unborn child.

After her delivery at Nuwakot health post, she was tempted to take up smoking again but her inner voice told her that she must stop now. Also remembering the importance of health during pregnancy, she realized that her health is in her own hands. This motivated her to continue abstaining from smoking and adopt healthy habits.

She is now very happy with her healthy son and likes to share with other women in the community the dangers of smoking during pregnancy. She also emphasizes and encourages others in her community that quitting is possible and that their health is in their own hands.

## Smiles for miles



During one of the health education sessions at Tribeni, one of our SMs met Seema. Our SM reported that she seemed to be curious and eager to learn more about maternal and child health issues and actively participated during the sessions.

During one of the sessions, she opened up about her first pregnancy in which she suffered from extreme bleeding which put herself and her baby at risk.

She attended the mothers' group health education classes and learnt a lot about safe delivery in health institutions and the importance of antenatal and post-natal checkups.

During her second pregnancy, she gave birth to a healthy baby at a health institution and did not have any issues.

She has taken her child for regular growth monitoring and immunizations.

She is grateful to have received a wealth of knowledge about maternal and child health through the health education classes. She continues to be a regular and active participant of these sessions and credits the project for being a healthy mother of a healthy baby.



# ACHIEVEMENTS



**23,710**

people were provided health services facilities from this project, such as family planning, antenatal and postnatal checkups



**29,549**

individuals reached through maternal and child health campaigns



**40,000**

people reached through radio programs on health issues



**8,985**

students from 15 schools reached through campaigns on adolescent sexual and reproductive health



**11,755**

mothers received nutrition training



**144**

FCHVs from 16 VDCs received training on birth preparedness, and newborn care and management



**968**

community members participated in the Citizen's Voice and Action (CVA), a local level led advocacy campaign for better quality health and education services



**12**

birthing centers provided with emergency obstetric equipment



**197**

people have access to health insurance, of which 20% are PwDs



**452**

women benefitted from free reproductive health camp services





# WALI RUKUM

## WATER SANITATION & HYGIENE AND LIVELIHOOD



HDCS combines its WASH and Livelihood projects in West Rukum district with the intention of helping children and their families improve their health, nutrition, and economic status. Our WASH projects focus on equipping schools with gender-segregated and disability friendly toilets and improving access to water by constructing drinking water and hand-washing facilities. The Livelihood part focuses on improving food security through organized agricultural farming and livestock management, facilitating market access and enabling parents with the overall goal to meet their children's basic needs for food, healthcare and education.



**12** schools equipped with resources for school WASH competition



**6** schools equipped with separate toilets for boys and girls with appropriate hand washing facilities



**6** schools equipped with a safe drinking water system.



## Learning Trades



**80** women received agricultural training



**80** women received livestock management training



**160** women received business and financial management training



**18** Village Loan and Savings Association (VLSA) have been set up and supported



Sashi has two daughters and a husband who is a migrant worker. Having sole responsibility for her household and family while her husband is away, she was looking for more opportunities to make money as she was struggling to provide two meals a day for her family.

She came across our livelihood trainers who were in the community talking about providing training to farmers and opportunities to learn more about various sources of income generation. She then joined one of our village loan and savings association (VLSA) groups, took out a small loan and began rearing goats.

She began her journey with two goats and now has five adult goats and one sheep. She attests that she has been able to earn enough money to help run her house and even has enough to save in the local bank. She is a proud mother and provider and thankful to have been given the opportunity to learn new trades.

## Planting Greens



Anisa has a family of five. Her husband works abroad as a labourer to earn enough money to support the family. Whilst the husband is working abroad, the wife is often left to manage the household and family burdens such as health issues and other expenses that may arise. This makes women more vulnerable to debt and poverty while they stay back and wait for their husbands to send money. Hence, Anisa is a beneficiary of the project and received vegetable gardening training.

After receiving the training, she took out a loan from the VSLA and started her vegetable farming. She is now able to cultivate many different vegetables such as cauliflower, cabbage, tomatoes and coriander and sell them in the local market in Chaurjahari.

She is now able to earn at least \$500 a year from her produce, which has helped her take care of her family's daily expenses. She is thrilled to have gained knowledge and skills that have helped her grow vegetables more efficiently. She hopes that the project will help many more farmers like her to overcome their challenges and hurdles.





# WASH CHEPANG

## WATER SANITATION AND HYGIENE IN CHEPANG COMMUNITY



### BENEFICIARIES

1,148 | 2,753

3,901 children now have access to hand washing stations and potable drinking water facilities and have received WASH education

441 women participated in pad making workshops

252 | 1,613

1,865 adults in the community received basic WASH education

The Chepang people are a semi-nomadic tribe, who are one of Nepal's poorest, and live in remote hilltops away from modern civilization. Most practice open defecation and live in poorly built houses. Their culture is deeply rooted in traditional practices, which drives their perception and acts as a strong barrier to change or development. Many Chepang people prefer to remain sick instead of visiting a hospital out of fear that they are far away and too costly.




















Hence, our social mobilizers visit many different Chepang communities in Chitwan District to uplift, empower and educate the Chepang people on WASH, kitchen gardening, and general health issues. Ten schools have been equipped with toilets and safe drinking water facilities, and basic WASH education and counseling has been provided to school children and their families. Moreover, girls and mothers have participated in several workshops on how to make environmentally friendly sanitary pads.

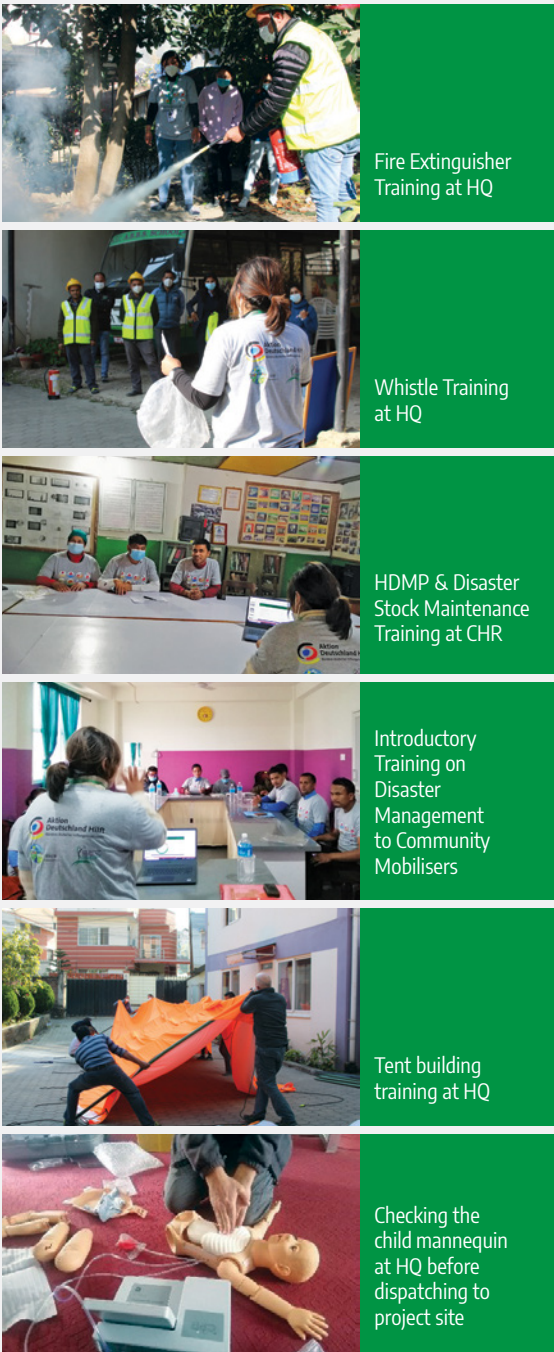


# DISASTER PREPAREDNESS AND RESPONSE

Since Nepal is prone to many disasters, it is crucial to build HDCS’ capacity to respond to a disaster as it happens and to integrate disaster management across the organization. With a technical coordinator in place, this past year, HDCS has been able to implement some basic Disaster Preparedness and Response activities at HDCS Headquarters and Chaurjahari Hospital. Some of the activities included providing disaster stock and helping with the first draft of the Hospital Disaster Management Plan (HDMP). Hospital staff also received training on preparing HDMP, tent building exercises, and use of fire extinguisher, CPR, and whistle codes.

## Our disaster stock includes:

- |  |   |  |
|--|---|--|
|  Tarpaulins          |  Hammer            |  First Aid Box                              |
|  Blankets            |  Shovel            |  Surgical Masks                             |
|  CPR Mannequin       |  Crowbar          |  Reflective vests                          |
|  Fire Extinguisher |  Rope            |  Helmets                                  |
|  Rain Boots        |  Lock Key        |  Tin Boxes for Blanket and Disaster Stock |
|  Gloves            |  Pick axe        |  |
|  Axe               |  Vehicle Toolkit |  |





## COVID-19 RESPONSE

The fiscal year 2021-2022 presented us with challenges to mitigate the effects of COVID-19. HDCS was determined to be at the forefront in doing whatever it takes to mitigate and ease the burden of COVID-19 in our hospitals and the communities. The objective of our COVID-19 Response Project is to facilitate the treatment and prevention of COVID-19 and other infectious diseases through improved systems in HDCS hospitals and to aid in the improvement of health practices in communities in West Rukum, Lamjung, and Chitwan.

### A Small Hygiene Kit Goes a Long Way

Kaku Bahadur Chepang is a 65-year-old man, a farmer and the sole breadwinner for a family of eight. One day while on the way to his farm, he stumbled upon a community gathering in which our project staff and people from the community were discussing health and diseases. Noticing his curiosity, the community people and project staff invited him to join the meeting.

This was Kaku's first opportunity in life to learn more about health and hygiene, which piqued his interest. On that particular day, the topic of discussion was hand washing and personal hygiene. Kaku had long nails, unwashed dirty hands and walked barefoot. Kaku never before had heard about hand washing and personal hygiene and did not even know what a nail cutter was.

After the health education session, our project staff followed him to his house to provide further knowledge and counseling on health and personal hygiene. He received a hygiene kit, which consisted of a comb, soap, toothbrush, mask, nail cutters, water purification drops, towel and toothpaste. After some guidance and counseling over the matter, Kaku was motivated to use and apply what he had learnt to his



daily life to maintain his personal hygiene. He was also happy to learn that maintaining his hygiene would give him good health and reduce the frequency of illnesses such as water borne diseases, worm infestations, and enteric fever.

He is now very motivated to inculcate these practices and, as an elder in his community, encourages his neighbors to do the same. Many other members of the village have witnessed the improvement of his and his family's health and are now motivated to follow suit. Kaku was extremely thankful to the project for their small effort, which has brought him hope and realization for better health. People like Kaku inspire us to continue in our efforts to help improve the health status of people living in remote rural communities of Nepal.

## BENEFICIARIES

**216,000**

people reached through health messages over the radio

**8,880**

students

**5,900**

individuals benefitted from community trainings

**130**

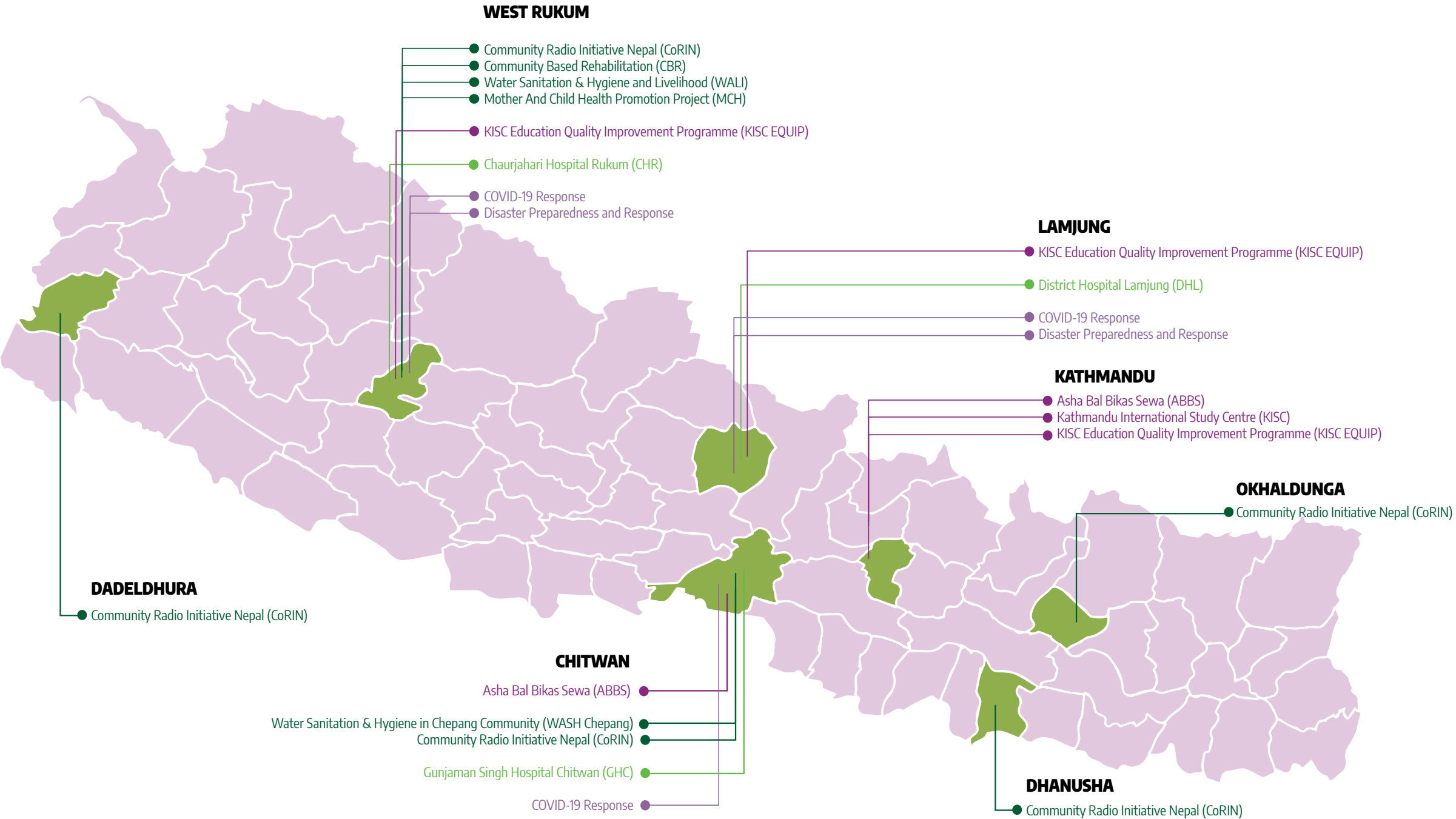
PwDs counseled

**73**

health post staff equipped with applicable knowledge on COVID-19 and triage

**46**

schools



# HDCS PROJECT AREAS

- HEALTH
- EDUCATION
- COMMUNITY DEVELOPMENT
- DISASTER MANAGEMENT

HDCS PROJECTS  
CONTRIBUTE IN THESE SDGs

SUSTAINABLE  
DEVELOPMENT GOALS

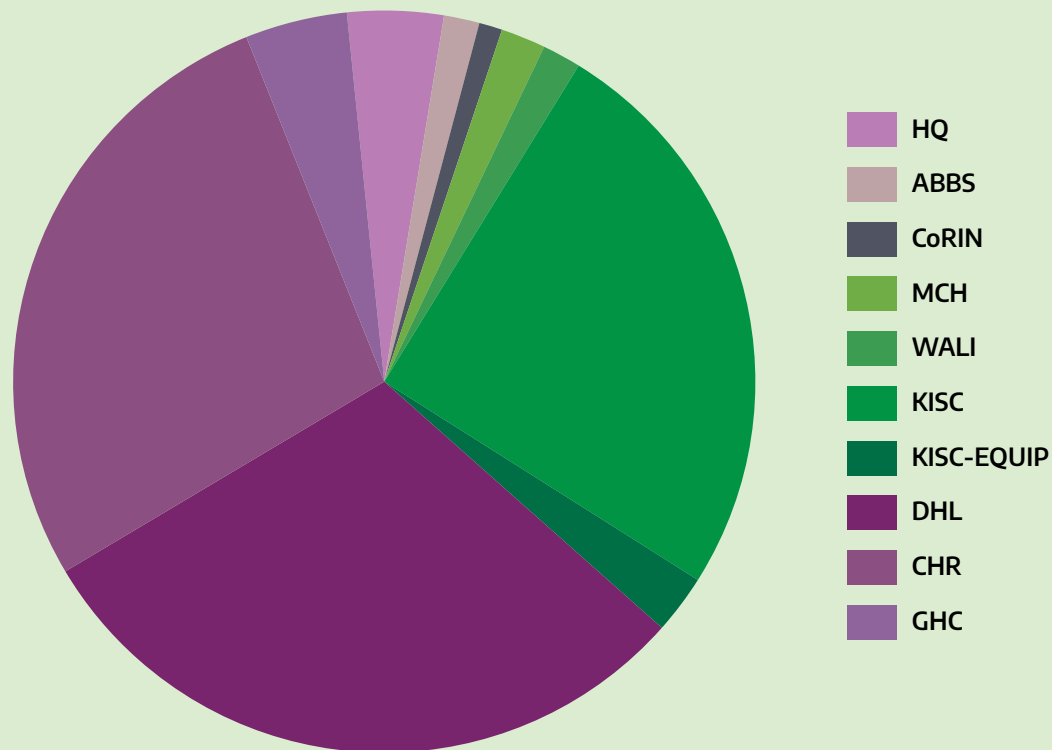
1 NO POVERTY	2 ZERO HUNGER	3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION	5 GENDER EQUALITY	6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY	8 DECENT WORK AND ECONOMIC GROWTH	10 REDUCED INEQUALITIES	13 CLIMATE ACTION	16 PEACE, JUSTICE AND STRONG INSTITUTIONS	17 PARTNERSHIPS FOR THE GOALS



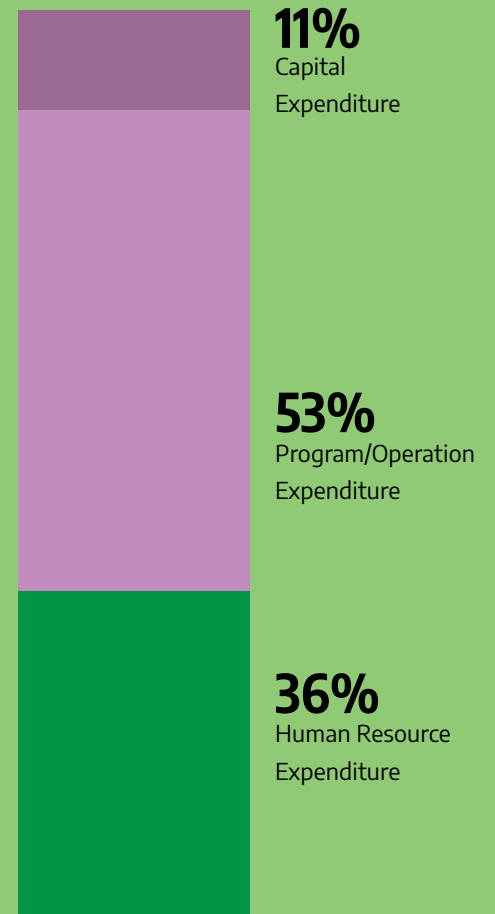
## COMPILED INCOME & EXPENDITURE STATEMENT 2078-79 (2021-22)

DESCRIPTION	HQ	ABBS	CoRIN	MCH	WALI	KISC	KISC-EQUIP	DHL	CHR	GHC	TOTAL	%
<b>Income</b>												
Internal Contribution	19,774,855	681,933	2,283,323			140,691,589		106,926,199	127,508,007	12,137,183	410,003,089	72%
External Contribution	3,961,007	8,110,569	3,433,156	11,069,960	9,561,759	2,083,245	14,571,565	45,850,479	28,247,464	13,074,903	139,964,107	25%
Government Contribution								16,704,807			16,704,807	3%
<b>Total Income</b>	<b>23,735,862</b>	<b>8,792,501</b>	<b>5,716,479</b>	<b>11,069,960</b>	<b>9,561,759</b>	<b>142,774,834</b>	<b>14,571,565</b>	<b>169,481,485</b>	<b>155,755,471</b>	<b>25,212,086</b>	<b>566,672,003</b>	<b>100%</b>
<b>Expenditure</b>												
Human Resource Expenditure	10,853,535	3,144,359	4,488,531	6,386,746	1,329,290	57,198,988	8,227,886	46,348,927	60,990,016	7,172,243	206,140,521	36%
Program/ Operation Expenditure	6,863,107	1,236,314	1,007,514	8,070,866	11,082,282	81,976,558	6,276,104	96,544,753	79,570,187	13,847,650	306,475,334	53%
Capital Expenditure	876,245	75,500	675,121		69,608	16,254,857		22,348,875	16,724,059	4,894,340	61,918,605	11%
<b>Total Expenditure</b>	<b>18,592,887</b>	<b>4,456,173</b>	<b>6,171,166</b>	<b>14,457,612</b>	<b>12,481,180</b>	<b>155,430,402</b>	<b>14,503,990</b>	<b>165,242,555</b>	<b>157,284,262</b>	<b>25,914,232</b>	<b>574,534,460</b>	<b>100%</b>
<b>Surplus/ (deficit) for the year</b>	<b>5,142,975</b>	<b>4,336,328</b>	<b>(454,687)</b>	<b>(3,387,652)</b>	<b>(2,919,421)</b>	<b>(12,655,568)</b>	<b>67,575</b>	<b>4,238,930</b>	<b>(1,528,791)</b>	<b>(702,147)</b>	<b>(7,862,456)</b>	

## ALLOCATION OF INCOME



## EXPENDITURE PROFILE







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