

## Soap for Hope



Young adults at ABBS have been acquiring new skills as part of their vocational training program. They have been learning, practicing and training to make recycled soap bars. The material for each bar of soap is sourced from high-end hotels and undergoes a thorough step-by-step process of cleaning and disinfecting before being moulded into a new recycled soap bar.

This is an initiative of HDCS in partnership with Diversey. Through this project, HDCS hopes to promote zero waste, resource conservation, and environmental care and protection. Additionally, we hope to improve hygiene in poor rural communities through free recycled soap distribution.

## Psychological First Aid (PFA) for Building Resilience



As part of the FOREBER – Anticipatory Action project, we conducted a Psychological First Aid (PFA) training in Nason Rural Municipality, Ward No. 1, Manang District. Participants included health workers, youth, elected representatives, teachers, disaster management committee members, social workers, and local community members.

The training emphasized the importance of mental health, identifying psychosocial challenges, and equipping attendees with primary psychosocial support techniques to provide essential care at the community level. We hope this initiative empowers community members to support one another, recognize the critical need for mental health assistance in emergencies, and strengthen resilience in disaster-affected areas.

### Vision

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

### PROJECTS:

#### Health

- ❖ Chaurjahari Hospital Rukum (CHR)
- ❖ Gunjaman Singh Hospital Chitwan (GHC)
- ❖ Namuna Community Hospital (NCH)

#### Education

- ❖ Asha Bal Bikas Sewa (ABBS)
- ❖ Kathmandu International Study Center (KISC)
- ❖ KISC Education Quality Improvement Program (KISC EQUIP)

#### Community Development

- ❖ Community Radio Initiative Nepal (CoRIN)
- ❖ Health Improvement Project Chitwan (HEAL)
- ❖ Medical Emergency Health Response (MEHR)
- ❖ Kotjahari Organic Farm
- ❖ One Health
- ❖ RISE UP
- ❖ Samridha ra Surakshit Samudaya Rukum (3SR)

#### Disaster Management

- ❖ Forecast Based Emergency Response Project (FOREBER) - Anticipatory Action
- ❖ Sundarbazar Resilience Project

## HIGHLIGHTS

**HQ** - The first quarter of 2025 was a dynamic and engaging time at HDCS, marked by several meaningful partner visits. We deeply appreciate your unwavering partnership and continued support, which help drive the mission and work of HDCS forward.

In April, HDCS senior leadership reconvened for the Project Coordination Team meetings, focusing on the outward dynamics of Emotionally Healthy Leaders. It was a valuable time of reflection and collaboration, strengthening HDCS's capacity for growth and development.

**ABBS** - Every Friday, the students of ABBS experience a sinking feeling of remorse as they realize that the weekend ahead means no school—they would rather be at school. Their emotions continually remind us why we do what we do. It brings us joy to serve these children, whom the world considers the least of these.

**CHR** - though facing issues in cash flow due to lack of reimbursement from the Nepal Health Insurance Board, CHR continues to provide hope for that desperately seek life-saving treatments. Read the story of a mother's strength and resilience that saved her son:  
<https://www.hdcnepal.org/blog/a-mothers-strength-manishas-journey-to-hope/>



**KISC EQUIP Rukum** - Apart from EQUIP's regular teacher training activities, 459 parents of children in Rukum participated in a seminar on safeguarding, 259 students have been sustained with school lunches, and 220 students have been actively pursuing child club activities.



**NCH** - Thanks to support from our partners CMSI, NCH is now able to provide imperative eye care services. Patients can now access a full range of eye-related services, including the provision of spectacles.

## Radio: My Lifelong Companion



In Nepal's remote hills, life is slow and laborious, ruled by sunrise and sunset. Isolation is common, with homes far apart and little entertainment. Yet, for 76-year-old Mahani Sunar from Dadeldhura, a radio became a lifeline—his source of joy, connection, and comfort.

Since Afno FM began broadcasting, Mahani has been a devoted listener. Through hardships, the radio has been his unwavering companion, essential to his daily routine. He spends NPR 3,000 monthly on batteries, keeping his collection like trophies of his attachment. To him, Afno FM is more than a station—it's his biggest cheerleader, offering songs and programs in his regional language that give him a deep sense of belonging.

Mahani's love for his radio reveals its profound impact. He cherishes it even more than family and believes others in Dadeldhura share this sentiment. For many in Nepal's remote corners, where silence reigns and city lights never reach, the radio is more than sound—it's presence, connection, and a reminder that someone, somewhere, is speaking just for them.

## One Health Approach for a Healthier Future



Over the last quarter, the One Health project advanced initiatives in organic farming, livestock development, and health education. Model farmers received training and financial support, while farmers' groups engaged in workshops on zoonotic diseases and sustainable agriculture. School programs educated over 1,100 students on disaster preparedness, foodborne illnesses, and waste management, while 24 teachers pledged action plans based on One Health principles. Mothers' groups participated in public health sessions, and 351 women received cervical screenings, with 20 referred for further treatment.

These activities highlight the project's commitment to fostering sustainability, improving health awareness, and strengthening community resilience. Through collaboration, One Health enhances livelihoods and emphasizes the interconnectedness of human, animal, and environmental health.