



HDACS

ANNUAL REPORT

2081-82/ 2024-25

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

ABOUT HDCS

Established in 1991, Human Development and Community Services (HDCS) is a faith-based NGO working in sectors of health, education, community development, and disaster management. Currently, it manages various projects across Nepal especially in rural regions and provides services through hospitals, health camps, public health programs, school development programs, teacher training, special needs education centres, community radio stations, and community led disaster management approaches. HDCS aims to improve the quality of health services and education facilities for impoverished communities and increase access to quality health care, education and livelihood opportunities for the poor and underprivileged without discrimination.

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.

MESSAGE FROM THE CHAIRPERSON



Namaste,

September 2025 was a painful chapter in Nepal's history. The anti-corruption protests and calls for reform shook our nation to its core. Lives were lost, properties destroyed, and many hearts left grieving. On behalf of HDCS, I extend our heartfelt condolences to the bereaved families and lift up prayers for those still recovering, and for our country as a whole.

As the interim government begins its work, we pray for wisdom and strength. May they lead with compassion, bring people together, and help rebuild our nation with unity and hope.

It is with gratitude that I share this brief reflection in HDCS's Annual Report. Within these pages, you will find glimpses of the work we've carried out over the past year. Thousands of underprivileged individuals have been served, and we give thanks to God for the strength and opportunity to do so.

None of this would be possible without the unwavering support of our partners, the prayers of our friends, and the tireless dedication of our staff. I am deeply thankful to each of you who have stood with us, walked alongside us, and believed in our mission: to bring transformation to disadvantaged, marginalized, and underprivileged communities.

As we look ahead, I humbly ask for your continued support and commitment. Together, we can reach further, serve more, and bring lasting change to the lives of those who need it most.

May God bless us all.

Milan Kumar Adhikari
Chairperson
HDCS

MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Partners and Friends,

It is my honor to share HDCS's Annual Report for 2024/25. As I look back on this year, I'm filled with deep gratitude for our dedicated staff, the trust of our communities, and the ongoing support and prayers from you, our partners. This year brought many challenges. Yet in these difficult times, HDCS stayed true to serve with compassion, provide quality services, and bring hope to those who need it most.

Through our hospitals, schools, and community projects, we reached thousands of individuals and families. From life-saving healthcare in remote areas, to quality education for children, to skills training and disaster relief, our work focused on restoring dignity, building resilience, and creating opportunities for a better future. I've been moved by many stories of transformation: patients recovering and regaining confidence, children thriving in school, and families rebuilding homes after the earthquake. These stories remind us why our work matters. The strength of HDCS is its people. Our staff, across the organization, have demonstrated incredible commitment, often working in tough conditions to make sure services reach those in greatest need. Their dedication inspires me every day, and I'm proud to be part of it.

I want to express my deepest thanks to our partners. Your financial support, technical guidance, and encouragement have helped us grow, respond quickly in emergencies, and continue serving those most in need. Together, we aren't just building programs, we're bringing hope.

Looking ahead, we know that challenges remain. But with your continued partnership and our shared determination, HDCS will continue to grow and remain a beacon of hope. We remain committed to serving and empowering the people of Nepal, especially the poor and marginalized, in sustainable ways.

On behalf of HDCS, thank you for walking with us. May we keep working together to build a healthier, stronger, and more hopeful Nepal.

With gratitude and prayer,

Kapil Sharma
Executive Director
HDCS

CHAURJAHARI HOSPITAL RUKUM

Over the past year, Chaurjahari Hospital Rukum (CHR) remained a cornerstone of healthcare, education, and outreach for communities in the mid-western hills of Karnali Province. Our commitment to delivering quality treatment and improved health outcomes across the region, earned formal recognition from local authorities, who also commended CHR’s reliability during emergencies and its service to vulnerable populations.

Regular staff training on new-born care, continuous positive airway pressure (CPAP) use, and more, strengthened the capacity of healthcare workers in responding to patients and enhanced treatment outcomes. A landmark visit from the Honourable Minister and Secretary of the Ministry of Social Development affirmed CHR’s growing reputation and strengthened public-private collaboration. The hospital also welcomed donors, partners, and international guests, whose ongoing support has fuelled our mission and growth.



-  **90,572**
PATIENTS SERVED
-  **422,841**
DIAGNOSTIC TESTS PERFORMED
-  **57,864**
PATIENTS RECEIVED CARE THROUGH THE GOVERNMENT INSURANCE SCHEME
-  **21,737**
PATIENTS RECEIVED FREE CARE
-  **7,519**
PATIENTS SERVED THROUGH EMERGENCY SERVICES
-  **5,528**
RECEIVED ANTENATAL CARE
-  **2,818**
CHILDREN UNDER 5 IMMUNIZED
-  **2,664**
SURGERIES PERFORMED



Free Care Restores Mobility and Hope to Young Tilak

While trekking with his father during the Yarsagumba harvest season in Dolpa, young Tilak was struck by a massive boulder that fell from a cliff. His father escaped with minor injuries, but Tilak was severely hurt. He was first taken to Dolpa District Hospital, then urgently referred to Chaurjahari Hospital for specialized care.

With limited income, his parents were overwhelmed with fear and uncertainty. After a tense 10-hour journey, they arrived at Chaurjahari Hospital where they received unexpected but happy news: Tilak's treatment would be completely free.

The orthopedic team responded immediately, performing surgery and providing intensive wound care and physiotherapy. Just two weeks later, Tilak took his first steps again.

His mother tearfully shared, "I was so worried, but the doctors and staff were kind and skilled. I'm deeply grateful."

Thanks to the free care provided for children under five at our hospital, Tilak didn't just recover—he regained his mobility, his smile, and a renewed sense of possibility.



HIGHLIGHTS

 **4,032**

people benefited from our 9 free medical and blood grouping camps held across remote areas of Rukum, Jajarkot, and Salyan. These camps provided essential health screening, diagnosis, and treatment, while also educating communities on preventive care and challenging traditional health beliefs. Additionally, through free ultrasounds, lab tests, and medicines at the camp, we ensured access to quality healthcare to several underserved populations.

 **20**

nurses across the Karnali Province completed Skilled Birth Attendant (SBA) training at our hospital, gaining vital skills for safe childbirth and emergency care. This hands-on program boosts confidence and competence, strengthens the regional healthcare workforce, and improves access to skilled delivery services—advancing maternal and neonatal health in Karnali Province.

 **1,400**

children under five received free medical treatment at Chaurjahari Hospital last year, ensuring access to quality care for families in need. This life-changing support ensures vulnerable families get quality care, offering young children a stronger, healthier start in remote communities.

NAMUNA COMMUNITY HOSPITAL LAMJUNG

This year marked significant progress in expanding healthcare access and infrastructure. We organized free health camps, launched patient transport and home care services, introduced computerized eye exams, and Lamjung District's first Pulmonary Function Test (PFT) services. Construction began on new departmental buildings, and we received approvals for a 25-bed hospital and a C-grade lab. The Laboratory Information System was installed, and specialized services were enhanced. Staff capacity grew through regular training and Continuous Medical Education (CME) programs. Community engagement flourished through weekly outreach clinics, environmental and disaster preparedness initiatives, and educational sessions. Together, we advanced health equity, community well-being, and compassionate services across Sundarbazar, Rainas, and Dordi.



17,512
PATIENTS SERVED



134,260
DIAGNOSTIC TESTS PERFORMED



5,564
PATIENTS RECEIVED FREE TREATMENT



3,369
RECEIVED DENTAL CARE



1,287
RECEIVED PHYSIOTHERAPY SERVICES



2,844
RECEIVED EMERGENCY CARE



1,847
SURGERIES PERFORMED



1,943
CHILDREN UNDER 5 RECEIVED FREE CARE

From Wounds to Wonder: Bir's Journey of Healing and Hope



While most children spend their early years chasing dreams and playing under the sun, Bir's childhood was shaped by hardship. Born into a family weighed down by poverty, he was forced to work as a manual laborer from a young age, sacrificing school to help his family survive. His gentle spirit masked a life of quiet struggle and responsibility far beyond his years.

While working on the Dudhpokhari road construction in Lamjung, tragedy struck. A cement mixer severely injured Bir's leg, leaving him with a deep cross-wound and an open metatarsal fracture. With no money for treatment, Bir endured the pain in silence until his uncle, moved by his suffering, brought him to Namuna Community Hospital (NCH).

What arrived was not just a wounded boy of 15 years, but a soul in distress with matted hair, lice, sunken eyes and unwashed. But at NCH, Bir was embraced like family. His wounds were treated, his leg mended, and alongside medical care, he received something deeper: dignity. Nurses spoke with kindness, taught him about hygiene, and gently nurtured his self-worth.

Over eight days, Bir began to transform. He smiled more, listened, showed interest in grooming, and told the staff one day:

"I want to be like you, I want to study."

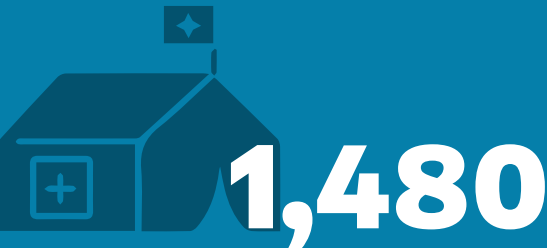
Upon hearing this, his sister, overwhelmed with gratitude, shared, "It wasn't just the treatment, it was the love and understanding that changed my brother's thinking. Now he wants to start a new life, and we will help him."

A few days after being discharged, Bir returned not for medicine, but to say thank you. His mother beamed with pride. "I'm so happy about the change in my son's life," she said.

Bir's story is more than a tale of healing, it's a testament to the power of compassion. With continued support and belief in himself, Bir is now walking toward a future filled with possibilities.



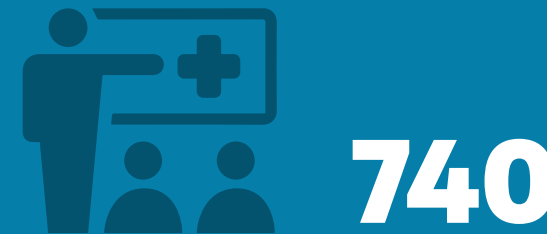
COMMUNITY OUTREACH PROGRAMS



people benefited through free health camps in Dordi and Rainash



individuals benefited from free checkups, tests, and blood grouping services through our mobile clinics in Sundarbazar



students benefited from health education and awareness programs

GUNJAMAN SINGH HOSPITAL CHITWAN

Gunjaman Singh Hospital Chitwan (GHC), located in Ratnanagar, Chitwan, continues to grow as a trusted health center for communities in Chitwan and Makawanpur. With the recent addition of Surgery and Anesthesia departments, two Consultant Surgeons and Anesthesiologists now lead major procedures, including laparoscopic surgeries. GHC also welcomed a radiologist and a color Doppler ultrasound machine, enhancing diagnostic services. A new post-operative ward with four beds now offers a safe recovery environment. Known for affordable or sometimes even free care, GHC remains committed to serving marginalized groups through inclusive health programs, outreach efforts, and strong partnerships that promote awareness and lasting impact to the people of the region.



8,421
PATIENTS SERVED



5,728
DIAGNOSTIC TESTS PERFORMED



1,859
PATIENTS RECEIVED FREE CARE



1,326
SURGERIES PERFORMED



583
PATIENTS SERVED THROUGH EMERGENCY SERVICES



449
RECEIVED PHYSIOTHERAPY



Silent Struggles, Triumphant Healing

A year ago, a 45-year-old laborer from rural Gorkha fell from a tree, shattering his hand. As the sole provider for his family of five, he had no choice but to borrow heavily from neighbors to afford urgent surgery at a city hospital. The operation saved his hand, but the debt consumed his monthly income, leaving no room for follow-up care.

He was told to return in a year to remove the metal implants but with loans to repay and children to feed, he postponed the procedure. Over time, his hand grew stiff and painful, especially in cold weather. Physical work became harder, yet he kept going—quietly enduring, unable to afford another hospital visit.

In mid-2025, a free health camp organized by Gunjaman Singh Hospital arrived in his village. He attended, hoping for relief. The orthopedic team confirmed the hardware could be safely removed. The surgery, along with medicines and care, was provided at no cost. Within weeks, he regained strength and movement in his hand.

His story reflects the harsh reality many low-income workers face: emergency care may be possible, but follow-up is often out of reach. Thanks to the health camp, he got a second chance at healing and reclaiming his livelihood.

This story serves as a reminder that even today, our outreach camps are vital in providing hope, restoration, and wellness.



WAY FORWARD

Gunjaman Singh Hospital is steadily advancing toward a more comprehensive and inclusive healthcare model. To meet the growing needs of the community, the following strategic developments are planned in phased stages:

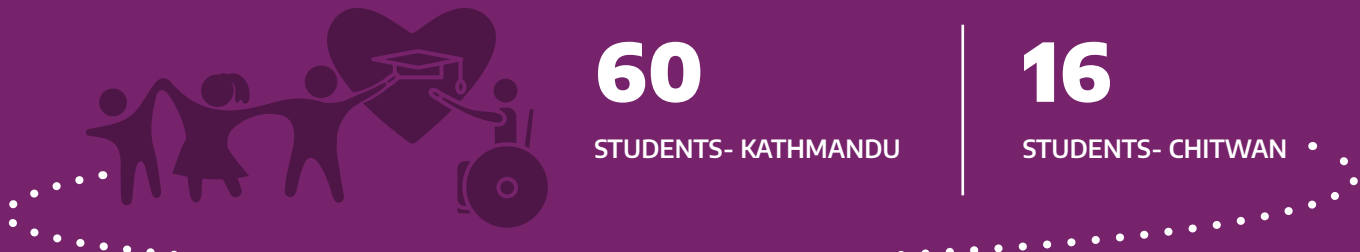
- Upgrade the Operation Theatre with a C-ARM and Arthroscopic machine for more precise and minimally invasive procedures.
- Expand the Post-Operative Ward; increase hospital bed capacity from 4 to 8 to allow better post-surgical care and accommodate more patients during recovery.
- Establish a General Inpatient Ward with 20 beds to provide space for patients requiring extended medical attention, improving inpatient services significantly.
- Introduce an Obstetrics & Gynecology Department to offer specialized care for women to address a critical gap in maternal and reproductive health services in the region.
- Establish a Dental Department to provide essential oral health services

These long-term strategies reflect GHC’s dedication to expanding access, improving quality, and serving marginalized communities with dignity and compassion.



ASHA BAL BIKAS SEWA

Asha Bal Bikas Sewa (ABBS) continued its commitment to inclusive education and therapeutic support for children and youth with disabilities across its two centers in Kathmandu and Chitwan. While both locations share similar programmatic goals and activities, resource limitations in Chitwan, in particular lack of transportation and infrastructure, have constrained expansion. Despite these challenges, ABBS Chitwan served 16 students living in the vicinity who are in urgent need of support. In contrast, the Kathmandu center provided continuous services to 60 students aged 4 to 29 years.



PROGRAM APPROACH & IMPACT

ABBS tailors its services to meet the unique developmental needs of each student. Whether through in-person instruction or remote engagement, the goal is clear: to equip every child with the skills and confidence to thrive independently.



INDIVIDUALIZED THERAPY & LEARNING PLANS

Upon enrollment, each student undergoes a developmental assessment. Based on this, tailored goals and home-based activities, focused on stimulation, cognitive development, physical growth, social interaction, language acquisition, and self-help skills, are designed in collaboration with parents.



REMOTE LEARNING SUPPORT

For students unable to attend school due to age or mobility, ABBS offers: online sessions, home visits, parent counseling and practical skill-building in daily living and household tasks.



INCLUSIVE GAMES & COMPETITIONS

Weekly indoor and outdoor games are organized to promote physical and cognitive development, teamwork, confidence and foster a sense of belonging and fun.



PARENT ENGAGEMENT & COLLABORATION

ABBS believes that empowering families is key to empowering students. This year, parent involvement was deepened through structured meetings, workshops, and personalized consultations.



CLASS-WISE PARENT CIRCLES

Small group discussions created space for families to share insights, challenges, and celebrate progress—building a supportive community around each child.



PSYCHOSOCIAL WORKSHOP

Led by psychologists, this session guided parents and siblings on understanding and supporting individuals with disabilities using principles from the International Child Development Program (ICDP).

HIGHLIGHTS



EXTRACURRICULAR ACTIVITIES

12 volunteers (students and teachers) from Norway visited ABBS and carried out fun and engaging weeklong activities with our students like craft-making, dancing, singing, and playing games.



VOCATIONAL TRAINING

Eight ABBS students received vocational training in recycled soap making through our Soap for Hope initiative (in partnership with Diversey), producing and distributing soap to promote hygiene across HDCS projects. They also learned pot coaster crafting and necklace beading, gaining practical skills and confidence for future livelihood opportunities.



DISASTER PREPAREDNESS

18 of our adult students together with 8 of our teachers went on an overnight stay in Nagarkot where they received training on disaster preparedness through games and learned basic first aid knowledge on how to carry injured and wounded people, to stabilize wounds and injuries and make use of situationally available material for making a stretcher, a splint, or bandages.



FESTIVAL CELEBRATIONS

Students engaged in holiday celebrations such as Children's Day, International Disability Day, Mother's Day, Father's Day, Christmas, and other cultural festivals to build awareness and bring joy.



CHILD RIGHTS EDUCATION

Through discussions and activities, students and parents explored the importance of equal treatment, access to education, and health care.

Bittu's Path to Growth



Bittu, an 11-year-old boy with autism, joined ABBS a year ago. Before that, he attended a mainstream school, where he struggled with concentration, communication, and social interaction. He found it difficult to follow classroom rules, engage in two-way conversations, respond to instructions, and participate in group play. These challenges, common among children with autism, hindered his learning and development.

Upon enrollment, ABBS conducted a detailed screening across six developmental domains to understand Bittu's needs. Based on the results, we created a personalized action plan with clear developmental goals. His learning activities included visual aids, sensory games, group interactions, and structured communication exercises, all tailored to his unique needs.

To ensure consistency, we actively involved Bittu's parents. We shared his progress, provided home-based activities, and offered guidance to reinforce learning beyond the classroom. This partnership helped build a supportive environment for daily practice.

Over the past year, Bittu has shown remarkable progress. He now follows classroom routines, participates in group activities, and responds to short instructions. His ability to concentrate has improved, and he engages in basic conversations, expresses preferences, and shares what he learns at school with his parents. He also describes his home experiences in short sentences during class. Even at home, Bittu has become more independent and completes household chores like organizing belongings and tidying up. He has also discovered a passion for painting, using color combinations to express his thoughts, emotions, and imagination.

Bittu's journey highlights the power of early recognition, acceptance, and consistent support. With patience and encouragement, children with disabilities can thrive and achieve meaningful progress. We are inspired by Bittu's transformation. His parents are deeply grateful, and together we remain committed to nurturing his growth.



ABBS remains committed to expanding access, deepening impact, and fostering inclusive environments where every child can thrive. We continue to seek support and advocate for improved infrastructure and resources, particularly in Chitwan, where at least 55 more children require our services. This will help ensure equitable service delivery across both centers.

KATHMANDU INTERNATIONAL STUDY CENTRE

Kathmandu International Study Centre (KISC) Primary and Secondary schools had another exciting academic year marked with countless moments that reflected the values of KISC: love, grace, community, justice and excellence. From our exciting House competitions to the deeply moving Remembrance Day service, from Primary and Secondary Activity Weeks, to the wonderful celebrations of Christmas and Easter, our students, staff, and families have shared many meaningful experiences that speak to the strength and beauty of our community.

We celebrated the outstanding achievements of our students in their Cambridge examinations, recognised their talent and courage in the KidZone talent show and their perseverance through participation in the International Duke of Edinburgh Award. We gathered for worship, prayer, and times of reflection, continually reminding ourselves that at the core of all we do is the call to be living witnesses of Christ’s love and foster a holistic learning environment where students can thrive.



HIGHLIGHTS

STUDENT LEADERSHIP

The Grade 11 Student Leadership class had a standout year, marked by growth, impact and service. They took on key leadership roles: running primary clubs, leading secondary electives, and kicking off Primary Activity Week with inspiring energy and creativity.

INTERNATIONAL DUKE OF EDINBURGH AWARD

KISC proudly runs the International Duke of Edinburgh Award, empowering students to grow through service, skill-building, and adventurous expeditions. This year, 20 students earned Bronze and two achieved Silver, discovering purpose, passion, and the joy of accomplishment through this transformative journey of self-development.

KISC PRIMARY

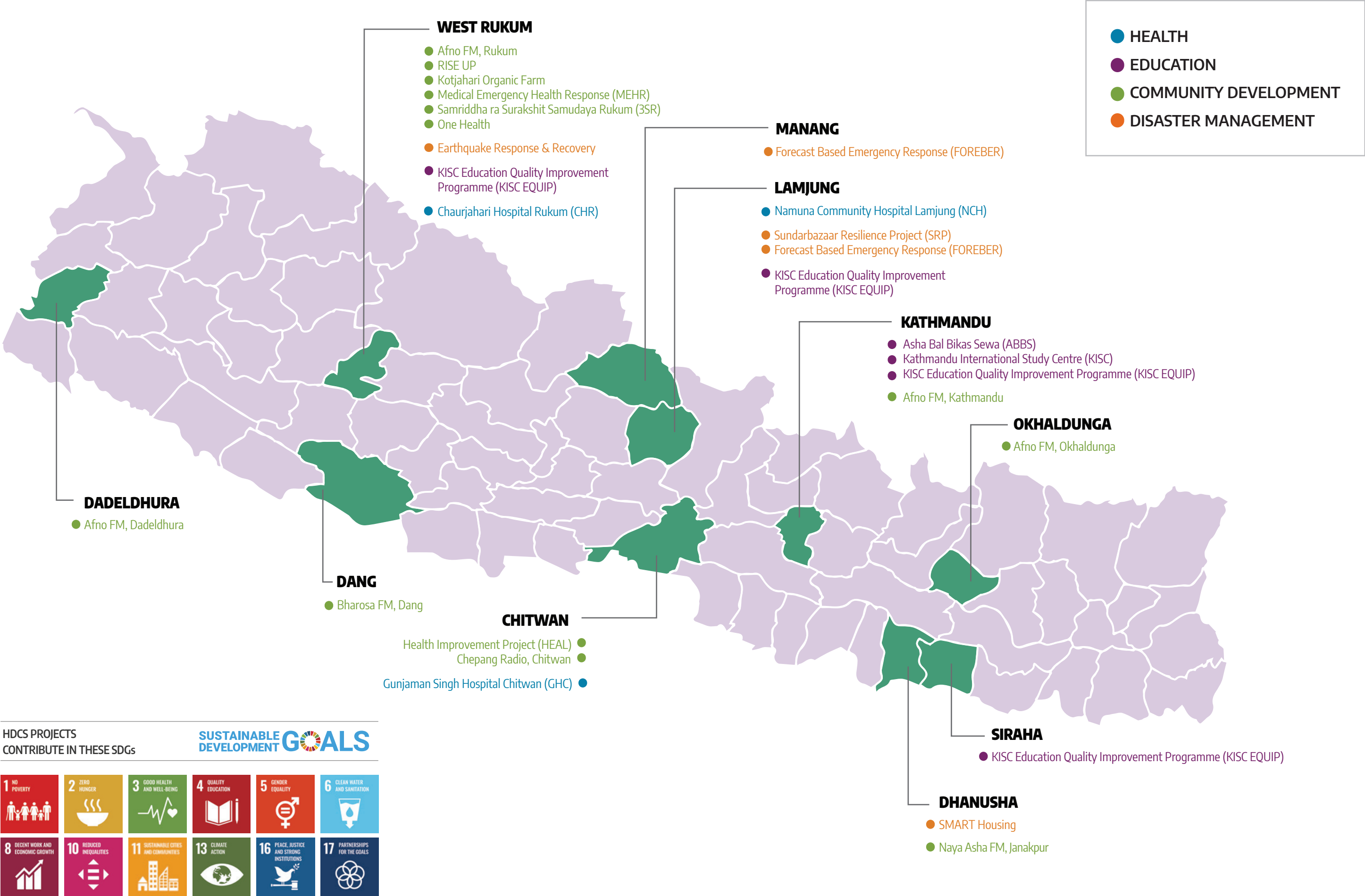
KISC Primary students showcased their talents on stage at KidZone talent show, and enthusiastically celebrated the 100th day at school by wearing their brightest colorful clothing. They unlocked new adventures during our Reading Challenge and explored God’s love and the fruit of the Spirit during Primary Activity Week, “Set Sail,” and celebrated with much joy as a community at the Primary Picnic.



WAY FORWARD

- Improve literacy across all subjects
- Strengthen study skills through curriculum alignment
- Expand school facilities to increase school capacity
- Enhance the promotion of environmental sustainability across KISC branches

HDCS Project Areas



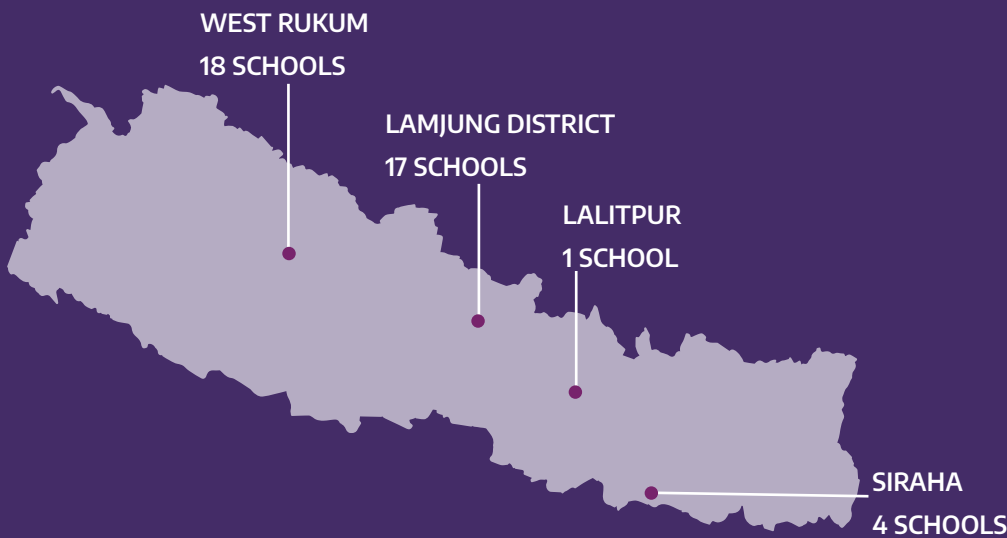
KISC EDUCATION QUALITY IMPROVEMENT PROGRAMME

Education Quality Improvement Programme (EQUIP) is a teacher-centric professional and school support programme dedicated to enhancing educational excellence in Nepali schools. It empowers educators through subject-specific training in Mathematics, Science, English, ICT, and Physical Education, alongside general educational workshops on creative and critical thinking, classroom management, peer observation, lesson planning, read-aloud techniques, parental engagement, child safeguarding, and the use of locally available resources.

Currently, the EQUIP team, comprising nine members, partners with 40 schools across both rural and urban areas, equipping teachers to transform their classrooms and communities. Beyond teacher development, EQUIP conducts workshops and seminars for child club members, parents, students, and school leaders. Its school support programme includes scholarships for Dalits, girls, and disadvantaged students; the establishment of classroom libraries, mini science labs, and ICT labs; and assistance with school lunch programmes, physical education, and essential teaching resources.



40 PARTNER SCHOOLS



HIGHLIGHTS

1,718

students and teachers trained in school-based Disaster Risk Reduction

958

parents educated through child development workshops

752

students received support through the school lunch programme

567

students from 8 schools in Rukum West participated in World Environment Day and tree plantation

522

students received support for stationery and school uniforms

107 CLASSROOM LIBRARIES	18 MINI SCIENCE LABS	1 ICT LAB
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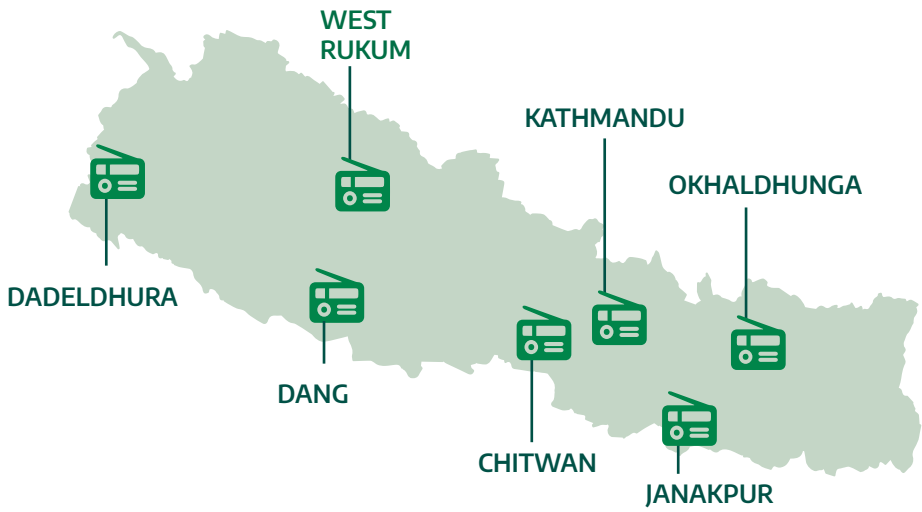
were established to improve access to knowledge, exploration and digital literacy

COMMUNITY RADIO INITIATIVE NEPAL

Community Radio Initiative Nepal (CoRIN) completed its 17th year of operation this fiscal year. Established in June 2008, it pioneered the first community radio in Dadeldhura District. Since then, the program has established 7 radio stations in 7 provinces of Nepal. Despite facing a range of challenges this year, CoRIN has remained dedicated and committed to its core purpose: amplifying community voices, fostering dialogue, and promoting development through radio.



RADIO STATIONS



PROGRAMMATIC IMPACT



ADVOCACY FOR MARGINALIZED VOICES

Radio program Drishtikon (meaning perspective) advocated for a person with disability and secured a regular supply of oxygen to their home in coordination with the local hospital.

SUPPORT FOR VULNERABLE WOMEN AND CHILDREN

Food assistance was provided to three single women living in poverty, and financial aid was extended to two underprivileged children and one person with a disability.

EDUCATIONAL RESOURCE DISTRIBUTION

Afno FM facilitated the donation of educational and sports materials to a primary school, enhancing learning environments for underserved students.

YOUTH CAPACITY BUILDING

13 young people trained in basic journalism in Dang, building their capacity on foundational skills in radio reporting and media literacy.

STRATEGIC EXPANSION

Bharosa FM was officially launched in Ghorahi following a year of prayer, planning, and stakeholder consultation.

STAFF DEVELOPMENT

Journalism training in Dadeldhura, and photography and videography training in Kathmandu, enhanced the technical and editorial capacity of our radio staff.



WAY FORWARD



Our radio stations continue to demonstrate that community radio is not merely a medium of information but a channel for meaningful change. Through strategic programming and targeted outreach, our stations are advancing HDCS’s mission of health, education, and community development. In the coming year, 100 radios will be distributed to people who cannot afford to buy one, to support them in their lifelong journey of learning and engagement.

HEALTH IMPROVEMENT PROJECT

Our Health Improvement (HEAL) Project is focused on bringing improved WASH (Water, Sanitation, and Hygiene) education and practices by partnering with 10 schools in Kalika Municipality, Chitwan District. This project is dedicated to bringing health, hygiene, and dignity in underserved communities through targeted WASH training, menstrual health education, reusable menstrual pad-making workshops and medical outreach. Together, these initiatives aim to foster healthier, more informed communities where hygiene, dignity, and access to care are foundational to everyday life.



712

STUDENTS PARTICIPATED IN MONTHLY WASH EDUCATION SESSIONS



411

RECEIVED FREE MEDICAL CHECK-UPS IN COMMUNITY-BASED MEDICAL CAMPS



120

STUDENTS

22

TEACHERS

PROVIDED WITH MENSTRUAL HEALTH TRAINING



69

SCHOOLGIRLS

89

WOMEN

EMPOWERED AND EQUIPPED WITH KNOWLEDGE AND PRACTICAL SKILLS TO MAKE REUSABLE SANITARY MENSTRUAL PADS



10

SCHOOLS' WASH FACILITIES REPAIRED AND UPGRADED



Healing Simjo's Hand

During a community visit, our HEAL project staff member met three-year-old Simjo and immediately noticed a painful burn injury on his hand, 5 days after the incident. His family, facing financial hardship and lacking awareness, had not sought medical care. Thankfully, a free medical camp organized through the project provided the basic treatment he needed. Furthermore, HDCS staff, through their coordinated efforts with the local municipality, ensured his full recovery at our hospital, providing him with free treatment and transportation. This timely intervention testifies to the power of collective action and the vital role of community-based health initiatives in reaching marginalized families with life-changing support.

RISE UP

The RISE UP Project in Chaurjahari, Rukum West, supports people with disabilities through awareness, livelihood training, rehabilitation, and inclusive governance. Rooted in dignity and equity, the project works to reduce stigma, promote participation and advocate for rights-based development. Over the past year, the project improved coordination with local government, helped obtain disability ID cards, raised public awareness, and provided key services. It also offered skills training, seed grants, and access to social protection, helping people with disabilities and their families to improve their lives. By strengthening local accountability, RISE UP is ensuring fair access to education, healthcare, jobs, and decision-making for all.



Finding Hope, Dignity, and Acceptance

Ramchandra Budha, 60, lives with his wife in a modest home in Chaurjahari Municipality. Once a respected teacher and active community member, his life changed drastically after a severe stroke left him bedridden—unable to speak clearly, walk steadily, or care for himself. His family sought help from hospitals and traditional healers, but nothing brought lasting relief. Without a disability ID card, Ramchandra was also excluded from essential government support.

Hope arrived with the RISE UP project. Physiotherapist Urmila Sharma began home visits, offering regular therapy that slowly restored some of Ramchandra’s strength and mobility. The project team also helped him navigate the complex process of acquiring a disability ID card and guiding him through paperwork, medical documentation, and ward-level approvals.

With his new “blue category” card, Ramchandra gained access to vital services and benefits. Today, while he still requires care, he can manage basic tasks with his wife’s support. More importantly, he feels seen and recognized by the system and respected by his community.

For Ramchandra, RISE UP has been more than a health intervention. It has rekindled his sense of dignity, independence, and belonging. His story is a testament to the power of inclusive support and the profound impact of being acknowledged.



574

PEOPLE REACHED THROUGH THE PROJECT



515

COMMUNITY MEMBERS, INCLUDING 14 MOTHERS’ GROUPS, ATTENDED DISABILITY AWARENESS SESSIONS



259

PEOPLE WITH DISABILITIES JOINED PEER-LED ADVOCACY AND AWARENESS SESSIONS



141

GOVERNMENT OFFICIALS WERE TRAINED ON INCLUSIVE GOVERNANCE AND DISABILITY RIGHTS



103

INDIVIDUALS ACCESSED HOME-BASED PHYSIOTHERAPY AND REHABILITATION



102

STUDENTS TOOK PART IN SCHOOL CAMPAIGNS TO PROMOTE INCLUSION AND EQUALITY



14

PEOPLE RECEIVED DISABILITY ID CARDS, IMPROVING ACCESS TO SERVICES



8

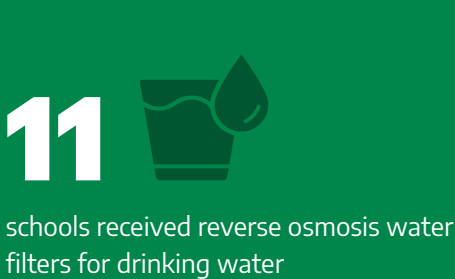
PEOPLE RECEIVED ASSISTIVE DEVICES TO SUPPORT MOBILITY AND INDEPENDENCE

SAMRIDDHA RA SURAKSHIT SAMUDAYA RUKUM

The Samriddha Ra Surakshit Samudaya (Prosperous & Safe Community) Rukum (3SR) project is strengthening maternal and child health (MCH) services, supporting psychosocial care, and promoting rights-based awareness among mothers, students, and persons with disabilities. Farmers are receiving training and support for income-generating activities, while schools are benefiting from clean water access and inclusive sanitation facilities. Mothers' Groups and Agriculture & Livestock Groups are being empowered to push for change. By coordinating with government bodies and communities, the project is building a healthier, safer, and more prosperous future for all.



HIGHLIGHTS



Stitching with a Purpose



In the quiet hills of Mathi Gaun Sankh, Musikot Municipality, Rukum West, 27-year-old Sapana Pariyar has turned her needle and thread into tools of transformation. With her husband working in South Africa and two young sons to care for, Sapana began a modest tailoring business to support her family. But what started as a way to mend clothes soon evolved into a mission to mend lives.

As an active member of the Milijuli Health Mothers' Group, Sapana regularly attended meetings that deepened her understanding of menstrual hygiene, sanitation, and nutrition. It was during one of these sessions, organized under HDCS's 3SR project, that she discovered a new purpose: reusable sanitary pad-making.

Already skilled with fabric and design, Sapana saw the pad-making workshop not just as a health initiative, but as a natural extension of her tailoring work. The idea of crafting reusable sanitary pads and as an affordable, eco-friendly, and health-conscious alternative, resonated deeply with her. She began stitching pads for herself, then for her neighbors, and soon, word spread.

As demand for reusable sanitary pads grew, Sapana Pariyar seamlessly expanded her tailoring business to include pad production. Her small workshop became a space of empowerment, where women accessed affordable menstrual products and gained vital health awareness. This shift brought dual impact: boosting Sapana's income while fostering menstrual dignity and reducing plastic waste in her community. Grateful for the training provided by HDCS, Sapana reflects,

"It didn't just teach me how to make pads- it taught me how to make a difference."

Her journey now inspires other women to pursue income-generating ventures that uplift both lives and livelihoods.

RESEARCH AND DEVELOPMENT

HDCS carried out a two-part research survey in the Karnali Province region to enhance the impact and sustainability of HDCS's current livelihood initiatives by first identifying gaps, challenges, or new strategies that could make these projects more effective. The second area of research looked into new opportunities to involve youth, recognizing their potential as catalysts for change.



KEY FINDINGS

YOUTH REALITIES & BARRIERS

94%
OF YOUTH INTERVIEWED HAVE NOT RECEIVED ANY TYPE OF VOCATIONAL TRAINING

55%
OF YOUTH CLAIMED HAVING POOR SOFT AND LIFE SKILLS SUCH AS PRESENTATION, PUBLIC SPEAKING, CONFIDENCE, COMMUNICATION SKILLS, ETC.

45%
OF YOUTH LACK ADEQUATE DIGITAL LITERACY, WHILE 57% EXPRESS A CLEAR NEED FOR UPSKILLING TO MEET EVOLVING DEMANDS

BUSINESS: POTENTIAL AND REALITY

STAGNANT ENTREPRENEURSHIP
57% OF BUSINESSES ARE OVER 7 YEARS OLD; ONLY 4% ARE NEW

LIMITED DIVERSITY
DOMINATED BY RETAIL (26%) AND HARDWARE (17%); FEW IN SKILLED OR DIGITAL SECTORS

MIXED OUTLOOK
43% SEE POTENTIAL FOR NEW BUSINESSES, BUT MIGRATION AND LOW DEMAND DAMPEN OPTIMISM

WAY FORWARD

HDCS's research has laid the groundwork for further inclusive, community-led development in Karnali. In response, the SAMBHAV (meaning possible) project was launched in April 2025 to empower passionate changemakers from Chaurjahari with vocational training, motivation, and business skills. By equipping them in Kathmandu, SAMBHAV enables these youth to drive transformation in Rukum West—reducing migration and fostering sustainable change. These young people will be future leaders and catalysts for hope, opportunity, and long-term impact.



ONE HEALTH

The One Health Project integrates human, animal, and environmental health. It strengthens community development through capacity building, sustainable agriculture, health awareness, and collaboration. Model farmers, schools, and mothers' groups received specified training and support. Medical camps, particularly uterine cervix screenings improved health outcomes for women and strong ties with local governments and schools created a bridge towards sustainability. The project promotes ownership, improves livelihoods, and offers a replicable model for integrated, community-driven development and long-term well-being.



Model Farmer's Transformation

Laxmi Pun, a model farmer from Chaurjahari Municipality, participated in the One Health farmer training on sustainable agriculture. Initially, she faced challenges due to limited literacy, but through participatory training and personalized counseling, she developed a business plan integrating organic farming, fodder management, and household sanitation. With support from the project (70% support and 30% self-contribution), she established a model farm that will serve as a local learning hub, inspiring neighbors to adopt similar practices. Her story shows how tailored support can empower farmers to lead sustainable change. Our 14 model farmers share a similar story and have established farms aligned to One Health principles.

HIGHLIGHTS

This past year the One Health Project directly benefited 2,911 people through interventions across three strategic channels:

MOTHERS GROUPS

1,110

women participated in 36 mothers' group trainings on health, hygiene, and One Health practices

546

women in 4 medical camps underwent cervical screenings and 20 cases were referred for treatment

SCHOOL

990

students participated in 36 school awareness sessions on rabies, climate change, water safety, and environmental health

48

teachers from 24 schools trained on One Health, climate change, safe water, sanitation, and waste management

FARMERS GROUPS

1,080

farmers trained in organic farming, sustainable agriculture, and waste management

40

tailored counseling sessions helped model farmers finalize household business plans aligned with One Health standards

14

model farmers launched farms with One Health-aligned plans that integrate safe practices, livestock care, WASH, and sustainability

MEDICAL HEALTH EMERGENCY RESPONSE

The Medical Emergency Health Response (MEHR) Project strengthens emergency health services across 10 municipalities in West Rukum, Salyan, and Jajarkot by equipping Chaurjahari Hospital Rukum (CHR), training medical teams, and enhancing disaster preparedness. Mobile clinics, medical camps, and ambulance services have expanded access to quality health treatment. Coordination with local and district disaster committees has improved emergency response planning. Community members, police, and health workers received first aid training, while awareness campaigns increased awareness and knowledge on first response and disaster preparedness. Strong collaboration with government bodies ensures sustainability and integration into local systems for long-term impact.



Strength to Survive

Manisha, a 20-year-old from Dunai, Dolpa, faced a challenging situation during childbirth. When her labor began, she was admitted to the District Hospital in Dunai. But after three long and painful days, her condition grew weak and critical, demanding urgent intervention.

She was then referred and rushed to Chaurjahari Hospital, an exhausting 8-hour journey on rough roads.

At Chaurjahari, doctors found she had lost a lot of blood and needed urgent surgery. Thanks to quick action from the hospital team and her husband, she received a blood transfusion and emergency care and delivered a baby boy.

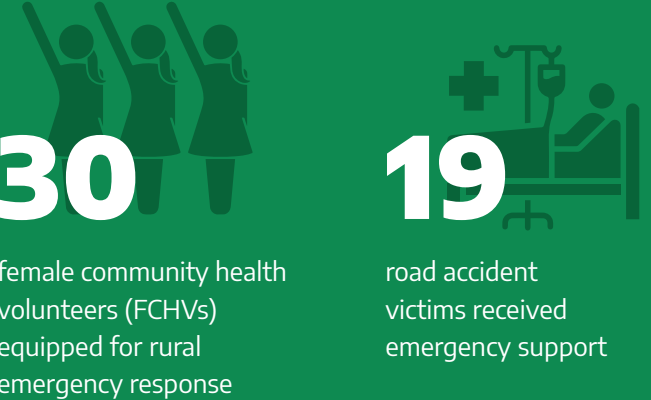
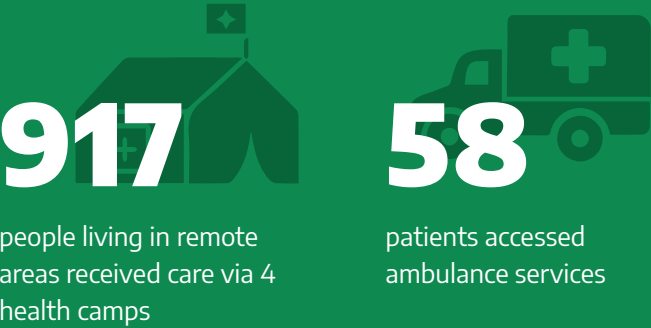
Though the delivery was successful, Manisha developed a fistula. After spending several days in the hospital, Manisha had no money left for further care. Knowing this, our hospital arranged for free ambulance transportation through our MEHR project and she was taken to Surkhet for further treatment. After a week of care, Manisha recovered and returned home with her baby.

Her mother, eyes filled with thankfulness, said:

“This hospital has been like a guardian for poor and helpless families like us. They saved both my daughter and grandson. We are deeply grateful.”

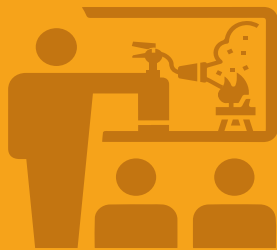
HIGHLIGHTS

This past year, the MEHR project directly benefited 1,244 people, which includes:



FORECAST BASED EMERGENCY RESPONSE

HDCS's proactive interventions through its Anticipatory Action project in Manang and Lamjung have significantly strengthened community resilience to floods and landslides. Through strategic training, technology deployment, and partnerships with key stakeholders, including the Department of Hydrology and Meteorology, the project directly enhanced the safety and preparedness of 755 households or 3,150 individuals in vulnerable areas.



Community
Training &
Preparedness



Early Warning
Systems
Established



Strengthening
Data Infrastructure
for Risk Reduction

185

INDIVIDUALS TRAINED IN
EMERGENCY RESPONSE:

35

trained in **Psychosocial
First Aid** (health staff, police,
mothers' groups, youth clubs)

150

trained in **Emergency
Evacuation Simulation** in
Tal Village, Manang

2

AUTOMATIC EARLY WARNING
SYSTEMS (AEWNS) DEPLOYED COVERS:

55

households in Tal village, Manang

400

households in Hilebazar, Lamjung

3

MONITORING STATIONS:

2 Radar Level Sensor (RLS) and 1
Micro Automatic Weather Station
(AWS) are operated in partnership
with Kathmandu University to record
discharge measurements of the
Marsyangdi River. The data will be
used to generate rating curves to
define flood thresholds and enhance
early warning precision and directly
benefit:

100

households in Chame and Dharapani
of Manang District, enhancing
community preparedness to flood
risks

1

AUTOMATIC WEATHER STATION (AWS)
INSTALLED COVERS:

200

households with flood/landslide alerts
via precipitation data in Upper Duwar,
Lamjung

1

DIGITAL EARLY WARNING DASHBOARD
installed in Tal Village enabling real-time
monitoring of Marsyangdi River water
levels and rainfall

SUNDARBAZAR RESILIENCE PROJECT

The Sundarbazar Resilience Project (SRP) has planted seeds of lasting resilience across Sundarbazar Municipality, strengthening disaster preparedness and community capacity. Through collaboration with local government, youth clubs, and the local municipality’s Rapid Response Team, disaster risk reduction is now embedded in regular planning and programs. Initiatives like dengue prevention and early warning systems have reduced health costs and enhanced local response capacity. Communities are increasingly adopting organic farming and impact-based forecasting, reflecting a shift toward sustainable, locally driven solutions. The project has empowered residents and institutions to act collectively, use technology effectively, and build long-term safety against physical and economic losses.



EARTHQUAKE RESPONSE AND RECOVERY

HDCS’s two-pronged approach of response and recovery for the victims of the 6.4 magnitude earthquake that occurred on 3rd November 2023 continued for a second year. Its primary focus was on bringing hope and restoration to 21 families through the completion of their earthquake-resistant houses and toilet construction plus provisions for clean drinking water. Subsequently, our final phase for the project focused on disaster preparedness, school WASH, and anticipatory action activities.



835

students and teachers have been trained and are now equipped with DRR preparedness and resilience building skills at the household, school, and community levels

10

DRR champions have been trained extensively and are now leading disaster risk reduction training in their respective schools and communities

40

key stakeholders of the project: Sundarbazar Municipality, Nepali Police, Nepal Army, Armed Police Force (APF), Rapid Response Team (RRT) and local youth clubs in Sundarbazar are equipped and empowered to serve as ambassadors of disaster preparedness, response and resilience building in Sundarbazar

Sundarbazar Municipality’s 8-member Rapid Response Team (RTT) is now active, equipped, and well-trained, playing a vital role in local disaster preparedness.

As part of the safe healthcare facilities initiative, Namuna Community Hospital has been strengthened with essential medical equipment, diagnostic test kits, and a dedicated disaster response stock, enhancing its capacity to serve and protect the community during emergencies.

370

individuals received free care through medical camps

231

students benefited from the upgradation of WASH facilities in their schools

167

teachers and students were made safe after a landslide susceptibility assessment and the removal of unstable landmass above the school gate

33

teachers in the Rukum-West district were trained on the implementation of DRR games

21

toilets were constructed for the 21 households in Jumlipokhari, benefiting 103 people in the village

8

HHs in a landslide-prone area in Aathbiskot were provided with materials for building temporary shelters

SMART HOUSING

SMART Housing project is a consortium project carried out in Danusha District in the Terai region. Within the project, HDCS successfully led flood mapping, insurance orientation, and disaster preparedness training for 60 participants, including six vulnerable households. We aired three disaster awareness radio programs over three months, reaching 1,589 people with vital safety messages. The project strengthened coordination among local authorities and security forces, while integrating gender and social inclusion into all preparedness and response efforts across Ganeshman Charmath Municipality.



Flood risk assessment and mapping was carried out for ward no 3. of Ganeshman Charmath Municipality which will better prepare **1,589** individuals for future disasters

44 community members, including the Nepal Police, Army, and APF individuals, participated in the Social Mobilization and Monsoon Disaster Preparedness Exercise in Flood or Inundated Water

16 participants from beneficiary households equipped with knowledge and skills on housing insurance and disaster preparedness

Consolidated Financial Statement of FY 2081-82

S.N.	DESCRIPTION	CHR	GHC	HQ	KISC	NCH	RC	Total	%
Income									
A	Incoming Resources	179,594,409	16,561,093	53,424,642	232,034,503	34,993,045	64,907,027	581,514,718	92%
B	Financial Income			3,018,080	3,101,133	19,363		6,138,576	1%
C	Other Income	7,942,004	895,789	3,275,990	21,389,301	10,761,854		44,264,937	7%
D	Total Income D=A+B+C	187,536,413	17,456,882	59,718,712	256,524,937	45,774,262	64,907,027	631,918,231	100%
Expenditure									
E	Staff Cost	78,043,778	10,409,422	13,066,396	31,444,987	23,572,755		156,537,337	26%
F	Program Expenses	90,190,141	5,132,112	48,525,975	124,755,762	17,044,309	56,092,896	341,741,196	56%
G	General Administrative Overhead	21,456,129	4,250,555	10,409,478	43,851,860	3,090,316		83,058,338	14%
H	Depreciation & Amortization	7,230,591	2,269,879	1,018,255	12,533,150	580,113		23,631,988	4%
I	Total Expenditure	196,920,639	22,061,969	73,020,103	212,585,759	44,287,493	56,092,896	604,968,859	100%
J	Surplus/(deficit)/Fund Balance for the year J=D-I	(9,384,227)	(4,605,087)	(13,301,392)	43,939,178	1,486,768	8,814,131	26,949,372	

Note: CHR= Chaurjahari Hospital Rukum | GHC= Gunjaman Hospital Chitwan | HQ= Headquarters (including ABBs, CoRIN & HQ managed projects) KISC= Kathmandu International Study Centre | NCH= Namuna Community Hospital, Lamjung | RC= Rukum Community

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