

## Strengthening Community Health



Between January–March 2026, the 3SR project in West Rukum strengthened community health through mothers group meetings reaching 3,457 women across 198 groups, focusing on iodine use, food diversity, and balanced diets. Alongside this, 22 mothers received agriculture and livestock training, while broader efforts included trainings for 73 health post staff, reproductive health classes for 1,496 students and providing operational support at 14 health posts and promoting WASH in 20 schools.

## 3<sup>rd</sup> Batch of Model Farmer Trainings



Three consecutive training sessions were carried out in February 2026 for the third batch of our model farmers (12 women and 1 man). The trainings covered three key areas: Compost Management and Livestock Integration, where farmers learned how to prepare compost and integrate livestock with farming systems for better productivity; Off-season Farming, which introduced techniques to grow crops beyond the regular season to increase income; and Soil Erosion Control and Climate Change Adaptation, equipping participants with practical methods to protect soil and adjust farming practices to changing climate conditions.

Through these sessions, farmers gained hands-on knowledge and skills to strengthen food production, promote sustainable agriculture, and enhance household health under the One Health approach.

## 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 Centre (KISC)
- ❖ KISC Education Quality Improvement Program (KISC EQUIP)
- ❖ SAMBHAV

### Community Development

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

### Disaster Management

- ❖ Emergency Response and Resilience (ERR)
- ❖ Forecast Based Emergency Response Project (FOREBER)

## SPOTLIGHT



**CHR** is seeing a rise in patient numbers as it gets warmer in the region. In a single day in March, CHR carried out 14 surgeries! CHR doctors are continually providing health education to inpatients at the hospital and particularly promoting dental care.

**Afno FM Rukum** marked its 10-year anniversary in January 2026 with acts of compassion: distributing fruits to hospital patients and providing blankets and warm winter jackets to the elderly in Chaurjahari. Meanwhile, Afno FM Okhaldhunga celebrated its 18th anniversary in February with a poetry competition among listeners, a shining example of how we foster connection and creativity. Every participant shared heartfelt reflections on how Afno FM has been a true voice for the voiceless — amplifying marginalized voices and echoing proudly through the hills of Okhaldhunga!

The second cohort of **SAMBHAV Champions** has officially arrived at our central office in Kathmandu! They are about to embark on a six months' inspiring journey of learning new skills that will empower them to pursue lifelong entrepreneurial goals. With their dedication, they will not only strengthen their own futures but also give back to their villages—becoming agents of change who drive development and positive transformation in their communities.



**NCH** continues to be a safe haven, offering affordable, quality care through life-saving surgeries and essential treatments. Alongside medical services, NCH is raising awareness on non-communicable diseases, especially among seniors. Their monthly "Heart to Heart" sessions are ongoing and providing a respectful space for elders to share, learn, and feel heard. This heartfelt initiative honors senior citizens while supporting healthier lifestyles through compassion, dialogue, and community connection.

## Building Resilience in Schools



Since January 2026, our Emergency Relief and Resilience (ERR) project has conducted DRR Toolkit Training for 18 teachers from 18 different schools in Rukum. Selected and trained 30 DRR Champion students from 6 schools, conducted multi-hazard risk reduction training in 6 schools benefitting 180 participants and also carried out basic first aid trainings and WASH education and management in 6 schools.

## Growing Leaders: Empowering Voices



KISC EQUIP fosters child clubs in partner schools, which are more than extracurricular activities, they are platforms where young people learn to lead, collaborate, and grow into confident changemakers. The journey of Priyanka, a Grade 10 student at Bhakti Namuna Secondary School in Lamjung, beautifully illustrates this impact.

As the current Co-Chair of her school's child club, and with prior experience as Chair of the Sundarbazar Municipality Child Club, Priyanka has balanced her studies with active involvement in student-led activities. These roles have helped her strengthen her leadership skills while contributing to her school community.

Reflecting on her experience, Priyanka shared: *"Through the child club, I learned how to organize impactful programs from the ground up. We prioritize collaborative discussion before making any decisions, ensuring every voice is heard. This experience has given me the confidence to speak up in front of my peers and teachers alike, and I'm now focused on encouraging all my friends to take part and find their own voices."*