



ACTION FOR NEPAL  
ANNUAL REPORT 2019/2020



---

## LACK OF ACCESS TO HEALTH, EDUCATION AND CLEAN WATER

Many rural communities in Nepal still lack basic access to health, education and clean drinking water. Not having a proper access to these life most basic needs have made the life of people harder in

### **We are on a mission to change that**

With our generous supporters and donors, we believe we can help bring change for the people living in these rural communities with access to good health, education and clean water







## OUR MISSION

Action for Nepal: is a non - profit organization  
**bringing health, education and clean drinking water to people living  
in rural communities in Nepal**





## 2019/20 AT A GLANCE

TOTAL AMOUNT RAISED  
**NRS 33,651,004**

HEALTH PROJECT FUNDED  
**NRS 8,152,935.89**

WATER PROJECT FUNDED  
**NRS 8,000,000**

EDUCATION PROJECT FUNDED  
**NRS 9,713,103**

RELIEF HOUSING FUNDED  
**NRS 5,203,649**

COVID RESPONSE  
**NRS 2,581,316**





**Solukhumbu**

- 6 Rural Municipality
- Health, Education, Drinking Water, Relief Housing Project and Emergency COVID Response Project
- Total Population

**NEPAL**  
WHERE WE WORK



**Solukhumbu**

- 6 Rural Municipality
- Health, Education, Drinking Water, Relief Housing Project and Emergency COVID Response Project
- Total Population

**Taplejung**

- 2 Rural Municipality
- Health, and Emergency COVID Response Project
- Total Population





## THE COVID - 19 Response Project

Nepal confirmed its first case of Covid-19 on 23rd January 2020. On 24th March, the Nepalese government announced a nationwide lockdown closing all schools, non-essential businesses, and international borders, requiring people to stay at home and follow social distancing protocols. The lockdown was lifted on 21st July, after which Nepal was hit by a second wave of infection. This was followed by an alarming rise in the number of positive cases. By 20th October 2020, Nepal had recorded 136,036 confirmed cases and 757 deaths.

Since the outbreak of the virus, Action For Nepal launched “The Covid-19 emergency response project” and through the generous support from our donors, we were able to provide critical services to vulnerable groups, distributed safety equipments to many health centers and trained the frontline health workers on prevention and response to Covid-19. By supplying the Essentials equipments to health centers and providing training to health workers and have helped save many lives.

We are continuing to provide support for the health centers, frontline health worker and to the local government. Due to uncertainty of COVID, we expect there will a need for safety equipments support in the medium to long term.

Thank you to our donors, Australian Himalayan Foundation, Himalayan Trust Uk, Burwen Education foundation, Luklass Association and many individuals helping hands.







## COVID - 19 EDUCATION RESPONSE

### Children Safely Back to School

- Supported the local government education committee to put in place a COVID-19 plan for schools which sets out policies and protocols for schools to function safely.
- Supported school management committees and PTA to put in place a COVID-19 management plan for the school. The plan included provision of how to catch up on the curriculum and provided necessary financial and technical support to equip schools with equipment to safely run the school.
- Conducted orientation program for 150 teachers, 180 school management committee and 1015 parents on how to safely reopen the school.
- Equipments provided to 17 Schools, equipments includes: Personal protective equipments to teachers, students, workbooks for students, COVID awareness materials, hand washing stations, soap and hand sanitizers for each classrooms. Cleaning and disinfecting materials, water and sanitation facilities were also provided.
- 2000 children safely back to school.

Thank you to our donor, Luklass Association - Swiss







## Bupsa Village

# Clean Water Changes everything

Having easy access to clean drinking water is something we often take for granted. However, for the people living in Bupsa village of lower Everest region was quite contrary. The village was without proper access to clean drinking water for decades. The villagers, specially women and girls were the one to suffer the most as they had to walk for hours on end just to fetch water from a near by water sources. Recognizing the need of the village, Action for Nepal with the funding support from Himalayan Trust New Zealand, Land Rover and local government of Khumbu built new water system that provides access to clean water for the whole village.

## How is Bupsa Community Benefiting from New Water System



### Saving Time:

Women in Bupsa no longer have to walk for hours each day carrying water, thus saving their time for doing productive work



### Women Empowerment:

90 percent of the women in Bupsa are engaged in some form of agriculture. With a reliable water supply they will be able to earn more income.



### Good Health:

With a good, well maintained sand filter system being developed, the health of the Bupsa community will improve due to the absence of diseases caused by dirty water



### Household:

116 households will have regular, reliable access to safe and clean drinking water. 4 fire hydrant outlets have been placed in the village for fire safety







# Literacy Improvement Program

Solukhumbu

LIPS has been operating in eleven community schools in the upper Everest Valley. The LIPS employs a child-centred approach that encourages and supports every child to learn to read and write, at their own level and pace, in a dedicated 90-minute literacy session at the beginning of each school day.

The program has established a reading corner with a comprehensive array of appropriate reading resources in both Nepali and english. Develop teacher's skills and knowledge on early grade literacy and have build more supportive system through engagement of head teacher, school management committee, local government to carry out their roles to support the literacy progress on student.

Through LIPS program, the children from grade 1,2 and 3 have increased their abilities in reading, writing and talking. Teacher have improved their understanding and skills for teaching early grade reading and increased parents and community support for learning for quality education.

The program is supported by Ministry of Foreign Affairs and Trade New Zealand and Himalayan Trust New Zealand. Thanks to our donors.







# Health Program

Solukhumbu, Taplejung

Our health program is aim to improve the health of the people, particularly women and children living in Cheskam, Bung and Waku in Solukhumbu and Yamphudin in Taplejung.

## Our Key Achievement : 2019 / 2020

- 13,397 people provided with outpatient services
- 1,512 immunizations were provided to children
- 117 children have completed required immunizations by 15 months
- 79 women attended all 4 ante-natal care checkups as per protocol
- 56 babies were delivered
- 5,520 family planning services
- The newly constructed health post building in Taplejung has been upgraded to a birthing center.

Thanks to our Donor Australian Himalayan Foundation and Himalayan Trust UK







## Relief Housing

Solaban, Solukhumbu

Solaban is a tiny Sherpa Village with 87 household in the Lower Solukhumbu District. The village was left largely unscathed by 2015 earthquake. Out of 87 houses 37 houses were severely damaged and many families from the village were left homeless. With the funding support from Burden Education Foundation USA, we planned to built 37 houses for the earthquake victims families 2021.

We are now in 5th phase of the “Earthquake Relief Housing Project”.

In the 5th phase, we built six houses for the six families. All six houses have been built using the earthquake resistance technology. So far 31 houses have been built and handed over to the families.

Thanks to our donor Burwen Education Foundation - USA





## Stories,



Sita Rai Says, we the women from Bupsa village now no longer have to walk for hours for collecting water. Having direct access to water in our kitchen has helped us in many ways. We have now enough water for drinking, cooking, cleaning and also for gardening.

Like me, I feel many villagers, specially women from our village are happy to have this water project. Women because we are the one to suffer most and are responsible for all the domestic work.

Thank you to Action for Nepal and all the donors who supported for this project.



Tshering Rai is the teacher from Pema Choling School. She says, Literacy Improvement program have helped me to understand the importance of reading, writing skills for early grade children. The program also taught children are able to learn more quickly in joyful environment when they have access to many reading books around them.

I feel that Literacy Improvement Program has helped our children to established a good reading, writing foundations. This skills are so important when they go to upper class. The other good part of LIPS program is through this project there is a good participants of parents in the classroom. I feel happy to see parents getting involved to help improve their children learning.

Thank you to Action for Nepal and local government for helping our school with the LIPS program.





## Case Studies



Pema Lhamu 65, is a single mother of six children. She has got four son and two daughter. Three son and one daughter have married and they live near by her place in Solaban. With her, she has got her younger son and daughter.

“To live a single life as a women is the hardest thing I have faced in my life. When my husband passed away, I had six small children. When I look back, I don't know how I have raised my children. Poverty never left us. I and my children's life have gone though many struggles and we still do”- says Pema Lhamu.

Pema adds by saying, “we are poor people and every time we are the ones to suffer. I had a small house and that too was destroyed by earthquake. I had no idea what my upcoming days would be like. I used to feel I was born just to suffer. One day, I was invited for a meeting by Dorjee Sherpa, and the villagers and I came to know about Burwen Education Foundation wanting to help Solaban people with relief house project. Hearing this news gave me and many people of Solaban new hope for life and I felt that there are people who take the role of a god to support people like us. David has done so much for the people of Solaban, I take him as a living god for we Solaban people. I want to thank him for all the support he has done for us. I would also very much like to thank Dorjee and Action for Nepal for their role in supporting us”.



A 42 years old, Umamaya Kulung, is the mother of 5 children. She gave birth to her four child at her home. Unfortunately the first child died due to premature delivery. When she was pregnant with her 5th child, by that time Nurses for Nepal project has already started in Cheskam. NFN staff and FCHW visited her house regularly and convinced her and her family to visit for ANC checkups regularly at health post. They got convinced and did regular checkups and for the first time in her life she gave birth to her 5th child safely at the health post under the care of the health worker.

She was so much satisfied with the care and suggestions provided by the health post staff, she started encouraging other women to visit for ANC checkups and she is also educating other women regarding cleanliness and personal hygiene.

She wants to thank Action for Neal, Australian Himalayan Foundation and their local government for this great program.



## Financial Transparency

We believe being transparent is the best way to honestly present what we do, and to maintain a trusting relationship with the partners and donors with whom we work.

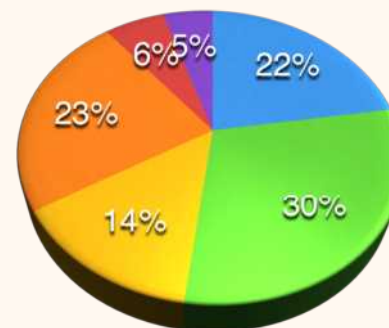
We publish yearly report firstly to show what we have achieved and to show how the funds we have received from our generous donors have been spent.

Secondly, we believe every donor and organization has a right to know where their money has been spent.

## Expenses

Health	NRS 6,796,381
Education	NRS 8,954,715
Relief Housing	NRS 4,244,736
Drinking Water	NRS 6,926,781
Covid Response	NRS 1,891,379
Management Cost	NRS 1,397,591

- Health Project
- Education Project
- Relief Housing
- Water Project
- Covid Response
- Management Cost







## Thanks to Our Generous Donors and Supporters who make our work Possible

New Zealand Ministry of Foreign and Trade (MFAT)  
Luklass Chaurikharka Association ( Swiss)  
Australian Himalayan Foundation (AHF)  
Burwen Education Foundation (USA)  
Land Rover New Zealand  
Himalayan Trust (UK)  
Himalayan Trust (NZ)  
CED - France

The Kosan Team.  
Micheal Dillion  
Rachael Carter  
Mark Morrissey  
Robyn Dillion  
Russell Brown  
Debra Brown  
Pemba Nuru  
Sanjay Gautam  
Warren Bowers  
Dr Sujata Dongal  
Sumina Gurung  
Simon Joshi  
Dawa Sherpa  
Nal Narayan Singh  
Denish Singh  
Prue Smith  
Prem Aryal  
Jason Nutt  
Andrea











## UNTIL EVERY REMOTE COMMUNITIES HAS BASIC QUALITY HEALTH, EDUCATION AND CLEAN WATER

Four years ago when we established our organization, we made a commitment to help improve the quality of health, education and provide clean water to remote communities in Nepal. We are glad, each year we are fulfilling our commitment by helping these remote communities.

Thanks to 2020. Even though 2020 was a challenging year for us due to Covid, we kept moving and did not stop helping the most needy communities.

Thanks to our incredible supporters and donors who never left our side. It was through their support, we were able to achieve incredible results.