



ACTION FOR NEPAL

ANNUAL REPORT 2021/2022





VISION STATEMENT

Action For Nepal is a non-profit
organization.

Bringing health, education, and clean
drinking water to people living in rural
communities in Nepal.



21/22 AT A GLANCE

Total Fund raised
NRs 37,239,896

Health Project Funded
NRs 14,183,859

Infrastructure Project Funded
NRs 12,227,117

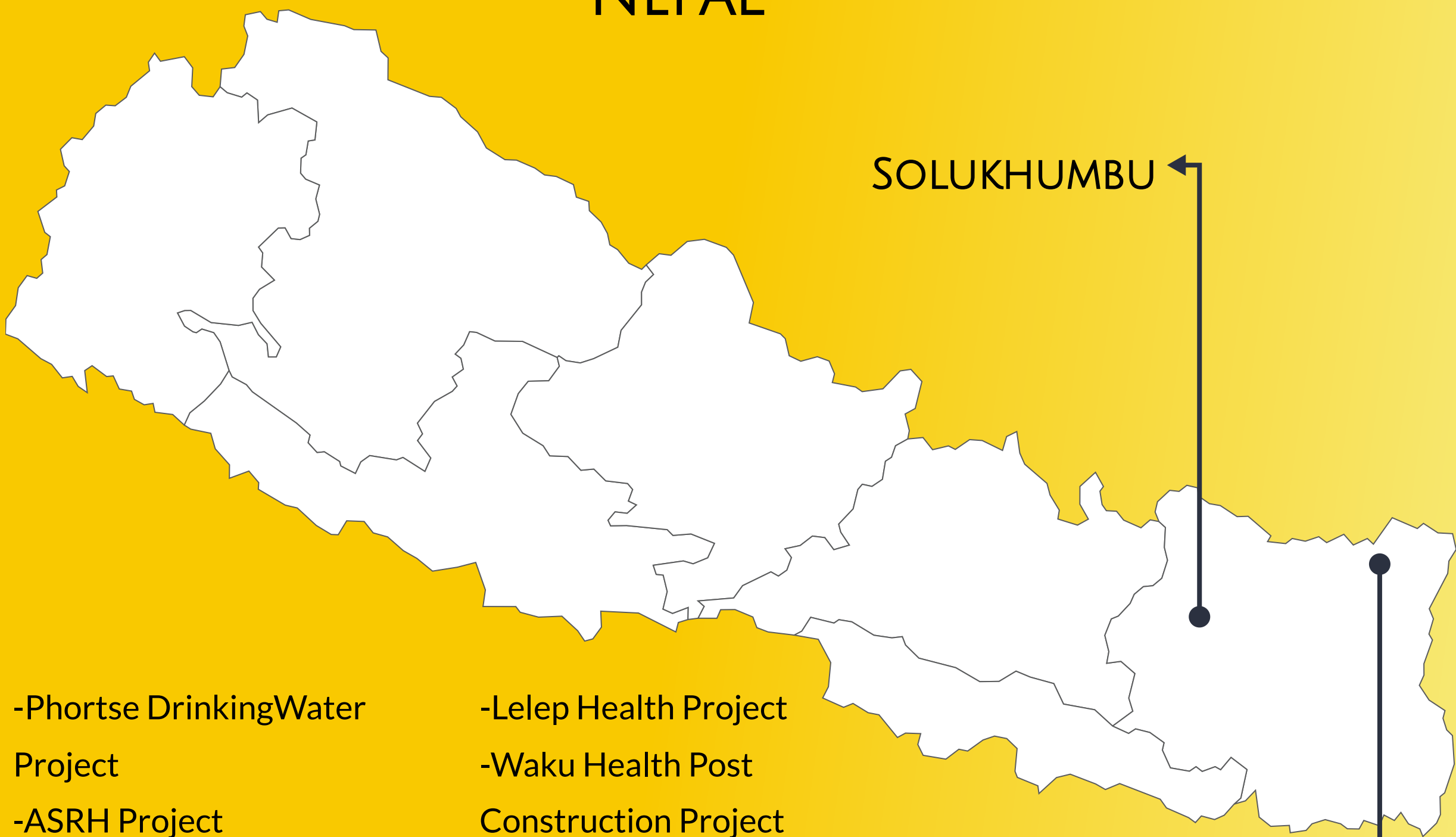
Education Project Funded
NRs 890,058

Water Project Funded
NRs 9,938,862



WHERE WE WORK

NEPAL



SOLUKHUMBU

TAPLEJUNG

- Phortse Drinking Water Project
- ASRH Project
- Women's Health Project
- Lukla Teachers' Apartment Construction Project

- Lelep Health Project
- Waku Health Post Construction Project
- Waku Solar Light Project

OUR PROGRAMS IN 21/22

PHORTSE CLEAN WATER PROJECT

The village has a population of 469 and 111 households. For years, the villagers had a tough time collecting water for their daily use, Women and children are the ones who suffered the most as they spent hours walking and queuing for water. Finally, the village now has access to clean drinking water, water for hand-washing and general hygiene, toilets, and growing vegetables.

HOW IS THE NEW WATER PROJECT BENEFICIAL

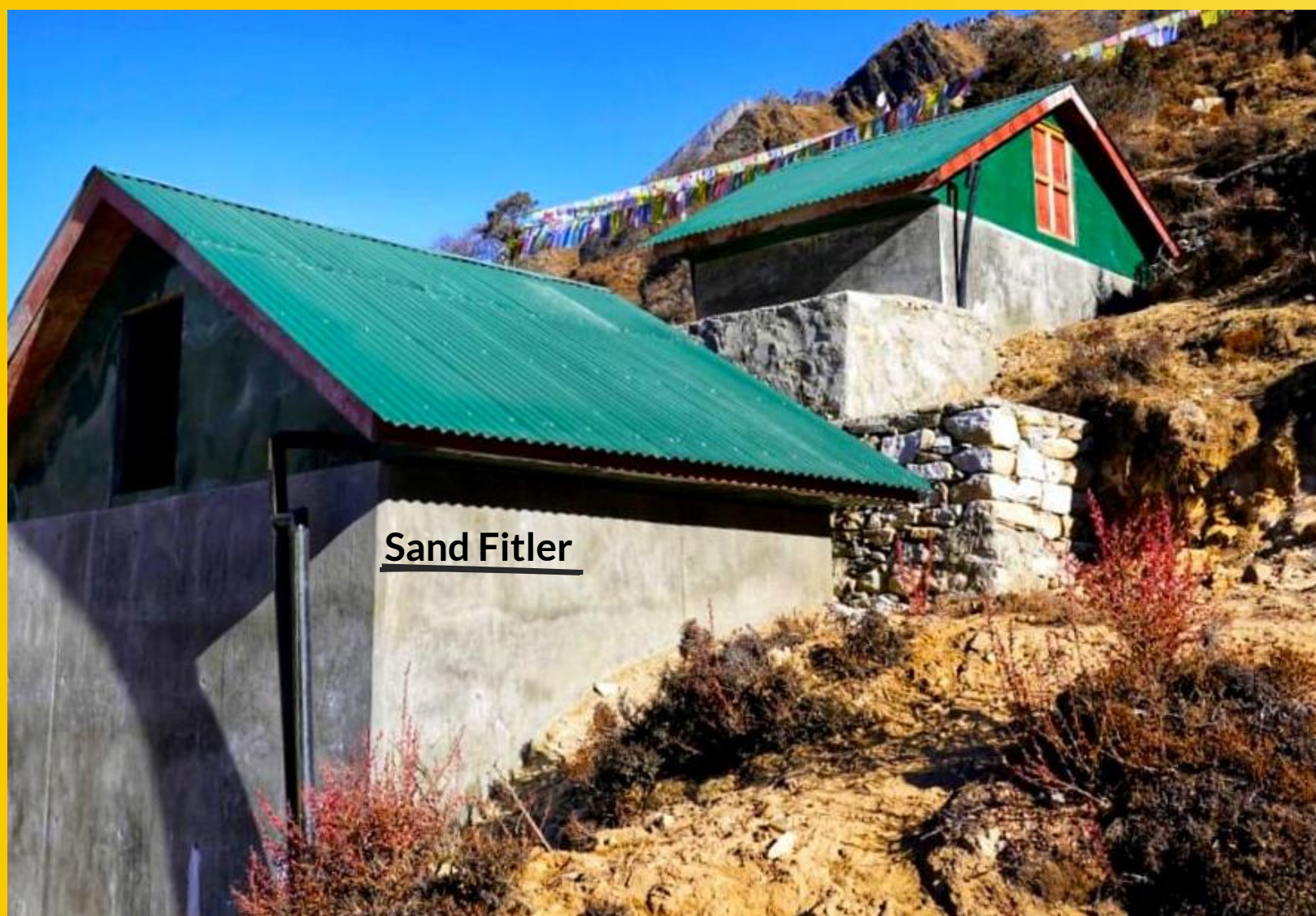
- Women in Phortse no longer walk for hours each day to fetch water, which saves their precious time for their family and work.
- With a good, well-maintained sand filter system being developed, the health of the Phortse community is safe from any water-borne diseases.
- 111 households will have regular, reliable access to safe and clean drinking water. 6 fire hydrant outlets have been installed to protect the village from any fire accidents.





- Two 20,000 liters reinforced concrete reservoirs with sand filters.
- 7 Water taps have been built around the community.
- 111 houses with direct connection to water pipes.
- 6 Fire hydrants to keep the village safe from any fire accidents.

This project would not have been possible without the support from our generous donors, CED Nepal, Terry for the USA, Rotary Sydney, Michael Dillion, Robyn Leeder, Debra Brown's family and friends from Australia, Phortse Water Committee, and the local government. Our sincere thanks to our donors, the local government, and our technical team Bishal Manandhar, Sonam Dorje Sherpa, Dendi Sherpa, Lhakpa Nuru Sherpa, the members of the Phortse water committee, and the Phortse villagers.



WAKU HEALTH PROJECT



The aim of our Waku Health Project is to help women in the Waku community to have safe delivery conducted in a safe environment by trained health workers. The center was officially commenced on 8th March 2022 by HE Felicity Volk, the Ambassador of Australia, the Provincial Assembly Member of Province 1- Mr. Buddhi Kumar Rajbhandari, and our Executive Director - Lakpa Thering Sherpa.

The health center will provide general medical and surgical care service, family planning service, outreach clinic, immunization service, safe motherhood service - ANC/PNC care, birthing service, nutrition, tuberculosis treatment, free government medicines as per government's list of medicines from this newly constructed building.



Program Director
Jangmoo Sherpa



AFN's CEO Lakpa
Thering Sherpa

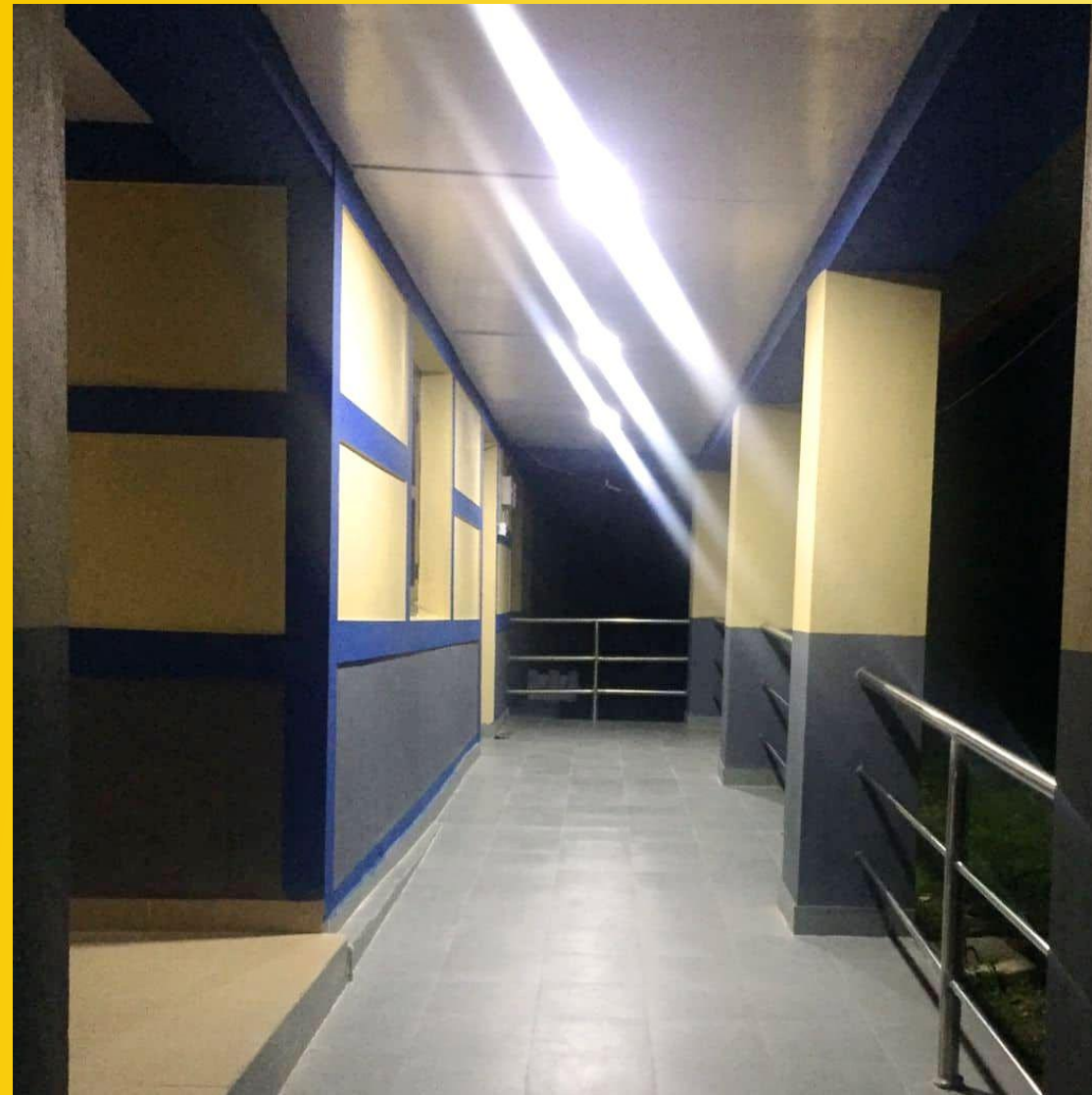


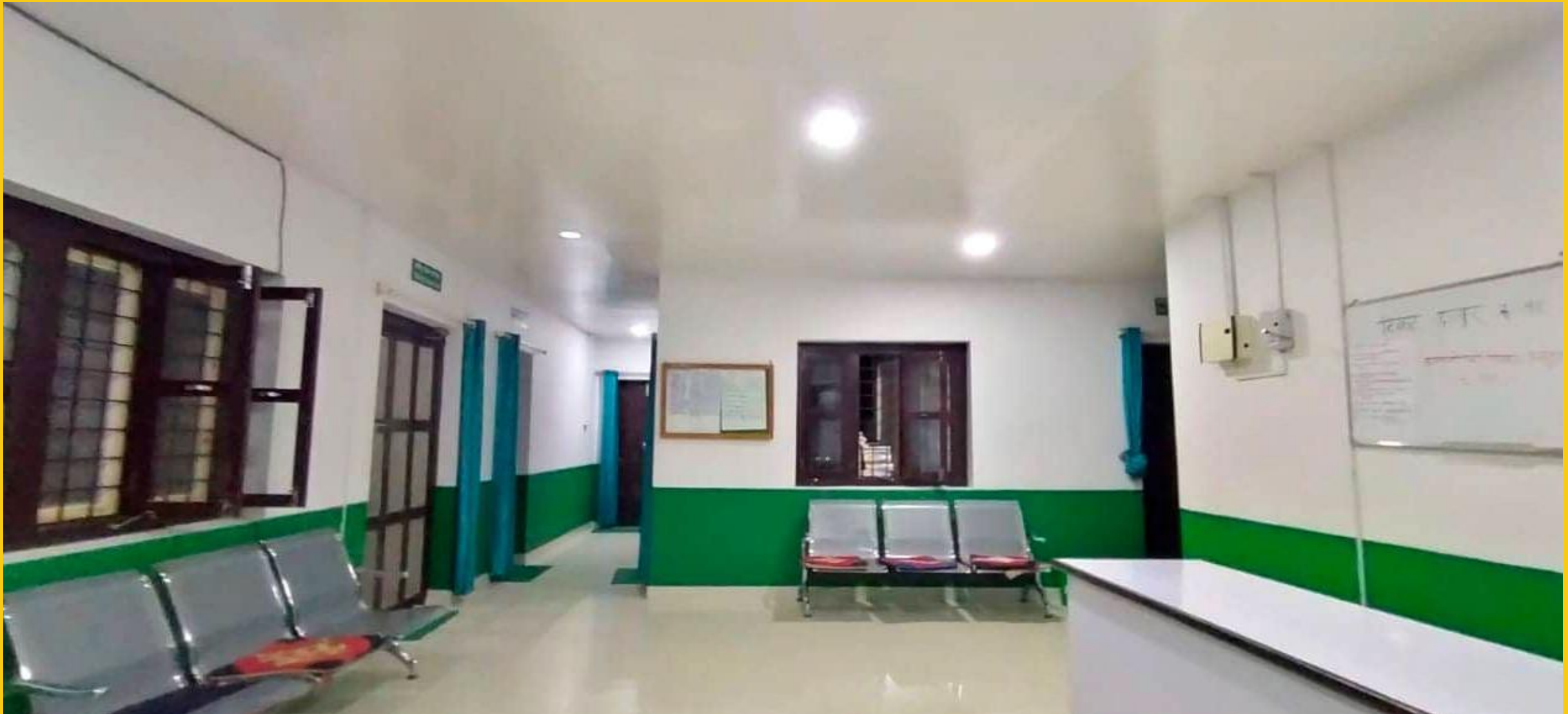
H.E. Felicity Volk, Australian
Ambassador



WAKU SOLAR LIGHT PROJECT

- 24 hrs reliable electricity with a total power of 7KW.
- Plays a crucial role in safe childbirth, infection control, and charging medical devices.
- Emergency services are now possible even in the dark and safe for the health staff.
- Delivery of a newborn has been a lot easier with the new solar lights.







LUKLA BASIC SCHOOL LUKLA TEACHERS' APARTMENT PROJECT

The teachers' apartment has been built by Action for Nepal with funding support from the Luklass Association and Graine d'Espoir from Switzerland for the teachers of Lukla Basic School.

- The apartment is built using earthquake resistance technology, is well insulated, and is well furnished.
- The two-story double-bedroom apartment will be used for the teacher with the family and the single-bedroom apartment will be used for the single teachers
- Each apartment has the facilities of a bedroom, kitchen, 24-hour running water, and an attached toilet/bathroom.





The Headteacher of the school Bikram Raj Bhandari says "Now with this new apartment, our teachers' accommodation issues have been resolved. This has motivated our teachers in many ways. The apartment is well-built and well-furnished. Our teachers don't have to walk for hours to get to school every morning, this has saved a lot of time for them to do their educational activities. Our teachers feel safer as they have their own private apartments.

We are encouraged to work hard for the betterment of our children's education. I want to thank Action for Nepal for understanding the needs of our teachers and helping us get this apartment project. Thank you to Luklass Association and Graine d'Espoir”.

We, Action for Nepal hope access to this new apartment will encourage the teachers of Lukla school and in return, they can aid in Quality teaching and learning.

Thank you to our donor Luklass Association and Graine d'Espoir from Switzerland for funding this project.





SOLUKHUMBU ADOLESCENT SEXUAL AND REPRODUCTIVE HEALTH(ASRH) PROJECT

The project specifically aims to improve the sexual and reproductive health of adolescent girls living in the remote communities of Solukhumbu. The major outcomes of the project are to increase awareness regarding the sexual and reproductive health of adolescents and to increase availability and access to quality information on adolescent health and development.



SOLUKHUMBU

PROJECT

to improve the sexual and reproductive health of women and families of Solukhumbu.

well equipped, supplied, staffed, and managed, particularly for sexual and reproductive health.

attendance of health staff and FCHVs.

of women's health services.

- Increased disability inclusion and safeguarding.



LELEP HEALTH PROJECT

- A project that was implemented in January 2022 in Lelep Ward of Phaktanglung Rural Municipality.
- Aims in improving the sexual and reproductive health of women living in remote communities.
- Community awareness with increased capacity of health staff and well-equipped facilities.
- Increased access to women's health services with a well-managed establishment.



STORIES

NAWANG SHERPA'S STORY

"Being a woman, I know how hard life is without proper access to water, Nawang Karma Sherpa runs a lodge at Phortse Village.

Nawang says "We women in Phortse village are the ones to suffer the most for not having access to clean water. Our village is extremely cold and it lies at 3,800 meters, With one old water tap it was extremely difficult and especially during winter and dry season there was no water at all and we had to walk for hours to get to the nearest river which was a challenge every day. I run a small lodge, and when I have few guests, I usually go at night to collect water in 20 liters jars. I usually carry, water till midnight so we have some water for our guests and ourselves to use in the morning. As I have carried water for years I feel pain in my knees and joints and my back.

I am very happy with the new water system that is being built in our village, Water pipes are connected to all the houses and we now have direct access to water in our kitchen 24hrs. This is a massive relief to all the villagers in the community, it has led to a clean water supply with a healthy community as well. Thank you to Action For Nepal, Local Government, and all the donors for helping with clean water in the community".





SUNITA LIMBU'S STORY

Sunita Limbu is 22 years old and lives in Lelep ward no. 6 Phaklangtung Rural Municipality, Taplejung.

When Sunita was pregnant for the first time, she had a lack of awareness about the pregnancy including the importance of care during pregnancy, ANC and PNC visits, immunization and breastfeeding, and other relevant health matters. This was quite a problematic situation in her community.

Community health volunteers counsel both mother-in-law and Sunita for participation in the Mothers Health group meeting. After that, her mother-in-law brings her to every meeting. During the awareness session community health volunteers teach about pregnancy care, postnatal care, danger signs during pregnancy, hygiene, sanitation, and healthy food and nutrition. After multiple visits, they understood the risk and negative impact that can be seen on the mother's newborn health and delivery if they didn't follow the medical advice.

After delivery, Sunita started visiting a health post regularly and adhering to all the advice. Sunita along with all the villagers is now aware of the ANC checkups and is following all the instructions including vitamin supplementation. Lelep Health Post has been a great change for the community with the awareness of Sexual and Reproductive health.





KRISHNA KUMARI'S STORY

Krishna is a Nepali Subject teacher at Lukla Basic School.

Krishna says "When I first arrived here as a teacher, I struggled for a room and stayed in a dining hall for 15 days, and later I managed to rent a small room which was really difficult, had to sleep and cook in the same room and was 30 minutes walking distance from the school.

Today I can not believe I have my own apartment with a separate kitchen and bathroom and enough space to do my reading and writing and be prepared for school. I can also invite my family over which is a great pleasure.

This apartment has encouraged us as a teacher to work harder for our school children as we can give them more time, focus on their studies, and provide one-to-one sessions. We have a small teachers' community and we have to work together as a team which has been possible with our new apartments.

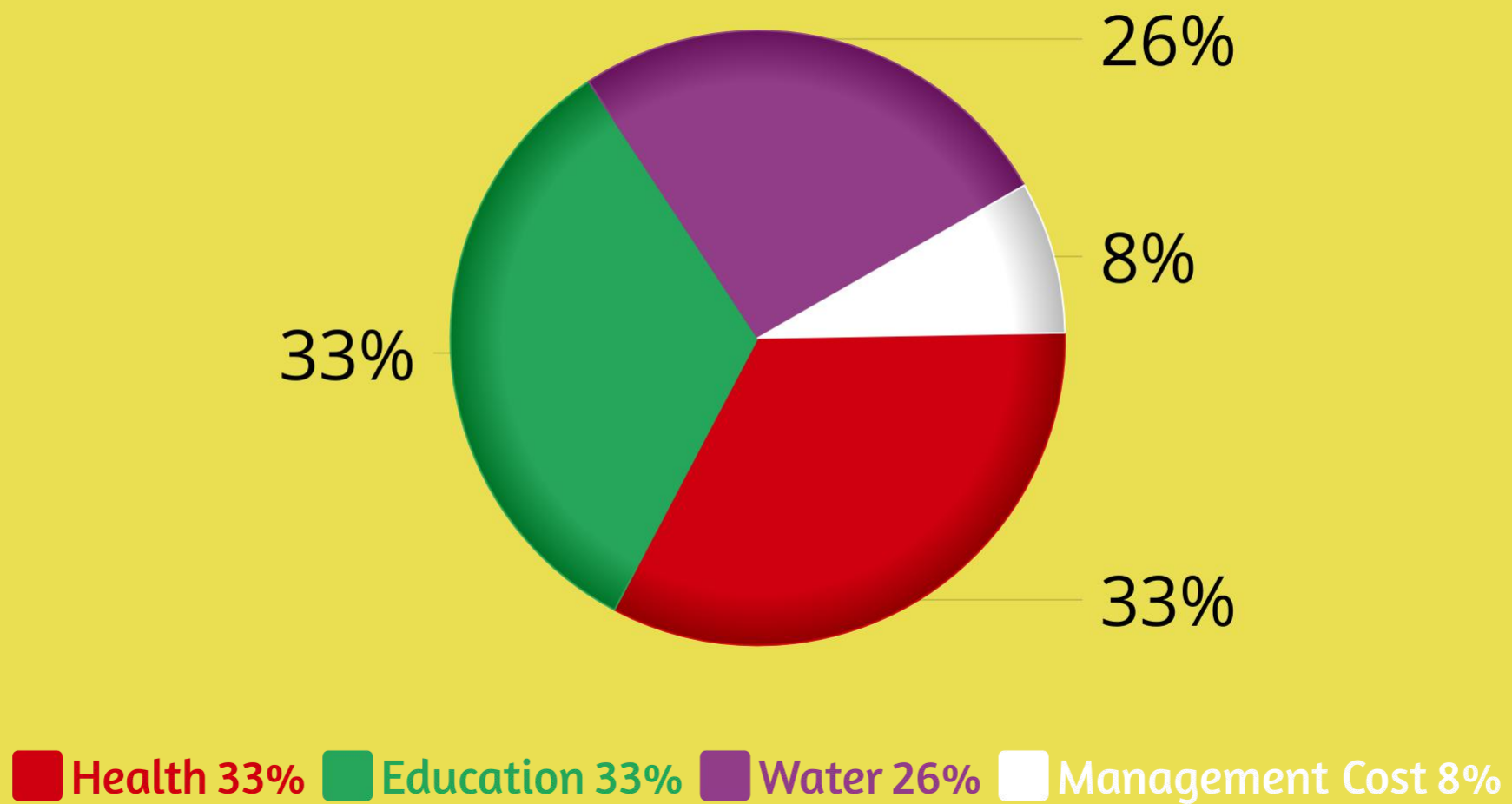
I would like to thank Action for Nepal, Luklass Association, and Graine d'Espoir for understanding our issues and helping with the best apartment. Thank you so much!!"



FINANCIAL TRANSPARENCY

We believe being transparent is the best way to build trust, and maintain a genuine relationship and accountability to funding sources. The annual report portrays the projects we have been involved in and preserves each donor's very important trust in a non-profit with each contribution.

EXPENSES BY SECTOR



Health NRs 121,659,52

Management Cost NRs 3,020,639

Education NRs 12,445,425

Water NRs 9,577,936



THANKS TO OUR GENEROUS DONORS AND SUPPORTERS WHO MAKE OUR WORK POSSIBLE

- Australian Department of Foreign Affairs and Trade (DFAT)
- Australian Embassy Nepal
- Australian Himalayan Foundation (AHF)
- AF-Nepal Austria
- Burwen Education Foundation(BEF)
- Himalayan Trust UK
- Himalayan Trust NZ
- CED Nepal- France
- Graine d'Espoir
- Luklass Chaurikharka Association(Swiss)
- Rotary Australia World Community(Sydney)
- K and A Engineering Consulting, USA

Dennis Terry Trevino

Michael and Robyn Leeder Dillon

Russell and Debra Brown Family

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

Our Commitment is to help improve the quality of health, and education and provide clean water to remote communities in Nepal. We are glad we are fulfilling our commitment each year by helping these communities.

Thanks to so many's hard work and generosity, 2021/2022 was another great year with positive changes in society.

Thanks to our incredible supporters and donors, we are thrilled to have your support. Through your donation, we have been able to accomplish our goals and continue working towards our purposes.





Our Funding Partner

