



ACTION FOR NEPAL
ANNUAL REPORT | **2023**



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OUR MISSION

**ACTION FOR NEPAL IS A NONPROFIT ORGANIZATION
BRINGING ACCESS TO QUALITY HEALTH,
EDUCATION AND CLEAN AND SAFE WATER TO
PEOPLE IN THE REMOTE COMMUNITIES OF NEPAL.**

2023

The year 2023 has been a remarkable year for Action for Nepal. In 2023, we helped empower many remote communities in Nepal by providing sustainable access to essential services: quality health care, education, and safe drinking water. These initiatives have not only improved individual lives but have also transformed entire communities, fostering resilience and hope for a brighter future. By addressing these critical needs, we have enabled people to take charge of their health, pursue education, and ensure their families have access to clean water, leading to profound and lasting change.

Together, we changed the lives of more than 8,000 individuals, ensuring lasting access to basic health care, education, and safe water. Thanks to your generous support.

As we envision the future, our goal is to transform the lives of even more individuals in the remote communities of Nepal. Your support is crucial in making this a reality. We intend to broaden and diversify our financial partnerships, as well as expand our programs to advance this mission. With your ongoing assistance, we will be able to provide the benefits of quality healthcare, education, and clean water to countless more families in need, helping to break the cycle of poverty and create a brighter future for everyone.



2023 AT A GLANCE

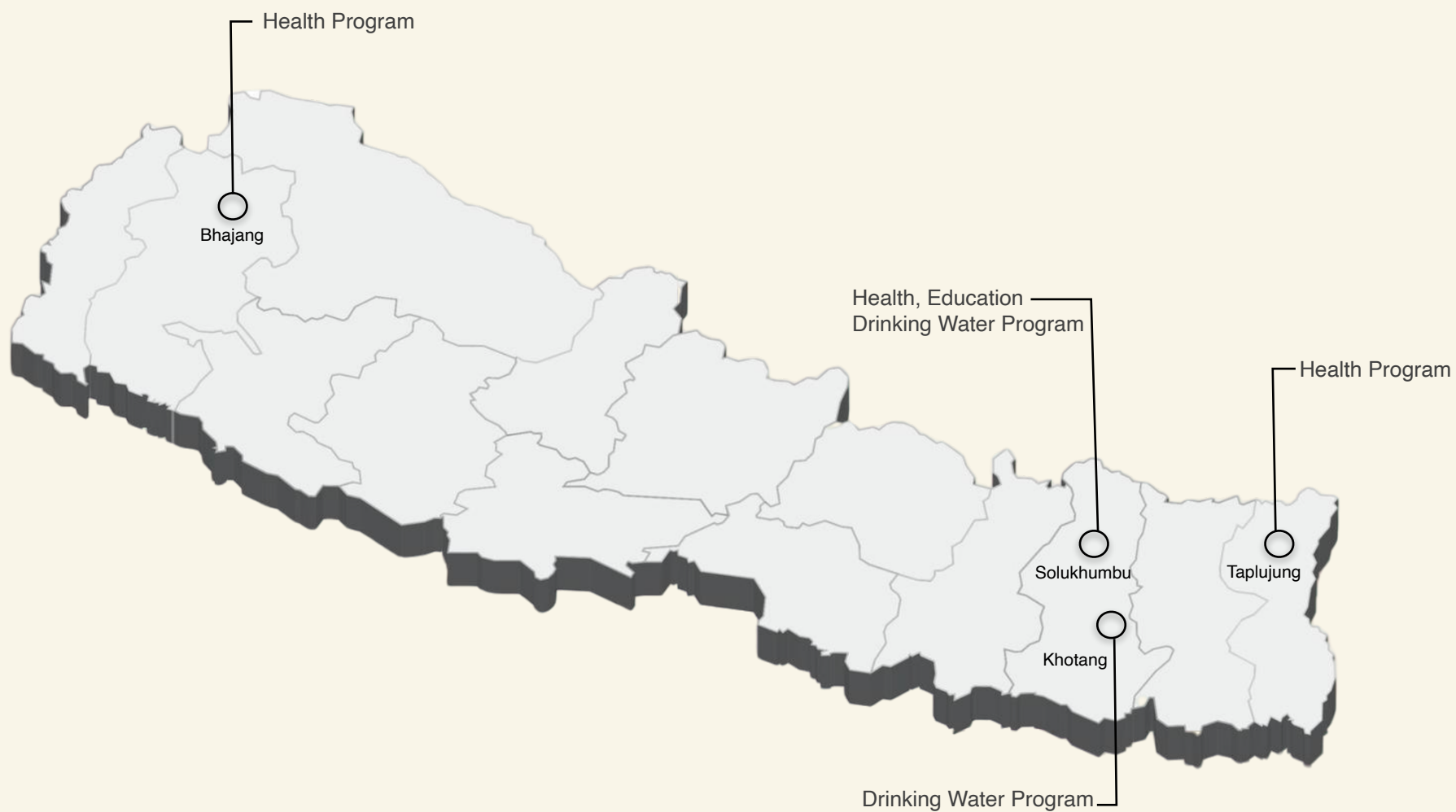
8,000 +
People lives have
been changed

Nrs, 54, 445,108
Total Raised



2023

Where We Work



OUR PROGRAMMATIC STRATEGY

Action for Nepal's programmatic strategy is guided by the following principles:



Our main goal is to ensure sustainable access to essential health care services, education, and safe drinking water.

Helping the most needy communities gain access to sustainable health care, education, and clean water is our top priority.



Building capacity, skills, knowledge, and sustainable infrastructure are key activities of our program.

Our community enhances skills and knowledge through training in reproductive, maternal, and child health, effective classroom teaching practices, and efficient use of water for health and income generation.



We focus on remote communities that are committed to helping themselves.

We empower communities to lead their own development, fostering sustainability and resilience, and equipping them with the skills and knowledge to independently manage and drive their own progress, ensuring long-term, self-sustaining growth.



We focus on active engagement with our donors.

We engage actively with our donors and supporters, helping them understand our work and encouraging their involvement as active stakeholders rather than passive contributors.



We focus on honesty, transparency, and respect.

We value honesty and transparency, publishing project reports to showcase our achievements and the use of donor funds. We prioritize sound financial management and good governance, while respect for our community partners is central to our organization.



We focus on partnerships with local communities.

We collaborate closely with our community partners to deliver projects that meet their needs, believing that locally led efforts lead to sustainable outcomes.





Our Water Project Impact

Meet Rupi Maya Rai
From Waku, Solukhumbu

Rupi Maya's journey in Terphyar village is a powerful reminder of the daily struggles people in remote areas face without clean water. Originally from Okhaldhunga, she never imagined her new home would come with such hardship.



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"When I first arrived in Terphyar after my marriage, the lack of water struck me like a blow," Rupi Maya recalls, her voice trembling with emotion. "In my village, water was never a concern. Here, I had to walk for hours each morning just to fill a jar of water. I cried because I knew how different life could be. A single jar was hardly enough for anything, and the journey to fetch it was exhausting."

As time went on and Rupi Maya had her first child, life became even harder. "A year later, I had my first baby, and soon after, I had five. Without enough water, it was almost impossible to keep my children clean. I had to use leaves to wash their clothes. The smell was terrible, but we got used to it, it became part of our daily life. Almost every woman in the village went through the same thing. Since women usually take care of the house, we were the ones who suffered the most."

Rupi Maya's frustration grew so much that she even felt angry at her family for arranging her marriage in a village with such difficult conditions. "There were times I thought about running away. But I knew it would bring shame to my family, so I couldn't do it. My eyes still fill with tears when I think about those days. Honestly, I don't want to remember them."

But everything changed when the new water system was introduced. "Now, I can hardly believe it. There's a water tap right in front of my house," Rupi Maya says, her eyes shining with gratitude. "The day it was installed, I felt like a heavy weight had been lifted from my shoulders. I thanked God for finally seeing our struggles and giving us relief."

The new water system hasn't just made Rupi Maya's life easier, it's given her hope. Now she can care for her children, keep her home clean, and even grow her own vegetables. "For the first time, I can grow my own vegetables," she says with a smile.



That simple water tap now stands as a symbol of a new beginning for her and the whole community. It has brought comfort, dignity, and a brighter future.

Improved water and sanitation have enhanced hygiene, health, and well-being in Rupi Maya's village. Every household now has a reliable water supply connected to toilets, providing convenience, dignity, and more time for women to engage in productive work. Children also benefit, as they no longer spend hours collecting water and can attend school on time.



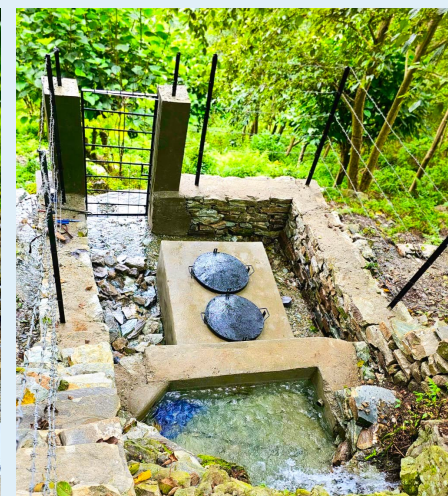


The New Water System built in Rupi Maya Rai's village

We are committed to bringing safe, clean water to the most underserved communities in Nepal, because access to clean water changes everything, it protects health, empowers education, and transforms entire communities for generations to come.



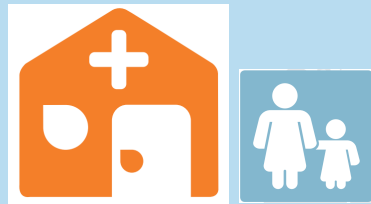
Old Water System
In Rupi Maya's Village



New Water System in Rupi Maya's Village



Our Health Program



We work to strengthen rural health systems with a strong focus on improving maternal and child health. Recognizing the challenges faced by remote communities in accessing quality healthcare, we support health facilities through capacity-building of health workers, improved service delivery, and infrastructure development.

Our program includes training on family planning, infection prevention, telehealth, and basic lab services, ensuring frontline health workers are equipped to meet community needs. We also empower local governance structures such as Health Facility Operation and Management Committees (HFOMCs) to promote accountability and community ownership.

By investing in both people and infrastructure, we are helping build a more inclusive, sustainable, and responsive health system that delivers lasting impact in the most underserved areas.



Our Health Program Impact



Solukhumbu Women's Health Program:

Under the Solukhumbu Women's Health Project, training on Annual Health Planning and Budgeting was conducted for municipal-level representatives and officers, with a total of 23 participants from Solududhkunda Municipality (8), Mapyadudhkoshi Rural Municipality (6), and Mahakulung Rural Municipality (9). Follow-up training was provided to 19 HFOMC members from Waku Health Post (7), Chheskam Health Post (7), and Taksindu Health Post (5). Additionally, HFOMC training was conducted for 9 members of Tingla Health Post. To strengthen family planning services, three health workers one each from Tingla, Waku, and Chheskam Health Posts were trained in Implant and IUCD services.

Samridhi Khaptad Channa Health Program – Bajhang

In Bajhang, 31 health workers and 15 support staff were trained in Infection Prevention and Control (IPC), while 5 received training on implant services and 3 in Skilled Birth Attendance. To strengthen facility governance, 48 HFOMC members received follow-up training. Additionally, 22 participants, including municipal reps and health staff, attended an orientation on Complaint and Feedback Mechanisms (CS) and PSEAH.

Ikhabu Health Program – Taplejung

In Taplejung, a toilet was constructed at Lungthung Health Post to improve sanitation. Two health workers, from Ikhabu and Sungsabu, were trained in Implant and IUCD services, and 12 HFOMC members received management training. 18 FCHVs received refresher training on maternal and child health, family planning, NCDs, oral health, and sanitation. To promote accountability and safety, 18 participants including community members, students, and police were oriented on CS and PSEAH.

Telehealth Program – Solukhumbu

To advance digital health services, onsite coaching on telehealth was conducted for 13 health workers across Waku, Chheskam, and Taksindu. Additionally, a virtual orientation reached 17 health workers, including 3 from the municipal level. Three laboratories were established at respective health posts, fully equipped and staffed with lab assistants. As of now, 114 individuals have accessed lab services, and 60 patients have received tele consultations. The program also provided essential equipment and reagents to ensure the labs operate smoothly and effectively.

The programs implemented in Solukhumbu, Bajhang, and Taplejung have significantly strengthened local health systems through focused training, improved infrastructure, and enhanced service delivery. These efforts have improved access to quality healthcare and laid a strong foundation for more responsive, inclusive, and accountable community health services.



Our Telehealth Program Impact

Meet Bhadra Bdr. Khadka
From Taksindu, Solukhumbu

Telehealth: A Lifeline for Remote Communities

In the remote hills of Taksindu, 74-year-old Cheturam Rai suddenly fell seriously ill. One morning, his nephew, Arun, found him unconscious and struggling to breathe. Desperate and frightened, Arun rushed him to the local health post, hoping for urgent help.

At the health post, Bhadra Bdr. Khadka, a health worker recently trained in telehealth, quickly realized that Cheturam's condition was critical. His body was stiff, his breathing weak this was clearly life-threatening. With limited resources and no specialist nearby, Bhadra turned to the one tool he had: telehealth.

He immediately connected with Dr. Yagya, a specialist miles away. After reviewing Cheturam's symptoms, Dr. Yagya suspected a Right Pontine Hemorrhage a stroke requiring immediate intervention. Guided step by step through video consultation, Bhadra and his team stabilized Cheturam, giving him the urgent care he needed.

"The telehealth training gave me the confidence to act fast," says Bhadra. "Without it, we wouldn't have been able to help Cheturam in time. It allowed us to make life-saving decisions, even from a remote health post."

Cheturam was soon transferred to a hospital, where a CT scan and MRI confirmed the stroke. He is now receiving the treatment he needs. For Arun, it was a moment of hope. "Telehealth saved my uncle's life," he says. "Without it, we would've lost him."

In remote communities like Taksindu, where expert care is often out of reach, trained health workers like Bhadra are making a difference every day. "It's not just about medical advice," Bhadra says. "It's about saving lives right when it matters most."

Thanks to your support, telehealth is bridging the gap between remote communities and the healthcare they deserve. Because of your generosity, people like Cheturam have a second chance and health workers like Bhadra have the tools and training to make it happen.



Telehealth has brought real change and hope to remote communities. Previously, people traveled for hours, even days, for basic tests or a doctor's visit. Now, with teleconsultations and lab services at local health centers, only serious cases are referred, saving families time and money. Health workers are more confident, and trust in local health facilities has grown. Most importantly, people are receiving care close to home, making a significant impact on their lives," says Buddhi Kiran, the Chair of Malaya Dudkoshi Rural Municipality.



Cheturam continues telehealth follow-up at the health center.

Kharikhola Solar Health Project

For years, the Kharikhola Health Post, nestled in the remote hills of Solukhumbu, struggled to deliver consistent healthcare due to one simple but critical problem: lack of electricity. Despite having trained health workers and modern equipment, the facility couldn't run essential services like X-rays, lab tests, or emergency care after dark. This limitation affected over 8,000 people in the surrounding area—many of whom would walk for hours to seek care, only to be told to return the next day due to power shortages.

Understanding the urgent need, Action for Nepal, in partnership with the local government, stepped in to find a sustainable solution. Together, they installed a 27-kilowatt solar power system, designed to meet the energy demands of the health post around the clock. This system now powers critical medical equipment, lights the facility at night, and keeps refrigerators running for vaccine and medicine storage.

“We are happy to provide complete services to the people now, thanks to the solar power,” says Dr. Abishek, one of the lead physicians. “It’s not just about electricity—it’s about saving lives, restoring dignity, and bringing confidence back to the community.”

The transformation has been profound. Today, Kharikhola Health Post operates 24/7, offering continuous care to those in need—day or night, rain or shine. Patients can now receive timely diagnoses, life-saving emergency services, and uninterrupted maternal care.



Our Education project

New Teacher Apartment

Mahendra Jyoti Secondary School

At Mahendra Jyoti School, teachers had long endured overcrowded and uncomfortable living conditions, often with up to six people sharing a single room. This not only affected their morale and motivation but also made it difficult to attract and retain qualified educators. In response, Action for Nepal supported the construction of dedicated teacher apartments, offering private, dignified, and comfortable housing.

The newly built apartments include individual rooms, a kitchen and dining space, and attached bathrooms ensuring teachers have the privacy and comfort they need. This has brought a meaningful change: teachers now feel more valued and supported, enabling them to focus fully on delivering quality education. The project has strengthened the school's ability to retain and attract qualified teachers, ultimately improving the learning environment for students.

More than just a building, the Teacher Apartment Project represents a long-term investment in education. When teachers are supported with safe and dignified living conditions, it creates a ripple effect boosting their morale, enhancing student learning, and encouraging a culture of care and commitment within the school. This initiative is a testament to how thoughtful infrastructure can transform the day-to-day realities of educators and inspire lasting change in the community.





Our Teacher Apartment Impact

Meet Bindhya Thapa Rai
From Ilam District

When Bindhya Thapa Rai first arrived at Shree Mahendra Jyoti Secondary School in Chaurikharka, she was filled with excitement and a deep desire to make a difference in the lives of her students. The mountains, the fresh air, and the warmth of the community gave her hope for a fulfilling journey ahead. But she quickly discovered that the biggest challenge wasn't inside the classroom it was finding a safe, comfortable place to live.

With limited teacher housing, Bindhya and several others were forced to share overcrowded rooms, sometimes in unsuitable spaces like a local museum. There was no privacy, no proper bathroom, and winter nights meant walking in freezing cold just to use a shared toilet. "It was noisy, stressful, and difficult to focus. I was emotionally drained," she recalls. The living conditions began to take a toll on her health, her teaching, and her morale.

Then came a turning point. Through the support of Luklass Association, Graine d'Espoir, and Action for Nepal, the Teacher Apartment Project was launched. A well-designed building with private rooms, kitchens, and attached bathrooms was constructed giving teachers like Bindhya not just a home, but a sense of dignity and care.

"This apartment has been life changing," she says. "It gave me the space to rest, to think, and most importantly, to teach with full energy and heart."

Now, Bindhya feels motivated, focused, and supported. Her relationship with students has grown stronger, and she brings renewed purpose into the classroom every day. "Your generosity didn't just change where I live it changed how I teach, how I support my students, and how I see my future."

For Bindhya, and many teachers like her, this project is more than a building it's a symbol of hope, commitment, and belief in the power of education. It reminds us that when we care for our teachers, we uplift an entire generation of learners.



Our Commitment

Eight years on, our commitment to the core values of honesty, trust, cooperation, transparency, respect, active engagement, locally driven partnerships, and a results-oriented approach remains as strong as ever.

Active Engagement

We actively involve our donors and supporters, helping them understand our work and become true partners in creating impact.

Honesty / Transparency / Respect

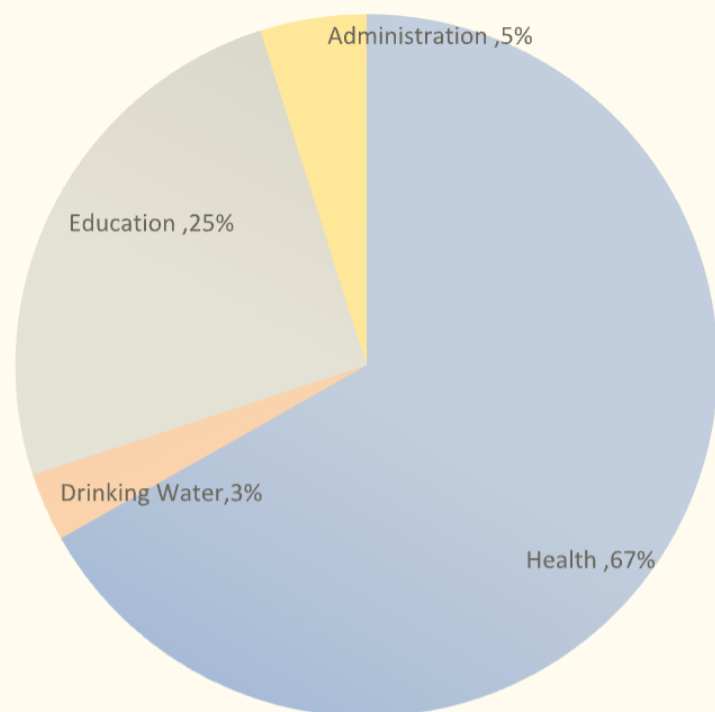
We are committed to honesty and transparency in all that we do. Every project report is shared openly to show the impact made and how donor contributions are used. We take pride in strong financial management and good governance. At the heart of our work is a deep respect for our community partners, whose voices and leadership shape every step we take.

Partnership with Local Communities

We work hand in hand with local communities, ensuring their needs guide our efforts. By supporting locally led solutions, we create impact that lasts.



Financials



| Project Wise Expenses (FY 2023/24) | |
|---|--------------|
| PROJECTS | FY23/24 |
| | NPR (Mi) |
| Taplejung Health Project | 5.33 |
| Teacher's Apartment Project, Chaurikharka | 9.79 |
| Solukhumbu Womens Health Project | 7.08 |
| Solaban Teachers Salary Project | 0.97 |
| West Nepal Health Project | 10.05 |
| Kitchen Dining Project, Chaurikharka | 0.14 |
| Tele Medicine Project | 5.90 |
| Solar and Furniture in Lukla Basic School | 2.49 |
| Kharikhola Solar Installation | 7.24 |
| Terphar Drinking Water Project | 1.57 |
| Khotang Drinking Water Project | 0.15 |
| Community Learning Environment Project | 0.40 |
| Lungthung Toilet Construction Project | 0.99 |
| Administrative Expenses | 2.68 |
| TOTAL | 54.78 |

WITH GRATITUDE

As we look back on 2023, our hearts are filled with deep gratitude. The generosity of our supporters and the unwavering commitment of our local partners have been the foundation of every step forward we've taken. Your belief in our mission has not only encouraged us but made it possible to reach thousands of people across various districts of Nepal with basic healthcare, education, and clean water.

Thank you for walking alongside us, for trusting us, and for helping us turn challenges into opportunities. Because of you, we ended the year stronger, more hopeful, and more inspired.

As we step into 2024, we carry this hope with us hope for greater impact, deeper collaboration, and brighter futures for the communities we serve.



Find the latest news and press about our work in the water and sanitation sector [here](#).

