

# namaste

... Hope and healing in the Himalayas



Community Participation

## Vulnerable Communities

Working Together with Vulnerable Communities to Improve Reproductive Health (VCP) was a 40 month, European Commission funded project to improve the health situation in the districts of Salyan, Rolpa and Rukum of Mid-Western Nepal. This project was implemented in partnership with the Safe Motherhood Network Federation Nepal (SMNF). It focused mainly on providing technical assistance to the District Health Office (DHO) to implement family planning and safe motherhood activities. ADRA Nepal provided orientation, training, technical assistance, logistic and infrastructure support to DHO for the implementation of the family planning and safe motherhood activities.

One of the main activities of the project was a major

renovation of the basic infrastructure of District Hospitals for the Basic Essential Obstetric Care (BEOC) in the Rolpa district. Also completed were two Sub-Health Posts which were then handed over to the DHO. Equipment and commodities were provided to various health facilities, including the District Hospital and the primary health clinic, for establishing BEOC services; training was provided to 146 health workers, including counseling, SBA, IUCD, CTS and STI case management.

Another major aspect was the eight mobile Reproductive Health camps that were conducted. These camps included training in basic health care, reproductive knowledge and STIs. ADRA Nepal is an industry leader in reproductive health.



Highly Trained Staff



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ADRA

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## From the CD

Welcome to the new format for ADRA Nepal 'Namaste' newsletter. I hope you enjoy the smaller document which we plan on publishing once a quarter.

In the last few months, ADRA Nepal has had the pleasure of seeing a number of projects completed. We have heard and read many stories of success and thanks for jobs well done by individuals, communities and donors.

As you read about the VCP, ECHO, SWED, LeGGo projects (don't you love the acronyms!), please remember the many people and agencies donating elsewhere, and the local organizations that we partner with, who are involved in these projects. I would also like to thank the hard working staff who have found work elsewhere following the phasing out of these projects.

### Staff Out:

Shilshobha Manandhar  
Rup Narayan Pradhan  
Ashok K Shrestha  
Netra Prasad Bhatta  
Bhoj Raj Pandey

## General Agreement signed with Social Welfare Council (SWC)

On 15th September 2010, ADRA Nepal signed the General Agreement with SWC to extend the previous agreement. It remains valid for five years from the time of agreement.

The agreement was signed by Mr. Simon Lewis, Country Director on behalf of ADRA Nepal and Dr. Chhewang Namgel Lama (Sherpa), Member Secretary, on behalf of SWC in presence of various authorities of ADRA Nepal and SWC.

## RH Services to conflict affected

Last year saw the completion of ADRA Nepal's fourth consecutive project with the European Commission for Humanitarian Aid (ECHO). ECHO IV comprised of two separate projects, both of which were aimed at providing emergency Reproductive Health (RH) services to conflict affected and vulnerable populations through mobile Reproductive Health camps. The two projects focused on five districts in Mid-Western and Far-Western Regions of Nepal, including Kalikot, Achham, Rukum, Jajarkot and Dailekh. The UNFPA and ADRA Germany funded projects provided assistance to over 20,000 beneficiaries, including 5,400 women who received gynecology services. In addition, close to 200 women received curative surgical treatments for a prolapsed uterus, over 500 beneficiaries received family planning services (IUCD & Implant), and 186 received Life Skill training.



Camp site

### Staff In:

Ambika Prasad Adhikari  
Anubha Singh  
Sushant Bhattarai

Some staff members whose contracts have ended as a result of phase out of projects have been re-assigned to upcoming projects.



## Leadership and Good Governance

Funded by ADRA Australia, the Leadership and Good Governance Project (LeGGo) was implemented in the district of Kavre in partnership with the District Women's Development Office (WDO) for 24 months starting from January 2009. The project was crucial in increasing knowledge of individuals and institutions in Discovery, Design, Delivery and Debate/Discussion. This resulted in an increased leadership capacity which enabled district and community level officials to more effectively assess their existing situation and resources. Consequently, these leaders were able to develop more efficient strategies in planning, management, individual and community service, partnerships with donor and stakeholders, and monitoring and evaluation.



*Leadership training*

## Sustainable Women Economic Development

In November 2010 ADRA Nepal completed the Sustainable Women Economic Development (SWED) Extension Project in the District of Kavre. The project was an extension of the ADRA Australia funded SWED project (2006-2009) that aimed to empower socially and economically marginalized women in selected rural areas of Nepal. The SWED project began by providing non-formal education to women groups and eventually amalgamated these groups into formally registered cooperatives. ADRA Nepal provided financial and technical support for the institutional development of these cooperatives. Based on the cooperatives' needs in terms of sustainability, the project was extended for a further year. The specific objective of the project was to build the institutional capacity of four cooperatives in the district of Kavre. Although focus was laid on the four cooperatives, the SWED Extension project covered all ten cooperatives in Kavre.

## Reproductive Health Camps

ADRA Nepal assisted with the implementation of the Reproductive Health (RH) project in the districts of Saptari, Mahotatri, Rautahat, Kapilvastu, Dang and Dadeldhura from July to December 2010. The project team, together with local health posts, conducted 30 camps in six districts. Each camp lasted three days and totaled 90 days in the project period. The people who directly benefited from the camps were 18,000 vulnerable women of reproductive age, men and adolescents living in the six target districts. The main objectives were to ensure immediate basic and life saving services, emergency obstetric first aid, family planning, screening, counseling and referrals for Gender Based Violence (GBV), and voluntary testing and counseling for HIV/AIDS and STIs through essential health/RH camps. Advocacy was also a component of the service delivery. This project was funded by UN Trust Fund for Human Security through UNFPA.



*Women at Camp*



## International Visits

**Project:** Leadership & Development- Exposure visit from ADRA Bangladesh

**Location :** Kathmandu, Kavre districts

**Participants:** Team of 7 staff of ADRA Bangladesh

**Project:** IDP,SWED,LeGGO project Monitoring and Evaluation visit along with the financial check from ADRA Australia

**Location :** Kavre, Rupandehi districts

**Participants:** Mr. Denison R Grellmann and Mr. Malville Simarz

**Project:** Cleft lip Palate (CLPP)- Coordination and Exposure visit from ADRA Japan

**Location:** Kavre district

**Participants:** Mr. Atsushi Suhara, Mr. Chris Ishii and Japanese medical team

**Project:** SEED- M & E visit from ADRA New Zealand

**Location:** Banke, Bardiya and Kailali

**Participant:** Ms. Victoria Fray

**Project:** LeGGO- Exposure visit from ADRA Vietnam

**Location :** Kavre

**Participant:** Mr. Viet Anh and Ms. Ashton Davis

## Financial Refresher Training

ADRA Nepal conducted a financial management refresher training for its staff on the 17th December, 2010. The training was conducted by the Finance and Administration Director, Mr. Mohan Nepal. Almost all staff from the Kathmandu Office and Banepa Office, and the Program Manager from Nepalgunj Office attended this in-house training. With very practical and real examples, sessions were focused on the basics of finance and its relevance at both organizational and individual level. The training elevated staff understanding on how and what to analyze in an organization's balance sheet and income and expenses statements. This will help staff understand and improve the overall performance of the organization. The training session provided a forum for healthy conversations regarding financial etiquette in an organization, using both local and international experiences. As a result of this training session, staff members not only received knowledge on basic financial concepts and ideas, but it also gave them an insight into organizational financial performance.

## Success Story Belief and Relief

*Devimaya* (name changed) is a 27 years old single woman living at Maintada VDC in the district of Surkhet. The Local community referred her to the Community Psychosocial Worker (CPSW) trained by ASTHA Nepal in the ASIC project. This project is funded by the EC through ADRA UK . A health student studying at Shusma Koirala Memorial College Nepalgunj, she aspired to be a nurse and never imagined being involved in party politics.

On the 15th December 1999, Devimaya was attending a lecture when all of a sudden, she was escorted off campus by a police officer and held in custody for 14 months with charges of providing support to Maoists and their activities. Subject to different forms of mental and physical torture, she was finally released from custody and returned home only to be discriminated against by locals who believed that she was, in fact, a Maoist cadre. When the CPSW met her for the first time on 21st September 2010, she had been suffering from psychosocial problems such as anger, loneliness, distancing herself from villagers and her family, concentration problems, headaches, and a feeling of being accused from villagers which led to relationship problems with the villagers.

The CPSW established a good relationship with her using different communication skills, along with ensuring confidentiality, and they listened to her and gave her emotional support. The CPSW provided family counseling in her house on psychosocial care. This was the first time that she had ever shared her feelings with other people. She is now comfortable with talking to her family and others. She shares her problems with the CPSW and others whom she trusts. Her relationship with her friends and family has improved and she is trying to participate in different social activities.

She is continuing to be helped by the ASIC program.



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