


नामवास्तव!

 ADRA NEPAL - hope and healing in the himalayas

December 2005

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The Adventist Development and Relief Agency (ADRA) is an independent humanitarian agency established by the Seventh-day Adventist Church for the specific purpose of providing individual and community development and disaster relief. Locally registered, ADRA serves people without regard to their religious association. It simply helps people in need, especially those most vulnerable such as women, children and the elderly.

ADRA Nepal Runs Strategic Planning Workshops

As a part of ongoing strategic planning processes, 84 ADRA Nepal staff participated in three workshops held between August 31st and September 13th, 2005. The workshops, funded by ADRA Canada, were designed to meet three specific purposes:



* To involve as many employees as possible in identifying a vision for the future of ADRA Nepal, and practical steps to take in the next twelve months to help reach that vision;

* To present gender as a strategic issue, to develop a basic level of gender awareness for all ADRA Nepal employees and to start a process of gender mainstreaming in ADRA Nepal, and

* To provide teams from different parts of the organisation with a chance to interact and engage in team building activities and socialisation.

The style of the workshops was highly participatory and all employees had opportunities to share their experiences, concerns, ideas and visions for the future of ADRA Nepal. Feedback from employees was mostly

positive and real changes in gender awareness could be seen as a result of the gender component. Team spirit too was strengthened tremendously.

The three workshops were followed by another from November 23rd to 25th, 2005. This workshop was attended by nominees from the first three workshops and, using similar processes to the first meetings, finalised the ADRA Nepal strategic plan for 2006-2008 which will be presented at the next ADRA Nepal Board Meeting. Special appreciation goes from all the staff at ADRA Nepal to ADRA Canada and ADRA Asia Regional Office for making this practical and enjoyable experience possible.

As a result of the workshops, ADRA Nepal's draft strategic objectives for the period from 2006 - 2008 are:

People and Policy - ADRA Nepal has a strong human resources system and updated policies for organisational development.

Planning and Evaluation - ADRA Nepal has a strong and functional planning, monitoring and evaluation department which works to promote donor relations, identify new donors, and increase networking for fund raising.

Sustainable Programme - ADRA Nepal improves the quality of life for marginalised and underprivileged people by developing needs based, integrated programmes together with communities from a wide geographic area.

Organisation Structure - ADRA Nepal has a decentralised organisation structure that provides the most efficient way of administering its development activities.

Gender Mainstreaming - ADRA Nepal provides equal opportunities for men and women at all levels.

Strong Partnerships - ADRA Nepal works effectively with diverse partners by using a functional partnership model.



Eastern Region Family Planning Expansion Project in its First Year

Eastern Region Family Planning Expansion Project (ERFPEP) addresses the task of preventing maternal and infant morbidity by increasing family planning usage rates, thereby reducing mistimed, unwanted and high-risk pregnancies, and concurrently improving general child health and welfare by promoting child spacing. The ERFPEP is located in six districts of the Eastern Development Region of Nepal, namely Dhankuta, Okhlahunga, Panchthar, Sankhuwasabha, Terathum and Udayapur.



Good advice

The programme strategies and location were selected through consultation with both the Family Health Division in Nepal's Ministry of Health, and USAID Nepal. The strategies are an assessment of the comparative un-met family planning needs; the possibility of implementation and likelihood of project success given existing security constraints, and consultation with various field-based stakeholders (e.g. local government, community, Nepal Red Cross Society and local NGO representatives). Stakeholders' experiences, ideas, and perceived needs in regards to family planning issues were taken into account. The activities are also directly in line with the recommended activities outlined in the Family Planning Delivery Policy and Reproductive Health Strategy of HMG Nepal. ADRA's experience with family planning programming

in other districts with similar issues of isolation and poverty also allowed the selection of pre-proven strategies. Research was also carried out to identify strategies and activities that other government and NGO family planning programmes found to be feasible and sustainable.

The first year of the project has proved to be an important year in establishing the foundations of the project. The key project achievements include the writing and presentation of the Detailed Implementation Plan, establishing a partnership with Nepal Red Cross Society, engaging in technical support and capacity building activities, coordination and collaboration with key stakeholders, conducting assessments, receiving approval of the training site at Koshi Zonal Hospital, Biratnagar, recruitment of staff and establishment of an office in Biratnagar and the Safe Motherhood Innovation Project Match Activities.



Signing the agreement with Nepal Red Cross Society

The project faced some delays in the first year in establishing the partnership with NRCS, recruitment of doctor trainers and the late release of the family planning training budget from His Majesty's Government. Despite these challenges, actions have been taken to ensure the progress of the project.

In the second year the project activities will include capacity building in community mobilization, capacity building training for Health Facility Management Committee staff, the establishment of men's groups, support and mobilization of youth groups, orientation to health teachers, and meetings and other activities to strengthen and address the issues of family planning in the eastern region.

Safe Motherhood Innovation Project



The Birth Preparedness Package is an important tool to help pregnant woman and their families plan for childbirth

For the last 18 months, the Safe Motherhood Innovation Project (SMIP) has been working in six of the Eastern Region Districts (Dhankuta, Terhathum, Taplejung, Sankhuwasabha, Khotang and Ilam) in partnership with the Britain Nepal Medical Trust (BNMT) and in close collaboration with district health offices and regional health directorates. This project (funded by the European Union) is aiming to reduce maternal mortality and morbidity due to pregnancy related complications in these six districts by increasing the number of pregnant women attended by skilled and equipped birth attendants.

Every pregnancy is a risk and the risk increases with the number of pregnancies. Many women lose their own life in bringing life to the world. This is what we at ADRA Nepal, through our Safe Motherhood Innovation Project are fighting. Here are some examples of the kinds of difficulties our staff and partners face and what are every day realities for Nepali women.

Increased Pregnancies, Increased Risk

A mother of four children Bishnu Niraula, from Phurumbu, Taplejung was pregnant for the fifth time and did not feel the need to visit the nearby health institutions. And then she experienced complications. She was examined by the maternal and child health worker of Phurumbu Sub Health Post (SHP) and was advised to take full rest. A month after her first visit, while she was six months pregnant, she experienced severe headaches and blurred vision with slight bleeding. The health worker of the SHP referred her to the doctor at the district hospital. Due to the abnormal shape and size of her abdomen with signs of pre-eclampsia the doctor recommended she visit a better hospital either in Biratnagar or at Dharan as there is no basic emergency obstetric care service at the district hospital. Despite the Doctor's suggestion Bishnu could not visit a better institutions as her family would not be able to afford it. In fact she did not make any more visits anywhere. It is thought she was reluctant to admit to the doctor that she could not afford to take his advice. When nine months pregnant she experience severe labour pains after spending a long day in the fields. Bishnu delivered twin boys at home after a very difficult labour during which she took several fits. With one placenta being retained, Bishnu's conditioned worsened. It was only then the family members felt the need to take help from the Village Health Worker (VHW). The VHW tried her best to remove the retained placenta but was unable to do so. Finally, the decision was made to take Bishnu to the district hospital, which is three hours walk from Phurumbu VDC. Unfortunately Bishnu did not reach the hospital but died on the way.



Poor Health and Socioeconomic History Affects Future Generations

It is sad to say that even in cases where women are able to make full use of antenatal facilities and attend group meetings to raise their awareness of reproductive health, due to the overall socioeconomic status, work load and a life long poor diet, high maternal and infant mortality rates still prevail. Take the story of Sabitra for example. Sabitra attended regular anti-natal check ups and completed her TT immunization and had the full support of her family including her mother-in-law. Although her delivery was normal, Sabitra's baby was under-weight and not able to breastfeed. When only five days old, Sabitra's baby passed away.

Lack of Facilities and Staff Put Mothers at Risk

Ganga Maya was 33 when she was pregnant for the third time. She had one daughter and one son by normal delivery at home. With her husband out of the country, and being poor and illiterate Ganga was not able to rest or eat well during her pregnancy. Despite being advised to visit the district hospital for the delivery, Ganga was financially unable to do so so again she delivered her baby at home. However, there were complications and she was brought to the Primary Health Care Centre (PHCC) at Chainpur. Luckily, that day our Safe Motherhood Innovation Project partners, BNMT were at the PHCC to conduct referral training. BNMT Staff Nurse Nitu Ranapaheli was called upon to help with the delivery. It was discovered that the baby was dead and the mother was unable to deliver the child without help. After many hours of struggle Staff Nurse Nitu and the PHCC staff managed to save the mother's life, much to the joy of her family.

Women Can Make Decisions Too

One day, when most of the male family members were out at the funeral of a neighbour, 27 year old Goma Kumari Basnet of Khotang District was crying with labour pains. When her sister-in-law Krishna Kumari returned from the jungle where she was collecting fodder for the cattle she called the neighbours for help. Although the men were away there were women who were able to take charge and help Goma. They arranged for a stretcher provided by ADRA to transport Goma to Diktel Hospital where she was examined and after three hours gave birth to a beautiful girl child.



Women carrying Goma

This case indicates that women can make decisions when they have been empowered through ADRA projects.

All that is valuable in human society depends upon the opportunity for development accorded the individual.

Albert Einstein

Join the Club!!!

Farmers Exposure Visit

Since March 1st 2004 ADRA Nepal has been running a Sustainable Development Through Integrated Agriculture Project in Kavre District, financed by the Canadian International Development Agency (CIDA). The overall goal of the project, which will run until March 2006, is to improve the quality of life among the rural population in 10 targeted village areas.



Learning to work with bees

Through helping community farmers develop different activities such as organic vegetable farming, off-season vegetable farming, goat farming, bee keeping, and the establishment of Farmers' Club and groups, farmers will improve their knowledge and strengthen the sustainability of their livelihood. We have helped to establish Farmers' Clubs in our project areas, for example we have helped set up Farmers' Clubs in each of the 10 VDCs in Kavre District, and feel that these Clubs can greatly benefit from exposure visits. In particular they can increase their knowledge of livestock production, crop and vegetable production and conservation of medicinal plants in their areas.

The specific objectives of exposure visits are to provide knowledge on modern agricultural practices on government farms; provide a learning environment to enhance livestock production and management skills; create awareness through the visits for female farmers and observe and learn the techniques of organic vegetable farming.

Livestock Projection & Management Training and Goat Distribution

ADRA Nepal conducted Livestock Projection and Management Training in July and August of 2005. The objective being to enable families to generate income in order that their children could attend school. The target group was the poorest members of the community.

Altogether 350 farmers participated in the training from Taukhal, Sanga, Mahendrajyoti, Janagal, Subbagaon, Malpi, Rayale, Baluwa, Hokse and Sathighar VDCs.



Our new goats

The training covered the status and importance of goat and pig farming including local and improved breeds; management of goat sheds; selection of male and female goats and pigs; identification of communicable diseases and treatment; care of kids; control measures for internal and external parasites; market management and record keeping; source of food and castration. After the training participants from Sathighar, Baluwa, Sanga, Mahendrajyoti, Taukhal and Subbagaon received goats and piglets. Altogether 275 goats and 75 piglets have been distributed in co-ordination with the VDC level Farmers' Clubs formed by ADRA Nepal. Selection took into consideration the improved breeds in the locality and the purchase of the goats was coordinated with the District Livestock Service Office and Farmers' Club of the respective VDCs. The participants were very excited about the programme and said "this is very useful for us and we can earn money for our family and we will also convince our neighbours to start goat farming." Before distribution PPR vaccines were given to all goats and piglets along with identification tag numbers.

Organisational Capacity Building and Management

ADRA Nepal has established Farmers' Clubs through the Sustainable Development Through Integrated Agriculture Project in the 10 working VDCs of Kavre District. After establishing the Farmers' Clubs, at their request we conducted a five day Organisational Capacity Building and Management Training course in the ADRA Centre, Banepa.

Conducted from September 29th to October 3rd this year, with 14 female and 19 male participants and organised in conjunction with HELP Nepal, the objective of the training was to strengthen the Farmers' Clubs to run smoothly. The topics of the training were general principals of organisational development; presentation skills; transparent account keeping and auditing systems in organisations; the co-operative movement in Nepal; team building; leadership development in organisations; time management; sustainable agriculture development and environment; effective communication skills, decision making; group dynamics and management; meeting management; group welfare fund management; group strengthening and revitalization; motivation; conflict in-group and its management and WTO and its implication on Nepalese agriculture. At the end of the training an evaluation of the participants was done and the best participants were given awards and everyone received a certificate.

Dental Health Volunteers and Training

Dr Sandra Melhuber and Dr Martin Hall from Australia visited ADRA Nepal's dental programme in September 2005. Sandra worked on developing the dental peer education manual, which will help bring uniformity to teaching students about dental health and Martin taught the dental staff minimal intervention restorative techniques which adds one more step to the dental staff's knowledge.

Sandra and Martin also joined in dental camps that were organised by the Dental Programme at the Amar Singh Higher Secondary School, Blind Section, Pokhara. The three day outreach camp focused on providing services to blind students but sighted students and teachers also received treatment. Between May and September 2005 our static clinic and outreach dental camps served 2,997 patients and provided 3,587 procedures. The 1,193 patients who were screened and found not to be needing procedures were given oral health instructions in order to maintain their dental health. The Dental Programme also conducted two health education trainings and several programmes.

Dental Education Volunteer Training was provided to sixty students of two high schools. Aiming to disseminate dental and oral health messages to the students, we anticipate health oral health habits will improve along with correct brushing techniques.

A two day dental health training was conducted on the 14th and 15th of July 2005. The participants were from ADRA Nepal's Literacy Programme, Kavre District. The aim of this training was to educate Literacy Facilitators in order to disseminate oral health training down to their literacy class participants. Through this training housewives have learned the importance of good oral hygiene and in turn will pass this knowledge on to their children, thus reducing future dental health problems.

We received a request from the District Health Office, Kavre and as a result, through the Mobile Health Outreach Partnership Programme funded through ADRA UK, conducted a tooth extraction refresher training for their staff. Training was provided by Bishnu Shrestha (ADRA's Senior Dental Assistant) and Dr Prashant Shrestha from (KUTH), B&B Hospital, Kathmadu. The training provided dental health information, details of local anaesthesia and infiltration techniques, root morphology, examination and diagnosis techniques and extraction techniques. The first three days of this five day course were theoretical class work and last two days were practicals for which a dental camp was organised.

ADRA Nepal's Dental Programme celebrated National Oral Health Day on the 14th of September 2005. On this day free service was provided to patients visiting the clinic as well as a one day camp at Changathali, Lalitpur District.

Successful Completion of Youth Reproductive Health Education Project

ADRA Nepal has successfully completed its two year Youth Sexual and Reproductive Health Education Project, funded by Rotary Germany, which took place from July 2003 to June 2005 in Makawanpur and Kavre Districts.

The project mainly focused on sustained improvement in reproductive health status among women of reproductive age and youths/adolescent men and women in the districts. The project aimed to increase the knowledge of youths on reproductive health issues and sustained behaviour change at community level as well as increasing the acceptance of sexual and reproductive health issues among the community and at district level. The project achieved its objectives through the implementation of strategically selected interventions like advocacy, community mobilization for behaviour change, "youth-friendly" service delivery, and adolescent livelihood trainings.

A final evaluation of the project to assess the impact of the programme in project districts was carried out through a national level independent research and evaluation agency named Centre for Research on Environment Health and Population Activities (CREHPA).

One participant says "We were unaware about reproductive and sexual health matters before. But after being involved in the youth clubs we came to know about the mobile clinic and gained knowledge about STIs, HIV/AIDS, family planning methods and care during menstruation - all of which are essential for our good health".



The history of the world shows that peoples and societies do not have to pass through a fixed series of stages in the course of development.

Aung San Suu Kyi

Baseline Survey

Earlier this year a team comprising staff of ADRA, New Young Star Club (NYSC) and the Backward Society Education (BASE) completed a baseline survey for the Women's Poverty Alleviation Project in Banke, Bara, Dang and Kavre Districts. Despite serious disturbances from strikes and military action by various parties in the ongoing conflict in Nepal, the team were able to interview 522 women and conduct eight focus group discussions.



Literacy class facilitator from Dang

The objective of the baseline survey was to establish benchmark information in order to assess the current status of knowledge, attitude and practice in regard to specific aspects of literacy, health, economic involvement, micro credit and natural resources management among the women participating in the project. Overall the survey findings indicate that the selected participants are appropriate in terms of the planned targeting and that the project's education interventions are largely appropriate to their levels of education and knowledge. Findings in regard to economic involvement were less clear and indicate a need to review the project's planned activities in these areas to ensure relevance and that a flexible needs based approach should be followed. Another key finding was that while the project has only limited environmental health components the survey indicated that high levels of fuel-wood use and very low levels of access to hygienic sanitation facilities are priorities in many communities. Finally, the project found that a relatively low percentage of respondents had registered as citizens and that an even lower proportion had registered their marriages. Qualitative data further indicated that many women had limited decision making power in the family and limited access to economic resources indicating that building rights awareness into the literacy curriculum and working to empower the women's groups is important.

A project team is currently making preparations to conduct a mid-term evaluation to study the degree of success the project has had in implementing recommendations from the baseline report and to measure the impact on the project participants.

Enterprising Women



The Shree Hariyali Mahila Group of Pipra Simra - 2 Bahakati Nagar, through their own initiative, and the empowerment gained through ADRA Nepal's Basic Literacy Level (BLL) classes, have built a reading centre.

Coming from Dalit and ethnic castes, these enterprising women did not have any idea of collaborative group working when they began their project.

However, they were soon working well as a team as collecting local resources, planning and construction encouraged the women. Now they are keener than ever to attend their classes on a regular basis.

Craftswomen

In a similar BLL success story, the women of Jagruk Mahila Shamuha of Pipra Simra - 2, Narbasti Tole have been making furniture for their reading centre. Like their neighbours in the Shree Hariyali Mahila Group, they too had little idea of working together as a group when they began their carpentry. But encouraged by the facilitator and helped by the Literacy Support Committee they soon learned that

working together is something they can do very well. Again like their neighbours, these women are today happier in class and attending more regularly now that they can see a physical benefit of their studies.

Small Micro Enterprises

Dev Maya Dahal, 35, of Amlekh Ganj VDC, participated in a BLL literacy class under the Nepal Women's Poverty Alleviation Project as a means of learning how to earn money through small micro enterprises. Dev Maya was encouraged through the BLL classes to start saving through the savings group. Taking a small loan she invested Rs2,000 in starting up a small cosmetic shop which earns her around Rs400 per day. She is very grateful that the BLL classes taught her numerical skills as well as reading and writing.

Like Dev Maya, 35 year old Anita Lama was encouraged by her BLL class and established a small hotel in the village by investing Rs7,000. Today she earns approximately Rs700 per day. She thanks the Nepal Women's Poverty Alleviation Project unit for creating an opportunity for her to learn to read and write and develop numerical skills.

Establishing lasting peace is the work of education; all politics can do is keep us out of war.

Marian Wright Edelman

WOMEN'S POVERTY ALLEVIATION PROJECT

Donor/Beneficiary Discussions in Bara

Ms. Line Urban, Third Secretary, Mr. Shiva Bhandari, Human Rights Officer, of the European Commission (EC) in Kathmandu, and Ms. Mette Strengehehan, Second Secretary of the Norwegian Embassy in Kathmandu visited five women's literacy classes in Bara District on September 18th as part of a monitoring visit which also included dissemination of the donor's basic operating guidelines for implementing partners. The basic operating guidelines are part of an initiative by donors to assist partner organisations operating in conflict affected areas.

While visiting the women's groups and literacy classes, which are part of the Women's Poverty Alleviation Project funded by the European Union and ADRA United Kingdom, the donor representatives engaged in open dialogue with the women about their lives and experiences with the project.

Donor: "How has awareness on education, health, selection of income generation activities and local resources among the women improved your lives?"

Women: "We realised the importance of education and health. We are practicing it by keeping our houses and children clean and sending all of our children to school. Some of us have constructed temporary toilets."

Donor: "What are the achievements and impacts that women have made so far after started reading, writing and saving credit?"

Women: "We can read and write letters, we can read the vehicle numbers making it easier for us to travel, we can read the hoarding boards and sign boards in the market, we can help our children to do their homework and know what they are reading, we are able to read all the messages at the hospital if we have to visit there, and we have started taking loans from our savings to pay the children's school fees and buy medicines".

Donor: "Tell us about some of the challenges that women face while participating in the programme in terms of security and socio-cultural taboos."

Women: "Some of the community members and our husbands teased us by saying that we will become like teachers by attending the literacy class. They would not help us with the household work because they did not want us to leave the house. Now they understand and are providing support. So far we do not have any security problem in our area."

Donor: "Have attitudes of husbands, children, family and community towards the women and the project activities changed?"

Women: "Things have changed! Our husbands are supporting us, the support committee and the community have helped us by providing free space and monitoring the classes. Everyone is very positive toward the programme and want more classes/training for others as well. Our relationships with our husbands has improved a lot."

Donor: "Tell us about the suitability of the project duration, sustainability and duplication of project activities."

Women: "In the beginning we thought three years too long, therefore, many women did not have patience to join. Now we wish this programme could continue longer so others in the community could benefit too. We never participated in such a programme before."

Donor: "Please give your suggestions and recommendations for the implementing agencies and the donors."

Women: "We need more livelihood and skills based project activities along with education. We do not have enough land therefore we need more skills so we can earn money for our families. We wish such kinds of programmes would spread all over the county where many women can benefit."



Nepal Women's Poverty Alleviation

The Nepal Women's Poverty Alleviation Project is a European Union (EU) and ADRA UK funded programme conducted through ADRA Nepal, in partnership with the Backward Society Education (BASE) in Banke and Dang Districts, and with New Young Star Club (NYSC) in Bara District. The project is also being run in Kavre District.

One hundred and twenty people participated in Basic Literacy Level (BLL) classes held in ADRA Nepal's Banepa office. From among themselves the participants elected five members to receive training in saving credit management, who would then pass on their new knowledge to their respective groups. As all but one of the BLL participants were female and 49 of the 120 came from ethnic groups, both the literacy classes and the savings credit management training have reached the most needy people. Now, with the credit management training, they will be able to handle savings and disburse credit systematically and transparently. ADRA Nepal also provided material support in the form of ledgers, forms, pass books, calculators etc.



United For Education Programme

Our United for Education Programme (UFEP) has a total of 178 sponsored children attending 23 schools.

In 2004 five of our sponsored children passed their school leaving certificates.

Name of School	Name of Student	Division
Shree Khokana Jana Secondary School, Tauthali, Kathmandu	Kalpana Pariyar	Second
Shree Khokana Jana Secondary School, Tauthali, Kathmandu	Padmasundhar Khadka	First
Shree Ganga Devi Secondary School, Rabi, Opi, Kavre	Shashikala Dhakal	Second
Shree Laxmi Narayan Secondary School, Shyampati, Simalchour	Santa Bahadur Tamang	First
Shree Sarada Secondary School, Sunthan, Panauti	Ramsharan Budhathoki	Second

Of course our United for Education Programme does not only mean children can attend school, it also has a profoundly positive affect on students, their parents and the community as a whole.



Affects of the Supported UFE Programme on Parents

Changes in the behaviour of parents can be clearly seen. Awareness of the benefits of education encourages parents to send children to school and through now realizing that being uneducated continues the circle of poverty, they are also sending their daughters as well as their sons. The overall drop out rate is decreasing because, supported financially by ADRA, parents no longer have to bear the financial cost of schooling. The affect among the so-called low caste and very poor parents is especially encouraging - they previously did not believe anyone would help them and are very grateful to ADRA Nepal for providing scholarships to their children. The scholarship programme is such a success that that there are more applications from parents for scholarships than can be provided for. This is encouraging us to seek more sponsors to bring more light into the homes of the uneducated.

Affects on Students

When asked by our staff, the children to whom we are providing scholarships don't have a lot to say on the subject of scholarships. And that is how it should be. They know they are able to attend school and they know their parents are not worrying about the cost. This and their smiling faces tells us all we need to know.

That said, our scholarship students, knowing how lucky they are, are regular attendees at school and realize that they must study hard for their exams. They are given the responsibility of helping to select new scholarship students which encourages them to become active members of the community now and in the future.



Education is for improving the lives of others and for leaving your community and world better than you found it.

Anne Frank

Below are details of just three of our scholarship students.



Name: Kalpana Pariyar
Age: 18
Class: SLC Passed in 2nd division
School: Khokana Jana Secondary School

"Namaste, I am Kalpana Pariyar from Setidevi VDC 6, Tauthali Kathmandu. In 2004 I passed my SLC in the second division from Shree Khokana Jana Secondary School. There are nine people in my family. My mother died two years ago and my father is a labourer without land or his own house, so he has to work for other people. It was so difficult for my father to send me to school as he earns only Rs130 a day. But then ADRA Nepal became like a parent to me by providing me a scholarship for school. I want to be a nurse and work in the remote and poor areas of the country - providing good service and helping to change the conservative ideas which make our country backwards. Perhaps I will become like a parent to needy people too!"



Name: Shashikala Dhakal
Age: 18
Class: SLC passed in 2nd division
School: Ganga Devi Secondary school, Ravi Opi

"I am Shashikala Dhakal. I am 18 and there are 10 people in my family. I studied in Shree Ganga Devi Secondary School and passed the SLC exam in the 2nd division. No one in my family earns money, my father is a farmer and had to take a loan for our education. Father is literate but he is conservative and we have a big family because of this as my mother had six girls before giving birth to a son. With such a big family it is difficult for us to eat let alone go to school. But with the help of ADRA Nepal I was able to go to school and hope to change my economic condition in the future by becoming an accountant. At the moment I am taking commerce at Bahumukhi College. Thank you".

It is also important that the teachers and principals of the schools feel involved and that that the programme is working well ... Narayan Bhakta Shrestha from Shree Bal Ujjwal Lower Secondary School, Dapcha, Puranagaun - 1, Kavre says

"For the last three years, ADRA Nepal has been providing scholarships for 10 so-called low caste students in my school. Now the number of students from the so-called low castes are increasing. Today we have 24 students from these castes, 14 more than previously. They attend school regularly, are interested in education and improving themselves. However, no so-called low caste child has passed the School Leaving Certificate from this village. We hope we will see a change in this soon. The scholarship programme of ADRA Nepal also helps to control drop outs, especially since ADRA Nepal supports students who say said "we will make plans for our future and not leave school". We would like to thank ADRA Nepal from our heart."

Second Hand Bicycle - A Really Useful Gift

In Namaste June 2005 we told you about ADRA International's "Really Useful Gift Catalog", from which we received funds to purchase bicycles to enable students to reach school more easily. One of the recipients of a bicycle was Sita Bhusal and this is her story.

It used to take Sita 40 minutes to walk to school and with the work she had to do at home and on the farm this meant a very long and tiring day. Despite this, and having little time for homework, Sita was seventh in her class and worked very hard in school. With five children in the family, Sita's parents had a hard time providing for the family's basic needs and the children's education. However, we at ADRA Nepal were so impressed with Sita that we decided to award her a bicycle scholarship. Now that Sita is approaching her final school exams she plans to hand over the bicycle to her sister so that she too can reach school more quickly and have more time to study.



ADRA Extends Registration to Work in Nepal

On October 31st, ADRA Nepal extended its registration with His Majesty's Government through the signing of a General Agreement with the Social Welfare Council. The agreement allows ADRA to continue its operations in Nepal up to October 30th, 2010. ADRA is registered as an International Non-Government Organisation in Nepal.

The signing ceremony was held at the Social Welfare Council offices in Kathmandu. The agreements were signed by Mr. Sharad Sharma, Member Secretary of the Social Welfare Council and Mr. Mark Webster, ADRA Nepal Director.



Sabitra is Achieving Her Goal

In the December 2004 edition of Namaste we introduced our readers to Sabitra who was being sponsored by the United for Education Project.

"I am Sabitra Khadka, a 17 year-old girl, because of polio my 2 hands are not functioning and I have had a hard time going to school. I want to study more and become a teacher and computer teacher so that I could serve my community by providing education and skill. I want to be the example of our society."



Sabitra was born in a remote village of Kavre District. When she was a child she got polio and both of her hands became deformed and useless. But being an adaptable personality, she started to use her feet instead. Sabitra never gave up on her dreams to get an education and become a teacher. Sabitra's family were very poor and struggled to scrape enough money together to pay for her school fees. At school Sabitra learned to read and write but to write, she used her feet instead of her hands. Sabitra's ambition is to become a teacher in her school and became an example to other people in her village.

The first time that ADRA met Sabitra was in 2003 when ADRA was requested to provide an education scholarship to a disabled girl to study grade 8. The ADRA Nepal staff were amazed at Sabitra's story and her determination and through the United for Education Project and private donors were able to provide a two year scholarship to bring her closer to her dream of being a teacher.

Sabitra's story became an example of the power of dreams and tenacity. When ADRA Nepal staff attended a Nepali Windows Workshop they thought of Sabitra and felt that this might be a good opportunity for her. They introduced Sabitra to Mr Allen Tuladhar the Microsoft Company Representative for Nepal and shared just how motivated Sabitra was to learn to use a computer and become a teacher. Mr Tuladhar was impressed and took Sabitra's wishes to further her education seriously. He personally visited Sabitra and her family in her village and committed to helping her to learn to use a computer.

Sabitra is unable to type with her hands but is learning to use her feet and is making excellent progress. As a wonderful affirmation of this achievement on the 28th of November 2005 Sabitra was honoured at the launch of the Nepali version of Windows. In front of an audience of 1500 people at the Birendra International Convention Centre Sabitra shared her story and received resounding congratulations and admiration. Sabitra's story has been published in national and local newspapers describing her courage and determination to become a self reliant and proud citizen. Sabitra says "Where there is will there is a way - I thank ADRA Nepal for supporting my education. I am achieving my goal".



*No one has ever
become poor by giving.*

HH the Dalai Lama

Age No Barrier to Education

Our Women's Health Literacy and Economic Development Programme is financially supported by ADRA Netherlands and Uniting Churches of the Netherlands. Running in Kavre and Rupandehi Districts, the main goal of the programme is to improve the overall health of women and children in the target areas. Here are some success stories from just one village participating in the programme.



Mina and her grandchildren

Mina Ghale Pariyar, 39, goes to school with her four grandchildren. Mina, from Tikulighar VDC, Karaujiya of Rupandehi District, having finished her six month non-formal education class joined Class II at Janajagrity Primary School in her native village. She looks like a teacher when she sits among the little children in her class and it is only when someone asks about her is it known that Mina is also a student. Sharing her desk with her granddaughter we asked if Mina doesn't feel shy studying with her own grandchildren. She replied it is better to study with them than be insulted in the community for her uneducated status. She also says that after completing her studies she will help others who are still uneducated in her village.

When Mina joined the school Bishnu Tharu, 36, also decided to join the class. Having long wanted to go to school Bishnu now feels comfortable having a friend in her class and can combine learning with her job as assistant school cook. The teachers too are very happy as these two students act as monitors and keep the students under control through their disciplined and hardworking approach to studying. With Mina and Bishnu as role models, other women are planning to join the school at the next session.

Not to be left out, two other women are studying in another school in the same village. Having completed non-formal education classes, Vima Thapa, 18, and Ganga Malla, 19, have joined school. Vima moved quickly from Class II to Class IV where she is class monitor and also helps to teach younger children. Ganga is disabled but still manages to come to school with the aid of a crutch and expresses her great desire to study. According to ADRA Nepal's Non-Formal Education Officer, there are other stories of people having completed non-formal education classes and going on to join formal school and this is testament to the success of our non-formal classes. The Deputy District Education Officer of Rupandehi District tell us that the fact that students are going on to join school is a challenge to those who says non-formal education is not effective.



Reproductive Health Services Reach Previously Unreached Communities



ADRA Nepal received grant support from the United Nation Population Fund (UNFPA) for a short term project - Mobile Reproductive Health Outreach Services - taking place from November to the end of December 2005. The project aimed to conduct 15 camps in remote villages in Dadeldhura, Banke, Dang and Kapilbastu Districts.

The mobile outreach services focused on conflict affected areas, reaching an estimated 8,000 women, men and

children including internally displaced people in Dang, Dadeldhura, Kapilbastu, and Nepalgunj. Reaching marginalized and difficult to reach people, families and whole communities will have healthier futures with their newly increased knowledge on health issues.

With the prime object to increase access to reproductive health services for conflict affected populations, services provided by the Camps covered general health check-ups and treatment of minor ailments; referrals along with laboratory services to compliment other essential health services provided; health education and community awareness raising and free distribution of contraceptives and medicines as prescribed. And, specifically in the reproductive health care sector, family planning services; antenatal and post natal care; birthing assistance when required; prolapsed uterus assistance and referral and breast cancer screening and referral.





Visitors

ADRA Nepal loves having visitors and making new friendships and bonds. Here are some of the friends who have visited us this year.

Alex Mohanu, International Development Intern, Avondale College, Australia, July/August

Tim Pelling, Photographer, August

Ronald Khun, Regional Vice President, ADRA Asia, September

Dr Sandra Meihubers, Dentist, Australia, September

Dr Martin James Hall, Dentist, Australia, September

Australian Surgical Volunteer Team, Sydney Adventist Hospital, Australia, October

Gabriela Zipper-Banas, ADRA Germany, November

Japanese Surgical Volunteer Team, Japan, November/December

What are we proud of?

500	Children have received sponsorships to attend school this year (United for Education Project)
900	Government staff will be trained in family planning service delivery (Eastern Region Family Planning Expansion Project)
1,500	Families have biogas cooking and improved sanitation (Biogas and Sanitation Project)
2,654	Smiles have been mended (Cleft Lip and Palate Surgical Programme)
4,757	Youth are aware of their HIV status (Youth HIV Linkage and Referral Project)
30,600	Women have learned to read and write (Women's Poverty Alleviation Project, Women's Literacy)
38,000	Women will have safer deliveries (Safe Motherhood Innovation Project)

We would love to hear from you

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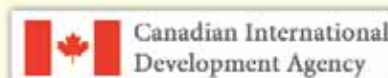
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THE FOLLOWING DONORS SUPPORT THE PROJECTS MENTIONED IN THIS ISSUE OF NAMASTE



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