

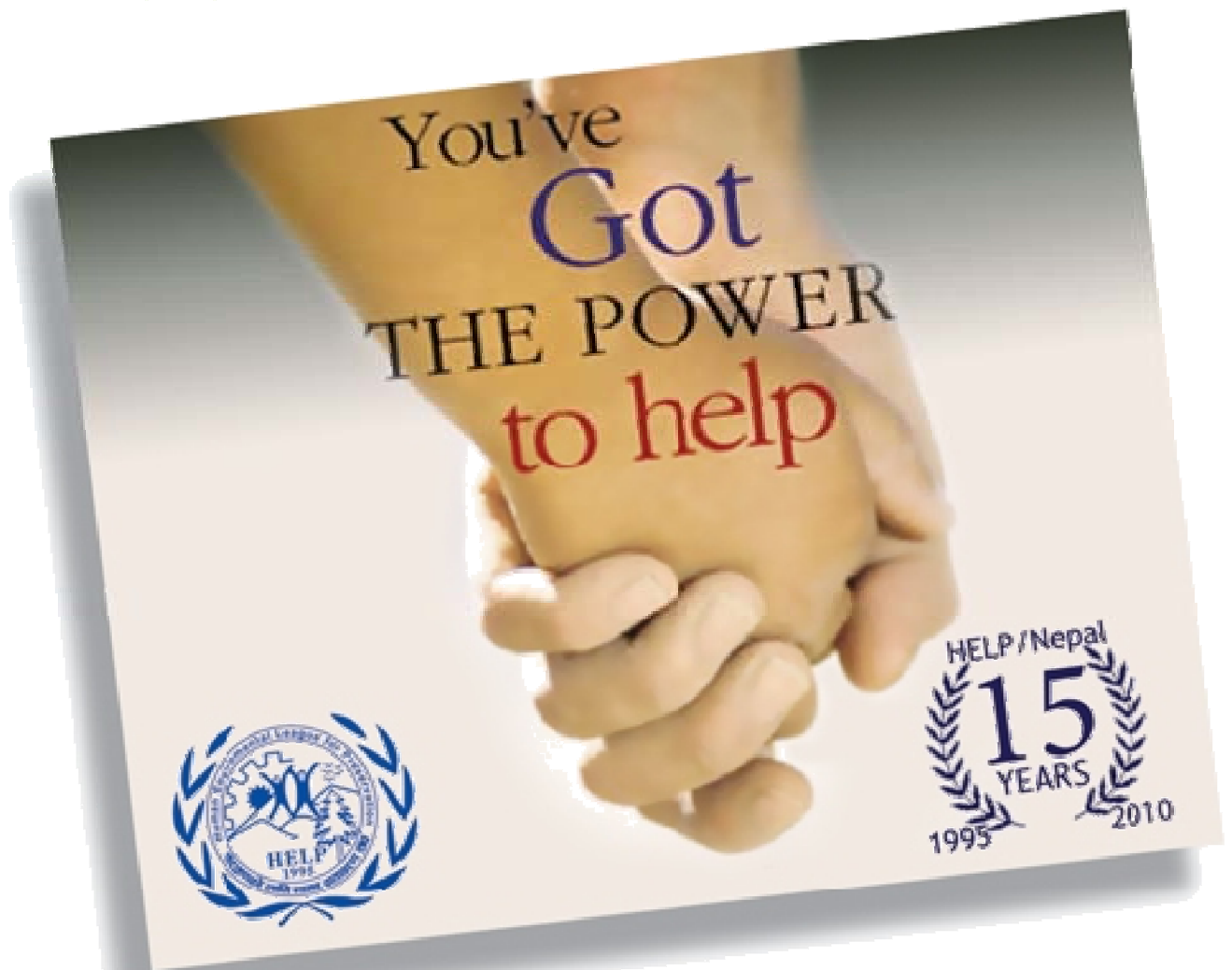


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HELP/Nepal

Human Environmental League for Preservation
Social Welfare Council NGO reg. n. 3649, 1995



WHO WE ARE

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MISSION AND PRINCIPLES

MISSION

Responding to inhuman life conditions, HELP/Nepal strives to restore the dignity of the human being and the dignity of work, acting on the field with for the last.

VISION

The inherent belief underlying all of HELP/Nepal's projects is that to overcome poverty, all individuals must envisage the hope of decent living conditions, the opportunity of providing for themselves and the means of accessing an alternative to their present condition.

GUIDING VALUES

Dignity of the human person

The dignity of each individual is our fundamental value. We reject the reification of the poor and seek to make them not objects of our pity but subjects of their own development and agents of change.

Option for the poor and the unprivileged

We commit ourselves to fight dehumanising poverty and discrimination, promoting the rights of the poor, gender equality and Child rights. We entrust ourselves to restoring their sense of co-responsibility in building a better world.

Solidarity

Our undertakings and our relations with other institutions are guided by solidarity. We believe it relies in empathy, and not sympathy, and therefore implies viewing the world through the eyes of the last.

Stewardship

We intend being in solidarity not only with the people, but with the whole of creation, and thus promote environmental sustainability and capacity building.

PRINCIPLES

From grassroots to global

We listen to the voice of the silent, the poor and the unprivileged, if and when necessary speak on their behalf, and, above all, provide them with the means to speak for themselves.

Subsidiarity

We respond to local needs in full respect of the principle of local autonomy. We therefore act in collaboration for the effective pursuit of our common mission.

Learning

We intend sharing and acquiring experiences and ideas, with the aim of translating this learning into effective action.

Partnership and Cooperation

We seek to work on the basis of partnership, through long-term commitment to agreed objectives, based on shared values, strategies and information. For this reason we esteem cooperation with other entities working for our same objectives and sharing our vision.

Witnessing

We witness to our vision not only in words but in deeds, aware of our obligation to transparency and accountability. In our witnessing, we will ensure that our communication, within and outside our organisation will conform to our guiding values and principles.

OUR PAST

HELP/Nepal (Human Environmental League for Preservation) is a Nepali NGO, established in 1995 in Banke District by former United Nations Volunteers, within the framework of the Nep-091/042-UNV/UNDP/SWC project.

Initially, its principal aim was that of strengthening and supporting local NGO's working for rural socio-economic development and poverty alleviation. For the purpose, HELP/Nepal defined and carried out projects centred on female empowerment and capacity building of the Midwestern area of Nepal.

From 2000, due to the raging conflict, HELP/Nepal's ordinary work in the Terai was greatly hindered. For this reason, in March 2005 the NGO opened its offices in Kathmandu, maintaining constant relations with Banke District, continuing its activities therewith.

OUR PRESENT

As of now, HELP/Nepal upholds its operative offices in the country's capital.

For what concerns the aim of HELP/Nepal's projects, throughout the years, the NGO increasingly focused its intervention on programs providing assistance to women, Children and other vulnerable and discriminated groups and communities, deprived of their basic human rights or confined to extreme poverty conditions.

Currently, HELP/Nepal's projects are carried out within the Kathmandu Valley and bordering Districts, as well as within the Midwestern area of Nepal. All projects target:

- Children, through recovery of street Children, health and education programs
- Gender equality and capacity building
- Development in terms of water and sanitation and income generation projects

OUR FUTURE

The global results of the past three years in Kathmandu have demonstrated that working directly in two neuralgic areas of the country strongly eases the NGO's commitment of bringing direct aid to Nepal's needy. HELP/Nepal was in fact able to implement various socio-economic programs in both the Kathmandu Valley and in the rest of the Country, strongly supported by an continuously increased professional staff and by excellent and distinguished partners.

For the future HELP/Nepal intends working directly in both areas, in accordance to its mission, principles and values. The activities which are envisaged consist in:

- Continuing the implementation of all current projects
- Continuing monitoring and assessment of various critical areas of intervention for the definition and implementation of long-term, high impact projects
- Continue seeking appropriate funding partners for the implementation of the NGO's already defined projects.

With the already launched *Hamro Pul* project, the NGO will certainly be able to concretely apply its expertise to the fulfilment of its mission.

CHILDREN

Hamro Ghar (Our Home)

It is a project for the recovery of the street Children partially funded by the Italian Foundation “**aiutare i bambini**”. It has been implemented since March 2006 within Pashupatinath, main Hindu temple in Nepal, where street Children are concentrated. They are deprived of any basic necessities: food, water, shelter, medicine.

The approach adopted is that of providing an alternative to the Children’s current condition, by full respect of each Child and constant trust building. The Children conduct daily activities in Pashupatinath and, within a radically restored building located in the Pashupatinath area, they receive shelter, food, health, education, vocational training and psychological support.

Moreover, renovation works of an adjacent building has been completed. The Hamro Ghar’s structure has almost doubled the previous dimension, from 300 to 540 sqm. That permit us to considerably increase not just the number of beds to 100, but also the spaces dedicated to education and professional trainings. Today 100 Children live in Hamro Ghar and 140 are enrolled in a boarding school.

There are, moreover, three classrooms destined to informal education and four rooms destined to professional/vocational training: two for the sewing laboratory and two for the production of bread and pizza, equipped with a professional wood oven. The project also includes a library and the doubling of the space of refectory and toilets.

Also the sewing vocational training reached important results. Many girls and boys of Hamro Ghar attend classes with pleasure and interest, together with more and more women living in the neighbouring slum.

The staff employed at the centre is increasing: now has 28 people, including teachers, nurses, educators and security personnel, cooks and cleaners.

Hamro Mutu (Our Heart)

Hamro Mutu ko Ghar (Home of Our Heart)

It is a project managed in collaboration with *Sahid Gangalal National Hearth Centre*, the only centre of excellence within the national healthcare system, and it gives the opportunity to undergo surgical intervention to Children suffering from cardiac serious diseases, mainly congenital.

The project, specifically, aims at assuring free cardio-surgical interventions to needy Children not covered by the Nepali governmental healthcare system, i.e. all those aged between 14 and 18 years and a large segment of those aged between 0 and 14.

Moreover, a structure called *Hamro Mutu Co Ghar* (The Home of Our Heart) is available for the needy Children’s families very close to the hospital. In this way, it is possible to provide them with accommodation, their meals and assistance during the Children’s stay in hospital.

The main achievement of this program is the decisive improvement of the living conditions of the Children and adolescents with serious heart complications, whose families could have never borne the surgery cost, that are outside the economic reach of the vast majority of Nepali people.

From June 2009 to May 2011, more than 160 Children are already undergone the needed interventions. This project is partially financed by the Italian NGO “**aiutare i bambini**”.

Hamro School (Our School)

It is a project designed to provide education to underprivileged Children of Nepal currently unable to attend school because of extreme poverty or discrimination.

What we intend to offer is formal education in appropriate schooling facilities which support each Child not only from a mere schooling point of view, but also by offering them healthcare, leisure activities and, in general, the means for building a better future for themselves.

The ultimate project goal is building 10 schools in remote areas of Nepal, in order to beneficiate a total of around 1.200 Children.

At present, preliminary feasibility studies and identification of specific target locations and costs for the construction of each of the 10 schools have been performed.

While fundraising for building the schools is active, we are providing education and supportive activities to underprivileged Children of the Kathmandu through two programs:

Me too

It is a program through which 30 underprivileged Children from the orphanage of the NGO *Pabitra Samaj Sewa Nepal* and *Rescue and Counselling Centre for Oppressed Women* are provided with full primary education. The program is going to be extended to 100 beneficiaries.

Healthy at School

It is a program centred on health screening, treatment and education for needy Children attending the Kathmandu Valley's elementary schools. It includes drawing of individual medical files for constant and periodic monitoring on the young patients, diagnosis, and all required interventions, from drug administration to surgery.

As of today, 2,088 Children have benefited from the project, including Children who, within the framework of a partnership with the *Manmohan Memorial Hospital*, underwent appropriate surgical intervention.

WOMEN

Recovering Femininity

It is a project entailing various programs and consisting in the realization of Reproductive Health camps in different Nepal's remote rural areas.

In order to understand the importance of the project, it is necessary to consider how dramatic the Nepali women's condition is, especially as it concerns the uterine prolapse, which can be regarded as a national, thus hidden, tragedy.

The lack of access to healthcare is a dramatic reality, especially in the rural areas of the country, where the majority of the people lives, but it is even more marked for the female part of the Nepali people: for them the right to healthcare is undermined, in fact, also by gender discrimination. Within this contest, gynaecological pathologies are often neglected: "cultural" pressure and social constraints make it not easy, even at home, to talk about this kind of problems.

According to official data, uterine prolapse affects about the 10% of Nepalese women in fertile age. Actually, our field experience through medical camps shows that the pathology incidence is quite much higher: more than the 60% of many thousands women we screened were afflicted from different degrees of prolapse.

This high incidence is strictly connected to the women condition in Nepal. In fact, the pathology is due not only to the widespread lack of assistance during the pregnancy and after the delivery, but also to the fact that women are usually required (forced) to work both during the pregnancy and immediately after it. Moreover, women are very often forced to have sexual intercourses before recovering from the delivery effects.

Uterine prolapse causes such a pain that affected women cannot sit down. Furthermore, they are required to work for the family livelihood, even if working is extremely painful. If the pathology is not treated, it causes infections and other gynaecological and systemic problems, also because of bad hygienic conditions.

Along with physical pain, there is social stigmatization: the pathology is considered to be connected to sexual promiscuity, an ignominious accusation that makes women neglect the disease and forces them to have sexual intercourses despite the unbearable pain.

The dramatic seriousness of the situation is also shown by the women participation to medical camps, which has always been very high despite social constraints.

In Nepal, uterine prolapse has always been treated, when and if treated, through pessaries (rubber rings working as support) and hysterectomy. Anyway, pessaries are just a temporary solution: they do not actually solve the problem, as the disease continues worsening until when hysterectomy becomes the only way to heal the patient. Furthermore, pessaries need to be checked and changed regularly, but in most cases this is impossible due to the lack of health facilities. Thus, women often keep the same pessary for years: a “remedy” that becomes source of infections and other pathologies.

On the other hand, hysterectomy is a radical solution as dramatic as the pathology itself, considering the fact that uterine prolapse affects many young women: through the removal of the uterus, a woman is deprived of an essential element of her femininity.

HELP/Nepal’s approach is radically different instead. Even though we guarantee as far as possible the availability of surgery to the women affected by a third degree prolapse, we prefer to work hard on rehabilitation: *Pelvic Floor Rehabilitation* (PFR) has proved to be a very effective therapy in the treatment of first and second degree prolapses. Moreover, PFR cost is low, especially if compared to hysterectomy. Thus, women are guaranteed not only healing but also recovering and preserving the wholeness of their own sexual and reproductive dimension.

Moreover, medical camps give the opportunity of diagnosing and treating common pathologies (diarrhoea, gastritis...) on one hand, and spreading general knowledge of personal hygiene and general healthcare, on the other one. They represent also a moment of information about the prolapse and its prevention. Besides, during medical camps it is possible to train local health workers – nurses – that can become permanent point of reference, even when the camp ends its official activity.

Therefore, by treating a pathology that undermines personal and female dignity, it is possible not only to guarantee the right to healthcare, but also to improve, preserve and redeem the femininity itself, regarded as a basis for economic and social development, promoting women rights awareness at the same time.

From 2007 to 2011 24 medical camps were organized in all districts of the Country through which it was possible to visit and treat more than 20,000 women. To 8,000 out of them *PFR* treatment gave a healing solution, in very large majority ($\pm 87\%$) permanent. Regarding grade III cases, over 500 surgical hysterectomies have successfully been carried out at Manmohan Memorial Community Hospital and Himal Hospital.

Ciao Nepal

The main objective of the project is to provide as many as possible Nepali women with professional training, giving them the opportunity of an appropriate and rewarding employment as caregivers, mainly abroad.

The Training Centre is located in a four-floors building and is comprehensively equipped for training classes. The project aims not only at providing a professional and linguistic training, but also at establishing partnerships with European and North American NGOs, in order to provide migrant women with legal and moral assistance.

Qualified and experienced trainers guarantee the participating women a wide range of knowledge: the caregivers are guided through a path of personal and professional growth. They know how to take care of the persons entrusted to them, mainly toddlers and elderly persons, ensuring the satisfaction of their health and hygienic needs, how to rule a house, how to interact with neighbours and colleagues. They also learn the food preservation methods, international cuisine recipes, and how to use the household electrical appliances commonly present in a western house.

Housecraft is integrated with some sociological and cultural knowledge, which allow them to

understand the foreign employers' needs and habits in a better way.

They know how to take care of a patient and how to detect and treat common illness. The high quality of this training is ensured by the excellent cooperation with the *Manmohan Memorial Community Health Sciences Institute*, a centre of medical excellence.

At the end of the training there is an exam. For those who succeed, HELP/Nepal commits itself to provide legal advice and support about employment procedures, consular visa files and the organization of their stay abroad.

The key findings of the program are: improving the welfare and dignity of Nepalese workers and their families, reducing the number of crippling loans that families pay to often criminal manpower organizations, enhancing the role played by women in Nepali households. They are, in fact, the hope for a more radiant social structure.

This project aims at making them an example of professional knowledge: once they return to Nepal, they will carry with them hygienic habits and general behaviours learned both at Ciao Nepal and abroad, so that they will transmit, even indirectly, also their emancipation from scourges such as caste and gender discrimination.

Every our "didi" (elder sister, in Nepali) had, moreover, the opportunity to perform a 120 hours internship in different contexts, including health camps, children homes, embassy receptions, diplomatic circles, family housekeeping etc.

They are highly involved with interest in the activities of the training, curiously participating to our lessons in a six months period and we could easily see the improvement that they achieve in learning all the subjects foreseen in the program.

Hamro Garden (Our Garden)

It aims at supporting victims of domestic and non-domestic sexual and physical abuses, providing them with long-term solutions concerning psychological, social, health and economic recovery as well as increasing public and personal awareness on the issue.

The project focuses on one side on conducting awareness campaigns and on the other on creating a rehabilitation centre in which at least 40 women, victims of sexual or physical abuse, will be hosted along with their Children.

Their stay within the centre will range for a period spanning from 3 to 12 months, depending on the personal situation. The centre will furthermore comprise a Counselling Office, daily open also for abused women who choose to continue to live in their homes, and a 24/7 Phone Help Desk.

The awareness and mobilisation campaign on gender-based violence began in Kathmandu in December 2006, with *V-Day*, first performance in Nepal of *The Vagina Monologues*.

Fundraising for project inception is currently active.

GENERAL SURGERY

Hamro Hospital (Our Hospital)

It is a hospital specialized in surgery, especially in abdominal surgery, gynaecology and urology. The criteria guiding this project are excellent performance, free of charge for the poor. The continuous collaboration of various Italian surgical teams provides excellence, high standards of interventions and, simultaneously, the training of local skilled and specialized staff.

The free offer is a prerequisite for the poor and marginalized to have access to health care practice they need.

Hamro Hospital project is addressing wealthy, paying patients too. A specific ward is destined to them on a single floor. Applying to them rates and fees for the provided services, anyway competitive, they substantially ensure the sustainability of the project in terms of gratuity for the other less lucky beneficiaries.

The specialized training of local medical and paramedical staff is another fundamental goal of the project.

Thanks to the training, in fact, many young doctors, particularly surgeons, may benefit from the expertise of Italian doctors (at the moment, entities such as SOS Molise, Lazio Solidarity Surgery and Hospital Santobono of Naples Foundation, are already partners of HELP/Nepal).

Operating in the structure, they will not only ensure a high level of surgical treatments, but also they will transmit, at the same time, their skills to local medical staff.

We are creating the conditions for young local surgeons and nurses to specialise in their profession, generating appropriate conditions to enable them to put all that they learn at the service of their country.

The Hospital is located in Bishal Nagar area, Kathmandu, within an existing and reinforced structure of six floors that fulfils reasonable anti seismic-characteristics. The floor area is more than 15,000 square feet, and it is organized as follows:

Ground floor: Archive, CT-Scan, ECG, EEG, Emergency, Front Desk, General Lab, Microbiology, Morgue, Office, OPD, Pharmacy, Samples Collection, Toilets, US Echography, Waiting Areas, X-Ray.

I° Floor: Ward Area for paying patients. 6 single rooms and 1 double room for a total of 8 beds, front desk and staff room. All rooms have attached bathroom.

II° Floor: Male Ward Area with 22 beds and 5 bathrooms, front desk and staff room.

III° Floor: Female Ward Area with 22 beds and 5 bathrooms, front desk and staff room.

IV° Floor: Surgical Block composed by 2 Operation Theatres, 3 filter areas, Sterilization area, Pre-operation room (3 beds), Post-operation room (7 beds), Autoclave room, Store, Staff room.

V° Floor: Canteen, Cafeteria, Kitchen, Laundry and Office.

External Area: Storehouses, Generator room and parking.

SUSTAINABILITY OF HELP/NEPAL

Hamro Pul (Our Bridge)

It is a project defined to promote the export of very high quality Nepali products manufactured by selected companies working on a fair-trade basis, so as to provide for economic development of local industries while creating conditions for the ethical and direct financing of our projects.

Through the company *Asha Ko Bui*, HELP/Nepal acts as an intermediary between the local identified producers, of whom, and the international distributors and wholesalers, to whom, we ascertain the ethicality of the working and production conditions.

75% of *Asha Ko Bui*'s net revenues are directly remitted to HELP/Nepal and entirely destined to finance the HELP/Nepal's projects. The remaining 25% is used for sustainability and development of *Asha Ko Bui*.

With the same policy, HELP/Nepal has formed another company: *Asha Ko Ful* (Flowers of Hope), with the aim of exploit mineral resources, particularly with regard to high-quality marble.

The activity here has allowed to locate two considerable deposits of alabaster and jasper, for which they have already been requested and obtained its mining concessions and licenses and signed agreements in principle with the respective local communities, under Fair Trade conditions for the local workers, providing the communities with health and education services.

We already completed the studies of environmental impact and elaborate in detail a business plan, finding a good market, particularly in the United Arab Emirates. We are currently going on researching the indispensable financial partners to start our production.

FURTHER ACTIONS

Proposal to ameliorate paediatric services in Nepal

In its daily activity on the field, HELP/Nepal has identified the need in Nepal for specialised paediatric services.

For the purpose, HELP/Nepal has defined two agreements for support to:

- The Institute of Medicine (IOM) of the Tribhuvan University Teaching Hospital (TUTH) of Kathmandu
- The Nepal Paediatric Association (NEPAS)

The aims of these two agreements are:

1. Increasing the quality of the existing University training in Paediatrics
2. Providing the Kathmandu Valley with in-patient and out-patient specialised paediatric services within IOM – including completion of construction and equipment of a paediatric ward.
3. Providing NEPAS personnel working on the field in rural Nepal with the required means to successfully carry out diagnosis and treatment of paediatric disorders.

OUR ACHIEVEMENTS

UPDATED MARCH 2011

VOCATIONAL TRAINING

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>Animal Health Training</i>	Banke District	3 months (1995)	490, of which 72 directly involved	Local: 8 Village Development Committees, 4 Local NGO's National: Livestock Dept.	HELP/Nepal: 5 Locals: 10 Third Parties: 1
<i>Electrical Wiring</i>	Banke District	3 months (1995)	310, of which 36 directly involved	Local: 8 Village Development Committees, 2 Local NGO's International: none	HELP/Nepal: 5 Locals: 10 Third Parties: 2
<i>Saving and Credit Management. Training for Women</i>	Banke District	5 years (1995)	3.125, of which 625 directly involved	Local: 13 Village Development Committees, 4 Local NGO's International: GTZ	HELP/Nepal: 5 Locals: 15 Third Parties: 4
<i>Family Planning Training to Women</i>	Banke District	3 months (1995)	450, of which 77 directly involved	Local: 7 Village Development Committees, 7 Local NGO's National: District Family Planning Office	HELP/Nepal: 7 Locals: 6 Third Parties: 7
<i>Women Empowerment</i>	Banke District Bardiya District Bajura District	5 years (1995)	1.975, of which 333 directly involved	Local: 37 Village Development Committees, 10 Local NGOs National: NGOCC Dang International: PACT, World Education, Plan	HELP/Nepal: 7 Locals: 12 Third Parties: 10
<i>Gender and Development</i>	Banke District	7 years (1995)	5.055, of which 738 directly involved	Local: Village Development Committee International: GTZ, World Food Program, Plan	HELP/Nepal: 7 Third Parties: 5
<i>Social Mobilizers Training</i>	Banke District Bardiya District Bajura District	6 years (1995)	2.062, of which 396 directly involved	Local: Village Development Committee National: District Development Committee International: Participatory District Development Program, UNDP	HELP/Nepal: 13 Third Parties: 11
<i>Children Dress Production Training and Production</i>	Banke District	6 years (1995)	219, of which 35 directly involved	Local: Various Village Development Committees National: Ministry of Social Welfare International: Plan	HELP/Nepal: 8 Locals: 4 Third Parties: 2
<i>ALCANDOSP Facilitator Training</i>	Banke District Dang District Bardiya District Bajura District	6 years (1995)	25.220, of which 0 directly involved	Local: Village Development Committee International: Plan, World Education, PACT, Asia Foundation, UNICEF	HELP/Nepal: 40 Locals: 10 Third Parties: 10
<i>Proposal Writing Training</i>	Banke District Dang District Bardiya District Bajura District	8 years (1995)	2.880, of which 480 directly involved	Local: Village Development Committee National: NGOCC Dang Mobilization International: PACT	HELP/Nepal: 10 Locals: 4 Third Parties: 5

VOCATIONAL TRAINING

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>TOT on Various Aspects Training</i>	Banke District Dang District Bardiya District Bajura District	6 years (1995)	1.303, of which 216 directly involved	Local: 19 Village Development Committees International: PACT, UNICEF, World Education	HELP/Nepal: 15 Locals: 4 Third Parties: 3
<i>Supervision, Monitoring, Evaluation and Reporting Training</i>	Banke District Dang District	6 years (1995)	1.210, of which 231 directly involved	Local: 37 Village Development Committees, 1 District Development Officer National: Ministry of Local Development International: Food For Work, GTZ	HELP/Nepal: 10 Locals: 5 Third Parties: 8
<i>NGO Leadership and Management Training</i>	Banke District Dang District Bardiya District Bajura District	7 years (1995)	3.067, of which 511 directly involved	Local: 8 Village Development Committees National: NGOCC International: PACT	HELP/Nepal: 6 Locals: 10 Third Parties: 5
<i>Women Participation and Leadership Training</i>	Banke District	7 years (1995)	7.902, of which 0 directly involved	Local: 10 Village Development Committees National: NGOCC Dang International: GTZ, WFP, PACT	HELP/Nepal: 10 Locals: 10 Third Parties: 9
<i>Local Resources Mobilization Training</i>	Banke District	8 years (1995)	1.200, of which 210 directly involved	Local: 6 Village Development Committees, 1 NGOs	HELP/Nepal: 7 Locals: 4 Third Parties: 1
<i>Project Formulation, Implementation and Maintenance Training</i>	Banke District Dang District Bardiya District Bajura District	8 years (1995)	1.302, of which 217 directly involved	Local: 14 Village Development Committees, 5 NGOs National: Ministry of Local Development, NGOCC, Day International: GTZ WFP	HELP/Nepal: 11 Locals: 7 Third Parties: 5
<i>Community Self-Reliance and Empowerment Training</i>	Banke District Dang District Bardiya District Bajura District	8 years (1995)	3.050, of which 500 directly involved	Local: 9 Village Development Committees, 6 Local NGOs	HELP/Nepal: 15 Locals: 18 Third Parties: 6
<i>Organize Children, Women and Youth Groups for Self-Reliance and Self-Help Capacity Build-Up Training and Activities</i>	Banke District Dang District Bardiya District Bajura District	9 years (1995)	3.712, of which 621 directly involved	Local: 14 Village Development Committees, 7 Local NGO National: NGOCC	HELP/Nepal: 16 Locals: 15 Third Parties: 7
<i>Local Volunteer Service Training and Service</i>	Banke District Dang District Bardiya District Bajura District	9 years (1995)	2.700, of which 400 directly involved	Local: 7 Village Development Committees, 3 Local NGO	HELP/Nepal: 6 Locals: 10 Third Parties: 3
<i>Community Motivators Training and Services</i>	Banke District Dang District Bardiya District Bajura District	7 years (1995)	1.480, of which 296 directly involved	Local: 8 Village Development Committees, 3 Local NGO	HELP/Nepal: 9 Locals: 7 Third Parties: 3
<i>Painting and Knitting for Women 'S Saving and Credit Group</i>	Banke District	2 years (1995)	567, of which 95 directly involved	Local: 13 Village Development Committees	HELP/Nepal: 9 Locals: 6 Third Parties: 5
<i>Social Mobilization Participating Village Development Program</i>	Banke District Dang District Bardiya District Bajura District	3 years (1996)	1.742, of which 231 directly involved	Local: Village Development Committee National: PDDP International: UNDP	HELP/Nepal: 14 Locals: 21 Third Parties: 4

VOCATIONAL TRAINING

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>Health and Sanitation Training to Users Group Of District Water Supply and Plan</i>	Banke District	5 years (1997)	225, of which 35 directly involved	Local: 9 Village Development Committees, Local NGO's, Local Community Groups National: District Water and Sanitation Office International: Plan	HELP/Nepal: 14 Third Parties: 11
<i>Technical Supervisors Training</i>	Banke District	4 years (1997)	444, of which 74 directly involved	Local: Village Development Committee National: Ministry of local Development International: GTZ, World Food Program	HELP/Nepal: 9 Locals: 5 Third Parties: 2
<i>Record Keeping Training</i>	Banke District Dang District Bardiya District Bajura District	5 years (1997)	1,890, of which 336 directly involved	Local: 37 Village Development Committees International: GTZ, World Food Program Plan	HELP/Nepal: 5 Third Parties: 9
<i>Account Keeping Training</i>	Banke District	4 years (1997)	1,024, of which 168 directly involved	Local: 37 Village Development Committees International: GTZ, World Food Program Plan	HELP/Nepal: 4 Third Parties: 3
<i>Fishery Training for Youth of Fish Pond Project</i>	Banke District	2 years (1998)	170, of which 27 directly involved	Local: 3 Village Development Committees, 2 Local NGO's – National: District Development Committee International: GTZ	HELP/Nepal: 9 Locals: 5 Third Parties: 2
<i>Fishpond Construction</i>	Banke District	2 years (1998)	1,800, of which 300 directly involved	Local: 3 Village Development Committees National: Ministry of Local Development International: WFP, GTZ	HELP/Nepal: 14 Locals: 3 Third Parties: 5
<i>Post Literacy Classes Program</i>	Banke District	3 months (1998)	210, of which 30 directly involved	Local: 3 Village Development Committees International: Plan	HELP/Nepal: 13 Locals: 3 Third Parties: 2
<i>Tube Well Installation, Repairing and Maintenance Training</i>	Banke District Bardiya District	2 years (1998)	191, of which 27 directly involved	Local: 2 Village Development Committees National: DWAS International: Plan	HELP/Nepal: 10 Locals: 30 Third Parties: 2

EDUCATION

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>Reflect Classes</i>	Banke District Dang District	1 month (1997)	350, of which 60 directly involved	Local: 2 Village Development Committees National: NGOCC International: Plan UNICEF	HELP/Nepal: 4 Locals: 3 Third Parties: 2
<i>Youth Millennium Project</i>	Banke District	5 years (2000)	2,709, of which 462 directly involved	Local: 15 Local Communities, 10 Local NGO, 15 Schools International: YMP/Canada YMP/ Nepal	HELP/Nepal: 52 Locals: 150 Third Parties: 34

WOMEN EMPOWERMENT

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>V-Day</i>	Kathmandu	December (2006)	350.000 (contacts)	International: 9, amongst which UNDP, UNWO and Alliance Française.	Performers: 11 Full time Volunteers: 46 Occasional Volunteers: 112 Institutional Sponsors 3 Other Supporting Bodies: 6 Attendance: 800 Involved Media: 15, Total Appearances on Media: 352
<i>CIAO Nepal</i>	Kathmandu	June-December (2010)	19	HELP/Nepal	Teachers: 8

HEALTH

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>HIV Aids Control for Woman's Group</i>	Banke District	3 years (1995)	925, of which 163 directly involved	Local: 4 VDC National: District Public Health Office International: Plan	HELP/Nepal: 6 Locals: 10 Third Parties: 3
<i>Maternal and Child Health</i>	Banke District Bardiya District Bajura District	2 years (1995)	840, of which 120 directly involved	Local: 4 VDC, 2 Local NGO	HELP/Nepal: 11 Locals: 9 Third Parties: 2
<i>Parasite Control for School Children</i>	Banke District Bardiya District	1 years (1999)	5.285, of which 0 directly involved	Local: 7 VDC National: District Public Health	HELP/Nepal: 10 Locals: 20 Third Parties: 7
<i>Recovering Femininity – Pilot</i>	Banke District, Nepalgunj	9 months (2007)	184 women	Local: Saathi Banke, NGO	HELP/Nepal: 4 Locals: 3
<i>Healthy at School- Medical Intervention at the Maryward School</i>	Kathmandu	6 days (2007)	158 Children	Local: Mary Ward School Board of Directors	HELP/Nepal: 3
<i>Medical Intervention at the Ramghat Health Centre</i>	Kathmandu	2 months (2007)	478	Local: Ramghat Health Centre	HELP/Nepal: 2 Locals: 5
<i>Recovering Femininity – Medical Camp</i>	Dhading District	4 days (2007)	893	Local: Ramghat Health Centre	HELP/Nepal: 2 Locals: 20
<i>Healthy at School – Medical Intervention at CWARDS</i>	Kathmandu	8 days (2007)	158	Local: CWARDS	HELP/Nepal: 3 Local: 2
<i>Healthy at School – Medical Intervention at Hope School</i>	Kathmandu	3 days (2007)	57	Local: Hope School	HELP/Nepal: 3 Local: 2
<i>Healthy at School – Medical Intervention at Benighat</i>	Dhading District	8 days (2007)	450	Local: COYON (Co-operative Youth Organization Nepal)	HELP/Nepal: 4 Locals: 5
<i>Healthy at School – Medical Intervention at Hadigan</i>	Kathmandu	1 day (2007)	29	Local: Blue Sun School	HELP/Nepal: 2 Locals: 1
<i>Healthy at School – Medical Intervention at Dhobighat</i>	Kathmandu	4 days (2007)	150	Local: Regina Amoris School	HELP/Nepal: 4 Locals: 2
<i>Healthy at School – Medical Intervention at Maharajgunj</i>	Kathmandu	1 day (2007)	23	Local: HCC (Humanitarian Concern Center)	HELP/Nepal: 2 Locals: 1

<i>Healthy at School –Medical Intervention at Mahankal</i>	Kathmandu	1 day (2007)	35	Local: Pani Tarku School	HELP/Nepal: 2 Locals: 1
<i>Medical Support to the Nakhipot Health Center</i>	Kathmandu	1 day (2007)	15	Local: Nakhipot Men’s Hostel	HELP/Nepal:2 Locals: 1
<i>Medical Support to the Lalitpur Health Center</i>	Kathamndu	1 day (2007)	31	Local: Sanjavay Social Service	HELP/Nepal: 2 Locals: 1
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Dailekh District	11 days (2007)	428	Local: RDSC (Rural Development social Centre)	HELP/Nepal: 8 Locals: 6
<i>Healthy at School-Medical Intervention at Koteshowr</i>	Kathmandu	9 days (2008)	460	Local: Deepika School	HELP/Nepal: 6 Locals: 2
<i>Healthy at School- Medical Intervention at Talamarang</i>	Sindupalchowk	7 days (2007)	396	Local: Terse Secondary School	HELP/Nepal: 5 Locals: 2
<i>Healthy at School- Medical Intervention at Sindupalchowk</i>	Sindupalchowk	2 days (2007)	51	Local: Urlani Primary School	HELP/Nepal: 3 Locals: 2
<i>Recovering Femininity-Pilot</i>	Banke Nepalgunj District	2 days (2008)	184	Local: Sathi Nepal	HELP/Nepal: 3 Locals:
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Dailekh District	15 days (2008)	500	Local: Rural Development Service Center	HELP/Nepal: 6 Locals: 10
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Mahottari Jaleswor District	3 days (2009)	86	Local: CDP (Community Development Center)	HELP/Nepal: 3 Locals: 6
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Dhading Malekhu District	1 day (2009)	21	Local: Village Information Center	HELP/Nepal: 4 Locals: 8
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Chapagaon	1 day (2009)	67	International: Japanese Volunteer Organization	HELP/Nepal: 4 Locals: 8
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Dhading Benighat-8 District	6 days (2009)	110	Local: Village Information Center	HELP/Nepal: 4 Locals: 8
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Dhading Benighat-8 District	6 days (2009))	158	Local: Village Information Center	HELP/Nepal: 4 Locals: 8
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Lamjung Thulo Dhimire District	6 days (2009)	87	Local: Chandrodaya Primary School	HELP/Nepal: 5 Locals: 4
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Lalitpur Lele-1 District	18 days (2009)	919	Local: Rotary Club of Patan-South; Shree New Ringapur Youth Club; Gyankunj Women Development Multipurpose Organization	HELP/Nepal: 4 Locals: 10
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Ambukhaireni	35 days (2009)	1820	Local: Aabu Yuva Sanjal; Milan Yuva Samaj Club	HELP/Nepal: 12 Locals: 10

<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Gorkha Taku- Lakuribot District	10 days (2010)	800	Local: Taku-Lakuribot Holistic Development Center	HELP/Nepal: 6 Locals: 100
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Lamjung Chakratirta District	15 days (2010)	700	Local: Society for Community Development Nepal	HELP/Nepal: 6 Locals: 10
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Salyantar in Dhading District	15 days (2010)	1351	Local: Community Hall at Salyantar-7, Majhgoan International: UNFPA	HELP/Nepal: 14 Locals: 5
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Banih Bajhang District	14 days (2010)	778	Local: Sherr Sikhyodaya Higher Secondary School at Banjh-8 International: UNFPA	HELP/Nepal: 14 Locals: 7
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Bhairabnath Bajhang District	14 days (2010)	805	Local: Bhairavnath VDC Office at Bhairavnath-, 1Jhota International: UNFPA	HELP/Nepal: 14 Locals: 5
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Daud Doti District	15 days (2010)	888	Local: Daud V.D.C. Office at Daud-5 International: UNFPA	HELP/Nepal: 15 Locals: 4
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Kalikasthan Doti District	15 days (2010)	975	Local: Shree Sharada Higher Secondary School at Kalikasthan-8, Mauwa International: UNFPA	HELP/Nepal: 15 Locals: 6
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Beltar Udaypur District	14 days (2010)	2927	Local: Primary Health Centre at Beltar-2, Beltar International: UNFPA	HELP/Nepal: 25 Locals:10
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Katari Udaypur District	15 days (2010)	3834	Local: Ex-Gurkha Army Welfare Office at Katari Bazaar International: UNFPA	HELP/Nepal: 21 Locals:15
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Lahachowk Pokhara	15 days (2010)	551	Local: Rotary Club of Kathmandu Mid-town; Mahardra Higher Secondary School	HELP/Nepal: 6 Locals: 4
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Kharelthok Kaurepalanchok	5 days (2010)	80	Local: Rotary Club of Kathmandu Mid-town; Shree Bhaqwati	HELP/Nepal: 4 Locals: 2
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Khimti Ramechhap	14 days (2011)	1943	Local: Rotary Club of Kathmandu Mid-town; Khimti Hydropower Plant Clinic, Kirne Dholakha	HELP/Nepal: 14 Locals: 5
<i>Recovering Femininity – Rehabilitation Medical Camp</i>	Prasauni Nawalparasi	14 days (2011)	1253	Local: Rotary Club of Kathmandu Mid-town; Gyanodoya School and Madhyabarti building	HELP/Nepal: 14 Locals: 6

STREET CHILDREN

PROJECT TITLE	TERRITORY	DURATION	BENEFICIARIES	INVOLVED ENTITIES	WORKING PEOPLE
<i>Hamro Ghar</i>	PASHUPATI (Kathmandu)	Long lasting (since 2007)	80, daily	International aiutare i bambini	HELP/Nepal: 15
<i>Hamro Ghar 2nd Building</i>	PASHUPATI (Kathmandu)	Long lasting (since 2010)	140, daily	International aiutare i bambini	HELP/Nepal: 28

WORK EXPERIENCE WITH MAIN DONORS

Brief description of most recent and significant activities related to main Donors received amounts

WOMEN

Recovering Femininity Reproductive Health

MAIN DONOR	UNFPA	Amount Received	365.000 \$
OTHER DONORS	SOS Molise (Italy)	Amount Received	50.000 \$
	Ospedale Santobono Naples (Italy)	Amount Received	20.000 \$

“V DAY”

MAIN DONOR	UNDP	Amount Received	10.000 \$
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CHILDREN

Hamro Ghar (Our Home) Street Children Rehabilitation Centre

MAIN DONOR	aiutare i bambini (Italy)	Amount Received	175.000 \$
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Hamro Mutu (Our Heart) and Hamro Mutu ko Ghar **(Home of Our Heart)** Cardio-Surgery

MAIN DONOR	aiutare i bambini (Italy)	Amount Received	160.000 \$
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OUR STRUCTURE

BOARD MEMBERS

<i>Name</i>	<i>Designation</i>
<i>Mrs Sharmila K. Mainali (Social Programmes Director)</i>	<i>President</i>
<i>Mr. Ganga Prasad Kattel (Senior Security Trainer)</i>	<i>Vice President</i>
<i>Mrs Sita Devi Phuyal (Corporate Executive)</i>	<i>Secretary General</i>
<i>Mr. Deepak Gambhir Adikhari (Social Worker)</i>	<i>Secretary</i>
<i>Mrs Bishnu Neupane (Social Worker)</i>	<i>Treasurer</i>
<i>Mr. Josh Niraula (Former Caritas Asia General Director)</i>	<i>Member</i>
<i>Mr. Bimlendra Mishra (Biologist, Agronomist)</i>	<i>Member</i>
<i>Mr. Rajkumar Nepal (Tourist Guide)</i>	<i>Member</i>
<i>Mrs Suhma Siwakoti</i>	<i>Member</i>
<i>Ms Joshna Shrestha</i>	<i>Member</i>
<i>Mrs Saradha Raut</i>	<i>Member</i>

EXECUTIVE STAFF/PROFESSIONALS 2011

<i>Nome</i>	<i>Cognome</i>	<i>Funzione</i>
<i>Ms Anima</i>	<i>Maharjan</i>	<i>DG PA</i>
<i>Ms Anjali</i>	<i>K.C.</i>	<i>Health Assistant</i>
<i>Mr Bhanu</i>	<i>Bhakta Dahal</i>	<i>Yoga Teacher</i>
<i>Mrs. Bimala</i>	<i>K.C.</i>	<i>Nurse</i>
<i>Mr Bimilendra</i>	<i>Mishra</i>	<i>Board Member</i>
<i>Ms Bishnu</i>	<i>Neupane</i>	<i>Treasurer</i>
<i>Mr Deepak Gambhir</i>	<i>Adhikari</i>	<i>Secretary / HG Supervisor</i>
<i>Mr Dinesh</i>	<i>Thapa</i>	<i>Teacher</i>
<i>Ms Dolma</i>	<i>Bornengo</i>	<i>Project Coordinator</i>
<i>Mr Ganga</i>	<i>Phuyal</i>	<i>Office Keeper</i>
<i>Mr Ganga Prasad</i>	<i>Kattel</i>	<i>Vice-President</i>
<i>Mr Josh</i>	<i>Niraula</i>	<i>Board Member</i>
<i>Ms Joshna</i>	<i>Shrestha</i>	<i>Board Member</i>
<i>Mrs Kalpana</i>	<i>Raya</i>	<i>F&B</i>
<i>Ms Khadga</i>	<i>Khatri</i>	<i>Security</i>
<i>Dr. Luigi</i>	<i>Porcella</i>	<i>Director General</i>
<i>Ms Mina</i>	<i>Chhetri</i>	<i>Cleaner</i>
<i>Mr Moti</i>	<i>Man Shrestha</i>	<i>School Director</i>
<i>Dr. Norma</i>	<i>Ricceri</i>	<i>Communication</i>
<i>Mr Prakash</i>	<i>Niroula</i>	<i>Accountant</i>
<i>Ms Pratistha</i>	<i>Basnet</i>	<i>Secretary (Ciao Nepal)</i>
<i>Mrs. Priyanka</i>	<i>Risal</i>	<i>Office Keeper</i>
<i>Mr Pujit</i>	<i>Bhattachan</i>	<i>Computer Assistant</i>
<i>Mr Raj Kumar</i>	<i>Chhetri</i>	<i>Driver</i>
<i>Mr Rajkumar</i>	<i>Nepal</i>	<i>Board Member</i>
<i>Mr Ram</i>	<i>Sapkota</i>	<i>House Keeper</i>
<i>Mrs Rita</i>	<i>Chaudary</i>	<i>ANM</i>
<i>Ms Rojita</i>	<i>Thapamagar</i>	<i>Lab Assistant</i>
<i>Ms Roshni</i>	<i>Pandey</i>	<i>Nurse</i>
<i>Mr Samir</i>	<i>Nepal</i>	<i>Project manager</i>
<i>Mrs Saradha</i>	<i>Raut</i>	<i>Board Member</i>
<i>Mrs. Sarala</i>	<i>Upreti</i>	<i>Vocational Trainer</i>
<i>Ms Shanta</i>	<i>Khanal</i>	<i>Nurse</i>
<i>Mrs. Sharmila</i>	<i>Mainali</i>	<i>President - HR</i>
<i>Mr Shyam</i>	<i>Kharel</i>	<i>Security</i>
<i>Mrs. Sita</i>	<i>Phuyal</i>	<i>Secretary General /Bookkeeping</i>
<i>Ms Sita</i>	<i>Pokharel</i>	<i>Officer Assistant</i>
<i>Ms Sujata</i>	<i>Bohara</i>	<i>Nurse / PFR Trainer</i>
<i>Mr Surrendra</i>	<i>Lama</i>	<i>Teacher</i>
<i>Mrs Sushma</i>	<i>K.C.</i>	<i>Housekeeping Trainer</i>
<i>Mrs Sushma</i>	<i>Siwakoti</i>	<i>Board Member</i>
<i>Mr Trilochan</i>	<i>Sharma</i>	<i>Principal</i>
<i>Ms Urmila</i>	<i>Rai</i>	<i>ANM</i>

Nepali Partners and Associates



ASTHA CHILDREN CARE HOME



CARITAS NEPAL



CJMC (College of Journalism And Mass Communication)



COYON (Co-operative Youth Organization Nepal), NGO



CWARDS (Children Welfare & Rural Development Service), NGO



HIMAL Hospital



IOM (Institute of Medicine Tribhuvan University)



MANMOHAN Memorial Community Hospital



Mid-Town Rotary Club -Kathmandu



NEPAS (Nepal Paediatric Association)



NMCTH (Nepal Medical College And Teaching Hospital)

RAMGHAT HEALTH CENTRE



RCCOW (Rescue and Counselling Centre for Oppressed Women), NGO



SAMAJ Hospital

International Partners and Associates



AIUTARE I BAMBINI



HOPE WORLDWIDE



ISPI (Istituto per gli Studi di Politica Internazionale)



LAZIO CHIRURGIA SOLIDALE



SOS MOLISE



OSPEDALE SANTOBONO DI NAPOLI



UN CUORE UN MONDO ONLUS (Associazione Genitori Bambini Cardiopatici)



UNIBO (Università di Bologna)



UNIVERSITÀ CATTOLICA DEL SACRO CUORE



UNIVERSITÀ LA SAPIENZA



UNIVERSITÀ DEGLI STUDI DI BERGAMO



UNIVERSITÀ DEGLI STUDI ROMA 3



UNIVERSITÀ IUAV DI VENEZIA

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Members Office	members.office@helpnepal.org
Volunteers Office	volunteers.office@helpnepal.org
Technical Support	technical.support@helpnepal.org

WEBSITE

<http://www.helpnepal.org>

BANKING INFORMATION

Name and Address of the account holder: HELP/Nepal
Bank Account No: 005 205 0000782
Swift Code or BIC: LXBLNPKA
Name & Address of Bank LAXMI BANK LTD, HATTISAR, KATHMANDU

CORRESPONDENT BANK IN LONDON:
STANDARD CHARTERED BANK
1 ALDERMANBURY SQUARE, LONDON EC7V7SB
SWIFT CODE: SCBLGB2L
LAXMI BANK'S ACCOUNT NO. IN LONDON: 01-2496801-96



IF



If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run -
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man my son!

Rudyard Kipling