

Namaste

Annual Report 2018-2019

We follow an integrated approach to development. This includes providing clean drinking water, reducing women's labor carrying water great distances, offering health and family planning services for all, including adolescent girls, and encouraging high school students from low income families to stay in school by providing them small scholarships. Your support has made all this work possible. Our annual report gives an overview of recent activities. For more detailed information and photos, please visit our website and Facebook page.

Rebuilding the Water System in Kharkabesi, Ramechhap

The old spring dried up in this remote village southeast of Kathmandu following the 2015 earthquake, and water for household use had to be carried for hours. Thirteen households contributed all the labor for digging 3,000 feet of trench in steep terrain above the village to bring water from a new spring. Friends of Nepal Pariwar Foundation contributed approximately \$900 for pipe and materials. Now, precious water flows again from the communal tap.



The new spring water source (in the dry season).



Digging the new trench on the steep mountainside.



Once the trench was dug, they laid 3,000 feet of high-density pipe to connect the spring with the reservoir tank.



Both the reservoir and water tap (photo at right) were reused from the old system.



For three years, these Magar women had to carry water up the hillside from the river, requiring hours of their time each day. Now the tap works again near their homes.

Clinic Updates

Thanks to your generous donations, we have supported nurse midwife salaries in four clinics for nearly 10 years. In the past year, these clinics provided health and reproductive health services to a total of 26,880 patients. **Two of the clinics now have the capacity to provide their own salaries from local income.** The Mahankhal and Tipeni clinics generated enough income from service charges and medicine sales to cover expenses and salaries of two nurse midwives in each clinic. Our goal of establishing self-sufficient, locally-managed clinics that can support nurse midwife salaries and other clinic expenses has been achieved and we have encouraged those clinics to continue on their own in the coming years.

Context

The Nepal government is restructuring the country's health delivery system. Throughout the country, health delivery is being decentralized to the local level. Government funds for health delivery will now be channeled through elected municipalities, with some discretion to modify the national plan depending on the local situation. Basically, every local council must have a health post or birthing center in each ward and a small hospital in each council area. If services do not exist, councils must develop them.

Mahankhal is negotiating its annual re-registration with the village municipality. Tipeni is being recognized as a birthing center by the local village municipality and is being offered financial support for expansion of services.

Hinquwapati and Mulkharka Clinics on Their Road to Self-Sufficiency



Binda Aryal checking a patient's blood pressure during a pregnancy wellness check.



Mother breast feeding and enjoying early morning sun in front of the Hinquwapati clinic after a late-night delivery.



Apsara Goutam and Binda Aryal provide a patient in the Mulkharka clinic a Depo Provera shot for three months of protection from pregnancy.

In 2019-2020 our focus will be on assisting the two remaining clinics to become self-supporting, Hinquwapati and Mulkharka. Hinquwapati is now receiving assistance from the government as a birthing center and is on track to become less dependent on our support next year. Last year, Hinquwapati assisted in 115 deliveries and 260 prenatal checkups, in addition to providing general health and reproductive health services for a total of 6,157 patients. Women seeking reproductive health services totaled 2,886. Mulkharka is serving a remote area of the Sindhupalchok district. The volume of patients in Mulkharka is less and patient capacity to pay for services is less because of its remoteness, so several years may be required to cover its expenses and nurse midwife salaries. Mulkharka's advantage is that the newly-elected ward chair of the local council is also chair of the clinic management committee and supportive of bringing the clinic into the local council's health plan, which could mean financial support.

Nurse Midwife Scholarships

Two women will complete nurse midwife training and certification in 2019-20: Geeta Basnet from Sindhupolchowk and Sabina Ale Magar in Ramechhap.



Sabina Ale Magar (front row, far right).



Geeta Basnet (left) with Kalpana Bista (right), Health Coordinator with our partner organization BBP Pariwar.



Three years ago, two women were sponsored for a two-year nurse midwife course. Gita Magar (above) is now employed in a local government birthing center in Rampur, and Nabina Magar (not pictured) is working with CRS (Commercial Retail Sales of contraceptives) in Ramechhap District.

Middle and Secondary School Scholarship Programs

Over the years we have had difficulty identifying rural village girls who qualify for technical training as nurse midwives. Very few girls completed high school, a requirement for further training, and very few were sufficiently strong in math and science to pass the entrance exam for nursing. We realized that we needed to start scholarship efforts sooner, in the middle and high schools, to prepare village girls to be able to succeed in technical subjects and be able to return to work in rural areas.

In Nepal, dropout rates following primary school are normally high because secondary schools (grades 9-12) are few and far between, generally requiring students to walk 1-2 hours from their homes in scattered villages. Several of our local program partners decided to “put a thumb on the scale” in favor of continuing education for children from primary and lower secondary schools. Scholarships encourage students to make the effort to continue studying through high school. Over 50% of the scholarship recipients come from homes where parents did not attend school or only studied up to the 5th grade. Each student is provided with the mandatory uniform, backpack, basic supplies and exam fees if required. We also support coaching classes for weak students. Students who go early for extra coaching miss breakfast at home, so we provide a snack in a local tea shop.



Scholarships are being provided in two areas, Ramechhap and Mulkharka. In Ramechhap, 44 girls and boys from low-income families are supported to attend 7th-12th grade. Last year the drop-out rate was 11%. In the photo to the left, a scholarship recipient is receiving her backpack from Rom Bahadur Ale, former headmaster and advisor to BSN, the local organization with which we collaborate.

The Mulkharka clinic committee is currently encouraging 9 middle school students from three middle schools to continue into the 9th grade after primary-middle school, despite the daily walk of 1-2 hours. Criteria for continuing support are: family in need of financial support for child’s education, student’s past performance shows motivation and capacity, student maintains a ‘C’ average and at least 80% attendance. In photo at right, the nine students pose in front of the clinic with their parents, local committee members and clinic staff.





Thanks to Purna Magar, Chair of BSN, and Sunil Bhandari, Secretary of the Mulkharka Clinic, for their photo contributions.

Services Provided July 1, 2018 - June 30, 2019

The four clinics we support provided the following services to **26,880** individual patients:

- **17,333** General health
- **4,989** Reproductive health
- **551** Prenatal care
- **191** Deliveries
- **766** Contraceptive acceptors -- 511 new acceptors together with 255 continuing acceptors including IUD, Implant, Depo Provera, pills, and sterilization
- **614** Pregnancy tests
- **753** Referrals including complicated deliveries, prenatal issues, infertility, reproductive tract infections, suspected cervical cancer, HIV, uterine prolapse, epilepsy, surgery, and general health.
- **878** Lab tests, in-clinic and referral
- **805** Patients walked 2-3 hours to access services in several mobile camps arranged at six separate sites with a team of doctors and skilled medical personnel to provide checkups for cervical cancer and prenatal problems, reproductive health and family planning counseling and services.

Financial Summary – 2018

Income

Contributions received in 2018	\$ 39,989
Interest Income	\$ 131

Expenses

Program payments/activities	\$ 39,574
Admin costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and state registration fees)	\$ 856

Opening balance on 1/1/2018	\$ 52,084
Closing balance on 12/31/2018	\$ 51,643

(Balance sheet available on request)

Note: In 2019, following this year-end statement, grants totaling \$30,472 have been made for the 2019-2020 program.

Friends of Nepal Pariwar Foundation

Mission

Improve the health and well-being of women and their families in rural Nepal by supporting a network of registered nonprofit community organizations in Nepal and strengthening their capacity to sustain and expand health and development services in remote and impoverished communities.

Friends of Nepal Pariwar Foundation is a registered nonprofit, charitable, 501(c) (3) organization. Tax ID Number: 26-1246116. Administrative expenses are paid with contributions by board members. 100% of all donations are designated for programs.

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