

Namaste

Annual Report 2020-2021



Friends of Nepal Pariwar Foundation supports health and development activities through local partner organizations in Nepal that have their own elected boards and annual audits for maintaining registration and approval by the Nepal government. **Over the past year**, we were able to maintain close contact with the programs through email, phone, text, and Facebook, even though we were not able to visit in-person.



Gopal Nakarmi has volunteered for over 10 years to translate programs, budgets, and reports into English from Nepali. We have depended on his regular communication and annual audits of program expenditures. A former career NGO staff, Gopal retired several years ago and remains committed to supporting our partner, BBP-Pariwar.



Bharat Bista chairs BBP-Pariwar, visits the field regularly, and phones us every few weeks with updates. Purna Magar chairs a separate NGO that we partner with in a neighboring district. So, although our visits have been on hold due to the pandemic, communication has not been compromised. We look forward to visiting the projects again soon.



By fall 2021, Nepal was moving out of its 3rd Covid surge. With rural populations reluctant to travel to urban areas, health clinics were crowded. The delta variant was particularly dangerous because vaccines were not at first available on a large scale. In early October 2021, 21% of the population was fully vaccinated, and there were more than 11,000 deaths attributed to Covid.

Special Food Donation

The Covid-19 situation in Nepal, as in India, worsened dramatically in spring 2021. Not only were active cases and deaths from Covid way up, but economic hardship and food scarcity increased, especially in rural areas. Working with our NGO partners in a rural area of Sindhupalchok, northeast of Kathmandu, Friends of Nepal Pariwar helped 135 families most in need. With our support, our partners distributed food supplies to help tide these families over until their fall harvest.



We follow an integrated approach to development. This includes offering health and family planning services for all (including adolescent girls), encouraging high school students from low income families to stay in school by offering scholarships, and providing clean drinking water systems (which in turn reduces women's labor carrying water great distances). Your support makes this work possible. This annual report gives an overview of activities during the past year. For more detailed information, photos, and updates, please visit our website and Facebook page.

Nurse Midwife, Urmila Rai

Forty-year old Urmila Rai (second from right, back row) is a senior nurse midwife in the Samaj Sewa Samuha (SSS) clinic in Hinquwapati. She has served in the clinic for 20 years. Born and educated in this rural community, she knows most of her patients personally by name. Local women have trust in her and follow her advice in health care and reproductive health. Urmila's reputation extends beyond this rural community. Recently, six women studying to become nurse midwives were assigned to Urmila's clinic to complete their 6-month on-the-job-training. The students get lots of practice under Urmila's careful supervision.



Urmila averages over a hundred deliveries each year which adds up to roughly 2,000 deliveries during her years of service. Safe deliveries are important to Urmila, but also spacing of births. The first conversation she has with the new mother following a birth and confirming the gender of the baby is: "come back in a month for a check-up and I'll give you information on family planning." The clinic offers a range of contraceptives including pills, depo provera (injectable) and the equivalent of Norplant. Every few months when there is demand, a special camp is organized and the clinic arranges a visiting doctor for tubal ligations and vasectomies.

Born and raised in a nearby village (Judigaon) about a one hour walk from the clinic, Urmila was one of the first girls in her village to study up to high school, and the first to go on to training as a nurse midwife. Though the clinic serves the entire community, Urmila's presence in the clinic particularly attracts women from her ethnic group (Dhunwars) because of their confidence in her as a skilled "local" person and a woman. She received additional in-service training over the years and is a certified Skilled Birthing Attendant. Urmila is not alone in the clinic. A junior nurse midwife works with her to provide 24-hour services. Urmila rents a room in a nearby home so that she is close to the clinic even when "off-duty." She has two young sons.

Message from Urmilla

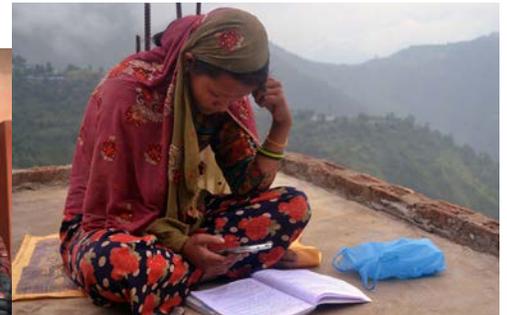
"I feel glorious to be clinic in-charge in SSS clinic. This clinic serves poor and village women from where they can receive good quality health services. I am proud to say that at least two to three women's lives are saved every year in the SSS clinic. I am part of it. I am grateful to people related to Friends of Nepal Pariwar Foundation, BBP Pariwar, SSS and respectable sirs, madams, friends and good wishers who have provided me guidance as well as suggestions. My life is fine and well. My intellectual capacity is friendly to social groups. My economic situation is better. Thus, I am happy to be able to provide education and good care to my children."



2020-2021 Scholarships

With our assistance, our partners provided a total of 47 scholarships for children to study in classes 7-12, plus 4 scholarships for 2-3 year technical classes in nursing, agriculture, and engineering. All children receiving scholarships live in remote areas, walk to school at least one hour, come from low income homes, and are often the first child to study beyond grade school.

Scholarships include approved school uniform, warm jacket or sweater, backpack, stationary, and coaching class for weak students. Government schools provide free books. Technical students are required to pay fees. Because of the pandemic, schools in Nepal were open and closed throughout the year. When schools were locked down, students stayed home, studied class books provided by the school, and when safe to meet outside, attended coaching classes with a volunteer teacher. Students studying technical classes could take advantage of online classes, but only if they had access to the Internet, access to a parent's phone, and electricity. Online study in rural areas was limited to a handful of students, unlike the urban areas of the country.



Meet Rupa Tamang, Determined to Continue Her Education

“Namaskar. I am 16-year-old Rupa Tamang from Bangerukh, Melamchi Municipality, Sindhupalchowk, Nepal. I was first selected as a scholarship student in class 9 and am now waiting test results to enter class 11. I want to continue my education in technical subjects. The pandemic stopped school progress, but with community support and scholarship help, I expect to continue my studies soon.

There are 7 members in my family: two elder brothers, one elder sister, one sister-in-law, one brother's son, myself, and my mother. Everyone is in Kathmandu now except my second brother and I, hence, I take care of all household activities myself. I usually get up 5 a.m. to start the day. I go to the tap and wash hands, feet, and face. I prepare khole (made from corn floor for buffalo and goats) and collect grasses for animals. I prepare food for my brother and me, then take goats for grazing and wash clothes. Before Covid19, I used to take meal at 8 a.m. and go to school. It took about 1 hour 30 minutes walking and about 2 hours to come back. Most of the times I reached back home at 6 p.m. I rested for 30 minutes because I was tired. After snack, I started my homework, and after supper I did more homework. I generally go to bed by 10 or 10:30 p.m.

I have been provided additional books, notebooks, pens, bag, additional school charges, etc. I would like to express my thanks to all kind-hearted supporters, volunteers, sirs and mams of Nauling Health Services Clinic [the community NGO that we work with in Mulkharka] and I wish your progress in coming days.” Rupa



Survey Results. Since 2013, our partner clinics in Nepal have collected data each year on health practices in randomly selected wards. A family's preference for delivery is recorded (home delivery, local clinic, or hospital outside area). Over the years, the number of home deliveries decreased every year as people became aware of the safety of attended deliveries in clinics by experienced nurse midwives. During the pandemic however, home deliveries slightly increased because of virus fears. We expect the trend for clinic deliveries to increase again in post-pandemic years.

Cervical cancer screening. In Mulkharka's clinic, a special cervical cancer screening camp was organized in March 2021. A team made up of our partner's nurse midwives and a gynecologist from the city screened 52 women and treated 8 for suspected pre-cancer. A total of 201 patients were treated for health issues and were provided family planning contraceptives. The 1-day camp was announced one month earlier, and patients walked 2-4 hours to the clinic for services. In non-pandemic years, 2-3 camps are arranged annually including dental and other specialty services.

Covid update. Clinics in rural Nepal are witnessing increases in patients due to Covid virus concerns and disruption in transport. A total of 7,009 patients were seen over a 12-month period in the two clinics we support, including 2,500 women seeking reproductive health services and about 600 family planning acceptors. Outside the clinics, following the lockdown, nurse midwives provided regular health education and Covid updates to 10 women's savings and credit groups and 2 schools.

Thank you for your support.

<p>Financial Summary – 2020</p> <p>Income</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Contributions received in 2020</td> <td style="text-align: right;">\$ 36,790</td> </tr> <tr> <td>Interest Income</td> <td style="text-align: right;">\$ 72</td> </tr> </table> <p>Expenses</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Program payments/activities</td> <td style="text-align: right;">\$ 38,647</td> </tr> <tr> <td>Admin. costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and state registration fees)</td> <td style="text-align: right;">\$ 705</td> </tr> </table> <p>Opening balance on 1/1/2020 \$ 69,297 Closing balance on 12/31/2020 \$ 54,861</p> <p><i>(Balance sheet available on request)</i></p> <p>Note: In 2021, following this year-end statement, grants totaling \$45,149 have been made for the 2021-2022 program.</p>	Contributions received in 2020	\$ 36,790	Interest Income	\$ 72	Program payments/activities	\$ 38,647	Admin. costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and state registration fees)	\$ 705	<p>Friends of Nepal Pariwar Foundation</p> <p>Mission</p> <p>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, education, and development services in remote and impoverished communities.</p> <p>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.</p> <p style="text-align: center;">Board of Directors</p> <p style="text-align: center;">President – Tom Arens Vice President – Anita Smith Treasurer – Gary Anderson Secretary – Judith Justice Member – Linda Trodden-Karow Member – Janet Anderson</p>
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For more information and to make a donation
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