

Namaste

Annual Report 2022-2023

Accomplishments and Changes Ahead

Friends of Nepal Pariwar Foundation was registered as a nonprofit in 2007. The organization was established to sustain health services in several remote areas of Nepal where women in particular could not access reproductive health services. In the past ten years, 180,000 patients were provided health and reproductive health services. In the last year, 80% of services went to women. These achievements are a result of your support.

Nepal has seen many changes in the past 16 years: a major earthquake in 2015, flooding of access roads in 2020, decentralization of government, and transfer of administration of health services to elected rural municipalities. Thanks to your support, Friends of Nepal Pariwar's partners rebuilt and repaired several clinics following the earthquake. Our Nepal partners are now encouraging the municipalities to take over the remaining two clinics that Friends of Nepal Pariwar still support, starting with some budget allocation in the current year, and eventually salary support for the nurse midwives.

We have reached a crossroads and our board feels that this is a good opportunity to hand over these clinics to a more sustainable local entity that is accountable to local communities. We will support these services for another year through the transition, with possible second-year support if the transition is on track.

In addition to supporting clinic services, over the past 6-7 years Friends of Nepal Pariwar provided scholarship support for over 100 middle and high school students, including coaching classes for students from low-income families. Coaching support led to improved results on the national high school exam and improved performance on entrance exams and selection for college study, technical diploma courses, and nurse midwife training or other skills that offer good employment opportunities.

Over the past three years, Friends of Nepal Pariwar has supported three students in progress toward diplomas in nursing, agricultural extension, and civil engineering. We made a commitment to see these students through to completion of their programs, and have made available three additional scholarships for exceptional students in nursing, pharmacy, and civil engineering courses. These are 3-year courses and support will be provided from donations received this year and our reserve fund, ensuring that the full 3-year period is guaranteed.

We are unsure how the scholarship program will be sustained after Friends of Nepal Pariwar phases out of scholarship support. The Nepal government provides scholarships for technical courses for low income/marginalized families, but these are competitive and availability is low, excluding many young qualified candidates.

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Reshma Shresta studying Pharmacy



Ramechhap District health camp



Mulkharka health camp

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Ensuring a Smooth Transition

Support from Friends of Nepal Pariwar donors for another year will be important in helping to provide a smooth transition for the loyal staff in the clinics, keeping the promise to the students in progress, and helping our Nepal partners maintain the successful reproductive health camp program we helped initiate several years ago.

Our plan for 2023-24 includes support for two clinics, 4 nurse midwives, 4 reproductive health camps, 20 high school scholarships, and 3 technical scholarships.

Tom Arens will continue to visit Nepal programs in fall 2023 and again in spring 2024 when we will be able to report on the handing-over of the clinics and their future sustainability.

Past Year's Health Clinic Achievements

In 2022-23, the two clinics that you helped us support treated 4,343 patients (80% women) including reproductive health (1,730), family planning (334), and general health (2,279).

In addition, three reproductive health camps were organized in the past year. Supported by a team of doctors, nurses, and paramedical staff, a total of 703 patients were treated:

- 215 cervical cancer checkups, of which 5 suspicious cases were treated, and 12 positive cases were referred
- 28 uterine prolapse checks and treatment of which 2 were referred
- 103 ultrasound tests
- 134 eye checkups
- 105 dental checks with limited treatment
- 292 reproductive and general health, including family planning services for implants and IUDs



Nurse midwives Ram Maya and Bindu, one from each of the two clinics we support, received refresher training and certification as Skilled Birthing Attendants.

Assorted health camp photos



Educational Support Making a Difference

In the past few years, we provided over 100 scholarships to children from rural, marginalized families. Education in Nepal in government schools is basically free, but for rural students studying in high school, there are costs that prevent many from studying above the primary level. For example, there are expenses living away from home if a high school is more than a 2-hour walk from home, dress-uniform expenses, and coaching and tuition required to prepare for the national school-leaving test in the 10th class.

A few students dropped out of the scholarship program to work and to support their families, but most students realized significant positive impacts from the program. For example, four students are now employed in municipal or private health facilities. One female student completed teacher training and is teaching, and one female student is a child program facilitator for the municipality. Six students have gone on to study in college with self-financing. Five students are enrolled in diploma courses in technical education, and 3 students are currently completing their technical courses.

In 2022-23, twenty students received support to study in middle and high school, 9 in junior college, and 3 to complete diplomas for nursing, civil engineering, and agriculture extension. These scholarships make a difference.



Sushmita Ramtel studying in a Health Assistant course



Sushmita listening to teacher



Milan studies engineering.
Here he is in front of his house.



Samjhana studies agriculture extension.
Here she is with a friend and a baby goat.
Samjhana returns home from school as often as possible to help her mom.



Samjhana building a fire

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). We partner with two local nonprofit organizations in Nepal with clinics and programs in Sindhupalchowk, Kavre, and Ramechhap districts: BBP Pariwar and Bajra Samaj Nepal. Your support makes their work possible.

Thank you for your support.

Financial Summary – 2022

Opening balance - operating account 1/1/22 \$ 52,168

Income

Contributions received from 62 supporters \$ 24,259

FON Board contributions for admin. costs \$ 1,600

Interest* \$ 12

Transfer from reserve funds \$ 6,200

Expenses

Grant to BBP Pariwar for two clinics \$ 32,974

Grant to BSN for annual health camps
and 32 scholarships \$ 19,588

Grant for technical support person to

- assist formation of women's groups
- support clinics

\$ 3,688

Admin. costs (covered by FON Board) for
publications, postage, licenses & fees \$ 1,263

Closing balance - operating account 12/31/22 \$ 26,726

Note: In 2023, grants totaling \$37,933 were made for the 2023-2024 program.

*Vanguard reserve fund value as of 12/31/22 \$ 52,145

This reserve fund is intended for program emergencies. Funds are maintained in secure federal bonds and would be tapped if program demand exceeds our annual income.

A complete Financial Statement is available upon request.

Friends of Nepal Pariwar Foundation

Mission

Our mission is to 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.

Friends of Nepal Pariwar Foundation is a registered nonprofit, charitable, 501(c)(3) organization. Our Tax ID Number is 26-1246116.

Administrative expenses are paid with contributions by board members. One hundred percent (100%) of all donations are designated for programs.

Board of Directors

President – Tom Arens

Vice President & Treasurer – Anita Smith

Secretary – Judith Justice

Member – Gary Anderson

Member – Linda Trodden-Karow

For more information and to make a donation:

Friends of Nepal Pariwar Foundation

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If you wish to make a donation through PayPal, follow the link on our website's Donation page.