



HEALTH NUTRITION EDUCATION AND AGRICULTURE RESEARCH DEVELOPMENT NEPAL

(HEARD Nepal)

Annual Report

July 2021 – June 2022



Background

Health Nutrition Education and Agriculture Research Development Nepal (HEARD Nepal) is registered in DAO Saptari, Regd. No: 1761/077/78 as a non-governmental organization under the Registration of Institutions Act 2034 BS. It has been affiliated with the Social Welfare Council, Kathmandu with Affiliation No: 52601) PAN No of HEARD Nepal is 615996712). It has contact offices at Imadol-I, Lalitpur, and Kathmandu Nepal. It is a growing non-profit, non-political, service-oriented, non-governmental organization aiming to combat poverty and expand opportunities for all the people in Nepal. HEARD Nepal envisions enabling even the poorest people of Nepal to gain access to food security, safe drinking water, Health and Nutrition, Child Protection, Child safeguarding, Child Labor, quality health services, disability and Inclusion, Gender Equality and Social Inclusion (GESI) education, livelihood, Disaster Risk Reduction and Climate Change Adaptation (DRR/CCA), Emergency COVID-19 and Policy/Advocacy to contribute to the sustainable humanitarian development programs in Federal, Provincial, and local government in Nepal. HEARD knows through experience that different ideas, perspectives, and backgrounds create a stronger and more creative work environment that ultimately delivers better results.

Coronavirus disease 2019 (COVID-19) is a highly infectious disease caused by the SARS CoV-2 virus. The first known case was identified in Wuhan, Hubei Province, China in December 2019. With the surging number of infections, WHO declared a public health emergency of international concern on January 30, 2020, and elevated as a pandemic on March 11, 2020. Nepal is a landlocked country situated between India and China and is one of the vulnerable areas among SAARC nations. In Nepal, the first case tested positive on 23rd January and ever since numbers are increasing as days passed by. With the spike in COVID-19 second wave, Health facilities across the country are overwhelmed as they face shortages of hospital beds and oxygen with continuous influx of severely affected patients.

HEARD Nepal has been working in Nepal to control COVID-19 by carrying out various awareness-raising activities in provinces 1 and 2. As the wave of COVID-19 was spreading globally, HEARD Nepal played a vital role in conducting awareness-raising activities. HEARD Nepal also conducted various meetings with governmental agencies for control of COVID-19 and other health-related education and activities.

Key Activities

I. Breast Feeding Week Celebration

World Breast Feeding Week 2021 was celebrated with the slogan "Protect Breastfeeding: A shared Responsibility" in the Saptari district in coordination with the Jigyasu Foundation and Health Office, Saptari through the banner campaign.



Mothers should be encouraged to initiate breastfeeding within the first hour of birth. Exclusive breastfeeding during the first six months and continuous breastfeeding for up to two years and beyond to the child should be promoted. Breastfeeding is a proven way to give infants all the necessary nutrients and antibodies, which helps children to be protected against common illnesses. With the aim to improve feeding practices among mothers, HEARD Nepal conducted a banner campaign during Breast Feeding Week.

2. Supported the Government of Nepal to tackle second wave of COVID-19

Supported the Government of Nepal (GoN) to scale up the preventive efforts to limit the spread of COVID-19 in the country and support children, women and the most vulnerable families impacted by the coronavirus.

- Worked in close coordination with all three tiers (federal, state and local) of government.
- followed the one-door policy of the Government of Nepal
- communication and exchange of information with the concerned authorities of governments
- We are accountable to the government and the community
- Beneficiaries and stakeholders were facilitated to maintain transparency
- Contributed to the development of plans and policies related to COVID-19 through cluster meetings at the federal, state and district level
- Provided emergency assistance as per the need and request of the government
- Provided technical support and guidance to local governments to plan and implement emergency response activities through HEARD Nepal

3. Government School Awareness Program

COVID-19 awareness programs were conducted for teachers, parents and about 5000 students in different government schools of Saptari district by various experts from HEARD Nepal.



4. Public Awareness Activities

Radio jingles, related WASH awareness and COVID-19 information were developed and shared. It was mainly focused on pregnant mothers, lactating mothers and family members.

5. Masks and sanitizer distribution

WHO strongly recommends the general public to use medical masks and fabric masks with three layers with appropriate techniques, wash hands frequently with sanitizer or soap and maintain physical distance. The government of Nepal has also urged the public to adopt SMS (Social distancing, mask and sanitizer) measures to slow down the transmission rate of COVID-19. In post-lockdown, all these mitigating measures against COVID-19 are important to prevent and control the spread of respiratory droplets released by COVID-19 infected persons. Use of face masks, maintaining physical distance, and use of sanitizer and soap after going to busy, closed areas, like grocery stores, shopping centers, and public transport help to prevent and control the COVID-19 pandemic. Therefore, this study aims to assess the compliance of SMS measures at the individual as well as institutional levels.

HEARD Nepal distributed more than ten thousand Masks and 50 liters of sanitizer to people who were found not using masks in public areas in Province 2. They were also given information to always wear masks in public. The face mask helps to protect from respiratory infections including COVID-19 and flu. Once we sanitized our hands, we disinfected them from any germs. Thus, clean hands protect individual health.

6. Manage and support the ground crossing point (GCP) at Kakarbhitta and Biratnagar

Under the supervision of the Founder President of HEARD Nepal and in close collaboration

with board members of the Head Office as well as concerned line agencies, we have been given the responsibility to manage and support GCP Health Desk, General Health Camp, Blood Donation, Protection, WASH, Research, Sponsorship Education program and SBCC Awareness Program. In addition, we were responsible for directly and indirectly assisting the project districts in their overall program intervention.

Coordination and Collaboration with stakeholders and Government line agencies

- Health Post, Health Desk Kakarbhitta, Nepal Red Cross Society, Armed Police Force, Traffic Police, Janta Namuna Secondary School, Mechinagar Municipality, HEARD Nepal's Professional Volunteers worked at the formal ground crossing point in Mechinagar Municipality of Jhapa District through the case management and Ground Crossing Points (GCPs) management for Rapid Response and Preparedness against COVID-19 the health desk in-charge at the ground crossing point of Jhapa and Morang, shared that the support would allow migrants to access internet services for emergency communication and facilitate unhindered recording and reporting at the health desk.
- We coordinated with them to establish and maintain close and positive links with the relevant EDPs like UN IOM, NRCS, Bagamati Sewa Samaj, Save the Children global funds and local stakeholders, such as health desk, local authorities, non-governmental organizations, partner organization, private sector actors and the media.

Key achievement of activities

- Screening of visitors from India was done at Health Desk
- A total of 80230 people were screened for COVID-19 from January to June 2022, of which 57,283 were males and 22, 947 were females. Antigen test was done among 13,648 people and 473 tested positive.
- Supported health desk in preparation of detailed reports of all Antigen tested personnel and summary sheets on a daily basis.
- Collected & reviewed the information of Kakarbhitta GCP and shared it with the local level government.
- Supported the Kakarbhitta GCPs and also documented relevant information on COVID-19 updates and movement at the GCPs.
- Supported lab of health desk for conduction of antigen test.

Tangible and measurable output of the work assignment

- More than 350 to 400 people are screened daily on the border of Kakarbhitta and similar 200 to 300 people are screened in Rani Ground Cross points Morang, Nepal.
- KHDC health services are provided to more than 90 to 100 people daily for two months.
- Student screening was done for the educational Sponsorship program among 31 students who are studying English medium in Shree Janta Namuna School in the Udayapur district.
- Training on mental health, which provided an understanding of existing mental health status and ways to improve mental health.

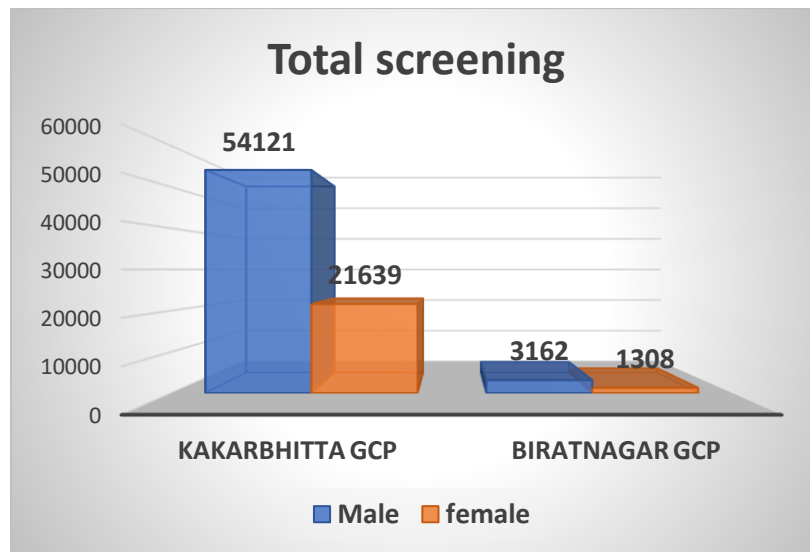


Figure 1: Total screening at Kakarbhitta GCP and Biratnagar GCP

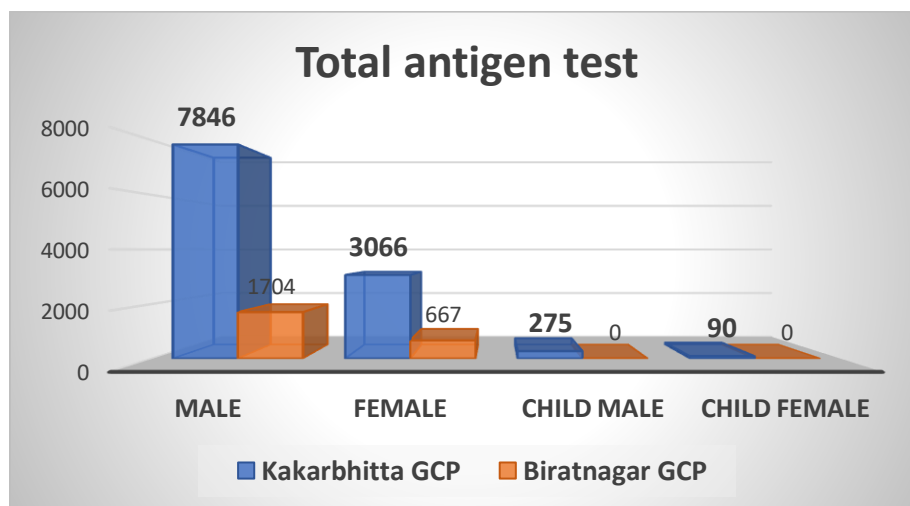


Figure 2: GCP daily report of total antigen test at Kakarbhitta GCP and Biratnagar GCP

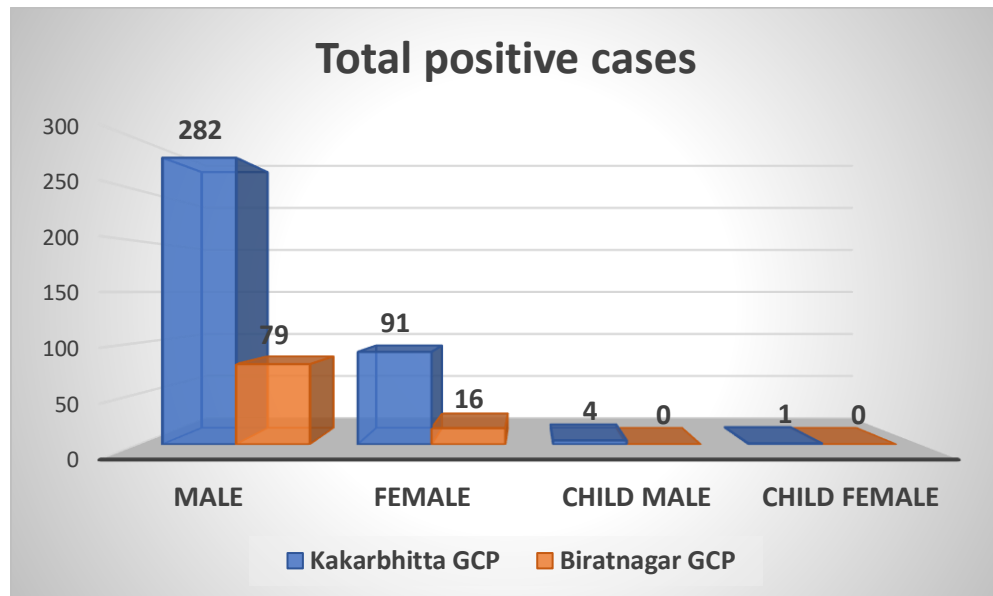


Figure 3: Total positive cases at Kakarbhitta GCP and Biratnagar GCP

7. Supported Education Sponsorship program in Udayapur district

Volunteers from HEARD Nepal supported an education sponsorship program conducted by Uplift Child International. The main objective of this program is to support a child with the utmost need for education who are unable to afford themselves. HEARD Nepal volunteers screened the student list as per the criteria provided by Uplift Child International. They visited their homes and collected necessary information, photos and videos. Our volunteers screened 31 children in 3 days.

8. Training on Mental Health by Sambhavga organization

Virtual training on mental health was provided to volunteers of HEARD Nepal by a facilitator from the Sambhavga organization with the aim of understanding mental health status of Nepal and ways to improve it. The training focused on providing general information on the mental health status of Nepal, ways to take care of mental health, developing concentration through games and stress management ways

9. Supported health camp of KHDC Program.

In Collaboration with Mechi Abhiyan, HEARD Nepal and KHDC led by Dr. Sanjiv, First

National Health Mission Committee as well as health workers and volunteers, telemedicine services were provided with the aim of "helping non-COVID with COVID" to those who are unable to go to the hospital for various reasons and the services will be continued further. About 4300 people were benefited by these services in two months. Quality health services was provided and drug were distributed free to people in need. The program was successfully conducted and HEARD Nepal played a vital role in the administrative part of this program. Volunteers from HEARD Nepal actively supported the health camp conducted by KHDC. They were involved in the complete management of the crowd including patient registration, assessment of patient's vital signs, and weight, and assisting patients in reaching to doctor's room and laboratory.

10. Enrollment of volunteers

From January 2021 to June 2022, a total of 11 professional volunteers were hired for Jhapa, Morang and Makwanpur districts. The key responsibility of the Professional Volunteer was to coordinate and manage the overall implementation of the Emergency COVID-19 response program under the Health Desk in the assigned districts. Be responsible for the overall performance of the emergency COVID-19 response. Work together with concerned stakeholders (Local authorities and district health service office) for the planning and implementation of defined COVID-19 response activities and assist where needed. Support local-level representatives for the smooth implementation of planned program activities. Coordinate, plan and participate in capacity-building activities for the quality program implementation

Lesson learned

- Knowledge of COVID-19, antigen tests, and screening of visitors.
- Awareness of the burden of Kidney, Heart disease, hypertension and diabetes in the community.
- To deal with a diversity of people
- Effects of low socio-economic status on education of children.
- Acquaintance with the status of mental health in Nepal, causes and ways to improve mental health problems.

Issue/Challenge

- Dealing with a diversity of people was challenging at the Kakarbhitta help desk
- Managing more than 90 patients in a day health camp for at short duration of 5 hours (6 am to 10 am) was difficult.

Emerging gender-related issues in COVID-19

- Increased stigma and discrimination linked to caste/ethnicity and gender.
- Immediate needs of women on the frontlines were overlooked, including menstrual hygiene supplies.
- Serious threat to women's economic empowerment and livelihoods, especially in the informal Sector.
- Unpredictable and severe travel bans impact on women migrant workers.
- Interruption in access to sexual and reproductive health services.
- Increased risks of GBV and disruption of mechanisms for GBV prevention and response.
- Exacerbated burdens of unpaid care work on women.

Way forward/ Recommendation

- Additional volunteers for screening at GCPs.
- Either limiting the number of patients per day at the health camp or increasing the number of volunteers
- It would be more beneficial if face to face trainings were given rather than virtual

Photo Gallery

