

Annual Report

July 2022 – June 2023

HEALTH NUTRITION EDUCATION AND AGRICULTURE
RESEARCH DEVELOPMENT NEPAL (HEARD Nepal)



From the Founder President

Dear Supporters, Professional Volunteers, and Well-wishers.



We are delighted to present the 2022-2023 (BS:2079-80) Annual Report of Health Nutrition Education and Agriculture Research Development Nepal (HEARD Nepal), a journey that started 3 years ago from poor and needy children, pregnant and lactating women, individual families, communities' & Humanitarian service backgrounds and a dream to make a difference. We are honored to have supporters' groups across the nation, all of whom have been instrumental in propelling our mission forward. With a remarkable leadership team, HEARD Nepal has managed to achieve incredible milestones. We take

great pride in the fact that 90% of our volunteer's work.

Our dream remains audacious - to establish HEARD Nepal services in Nepal, with helplines in every poor, needy, and underprivileged, individual's family and communities. While the vision to touch the globe is vast, the availability of funds has been a challenge. For the first 2 years, we provided 70% of the funding through our personal sources with salaries, donations and also small funds received from V5 TECHSOL and Uplift A Child International.

Despite these hurdles, we have been fortunate to receive encouragement from various esteemed partners, including Uplift a Child International, V5 TECHSOL, several Local Governments of Nepal and different personal donors. Their support and generosity have provided us hope that our dream of making HEARD Nepal self-sustainable is not impossible after all.

At the heart of HEARD Nepal's success lies the dedication of our volunteers, and the overwhelming goodwill from supporters. Their selfless work and unwavering commitment have been the driving force behind our cause, and we are deeply grateful for their continued support. As we reflect on our journey, we see a future where HEARD Nepal continues to serve beyond our work lives, leaving a lasting impact on the lives of the poor, needy and underprivileged Children, women, individual families, elderly and differently-abled individuals all over Nepal. We envision a nation, a world where compassion and transcends borders and language barriers.

Sincerely,

Mr. Rakesh Kumar Yadav
Founder President of HEARD Nepal

Key Highlights and Achievements:

HEARD Nepal has garnered noteworthy recognition and honors for its exceptional contributions to empowering Poor, needy, and underprivileged children, Women, and individual families and communities and delivering top-notch services. Their remarkable achievements include;

1. Celebration of Breastfeeding week:

World breastfeeding week is a global healthcare event celebrated annually, in the first week of August 1st to 7th promoting the importance of breastfeeding benefits to newborns and mothers. The theme for World Breastfeeding week 2022 is “Step up for Breastfeeding- Educate and Support”.



Hence, for this special occasion on World Breastfeeding Day, HEARD Nepal has organized and celebrated this day by distributing banner to Biratnagar metropolitan city, Rani Health Desk Morang and Ward Office – Mechinagar Kakarbhitta Jhapa.

2. Kidney Disease, Hypertension, Diabetes and Cardiovascular disease (KHDC) Health Camp & Clothes, Mosquito Net Distribution

We organized a free health camp at Gramthan Rural Municipality on 24 September with the aim of providing basic health facilities in the rural area special focus on the Musahar community of Gramthan-1 Morang, Nepal. Specific Objectives of the health camp were:

- To provide basic health check-up
- To distribute free medicine for the treatment of certain disease
- To provide basic lab test facilities for the diagnosis
- To provide old and new clothes for poor people including mosquito nets for poor people

Various materials were employed during the health camp, including registers, chairs, desks, benches, vital sign monitoring equipment, medical tools, stethoscopes, clothing, mosquito nets, masks, gloves, and sanitizers. The procedure involved multiple steps, namely registration, face-to-face patient interviews, assessment of vital signs, physical examinations, laboratory tests, dispensation of essential medications, and comprehensive patient counseling. Noteworthy participants encompassed a range of medical professionals such as doctors, PG residents, nurses, and ANMs, alongside program administrators, coordinators, educators, ward officials, and volunteers affiliated with HEARD Nepal and other relevant



organizations. These individuals collectively contributed to the efficient and effective implementation of the health camp.

Key Achievements of the Health Camp:

- Provided free and high-quality medical services for the poor population.
- People got to know about their health conditions and availed themselves of testing facilities along with medicines free of cost
- A significant number of individuals underwent their first-ever check-up for blood pressure and sugar levels.
- Individuals diagnosed with high blood pressure were advised to seek appropriate medical treatment.

The health camp demonstrated a positive aspect through the active participation of the community, reflecting their health consciousness and eagerness for better well-being. Valuable lessons were acquired, emphasizing the importance of meticulous planning, adaptability, cooperation, and understanding prevalent diseases in rural areas. Environment compliance remained a top priority, ensuring proper disposal of all used equipment such as gloves, masks, and syringes. Moving forward, it is recommended that Female Community Health Volunteers (FCHVs) play a more active role, and subsequent camps should include follow-ups to monitor the health status of the community and ensure sustained improvement.

In conclusion, this highly beneficial health camp catered to over 230 community members, providing comprehensive physical examinations and valuable services to 132 families, and distributing new and old clothing along with mosquito nets. It served as a pivotal platform for multiple organizations to detect and prevent lifestyle diseases, emphasizing the significance of healthcare as a fundamental human right accessible to all. Furthermore, the event facilitated the orientation of medical graduates toward community health needs and the potential roles of various healthcare personnel.

3. Child Scholarship Educational Program at Shree Janata Secondary School, Hadiya, Udayapur 2022.

HEARD Nepal is an organization striving to work for the benefit of marginalized children through supporting their education to provide high-quality education for underprivileged children. Hence HEARD Nepal has joined hand with Uplift A Child International, a Non-profit organization that helps poor and needy children to complete their quality education in many countries around the world. Children in rural Nepal do not have access to quality education as the quality of education imparted to these children is poor. Most poor students drop out of their schools due to financial crises. This Sponsorship program aims to ensure quality education to the selected children and help the children realize their full potential. The project seeks to ensure quality education for children in rural areas and to create equal opportunities.

Procedure

HEARD Nepal's founder President, professional volunteers, and coordinator accessed the Udayapur District of Eastern Nepal located in the joining area of Hill and Terai region to find out the basically required Schools with quality English Medium Education. Shree Janata Namuna Secondary School was found to fulfill all the criteria which was provided by Uplift a Child International. It is a boarding school and has excellent performance too. The HEARD Nepal team then arranged a meeting along with HEARD Nepal Officials with the school principal, management committee, teachers and local reputed personnel. Afterward, a joint team was made them to find out the most poor and vulnerable students from around the locality who could complete up to secondary level education regularly if supported. Then 31 students were finalized for the child sponsorship educational program which was supported by UCI.

Distribution Day Event:

All the children of the school, teachers, staff, all the students who have been awarded scholarships, and their parents were cordially invited to participate in the program. The program started at 11 am. The deputy mayor, chief administrative officer, head of the education department of the municipality, technical advisor of HEARD Nepal, board members, professional volunteers of HEARD Nepal, local social workers, school management committee and many others participated in this program.

Registration, National Anthem, and Welcome speech

School children, Teachers, Stakeholders and EDPs attended the National Anthem after the registration. Welcome Speech was given by the school Teacher. They expressed their views based on that sponsorship education program. Also, all those who participated there welcomed Uplift a Child International and expressed their gratitude.

Speech from Guests and Organizers

The school's principal, deputy mayor, School Management Committee's Chairperson, Parents, HEARD Nepal Teams and other related people also expressed their views related to the sponsorship education program as well as other experiences they faced and also expressed views on the Shree Janata Namuna secondary school's overall education system. The local people of the community and the school have heartily requested Uplift a Child to provide similar support to more children who belong to poor and underprivileged families.

Cultural Program

The school students exhibited their talents through cultural programs. Students were so excited to express their talents. That school was a perfect example for other schools, and the school also encourages all students to participate in different extra-curricular activities.

Appreciation/Certification Program

The professional volunteers of HEARD Nepal, local volunteers, and school teachers were appreciated with certificates and a cup as tokens of love for their motivation in further continuous effort for the success of the progress to date. Everyone felt grateful and happy for the appreciation provided by Uplift a Child International and HEARD Nepal.

Educational Accessories Distribution

With eager anticipation, HEARD Nepal distributed educational materials to students, who were carefully selected based on Uplift A Child International's guidelines. Finally, we handed over the educational materials to the chosen students. The Founder/President of HEARD Nepal, along with other guests participated in the distribution process.

List of distributed Materials

- School Bag, Books, Copy, Pencil, Pen, Eraser, Sharpener. Colour pen.
- Uniform 2 set
- Tie and Belt
- Shoe sets
- Appreciation certificate, Token of Love - Cup and Khada to Teachers, Professional Volunteers, and some Respected Key people.



4. Community-Level Program for Prevention and Control of Dengue Disease

The dengue epidemic in Nepal, witnessed from January to September 28, 2022, has had a substantial impact, reporting 38 confirmed deaths alongside the numerous suspected and confirmed cases spanning across 77 districts. Kathmandu, Lalitpur, and Makawanpur emerged as the most affected areas, reflecting the widespread nature of the outbreak. Notably, a significant percentage of cases primarily affected individuals between the ages of 15 and 59, with males constituting a considerable portion. The surge in cases corresponded with the monsoon season, with September recording the highest number of reported cases. The severity of the outbreak has underlined the pressing need for robust public health measures and effective preventive strategies to curtail the further spread of this debilitating disease.



This program was implemented in partnership with the local government to prevent and control dengue disease completely by reducing the increasing cases and freeing the

people from the disease to create a healthy village and society. In this program, there was direct cooperation and coordination of the rural municipality.

Objectives of the Program

- To conduct a community awareness program for the prevention and control of dengue disease in the present situation and also orientation about malaria, kala-azar and related diseases.
- To conduct a dengue awareness program in schools
- To conduct community spraying programs to eliminate mosquito habitats and nesting larvae.
- To build a healthy society and sustainability in pest control.

Program Procedure

- Community awareness through orientation
- Community spraying
- Use of IEC/BCC materials

Detailed Discussion and Achievements of the Program

In response to the prevalent Dengue outbreak in Nepal, a program was implemented to safeguard the community from the disease's detrimental impact. This initiative, conducted in collaboration with the local government, aimed to enhance awareness, and prevent and control various seasonal insect-borne diseases. Spanning from October to November 2022, the program began with an orientation attended by over 2,500 participants representing various sectors.

Following the orientation, a community-level program was executed, involving the meticulous spraying and eradication of mosquito breeding sites within the village. A team of 17 individuals conducted the spraying in 5 wards of the rural municipality, benefiting over 30,000 people and 4,800 households directly. The initiative's success was achieved through the collective efforts and coordination of the municipality representatives, including the health department, local authorities, political figures, business leaders, intellectuals, and residents.

The health section of the municipality and HEARD Nepal efficiently managed the spraying operations, ensuring strict compliance with the government's safety protocols. The staffs were equipped with the necessary personal protective equipment (PPE), including masks, glasses, and gloves, to ensure their safety during the spraying activities.

- Prioritize the implementation of the local government's annual plan and budget to combat diseases like Malaria, Kala-azar, and Dengue, particularly in the Terai region, safeguarding the well-being and resources of the community
- Regularly conduct community awareness programs utilizing diverse communication platforms to educate the public about the emergence and prevention of such diseases.
- Utilize government mechanisms to assess the community's awareness levels and provide essential support where necessary.

The program's successful completion reassured the community that the fear of Dengue disease can be managed using various methods and communication channels. It

emphasized the importance of the community adopting the knowledge gained, teaching others, about proper waste disposal, and changing behaviors to protect themselves and their families. The program's essence lies in these practices. Going forward, local authorities should prioritize and continue such programs for community well-being.

5. USAID Local Works: Saptari - Survey on Limitations and Challenges for Access to Social Security Schemes and Health Insurance for Marginalized Households

The Social Health Security Program (SHSP) in Nepal is a governmental initiative designed to provide citizens with affordable access to quality healthcare, alleviating the financial strain of medical expenses. By integrating prepayment and risk pooling with mutual aid, the program aims to promote Universal Health Coverage, addressing barriers to healthcare access and ensuring equitable services for marginalized communities. Originating from the Lalitpur Medical Insurance Scheme in 1976, it has since expanded to encompass all 77 districts of the country. HEARD Nepal did a survey on limitations and challenges for access to Social Security Schemes and Health Insurance for the Marginalized Households from November 15 to December 25, 2022. The objectives of the survey were:



- To identify the issues and challenges, limitations of the Social Health Security program,
- To find out the possible way to enroll more people in the program especially focusing the marginalized communities,
- To provide feedback to the lawmakers, and responsible government authorities

- To improve the overall health status of Nepalese Citizens

The study area included selected two wards from 4 municipalities (Kanchanrup, Tialthi Koilari, Hanuman Nagar, and Agnisair). A total of 34 key individuals, including Health Officers, Coordinators, Ward Secretaries, Female Community Health Volunteers, Health Insurance Focal Persons, and Hospital and PHC Incharges, were interviewed, alongside 217 households surveyed, and four focused group discussions were conducted across the four municipalities



Message received from the community

- Health insurance agents and FCHVs in the community do not provide sufficient information about Health insurance and Social Security schemes.
- Even if we have insurance, we must buy more medicines because that medicine is not within the insurance scheme.
- Health insurance agents not available on a regular basis.
- Health service providers underestimate the service takers because they belong to marginalized communities, so they neglect to provide quality treatment.

Government representative's voice

- Lack of human resources at PHC level to keep every record of the health insurance.
- The insurance board should have an interest, make a plan policy, and take action to provide universal health coverage.
- Health insurance assistants should take responsibility then provide good information to each community people.
- Health insurance should also be discussed in the mother's group meeting.
- The contact office of health insurance is not in the district headquarters which is not accessible to all.
- There is no coordination and cooperation of health insurance employees with local health authorities

Government representative's suggestion

- Implementation of comprehensive health insurance policies to enhance coverage and participation.
- Assigning roles and responsibilities to the District Public Health Office (DPHO) for health insurance.
- Emphasizing the importance of not just referrals but also the provision of specialized healthcare services.

6. Conducted a rally against gender-based violence aligning with the 16 days of GBV activism.

HEARD Nepal organized a rally against gender-based violence in Rajbiraj, Saptari in collaboration with Health Office, Saptari and different medical colleges of Saptari. The program was held on 4th December with the objective of making people aware through a rally against Gender Based Violence aligning with the 16 Days of GBV activism. This year's slogan was "UNITE! Activism to end violence against women and girls". The major goal of this activism is to eliminate violence against women and girls. Nearly 300 people had participated in the rally and the whole program was completed nearly in two hours.

7. Distribution program of educational material, first aid medicine and warm clothes as well desk and bench for Musahar children of disadvantaged communities

HEARD Nepal distributed different educational materials, first aid medicine, warm clothes as well as desks and benches for the children of Musahar community which is one of the disadvantaged communities of Nepal. The program took place at Shree Pathibhara Adhyayan Kendra on 31st December from 12:00 to 2:00 PM. HEARD organized this program in coordination and cooperation with Ward Office of Biratnagar Metropolitan city, Ward no. 16, supported by Birat Housing Pvt. Ltd. in coordination and was organized. The program was honored by the presence of the president of HEARD Nepal, the President of Biratnagar Metropolitan Ward no. 16 and several other influential personalities. The objective of the program is to distribute educational material, first aid medicine and warm clothes as well as desk and benches to the Children of the Musahar community so that they wouldn't get deprived of education due to their social status.



Educational Accessories Distribution: The most awaited moment arrived when the educational materials were distributed among the students. And finally, from the hand of HEARD Nepal's Founder/President as well as technical advisor and other guests we distributed the educational materials to the students. The following materials were distributed:

1. Copy, Pencil, Pen, Sharpener
2. Uniform sweater 1 set
3. First aid medicine
4. Desk and bench



8. Annual program review and sharing meeting

In the presence of HEARD Nepal's Founder President Mr. Rakesh Kumar Yadav, Technical Advisor, Technical Expert, Joint Secretary, Provincial Team Leader, and Professional Volunteers of HEARD Nepal and a total of 25 people including teachers of Janata Namuna Secondary School participated in the Annual program review and sharing meeting which was held in 21st January 2023 from 11:00 am to 4:00 pm at Joghidhaha, Udayapur.



Review and Sharing Meeting

The Provincial Team Leader Program of HEARD Nepal did a comprehensive presentation, reviewing the organization's annual performance. The presentation began with an introduction to the NGO, encompassing its vision, mission, and HEARD Values. Additionally, it covered the objectives, implementation strategies, and key highlights of HEARD Nepal's activities from January to December 2022. The presentation also addressed limitations, challenges, lessons learned, recommendations, and plans, including budget and expenditure details for the fiscal year 2022.

Further Plan of HEARD Nepal

HEARD Nepal's future plan involves drafting proposals in the areas of Health, Education, Agriculture, and research, aiming to secure funding for relevant sectoral projects. It emphasizes the necessity of expanding discussions, coordination, and collaborations at all levels of government to broaden the scope and impact of its initiatives.

9. Distribution program of Blanket to the poor, needy and underprivileged people, senior citizens, widows and persons with disabilities:

On 16th January 2023, a blanket distribution program took place in Gramthan Rural Municipality Ward no.1, Morang, Nepal. The program was organized by HEARD Nepal and supported by Birat Housing Pvt. Ltd., in coordination with Ward office of Gramthan RM Ward no. 1. The event aimed to distribute blankets to the underprivileged people, senior citizens, widows, and people with disabilities in consideration of the harsh winter.



The program was attended by notable individuals, including HEARD Nepal's Founder and President, Mr. Rakesh Kumar Yadav, Ward President Suresh Kumar Majhi, and Mayor Jay Prakash Gachhadar, along with various other professionals, volunteers, and activists. The timeline of the event included an opening session, a welcome speech, program objectives

briefing, speeches from guests and officials, blanket distribution, a photo session, and a closing session. During the event, the attendees shared their perspectives on the distribution program and emphasized the importance of supporting underprivileged families. A total of 50 blankets were distributed to those in need, with distribution carried out by various key figures, including the Founder of HEARD Nepal, the Chief Guest Jay Prakash Gachchhadar, and the founder of Birat Housing Pvt. Ltd., among others. The program concluded with closing remarks from Mr. Rakesh Kumar Yadav, expressing gratitude to the financial supporters, guests, and participants, and expressing hope for further initiatives in the future. The event's attendees included representatives from HEARD Nepal, Birat Housing Pvt. Ltd., the Gas Association Biratnagar, and local ward members and activists.

10. Child Sponsorship Education Screening Program at Hadiya - 09 Udayapur, Nepal.

In 2022-2023, HEARD Nepal, an education-focused organization, successfully identified 31 students from Shree Janata Secondary School in Hadiya Udayapur for the initial phase. These selections were made in accordance with the specific criteria outlined by Uplift a Child International (UCI), a donor organization dedicated to supporting educational initiatives. These comprehensive criteria involved identifying and supporting orphans, semi-orphans, single-parent children, and those belonging to marginalized groups. Furthermore, UCI aimed to enable academically talented students facing financial hardships to continue their education from grades one to ten without any financial burden.

Building on the success of the initial phase, we extended our support to an additional 19 students from similar marginalized communities for the 2023 academic year. These 19 students, much like their predecessors, exhibit a strong determination to pursue higher education despite the prevailing socio-economic constraints. Through this sustained effort, uplift a Child International not only aims to foster academic development but also strives to empower these children to become contributing members of society. By investing in the education of these promising individuals, the organization envisions a future where these students will not only uplift themselves but also their communities, ultimately creating a ripple effect of positive change for generations to come.

11. Screening of Child Sponsorship Educational Program at Budhiganga Morang:

In 2023, HEARD Nepal screened 21 students from Budhiganga Morang for Xavier's Secondary School who met the specific criteria laid out by Uplift a Child International. These guidelines serve as a framework to identify students facing financial or social challenges that could impede their educational journey. HEARD Nepal's initiative aimed to provide support to students from disadvantaged backgrounds, ensuring they receive the necessary assistance to pursue their academic goals. By adhering to Uplift a Child International's criteria, HEARD Nepal continues to prioritize the empowerment of underprivileged students, fostering a more inclusive and accessible education system for all.

12. MNCH and Nutrition Survey Among Dalit Children Aged 6 to 59 Months at Gramthan RM:

According to the Nepal Demographic and Health Survey 2022, child malnutrition persists, with 25% stunted, 19% underweight, and 8% wasted. While there has been some progress, anemia prevalence among children and women remains a worry. Nutrition promotion programs are imperative, especially at the community level in places like Gramthan R.M., to combat these challenges. These programs should focus on raising awareness about healthy dietary habits, improving food accessibility, addressing sanitation issues, and fortifying the healthcare infrastructure. By doing so, they can not only enhance the health and quality of life for individuals and communities but also alleviate the economic strains caused by malnutrition in Nepal.

Objectives of Survey:

- To find out stunting, wasting, underweight of Dalit children aged under 5 years.
- To promote MNCH and reproductive health.
- To increase awareness about proper nutrition, Immunization, WASH and healthy eating habits among vulnerable populations, including pregnant and lactating women, infants, and young children.

Result/Findings:

- The survey revealed that 56.41% of families live separately, while 43.59% live together. The average family size was 5.44 members, with the smallest family comprising 3 members and the largest family comprising 13 members.
- The data indicates that 22.05% have completed secondary education, 36.93% have received primary education (literate), 3.35% have attained a higher secondary level or higher, and 37.44% of mothers are illiterate.
- A substantial majority (84.62%) of the families in the area are engaged in labor, while a small percentage work in agriculture (3.59%), outside the country (3.39%), or in business (3.59%). Some families (4.62%) are involved in both agricultural work and foreign labor.
- The survey indicated that all households relied on hand pumps for water supply. However, an alarming 88.72% of households did not purify their water, while the remaining 11.28% filtered their drinking water. Handwashing was prevalent, with 94.35% of the population using soap and water for this purpose.
- The data highlighted that 45.13% of mothers practiced early initiation of breastfeeding, with 59.56% practicing exclusive breastfeeding and 82.05% following extended breastfeeding.
- Approximately 16.41% of the mothers reported that their children had a weight of less than 2.5 kg at birth.
- Only a small percentage (7.69%) of the mothers were knowledgeable about malnutrition, while the majority (92.31%) lacked awareness about its causes.
- During the national campaign, 11.28% of children under the age of five did not receive vitamin A, while the majority (88.72%) did receive it.
- All households reported the use of iodized salt for consumption, indicating universal access to iodized salt in the area.

- A significant proportion (51.28%) of the surveyed mothers reported being pregnant before the age of 20. In terms of nutrition during pregnancy and lactation, a minority (1.54%) did not consume iron-folic acid, while a significant number (64.62%) consumed supplementary food.
- The survey found that only 11.28% of children were regularly involved in Growth Monitoring Programs (GMP).
- A moderate percentage (56.41%) of children received the nutrition child cash grant, with only a fraction (17.43%) of families using it for child nutrition (food).
- A small portion (8.21%) of the children did not possess a birth certificate during the survey.
- According to the WHO Z-score table (WHO Anthro), a significant percentage of children were identified as stunted (75.6%), underweight (16.9%), and wasted (2.5%). Additionally, according to the Mid-Upper Arm Circumference (MUAC) measurement, 2.48% of children were severely acutely malnourished (SAM) and 7.56% were moderately acutely malnourished (MAM).

During the survey, several activities were conducted, including comprehensive anthropometric measurements, key informant interviews with various community leaders and healthcare personnel, and focus group discussions among mother's groups in each ward. Additionally, the survey team provided extensive knowledge on maternal, newborn, and child health, immunization, reproductive health, health insurance, and social security schemes. The insights received from the community shed light on existing gaps and issues. Community health workers were not adequately disseminating information about nutrition and social security schemes, while the scheduled nutrition screening program for under-5-year-old children was not being effectively implemented. Participants suggested the regular organization of nutrition education programs for mother's groups and the resolution of issues related to the child social security scheme. Furthermore, the lack of drug availability at healthcare posts and primary healthcare centers was noted as a significant concern. The government's representation highlighted the challenge of budget constraints at the ward level for health and nutrition programs. Consequently, the government recommended the continuation of nutrition surveys and the implementation of nutrition education programs within schools.

The survey outcomes emphasized the need for community-wide awareness programs on various aspects of health, such as safe motherhood, infant immunization, nutrition, birth spacing, adolescent health, and exclusive breastfeeding. Additionally, the government must create policies aimed at providing nutritious food for pregnant women and children below two years, particularly in marginalized communities. However, several challenges persist, including early marriage practices, a preference for home deliveries, limited knowledge about antenatal and postnatal care, prevalent open defecation, inadequate growth monitoring, and malfunctioning primary healthcare centers. Moreover, the lack of awareness among mothers regarding health and nutrition education, sanitation facilities, and disbelief in the quality of free medicines exacerbates the situation. Especially in marginalized communities such as Musahar and Dalit, knowledge about sanitation remains deficient, hindering the effective implementation of health and nutrition programs. Furthermore, the inability of many individuals to access social security schemes due to the absence of citizenship and birth certificates represents a

critical issue that must be addressed. In light of these challenges, it is recommended that nutrition-related programs be actively executed to combat chronic malnutrition, operationalize outpatient therapeutic care for the management of severely acute malnourished (SAM) children, and strengthen the overall health system through an integrated approach. Additionally, efforts should be directed towards improving access to nutrition and social security services, with community health workers playing a pivotal role in disseminating awareness among mothers in the ward.

13. Financial Education and Business Literacy Training:

HEARD Nepal organized a 3-day training program called "Finance Education and Business Literacy Training" in collaboration with the Ward Office of Chaudandigadi Municipality, Ward no. 9, Hadiya, Udayapur district. The training took place at Shree Janta Model Secondary School from 10 am to 5 pm from February 17 to 19, 2023. The program aimed to educate parents of sponsored students about managing money and starting businesses. It also focused on teaching them about healthy eating and ways to earn money.



Objectives:

- To provide formal and informal education about the finance education and business.
- To provide informal education about the nutrition and income generating skills to the target group.
- To increase the agricultural productivity in their own area and arrange the management of supply for products.
- To develop long term employment entrepreneurship in that area.

Remarks from Guests and Organizers:

During the opening session of the training program, HEARD Nepal Founder Mr. Rakesh Kumar Yadav, trainer Mrs. Mina Banjara, and facilitator Mr. Rambilash Chaudhary warmly welcomed the participants and shared their insights on nutrition, sponsorship education, finance education, and business literacy training. As part of the program, the "Gautam Buddha Multi-purpose Agriculture Group" was established, with key positions such as President, Vice-President, General Secretary, Treasurer (Fund President), and Members. Mr. Rambilash Chaudhary took responsibility for registering the group and drafting its rules, regulations, and bylaws. Additionally, arrangements were made for a 65-day training program for 3-5 interested individuals from the group.

14. One Day Advance Excel Orientation Program

HEARD Nepal organized a One-day basic Excel orientation program to develop the Excel skills on the participants which was facilitated by Mr. Roshan Kumar Yadav – CA, and was held on 15th April at the Provincial Field Contact Office, Biratnagar, Morang from 11 am to 5 pm.

Objectives of the training

- To learn Excel overview
- To learn how to work with data.
- To learn to organize and analyze data on Excel
- To know using analytical options.
- To learn how to presenting data visually etc.

Key Achievements

- Learned basic Excel techniques.
- Learned functions and formulas.
- Learned shortcuts and fast working techniques on excel sheets.
- Learned to organize and analyze the data etc.

Positive aspect

- The program was effective and fruitful. It was really golden opportunity for all the participants to learn about Excel orientation.
- The program was really worthwhile for all the participants. It was also a great opportunity for all the participants to learn about the basic functions of excel which is a very helpful and easy technique for our daily work activities.



Lessons learned

The key lessons from the program are the importance of practical skills, the value of structured training, the need for diverse teaching methods, the relevance of data visualization, the empowerment through technical knowledge, the value of expert facilitation, the emphasis on real-world applications, and the significance of continuous learning.

Recommendation for future improvement

Hope that in the future, HEARD Nepal will offer more opportunities. Combining physical and virtual orientations, seminars, workshops, and training sessions would be ideal for enhancing the capacity of the employees.

15. International Women's Day Celebration:

On the 8th of May, an inspiring and empowering International Women's Day celebration was held, focusing on the theme "Digit ALL: Innovation and technology for gender equality." The primary objective of the event was to raise awareness among attendees through positive messages and motivational speeches, highlighting the importance of women's empowerment.

On the occasion of international women's day, HEARD Nepal celebrated it at provincial field contact office in Biratnagar Morang. The event featured a symbolic cake cutting ceremony and inspiring speeches dedicated to the empowerment and motivation of women. Several female employees also took the opportunity to share their personal experiences, thoughts, and feelings, both through speeches and written pieces. Motivational videos further added to the empowering atmosphere, making the event a memorable tribute to the achievements and strength of women.



16. One Day Orientation on Supply Chain Management

HEARD Nepal organized a comprehensive Supply Chain Management training program aimed at enhancing participants' understanding of supply chain processes and associated key performance indicators, as well as identifying common risks within supply chain management. The training also covered technological aspects and detailed insights into FIFO/FEFO/ASLEOP practices. The orientation took place at the HEARD Nepal provincial field contact office in Biratnagar, Morang on 4th April from 12 to 4:30 PM and was conducted by Mr. Umesh Kumar Gupta. The training incorporated various methodologies, including group discussions, lectures, interactive sessions, and individual discussions.

Objective of the Training:

- To know the supply chain processes.
- To understanding the Key performance indicators.
- To identify common risks associated with supply chain management.
- To know the technology used in supply chain management.
- To know about FIFO/FEFO/ASLEOP

Key Achievements:

- Understanding the importance of sustainability in supply chain management and logistics.
- Learning about the various tools and techniques used in supply chain management, such as inventory management and transportation planning.
- Learnt about six rights of logistics.



The Supply Chain Management and logistics orientation highlighted the importance and mechanism of this critical field, stressing the need for careful planning and collaboration among stakeholders. Participants gained a comprehensive understanding of key concepts such as strategic planning, demand forecasting, inventory management, and supplier relationship management. The session also underscored the significance of

sustainability and the role of technology in enhancing supply chain efficiency, introducing participants to tools like GPS tracking and warehouse management systems. As the global economy evolves, the demand for skilled professionals in this area is expected to rise, making the knowledge and skills obtained during the orientation valuable for future endeavors. Each participant received a certificate in recognition of their participation.

17. CEO and founder of Uplift a Child International visited HEARD Nepal province office in Biratnagar and field visit at Udayapur for the Annual Child sponsorship educational program:

A program was organized at the Provincial Field Contact Office in Biratnagar, Morang on 4th April to welcome Mr. Sam Vonumu and Ms. Sravani Puvvada, the representative of Uplift a Child International. The program was attended by Technical Advisor Mr. Umesh Kumar Gupta, Mr. Chandramani Poudel, Dr. Balkrishna Shah, Mr. Govinda Prasad Pokharel, Provincial Team Leader- Program Ms. Gyanu Gautam, Program Officers Ms. Monica Rajbanshi, Ms. Shova Majhi, Ms. Anisha Shrestha, Mr. Shankhar Kumar Ray and Admin and Finance Mr. Pashupati Chaudhary. The Founder, and president of HEARD Nepal, Mr. Rakesh Kumar Yadav, presented Token of Love and appreciation to the guests after a cake-cutting ceremony. The HEARD family then handed over the present to the guests, after which Mr. Sam Vonumu delivered a brief speech.

Welcome to Uplift a Child International Family

A welcome program was organized on 4th April at the Provincial Field Contact Office in Biratnagar, Morang to welcome Mr. Sam Vonumu and Ms. Sravani Puvvada, the representative of Uplift a Child International. The program was attended by Technical Advisor Mr. Umesh Kumar Gupta, Mr. Chandramani Poudel, Dr. Balkrishna Shah, Mr. Govinda Prasad Pokharel, provincial team Leader-Program Ms. Gyanu Gautam, Program Officers Ms. Monica Rajbanshi, Ms. Shova Majhi, Ms. Anisha Shrestha, Mr. Shankhar Kumar Ray and Admin and Finance Mr. Pashupati Chaudhary.



HEARD Nepal's Founder President, Mr. Rakesh Kumar Yadav, expressed gratitude to the guests by presenting them with Tokens of Love and appreciation during a heartfelt ceremony that included cutting a celebratory cake. The HEARD Nepal family warmly handed over the presents to the attendees, followed by a brief speech from Mr. Sam Vonumu. The event wrapped up with insightful words from the Technical Advisor, Mr. Umesh K. Gupta, while the entire program was skillfully hosted by Ms. Anisha Shrestha. To conclude the memorable gathering, a delightful dinner was shared among all participants at Hotel Harrison.

18. Child Sponsorship Annual program at Shree Janata School in Hadiya, Udayapur

HEARD Nepal's Founder/President, Mr. Rakesh Kumar Yadav, together with Uplift a Child International's Founder and CEO, Mr. Sam Vonumu, and Program Coordinator, Ms. Sravani Puvvda, led the HEARD Nepal team in assessing Udayapur District in Eastern Nepal, situated at the confluence of the Hill and Terai regions. Their goal was to identify a suitable school for child sponsorship. Shree Janata Secondary



School emerged as the ideal choice, meeting all the criteria outlined by Uplift a Child International. Notably, the school held recognition from the Nepal Government for its outstanding performance. The combined Volunteer Team and HEARD Nepal officials collaborated closely with the school principal, management committee, teachers, and local stakeholders. Together, they identified 50 economically disadvantaged and vulnerable students from the vicinity who demonstrated the potential to complete their secondary-level education successfully with the appropriate support. These students were subsequently selected for the sponsorship program.

Distribution of school accessories

On April 5th 2023, HEARD Nepal, with the generous financial backing of Uplift a Child International, organized a momentous ceremony at Shree Janata School in Hadiya-9, Udayapur. The event, designed to celebrate the academic achievements of the school's students, extended a warm invitation to all children, teachers, staff, scholarship recipients, and their parents. Commencing at 9 am, the program welcomed esteemed guests, including the CEO and founder of Uplift a Child International, the technical advisor, the president, the provincial team leader, and program officers from HEARD Nepal. Additionally, the local volunteers, the school management committee, and the parents of the sponsored children were actively engaged in the proceedings, contributing to the success of the event.

The event at Janata Secondary School, began with a vibrant march pass and a warm welcome speech by a school teacher, emphasizing the importance of the child sponsorship educational program. Registrations were efficiently completed, and the school presented UCI with a token of appreciation and a specially designed cup. Expressing gratitude, students delivered a heartfelt speech to UCI. The subsequent speeches by UCI's CEO Founder, the school principal, the School Committee's Chairperson, parents, HEARD Nepal teams, and local community members highlighted the impact of the sponsorship program and underscored the transformative power of education. The community requested continued support for more underprivileged children. The cultural program showcased the exceptional talents of the school's students, demonstrating their enthusiasm and artistic skills, which stood as a testament to the school's exemplary educational environment. The culmination of the event

involved the presentation of a token of love, symbolized by a map of Udayapur and a cup bearing the logo of HEARD Nepal, presented to the UCI Founder. The collaborative efforts of both organizations were acknowledged, with a shared commitment to fostering further progress through the transformative power of education.

Educational Accessories Distribution By CEO of Uplift A Child International:

The educational materials were distributed among the chosen students, who were carefully selected based on the guidelines and criteria set by Uplift a Child International and screened by HEARD Nepal. Mr. Sam Vonumu, the CEO and founder of Uplift a Child International, along with the entire team of HEARD Nepal and school staff, facilitated the distribution process, ensuring that the educational materials reached the hands of the selected students.

List of distributed Materials:

- School Bag, Copy, book and Pen
- Uniform 2 sets
- ID card
- Tie and Belt
- Shoes 2 sets
- Socks 3 sets

19. Annual Child Sponsorship Educational Program at Xavier's English School, Budhiganga RM, Morang

HEARD Nepal is an organization striving to work for the benefit of the marginalized children through supporting their education to provide high quality education for the underprivileged children. Hence HEARD Nepal has joined hand with the Uplift A Child International, a Non-profitable organization that helps poor and needy children to complete their quality education in many countries around the world. Children in rural Nepal do not have access to quality education as the quality of education imparted to these children is poor. Most of the poor students drop their schools due to financial crises. This Sponsorship program aims to ensure the quality education to the selected children and help the children realize their full potential. The project seeks to ensure quality education for children in rural areas and to create equal opportunities.

Educational Accessories Distribution

With eager anticipation, HEARD Nepal distributed educational materials to students, who were carefully selected based on Uplift A Child International's guidelines. Finally, we handed over the educational materials to the chosen 21 students. The Founder/President of HEARD Nepal, along with a guest and the local donor, participated in the distribution process.

List of distributed Materials: -

- School Bag
- Books
- Notebooks: - two-line copy, four-line copy, science copy, geometry copy, graph copy, math copy
- Pencil, Pen, Eraser, Sharpener, Color pencil
- Uniform 2 sets
- Tie and Belt
- Shoes 2 sets
- Socks 4 sets
- Student ID card
- Water bottle



Voices of students and parents

Ayan's mother said that she is very happy that her son is able to attend his classes on a daily basis and expressed her gratitude to Uplift A Child International. She expects continuous support from Uplift a Child in the upcoming days.

Nirjal Dahal said, "My father is no more and my mother is working as a wage laborer. Despite her struggles, she ensured my education. I am now grateful for the assistance, which motivates me to focus more on my studies. I am determined to excel academically in the future."

Sampanna Niroula's parents conveyed their gratitude for the support during their financial crisis, which was triggered by Sampanna's grandfather's illness. They expressed their appreciation and encouraged their child to study hard.

A student Radha Kumari Mochi said that she is very happy to get the scholarship Program funded by Uplift A Child International with a technical collaboration of HEARD Nepal and expressed her sincere gratitude towards us.

Other parents also expressed their happiness with the Child Sponsorship Educational Program, highlighting its role in motivating their children to pursue their studies and shape a promising future. Together, they extended their gratitude to Uplift A Child International and HEARD Nepal for the valuable scholarship, which serves as a driving force for their children to achieve their aspirations.

Voices of school teacher and school management committee's chairperson

"We've been running tuition classes to enhance students' academic performance. We kindly urge Uplift A Child International, through HEARD Nepal, to consider enrolling new students for

the upcoming year. Additionally, we request the implementation of education programs to support underprivileged children, aiming to brighten their future."

Voices of Students and Parents

"We are deeply grateful to Uplift a Child International and HEARD Nepal for their support."

"We are determined to study diligently to achieve our future goals and are committed to not giving up on our education. We extend our appreciation to our school teacher for recognizing our circumstances and providing us with this invaluable opportunity, which has greatly contributed to our academic pursuits."

The parents also conveyed their gratitude to all the supporters. With joy and optimism, they expressed their belief that their children would successfully complete their education. They regarded Uplift a Child International as a godsend to their community, recognizing the organization's crucial role in shaping a brighter future for their children through education.

20. Community Health and Nutrition survey's three days training at Budhiganga Rural Municipality:

HEARD Nepal organization conducted a three-day training in Budhiganga rural municipality training hall in collaboration with Budhiganga for community health and nutrition survey training to enhance the capacity of field researchers or enumerators. In the training all participants understanding survey questionnaires. Enumerators were learned how to rapport building with community people and collect quality data easily. Training was helpful to known about the sample size and target population, methodology, tools, technique of the survey. During the three-day training, a seven-stage planning was discussed. Nutrition Technical Coordinator of HEARD Nepal gave information on how to take accurate measurement during survey by using weighing machine, height board and MUAC tape. Finally, on the last day of the training, we participated in the pre-test and the training ended by going to the field from the next day.



21. Health and Nutrition survey at Budhiganga Rural Municipality:

Conducted health and nutrition survey at Budhiganga rural municipality of Morang district from 29th may to 6th June. Specially focus on 0 to 59 months age group children of all wards based on the sample size. Total 406 house hold survey and 6 KII with palika representative like ward chair, health coordinator, mayor, deputy mayor, CAO and PHN and 2 FGD in ward no-1 in different community. The survey was done in paper based by using mixed methodology. The community-level health and nutrition survey was conducted by HEARD Nepal.



The objectives of survey were:

- To aware people about nutrition education and exclusive breastfeeding.
- To assess the overall health and nutritional status of children under 5 years.
- To promote safe motherhood, infant immunization and nutrition, birth spacing, and adolescent health.

22. Health and Nutrition survey at Agnisair Krishnasawaran Rural Municipality Saptari:

We conducted an orientation at Agnisair Krishna Savaran RM of Saptari for the survey of health and nutrition at 5th June where all the palika's representatives were present. Started health and nutrition survey from 8th June to 11 June, especially focusing on 0 to 59 months children of all wards based on the sample size. Total 389 target of HHs and 6 KII with palika representative like ward chair, health coordinator, deputy mayor, CAO and PHN and FGDs. The survey was done in paper based by using mixed methodology. The community level health and nutrition survey's was conducted by HEARD Nepal.



Objectives of the survey are:

- To aware people about nutrition education and exclusive breast feeding.
- To assess the overall health and nutritional status of children under 5 years.
- To promote safe motherhood, infant immunization and nutrition, birth spacing, adolescent health.

23. Community engagement project on WASH, Health and Nutrition at Barju Rural Municipality Sunsari:

Firstly, interaction and coordination with the palika level were done concerned department. WASH, health and nutrition situation of Barju RM was observed. After that they ask for a survey to know the current status of WASH, health and nutrition. The formal agreement with Palika was done. The survey was started on 16th June and the quantitative data was



taken by using digital methods like KOBO tools and qualitative data collection by KII. Also orientation was conducted at Barju RM of Sunsari for the survey of health and nutrition at 19th June where all the palika's representatives were present WASH, health and nutrition survey was from 25th June to June 28th, specially focusing on 0 to 59 months children of all wards based on the sample size. We have 336 targets of HHs and 3 KII with palika representatives like, the health coordinator, mayor, CAO and FGD. The survey was done in digitally based by using a mixed methodology. During the survey, we also conducted WASH and food demonstrations (key life events) by focusing on marginalized communities. The community-level health and nutrition surveys were conducted by HEARD Nepal and were supported by CIO (Community Innovation Organization) and CAFODAT. We also did a WASH and food demonstration program and council the community people.

Objective of survey:

- Aware community people about nutrition education, exclusive breast feeding and KAP on WASH.
- TO identify barriers and challenges hindering the access to healthcare services and nutritious food for children under 5 years.
- To identify KAP of parents/caregivers regarding child health, nutrition, and early childhood care.

24. Free Health Camp and Blood Donation Program:

The one-day Free Health Camp and Blood Donation Program was held at Sitapaila-4, Nagarjun Municipality, and Kathmandu in Sitapaila Secondary School on 17th June 2023, with the collaboration of Nagarjun Municipality, Sitapaila



Secondary School, HEARD Nepal and Riyukai Nepal along with Technical Partners Red-Cross Society Nepal and Suvekchya International Hospital, Sitapaila-4. The intent of the program was to conduct a free health camp and blood donation program. The attendees of the program were the Mayor of Nagarjun Municipality Mr. Mohan Bahadur Basnet, Head of Ward no. 4 Mr. Laxmi Ram Sharma, Former minister of the Ministry of Industry, Commerce and Supplies Mr. Ramesh Rijal, representatives and volunteers of consortium partners.

Lesson learned

- Need community awareness based on Hygiene and environmental sanitation
- The government should manage a doorstep program for marginalized communities based on HI and social security scheme.
- The government had to take a policy of providing health insurance to the very marginalized community people
- Emphasized the importance of communication and collaboration among stakeholders for successful supply chain management.
- Highlighted the necessity of meticulous planning, coordination, and communication in logistics management.
- Gained insights into quantification, effective planning, and time management.
- Enhanced understanding of cycles and the six rights of logistics.
- Developed knowledge about risks and challenges related to supply chain management and their mitigation.

Issue, challenges/ limitations

- Absence of proper sanitation facilities
- Limited understanding of health insurance (HI) and financial constraints hindering participation in health schemes
- Lack of birth registration leading to deprivation of government services
- Mobility issues for health insurance assistants in marginalized communities
- Skepticism towards the quality of free medicine
- Unprofessional behavior of healthcare providers towards health insurance clients
- Inadequate knowledge about sanitation practices, particularly among the Mushar and Dalit communities
- Limited awareness leading to barriers in accessing health insurance and social security schemes
- Difficulties in obtaining birth certificates and citizenship, preventing access to essential services
- Financial constraints hindering payment for health insurance services, affecting the ability to address health concerns despite residing in their own homes.

Suggestions after observation and findings

- Conduct public awareness campaigns to promote environmental sanitation and encourage the maintenance of personal hygiene.
- Ensure that health insurance agents deliver accurate and comprehensive information to all members of the community.
- Foster collaboration and coordination between the health insurance board and the district public health office.
- Implement comprehensive measures to strengthen health systems in an integrated manner.
- Establish accessible points of contact, such as the health branch of the municipality, for the provision of Health Insurance and Social Security Scheme services.
- Encourage health insurance agents to engage with all mothers in the ward to discuss Health Insurance and SSC services.

- Managing time effectively was challenging due to the scheduling of both the one-day orientation program and the UCI team welcoming program on the same day.
-

Donor Acknowledgment

At HEARD Nepal, we believe in the power of collective efforts to create meaningful change in the lives of those we serve. We extend our heartfelt gratitude to the dedicated individuals and organizations who have generously supported our mission and initiatives. Your contributions have been instrumental in enabling us to make a positive impact and uplift the lives of orphan and semi orphan children, Pregnant & lactating mothers, individuals' persons and underprivileged communities.

OUR DONORS AND COLLABORATIVE PARTNERS

We are deeply grateful to our esteemed donors and collaborative partners who have stood by us in our journey toward creating a more inclusive and caring society.

Special thanks to:

- UPLIFT A CHILD INTERNATIONAL, USA
- V5 TECHSOL, BANGLORE, INDIA
- MECHI ABHIYAN, JHAPA, NEPAL
- LOCAL GOVERNMENT OF NEPAL
- KHDC, DHARAN NEPAL



Your generosity has enabled us to continue our efforts to create a positive impact on the lives of Children and Women, Individual Families, and marginalized communities. Your support has been the driving force behind our initiatives and has allowed us to make a tangible difference.

Volunteers and Supporters:

To our dedicated volunteers and supporters, your time, energy, and enthusiasm have been invaluable to us. Your commitment to our cause and your willingness to make a difference in the lives of others has truly inspired us all. Thank you for being the backbone of our organization and for sharing our vision of a more compassionate and inclusive nation.



Acknowledging Interns' Contributions

We extend our heartfelt congratulations and gratitude to our dedicated interns who have made significant contributions to HEARD Nepal. Your hard work, commitment, and compassion have undoubtedly advanced our mission to make a positive impact in the community. Your efforts reflect your desire to create meaningful change and inspire others to do the same. Keep up the remarkable work and continue to shine as examples of positive social change agents.



"We Joining HEARD Nepal 2022 was an incredible decision. The 'learning by doing' approach has enriched my professional growth. Working on projects like Health and Nutrition Research, and Child Sponsorship Educational Program has been enlightening. HEARD Nepal has been instrumental in shaping my career, and I'm honored to be a part of this impactful organization." We look forward to continuing this

journey together and making an even greater impact in the years to come." **Student of BSW, Janta Aadarsh Multiple campus, Biratnagar, Purbanchal University.**

Impact and Statistics

HEARD Nepal stands as a beacon of compassion, dedicated to making a positive impact on lives in Nepal. With deep gratitude, we present our impactful year of driving change and fostering national positivity.

In our support, the Total Direct beneficiaries +2898, the Total Direct Male beneficiaries + 1014, Total Direct Female Beneficiaries +1884 and Total Indirect beneficiaries 13990, total volunteers + 30, Total School endorse children + 73 in Morang and Udayapur District of Nepal. COVID 19 case screening + 149885 in Morang and Jhapa.

Empowering 31 individuals' family members for Business literacy Activities in 2022-2023, we've created meaningful livelihoods. By providing skills and support, we foster inclusivity and bright futures, driving societal change. With 1131+ HHs Health and Nutrition Survey, our modular approach ensures streamlined coordination, amplifying our impact across diverse needs.

HEARD Nepal annual impact report reaffirms our commitment to compassion, empowerment, and positive change. As we expand reach, nurture leadership, and engage in impactful projects, we persist in creating a more inclusive and caring nation. To partners, volunteers, and supporters, we extend our heartfelt gratitude. Your role in this journey is invaluable. We anticipate continuing our mission, forging ahead with determination.





HEARD NEPAL

LEAVE NO CHILD BEHIND FOR EDUCATION

CASE STORY OF GANGA BANJARA

TODAY'S GIRLS, TOMORROW'S FUTURE



Prior to HEARD Nepal's "Child Sponsorship Educational Program," it was extremely difficult for us to send our children to school while simultaneously managing school fees, school uniforms, shoes, books, copies, and so on. After the support of the organization, our children's academic performance is improving on a daily basis, and the assistance we provide minimizes their expenses.

-Ganga Banjara

Ganga Banjara's family consists of five members: her husband (Prem Prasad Banjara), two daughters, and herself. Her family is housed in a small mud hut.

They reside in Nepal's Khoriya tole, Chaudandigadi Municipality, Udayapur District, Koshi Province. Udayapur's district boundary is defined by natural boundaries such as rivers and hills. The district border of Udayapur is drawn by a natural border with rivers and hills. Koshi river in the east of the district separates it from Sunsari District, Sun Koshi river in the north draws a borderline that separates it from Bhojpur and Khotang. It is a flood-prone area, and residents are unable to leave their homes during the rainy season.

Her husband is a daily wage worker who is paid based on the type of work and the number of hours he has worked, but his income is minimal. The COVID-19 pandemic resulted in a significant reduction in working hours, which finally led him to job loss. This circumstance forced the family into poverty. The pandemic's socioeconomic status gap has yet to be closed.

Her daughter studies in class-5 at Shree Janata Secondary School in Hadiya-9, Chaudandigadi Municipality, Udayapur district, Province-1, Nepal. She is one of the good students who excel in her studies. Her ambition is to work as an engineer as a grown-up. But, due to her family's financial situation, it is challenging for her to go to school.

After the support of the organization, her children's academic performance is improving on a daily basis, and the assistance that the organization has provided minimizes their expenses as well. The saved amount by the family is alternatively used in buying basic needs such as nutritious food, clothes, and so on. This led to a little bit of improvement in their lifestyles. The program has aided in the English proficiency of their children. Along with this, the program has helped in women's empowerment where girls can access higher education, resulting in future benefits. Higher education can make their financial support to the family and change their quality of life. They will have the courage to fight against any violence. They can solve various problems themselves. This program should be sustainable and expanded in the marginalized area.

If this support is provided continuously our student aim will be easily fulfilled. This is the hope for a better tomorrow.



HEARD NEPAL

LEAVE NO CHILD BEHIND FOR EDUCATION

CASE STORY OF NIRMALA BISTA

STRUGGLE AS A SINGLE MOTHER



Nirmala Bista is from Chaudandidagi municipality which is located in Udayapur District of Koshi Province in Nepal. Chaudandidagi is a remote area which is always in high risk of drought. Due to this many people, every year becomes homeless.

Nirmala Bista is a single mother of 32 years and lives in a small mud hut with her two sons. She works on a daily wage and earns Rs. 200 per day. She is very hardworking and supports her family on her own but unfortunately, she cannot provide with good education to her sons due to her financial problems. She only has primary education but she knows the importance of education and really wants her son to study and fulfill their dreams and the aim of his life. When her spouse left her, she felt helpless and worried about how she would raise her children independently. Life is difficult for her because she is a single mother with many responsibilities to her children.

Nirmala Bista wants to ensure her two son's future by providing them with a good education, but due to her family's financial situation, it has been difficult for her to do so. Her son Denish Bista was compelled to leave his study due to the poor economic condition of the family.

She feels very sorry that she cannot give her sons that happiness. Her son Denish Bista excels in his studies and aims to be a doctor in the future. So, she is working hard in order to help him fulfill his dream.

After getting HEARD Nepal's sponsorship through collaboration with Uplift a Child International, her son has been provided an opportunity and also other underprivileged families. She is happy that they are assisting children in such a way that everyone like her would be grateful. It has not only aided their education, but also provided them with expenses for tuition, books, copies, and even school uniforms, winter clothes, and all stationary materials. They are grateful for everything, and she has mentioned that her kid has been more concentrated on his studies and has received good grades in class 3. Every teacher has complimented me on this, which makes me a proud mother.

HEARD Nepal's collaboration with Uplift a Child International has provided an opportunity for underprivileged families like us to child sponsorship educational program, and we are happy that they are assisting our children in such a way that we will be eternally grateful.

-Nirmala Bista



HEARD NEPAL

LEAVE NO CHILD BEHIND FOR EDUCATION

CASE STORY OF RADHIKA KARKI

FULFILING CHILD'S DREAM



Even though I did not get the opportunity to study, I am happy that my children have got into the child sponsorship educational program and are being able to go to the school and study and fulfill his dream to help the poor people in the future. This makes me happy.

-Radhika Karki

Radhika Karki, a woman of 30 years old, a single mother looking after her two sons Denish Karki and Jit Bahadur Karki residing in Hadiya-9 Chaudandigadhi municipality,

which is found in the Udayapur District of Koshi Province in Nepal. She works as a domestic helper. She is a single mother and finds it very challenging to nurture and take care of her children. She got married when she was 17 years old. According to the law of Nepal, getting married before 20 years old is considered a child marriage. There are millions of people affected worldwide by the issue of child marriage. Despite having laws prohibiting it, Nepal has one of the highest rates of child marriage in all of South Asia.

Her spouse had a heart attack and renal failure which was crucial. They had to sell their home to pay for the treatment. But unfortunately, he passed away leaving them with a heavy financial burden. They even lacked the resources required to arrange for the cremation of the deceased's body. Her life is challenging in many ways. Like in Radhika's case, girls who are forced into child marriage frequently become pregnant while still teenagers and are more likely to experience problems during pregnancy and childbirth. Girls are more vulnerable in times of crisis and emergency, as was seen during COVID-19. Many reasons contribute to child marriage, including customs and traditions, poverty, a lack of education, insecurity, and gender inequality. COVID-19 pandemic increased these variables, forcing millions of girls into underage marriages.

Her younger son of Danish Karki wants to be a doctor so that he may treat the poor since he has seen death brought on by poverty in his family. He has been inspired to help the poor in the future. Radhika found the solution to her worry when HEARD Nepal helped her with her difficulties through their sponsorship program which was under collaboration with Uplift the Child International. This helped the children off the streets, provide them with the essential skills they need to develop, and give them the opportunity to become self-sufficient, valuable members of society. The children will be old enough to prepare for the future and have the necessary social skills by the time they graduate from high school. Radhika will always be appreciative of their help in sponsorship education. Even though she didn't get help with her education, she is happy that her sons are getting it. She manages to pay for tuition, books, copies, school clothes, winter jackets, and all the stationery that they need. She sincerely appreciates everything, and she acknowledges her son's better study habits and behavior.

SUCCESS STORIES

Success Story of Gaya Kumari Chaudhary

LEAVE NO CHILD BEHIND FOR EDUCATION

"The Hunger for Education"

Gaya Kumari Chaudhary, a resilient student at Shree Janata Secondary School, class two. She resides with her family in Khoriya village, Chaudandigadhi Municipality, Udayapur district, Koshi Province, Nepal. Despite facing formidable challenges, Gaya is a hardworking student with dreams of becoming a nurse in the future. Seven months ago, Gaya's dad had a tragic accident and lost his life when he fell from a tree. Now, Gaya's mother holds the responsibility of being the sole guardian, commended with securing her daughter's future. Gaya is facing challenges in continuing her education. Her family had to sell their only piece of land to cover medical expenses after her father's accident. Gaya's mother works as an occasional laborer, but it's tough for her to manage daily expenses. The recent crisis has made it difficult for them to afford Gaya's school uniform and other necessary materials for her education.



Student of Gaya Kumari Chaudhary and her mother.

Despite Gaya's dreams of becoming a nurse, the family's financial struggles create doubts about fulfilling this dream. Gaya's mother is under constant stress and tension, trying to juggle family responsibilities and an uncertain future. She acknowledges that she is the primary support for Gaya's education but finds it challenging due to financial constraints.

HEARD Nepal and Uplift a Child International have joined hands to support Gaya's family. This collaboration aims to provide financial assistance so that Gaya can continue her education smoothly. Despite the challenges, Gaya's eagerness to learn remains strong, serving as a beacon of hope. Limited access to resources is a hurdle, but with the kindness and support of Uplift a Child International and HEARD Nepal, Gaya can pursue her dreams.

Gaya's mother expresses gratitude for the support, stating that their financial situation has improved compared to the past. She no longer experiences mental stress and tension regarding her daughter's education. While the journey ahead may be tough, the collective efforts of HEARD Nepal and Uplift a Child International are working towards transforming Gaya's story into one of triumph over adversity. This shows that education has the power to break the cycle of hardship and lead to a brighter future.

Thank You!

SUCCESS STORY OF JAMNI RANA MAGAR
LEAVE NO CHILD BEHIND FOR EDUCATION
"EMPOWERING DREAMS THROUGH EDUCATION"



Student of Jamni Rana Magar

Despite being ultra-prepared, Jamni Rana Magar faced numerous hurdles. She is a 6-year-old girl, the daughter of Mohan Rana Magar and the late Jeni Pahadi, residing in Sakhma - 02, Budhiganga rural municipality, Morang. Jamni's father, a migrant worker, has lost contact with the family for many years. Her mother passed due to cancer, leaving Jamni in the care of her grandmother, Bimala Rana Magar. Living with her grandmother, Jamni encounters financial crises daily. Bimala, not engaged in any income-generating activities, struggles to support their needs. While one of Jamni's relatives provides some assistance, it falls short of fulfilling her requirements. In the face of financial constraints, Jamni's education was severely impacted. Despite her eagerness to study, the lack of resources prevents her from attending school regularly. Her path is fraught with challenges, particularly in securing an education.

Knowing Jamni's situation and, after gathering information from family members and community members, HEARD Nepal planned to sponsor Jamni for her education in collaboration with Uplift a Child International, and decided to support her. She now attends Xavier's English School in SKG grade. The support provided covers various aspects of her education, including tuition, books, copies, school uniforms, winter clothes, and all stationary materials. This assistance not only aids her education but also ensures a better future for Jamni.

Expressing her gratitude, Jamni says, "I feel good. My life isn't as difficult, as it was earlier." Her grandmother also extends thanks to Uplift a Child International and HEARD Nepal for shaping Jamni's future through educational support

Success story of Sabitri Rajbanshi

LEAVE NO CHILD BEHIND FOR EDUCATION

"A Single mother's Journey to struggling life"



Sabitri Raibanshi

Sabitri Rajbanshi, a resident of Rajbanshi tole in Budhiganga Rural Municipality, Morang, Nepal, once lived happily with her husband Dukhana Rajbanshi, father-in-law Surat Rajbanshi, mother-in-law Nilu Rajbanshi, and their two children Shiv Rajbanshi and Rashi Rajbanshi. However, their content life took an unexpected turn when Sabitri's kind and hardworking husband passed away suddenly, leaving her devastated. This tragic event not only made her responsible for her young children but also for her aging father and mother-in-law.

Her husband had been the sole breadwinner, and his untimely death created emotional and financial challenges for the family. Sabitri, in her mid-twenties at the time, found herself struggling to provide for her family in a country where the percentage of working women was low due to various factors. As a single mother, Sabitri faced numerous hardships, particularly in affording her children's education, hindering their life goals. To overcome financial burdens, she resorted to selling the paddy grown in her household to support her children's education and meet basic family needs.

In a positive turn of events, HEARD Nepal, in collaboration with Uplift A Child International, extended financial support to Sabitri's children, enabling them to access quality education. This support eased the burden of sending her children to school and meeting basic family needs. Sabitri is now confident that her children's education and basic needs will not be compromised, thanks to the assistance provided by HEARD Nepal.

Expressing her determination, Sabitri stated, "I will not let my children face what I had to face after the death of my husband." Her goal is to make her son and daughter independent. HEARD Nepal continues to support her by covering expenses such as tuition fees, stationery, school uniforms, and more for her children. The family is grateful for this support, and Sabitri emphasizes her joy in being able to continue her children's education, a possibility that seemed unattainable without the assistance of HEARD Nepal.

Thank You.

Success story of Sanjiban Karki

LEAVE NO CHILD BEHIND FOR EDUCATION

“A poor child found hope though learning”

In the heart of a rural village, where the whispers of hardship echo through every corner, there resides a group of children whose lives are a testament to the strength of the human spirit. Born into poverty, their journey is one marked by adversity, yet defined by resilience, hope, and unwavering determination. Among them is Sanjiban Karki, a young boy with dreams as vast as the open sky. Growing up in a small, house with his parents and siblings, Sanjiban's world is one where hunger is a constant companion and uncertainty lurks around every corner. Yet, amidst the chaos of poverty, his spirit remains unbroken, fueled by a burning desire to carve a better future for himself and his family.



Sanjiban Karki is a student in grade 3 who excels academically in his class. He is a youngster whose parents use farming as a means of supporting the household. His career goal is to become a doctor. His dad is employed as a farm laborer. Due to his family's extremely poor income, he has a lot of difficulties providing his son with educational materials. He finds it challenging to plan meals for his family. They come from a low-income family. The financial burden in their family directly impacts Sanjiban's education.

They are affected in some way or the other by the recent COVID-19 outbreak. His father lost his prior work as a result of the COVID-19 epidemic, and it has caused numerous challenges in their lives. Thus, it is exceedingly challenging for him to see his son achieve graduation. He is therefore requesting full assistance from Uplift a Child International to give his son the support for education.

After meeting with Sanjiban and learning about his story, HEARD Nepal working in collaboration with Uplift a Child International, realized that Sanjiban is a gifted student in his class who comes from a very low-income background. If he is given support for his education, he will be able to make better progress. As a result, Sanjiban can now study effectively, and his family's financial school costs are lessened. They are now delighted that their son is receiving a superior education and that he will have a promising future. Also, Sanjiban's Parents express thanks and gratitude to Uplift a Child International and

HEARD Nepal for providing a great opportunity for their son to achieve academic qualifications. Also, getting support reduces the financial burden on their family. Now, they feel secure and safe for their son's future.

Thank You!

Success Story of Pinky Chaudhary

“The inspiring story of a single mother”



Mother of Pinky Chaudhary

Sarita Chaudhary, whose family resides in a remote area of Khoriya, Chaudandigadhi Municipality in the Udayapur district, Koshi Province, Nepal. Sarita's daughter, Pinky Chaudhary, is a talented and determined student in class two of Shree Janta Secondary School. Despite facing numerous challenges, Pinky remains committed to her education. The family encounters difficulty, with Sarita's husband dealing with mental health issues, and Sarita herself having a congenital eye problem and skin allergies triggered by sunlight exposure. Despite these difficulties, Pinky's commitment to learning persists. However, the family's low income began affecting Pinky's academic performance, making it challenging for her to access necessary educational resources. Upon learning about Pinky's situation, HEARD Nepal, in collaboration with Uplift a Child International, recognized her potential and the barriers she faced.

Conducting a careful screening, they identified her needs and immediately stepped in to provide support for her education. Pinky now receives all necessary stationery materials, tuition fees, and uniforms. Sarita expresses gratitude to Uplift a Child International and HEARD Nepal for making Pinky's dream come true. The organizations not only supported Pinky's education but also formed new groups that helped Sarita engage in productive activities like agriculture, reducing the financial burden on the family. The money saved from Pinky's education expenses is now utilized for buying essential items for the family, such as food and medicines.

She is thankful for the joint efforts of HEARD Nepal and Uplift a Child International, Pinky's educational journey took a positive turn, progressing to grade three. The organizations ensured she had everything essential for her education, leading to improved academic performance and increased confidence. The collaboration not only addressed Pinky's immediate educational needs but also alleviated the financial strain on the family, allowing Pinky to focus on her studies without economic challenges.

In the end, Sarita emphasizes that Pinky's achievement is not just her own—it is a victory for every marginalized girl and boy whose dreams have been deferred by poverty and inequality. Pinky's courage and resilience serve as a reminder that even in challenging times, hope endures, lighting the path toward a future where every child has the chance to shine.

Thank you!

SUCCESS STORY OF SUSHILA CHAUDHARY

"A GIRL'S STRUGGLE FOR HER LIFE"



In the quiet corners of a small village, where the whispers of hope echo of hardship, there lives a girl named Sushila Chaudhary. Born into a family burdened by financial strain, her dreams of education seemed destined to remain just those dreams.

Sushila is an 11-year-old residing in Chaudandigadhi municipality, Udayapur district, facing challenges in her education due to her family's financial struggles. Her parents, dependent on farming for income lack their agricultural land. A traumatic incident occurred when a fire broke out, causing injuries to Sushila's mother's leg and her father's neck. With a family of five to support and no sufficient income, meeting the educational needs of their three children became a challenging task for Sushila's parents. The financial strain made it difficult to afford school expenses and study materials. Their housing conditions were also precarious, adding to the overall hardship.

"Parental involvement in children's education is a critical factor associated with children's socioeconomic, emotional, and educational outcomes. However, low parental involvement occurs more often among economically disadvantaged families. The socio-economic status of parents and family impacts the study and the life of children".

-Voices of Rukmani Chaudhary

Realizing this awful situation, Sushila's father expressed the challenges they faced in providing for her education. After careful surveillance of his family status, HEARD Nepal, through the collaboration and sponsorship with Uplift a Child International provides an opportunity for her education by bearing all her expenses of and providing her with all the stationary materials, uniforms, tuition fees, etc. Hence, it's a positive change began to unfold. Sushila, now in 6th grade, has experienced significant improvement in her academic performance, thanks to the support provided by the organization.

Through the scholarship program, Sushila's dreams began to take flight. With financial barriers lifted, she embraced her education with renewed vigor, her thirst for knowledge fueled by

the belief that a brighter tomorrow awaited her. The assistance received has alleviated the family's financial burden, allowing them to manage their expenses more effectively. Sushila's parents express satisfaction and joy that their daughter is thriving academically, alleviating their concerns about her future. Sushila's Parents also want to thank Uplift a Child International and HEARD Nepal for supporting their daughter's education.

Also, Sushila's mother thanks for the formation of a new group, which helps to engage her family in productive activities like agriculture, and cultivation, which reduces their family's financial burden, the expenses that they used to spend on Sushila's education are now saved and they spend it on buying food materials and medicines, etc. Encouraged by this positive impact, they now aspire to send Sushila's younger brother to school in the upcoming year, with the hope of continued support from HEARD Nepal. Sushila's story embodies the marked changes in education and the profound impact of Uplift a Child International and HEARD Nepal dedicated to empowering marginalized youth.

Thank you!

Success story of Sujita Rajbanshi

"Single mother doing struggle for her daughter's education"

Mira Kumari Rajbanshi's family resides in a remote area of Budhiganga Rural Municipality in the Morang district of Koshi province, Nepal. Her family comprises only three members. Unfortunately, Mira's husband, Shova Kumar Rajbanshi, passed away due to an accident. Mira, working as a daily wage laborer at a factory, struggled to make ends meet and ensure her daughter Sujita could continue her education. Their life was challenging, especially concerning Sujita's school fees, given



The passing of my husband intensified the challenges for our family. I have two children, a son and a daughter, both are school going. The financial crisis compelled me to make difficult decisions, leading me to withdraw my daughter from boarding school and enroll her in a government school. As the sole provider for the family, I must sustain our household with the income I earn from working in a factory.

The opportunity to get the "Child Sponsorship Educational Program" by HEARD Nepal brought immense excitement and joy to our family. This allowed me to re-enroll my daughter in Xavier's English School. HEARD Nepal now oversees all school expenses, covering fees, books, copies, school uniforms, and more. Additionally, my daughter's academic performance has shown improvement. We are incredibly happy and grateful for the support provided. We encourage others facing similar hardships to seek help. Thank you to HEARD Nepal for making a positive impact on our lives in collaboration with Uplift a Child

Mira's minimal income. The family

resides in a single congested room where they both cook and sleep, and the sanitation conditions pose a risk of waterborne diseases. However, their situation took a positive turn when HEARD Nepal, upon learning about their conditions, visited Sujita's house with a scholarship offer and pledged to support her education. This became a significant achievement for Mira. Sujita Rajbanshi, currently in grade 4 at Xavier's English School in Tankisinuwari-02, Budhiganga Rural Municipality, had financial challenges in pursuing her ambition to become a teacher.

Being a single mother, Mira finds it challenging to manage both her daughter's education and household expenses. The involvement of HEARD Nepal in their lives through the "Child Sponsorship Educational Program" has been a source of joy for Mira. She expresses happiness that her daughter's academic education is now under the organization's responsibility. Recognizing the importance of girls' education, Mira believes that education empowers girls, enabling them to understand their rights and providing greater opportunities for them to fulfill their potential. With the support of HEARD Nepal and Uplift a Child International, Mira is optimistic about her daughter's bright future. Instead of worrying about school fees, she can now focus on saving for other family needs and ensuring the family's well-being, including providing good food.

Thank You!

PHOTO GALLERY



HEARD Nepal

**Health Nutrition Education and Agriculture Research Development
Nepal.**

Office Mobile No. +977-9852030137/9847110137

Reg. Office – Saprari, Rajbiraj -07, Madhesh Province.

**Provincial Field Contact Office – Imadol , Lalitpur and Biratnagar 03,
Panchakanya Marg, Koshi Province, Morang, Nepal.**

Email: info@heardnepal.org

<http://www.heardnepal.org/> | [Facebook](#) | [Twitter](#)

