

# ANNUAL PROGRESS REPORT

FY 2080/2081



## Message from President

**Dear Supporters, Professional Volunteers, and Well-wishers.**

*We are delighted to present the 2023-2024 (BS:2080-81) Annual Report of Health Nutrition Education and Agriculture Research Development Nepal (HEARD Nepal), a journey that started 4 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. Right now we are heightened through our generous efforts and received funding from organizations like Latter Day Saint Charities (LDSC), Global Envirotech Initiative, USA etc. 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*

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# Part-1: Brief Introduction of the HEARD

HEARD Nepal is a non-governmental, non-profitable and non-political organization established in 2021 A.D for the sustainable improvement of people living under poverty. The organization is working with primary focus on overall development of the country acting as helping hand of the government initiatives. Some of the youths working together and having similar aims and perception of developing prosperous society and country, established the organization having inclusive provision of marginalized, Dalit communities, Women, diverse ethnicities in the legal system of the organization. With the main objective to promote Health, Nutrition, Agriculture, Education, human rights, CCDRR etc organization has been implementing projects and programs which support to fulfil the actual needs of the community along with focus on skill development, policy formulation of local government, education and health system strengthening rather than mere input supports in coordination and collaboration with different donor and line agencies at Sunsari, Saptari and Morang districts of Nepal.

The organization collaborates with poor and vulnerable communities to address their interests and needs by promoting their socio-economic and cultural development. It also empowers these communities to voice their concerns independently, providing support for participatory planning and the prioritization of need-based interventions. To systematically manage and advance its mission, goals, and objectives, 11 board members were elected during the 3rd General Assembly, consisting of 7 men and 4 women. The General members also includes 55 members, with 35 men and 20 women.

## **1.1: VMGO of HEARD Nepal**

### **1.1.1 Vision:**

The vision is to support local Nepali communities by improving health care services, reducing poverty, and promoting social inclusion. The organization is dedicated to the social development and integration of underprivileged individuals and communities in Nepal, aiming to combat poverty and expand opportunities for all. It strives to provide access to essential resources like food security, safe drinking water, quality health services, education, livelihood, and disaster risk reduction, while fostering resilience against climate change. The goal is to create a world where communities thrive in safety and dignity, empowered with the knowledge and tools to build sustainable, resilient societies. Through innovation, inclusivity, and a commitment to sustainable humanitarian development, the organization aspires to be a global leader in driving transformative change.

### **1.1.2 Mission:**

The organization's mission is to ensure access to quality health care and education for all, modernize and strengthen agriculture to support livelihoods, and protect and empower women and children. It is dedicated to supporting good governance, conducting evidence-based research in health, nutrition, education, and

agriculture, and running livelihood-based micro-credit programs for local communities. The organization also aims to empower communities, governments, and organizations to proactively mitigate disaster impacts and adapt to climate change through innovative research, capacity building, and collaborative partnerships, enhancing resilience and promoting sustainable development.

#### **1.1.3 Goal:**

The goal of the organization is to advance the educational, health, agricultural, and economic well-being of target groups by focusing on social inclusion and community-based research, while also strengthening and expanding the institutional capacity of rights holders.

#### **1.1.4 Objectives:**

The objectives of the organization are as follows:

1. Improve maternal and neonatal health services in Nepal, enhance access to healthcare, and expand the number of health facilities, particularly focusing on maternal, neonatal, child health, and family planning (MNCH/FP).
2. Implement an integrated health system approach under federalism, collaborating with local governments, health officials, and institutions to address barriers and improve healthcare access for women and marginalized communities.
3. Partner with the private sector to enhance access to health services, strengthen the health system, and improve health outcomes, particularly in underserved areas.
4. Address poor nutritional status by improving dietary habits, health, hygiene, and access to safe water, sanitation, and quality health services.
5. Conduct programs focused on women's health, education, disaster risk reduction (DRR)/climate change adaptation (CCA), protection, rights, and overall development, including self-defense, legal literacy, and entrepreneurship training.
6. Collaborate with multi-sectoral stakeholders to strengthen public health supply chains, ensuring the availability of essential medicines for quality health service delivery.
7. Promote climate-smart agriculture, diversify key crops, strengthen local market systems, and support competitive agricultural value chains and businesses.
8. Support sustainable and competitive agricultural production to reduce poverty, eradicate hunger and malnutrition, and diversify livelihoods through access to financial services and vocational training.
9. Reduce violence against women and adolescents, ensure equal opportunities and access to quality education, and combat discriminatory practices, including child marriage, trafficking, and labor.
10. Facilitate the development and implementation of evidence-based policies and strategies for disaster resilience and climate change adaptation, fostering a proactive risk management culture, building institutional capacity, and promoting sustainable development.

#### **1.2 Target Group and Right Holders:**

HEARD Nepal consider its target group/right holders; Women, Dalit, Impoverished, disadvantage and Marginalized communities, Youth and Adolescents, Children, and persons with disabilities for the implementation of project/programs.

### 1.3 Thematic Area:

HEARD themes are included following:

- Health, Nutrition and WASH
- Resilient Livelihood and Agriculture
- Inclusive and Formal education
- Disaster Risk Reduction and Climate Change Adaptation
- Research and Innovation
- Child prosperity, against any kinds of violence and Inequality

### 1.4 HEARD's Policies and Guidelines:



Different policies and guidelines have developed to lead the organization towards the good governance. The policies and guidelines in the HEARD are as below;

- Constitution of the Organization
- Human Resource Management Policy
- Admin and Finance Policy
- Gender Equality Disability and Social Inclusion Policy
- Safeguarding Policy
- PSEA Policy

### 1.5 Communication and Reporting Strategy:

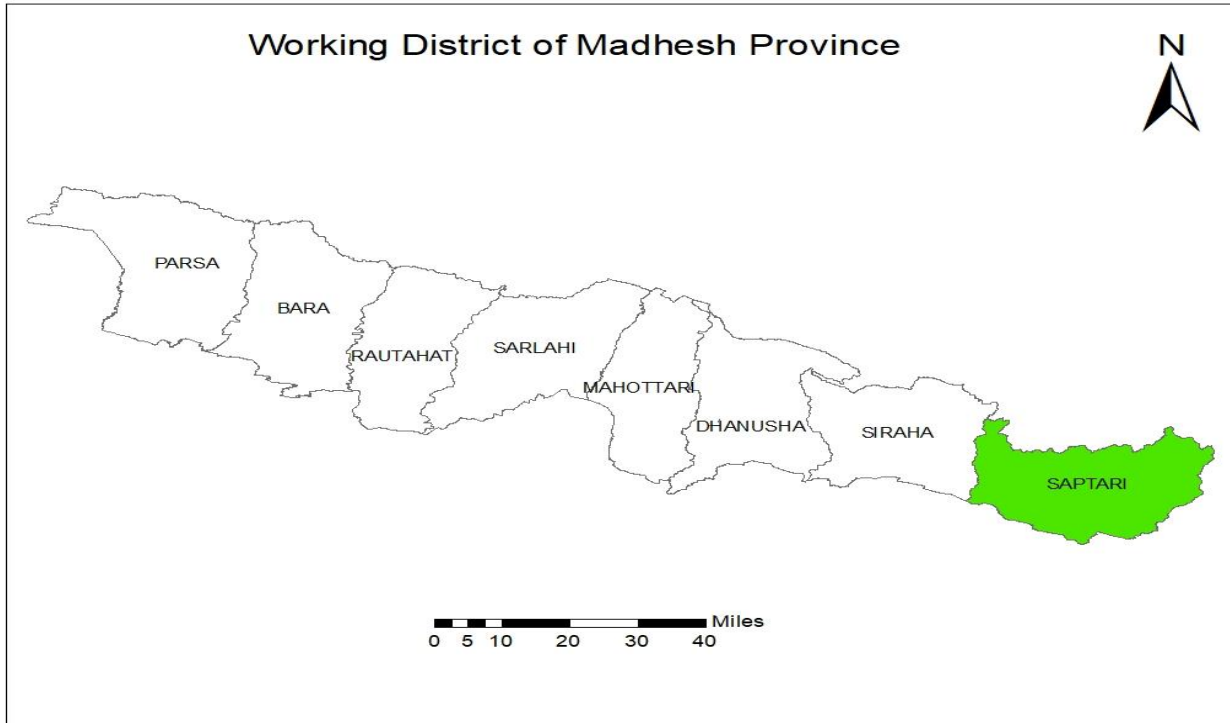
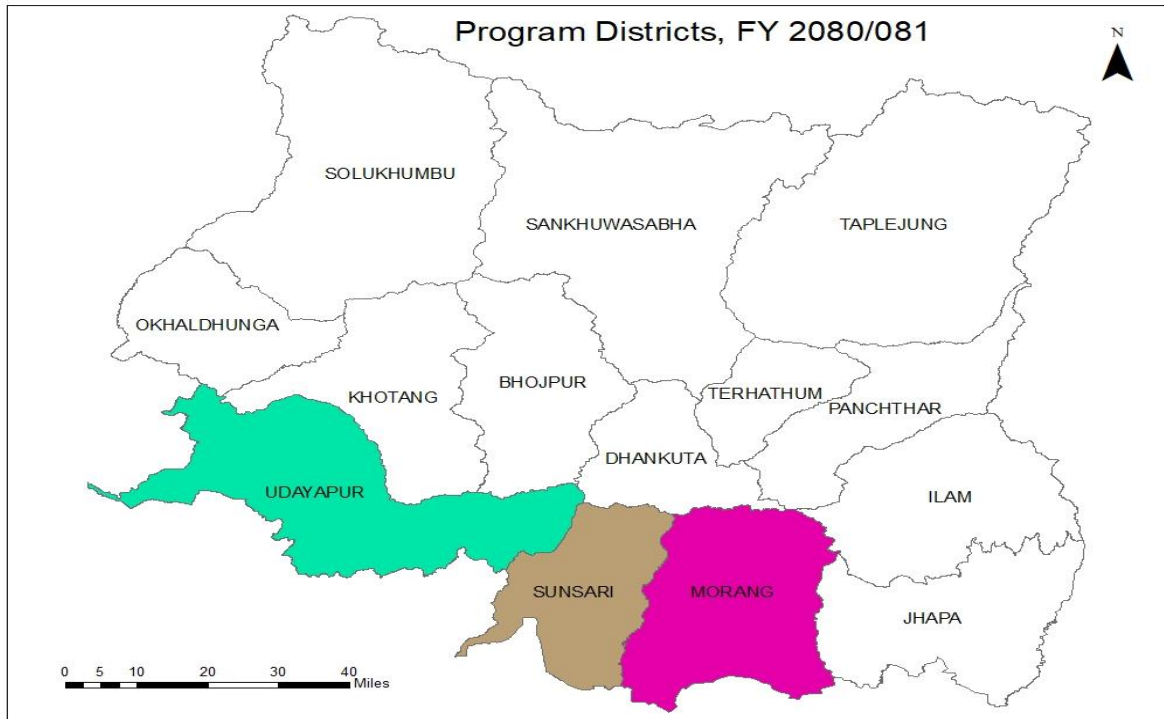
HEARD Nepal follows both horizontal and vertical communication and reporting mechanism for making effective information flow. Among vertical both upward and downward reporting and communication system is practiced as per the requirement and level of intensity.

### 1.6 Major Project Implemented in FY 2080/81:

S.N.	Name of Project	Funding Organization
1.	Education Support in Barju via WASH and other Upgrades	 Latter Day Saint Charities (LDSC)
2.	Emergency Support to Fire Victims in Barju RM	 Latter Day Saint Charities (LDSC)

3.	Improving Maternal Newborn and Child Health Project	 <p>Global Envirotech Initiative</p>
3.	Ram Rishidev Samriddhi Pariyojana “ RUPANTARAN Project”	 <p>Barju Rural Municipality</p>
4.	Policy and Act Formulation (Saptari, Morang)	 <p>Tilathikoiladi RM, Saptari and Dhanpalthan RM, Morang</p>
5.	Disaster Risk Mapping of Barju	Barju Rural Municipality
6.	Health and Nutrition Survey	Mahadewa, Tilathi and Jahada Rural Municipality

1.7: Project District Fiscal Year 2080/081:



## Part-2: Key Achievements from Implemented Projects

HEARD Nepal is implementing various projects/programs with collaboration and support of different agencies, local government for the greater improvement in social, economic and cultural status of the back warded people living in the rural communities of different districts. Having main aim about promoting and protecting health, nutrition, WASH, education and further development of the agriculture sector as per actual needs of the community with giving priority on skill, providing supportive materials for the institutional strengthening joining hands with stakeholders. The main objective the organization is promoting human rights, health, Nutrition, WASH, education, study/research and further development in the development of agriculture sector, which is moving forward for its activities, can fulfill the actual needs of the community that match their objectives and provide priority to the people beyond the object, in concern with the stakeholders who want to enter the community.

HEARD Nepal has a special interest in bringing resources to the communities for access in quality health care and system strengthening, reduce Malnutrition, improve WASH activities, enhanced resilient agriculture and livelihood practices, poverty reduction, disaster and climate risk reduction and renovation sector, with the consensus of local resources and Skills. This has led the basic mechanism that community should be more alert and responsible for the development of the community, by imminent impression on the people's participation from different channels of interest and has led to the development of the activities of the program to promote the spirit of program perception. In the fiscal year, 2080/081, 2416 people have been directly benefitted through different programs/projects in partnership and coordination with different donor agencies and local government. The project/program wise annual achievement of fiscal year 2080/081 are presented below;

### **2.1 Project wise Achievements/Key Highlights:**

#### **2.1.1 Education Support Via WASH and other upgrades in Barju Rural Municipality**

- Working Area: Barju Rural Municipality (16 Schools)
- Duration of Program: June 2024 to May 2025
- Funding Agency: Latter Day Saint Charities (LDS Charities), USA & Hongkong
- Beneficiaries: Pre-School children with a prime focus on ECCD children & Adolescent Girls and Boys.

#### **Objective of the Program:**

- ❖ Improve the physical and learning environment in 16 schools, particularly for ECCD children, by providing essential learning materials and renovating classrooms to create a more stimulating and conducive learning space.
- ❖ Install water filters, hand washing stations, and water tanks to ensure access to clean drinking water and promote good hygiene practices among students and staff.

- ❖ Renovate and upgrade school toilets to make them gender and disability-friendly, ensuring that all students, regardless of gender or physical ability, have access to safe and hygienic sanitation facilities.
- ❖ Establish restrooms and provide sanitary pad vending machines in schools to support menstrual hygiene management, enabling girls to attend school regularly and with dignity.
- ❖ Provide ECCD teachers with Early Literacy and Math (ELM) training to enhance their teaching skills and improve early childhood education outcomes.
- ❖ By improving school facilities and addressing barriers such as poor sanitation and menstrual hygiene management, the project aims to increase school attendance and reduce dropout rates, especially among girls.
- ❖ Engage with local communities to raise awareness about the importance of WASH in schools and encourage community participation in maintaining and sustaining the improvements made through the project.

These objectives align with broader goals of improving educational outcomes, promoting health and hygiene, and fostering inclusive, child-friendly learning environments in the Barju Rural Municipality.

### **Key Highlights:**

- Completed Project Inception meeting in participation of Barju Rural Municipality Chairperson, Chief Administrative Officer, teachers, Country Director of Latter Day Saint Charities, and other relevant stakeholders. There were 32 participants participating the inception meeting, among them 22 were Male and 10 were the Female participants.
- The procurement of ECCD materials and the renovation of rooms are ongoing. Among the 16 schools, the ECCD room painting has been completed in 5. Jute carpets, door mats, pad vending machines, whiteboards, and other ECCD materials have already been purchased and delivered to the respective schools.



### **2.1.2 Emergency Support**

- Name of Project: Emergency Relief Support to fire victims Project
- Working area: Barju, Gadhi and Duhabi RM of Sunsari and Mahadewa RM of Saptari district.
- Duration of Project: 6 months (May 2024 to October 2024)
- Funding Agency: Latter Day Saint Charities (LDS Charities), USA & Hongkong
- Beneficiaries: Fire Victims of 4 Palika

### Objectives of the Program:

- ❖ Distribute essential items such as food, cooking utensils, bedding, mosquito net and other necessary needs to fire victims to address immediate survival needs.
- ❖ Construct toilets to ensure WASH among the victim household.
- ❖ Alleviate hardship and improve living conditions of victims.

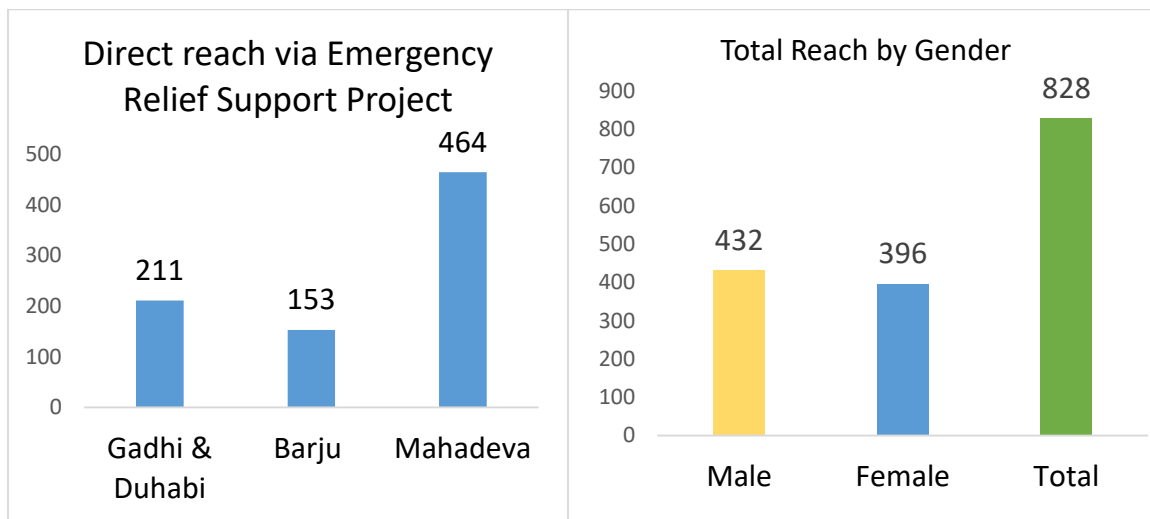
### Key Highlights and Achievements:



- Before the distribution of relief packages, the victims were in dire straits, having lost all their possessions and facing an uncertain future.
- The comprehensive relief provided has significantly alleviated their hardships, improving their living conditions and bringing much-needed stability to their lives. Many beneficiaries have expressed profound

gratitude, highlighting the transformative impact of the support they received.

- The local authorities have acknowledged the considerable positive effect of this donation and have commended the timely and effective assistance provided by LDS Charities & HEARD Nepal.
- Construction of temporary toilet was ongoing which a part of emergency support project
- There were 828 total right holders directly reached via project.



### 2.1.3 MNCH Project:

- Name of Project: Improving Maternal Newborn and Child Health Project
- Working Area: Barju Rural Municipality
- Duration of Project: 12 months
- Funding Organization: Global Envirotech Initiative, USA
- Beneficiaries: Women of Reproductive Age, Children under 5 years, Health Workers, FCHV, HFOMC, ORC management committee etc.

#### Objectives of Project:

- ❖ Strengthen the primary health care/outreach clinics (PHC/ORC) for delivering quality maternal, newborn and child health & nutrition services
- ❖ Increase the percentage of institutional deliveries, antenatal care (ANC), postnatal care (PNC) coverage and contraceptive prevalence rate (CPR).
- ❖ Increase access and utilization of prevention and treatment services at primary health care facilities for Pregnant and Lactating Women (PLW) and children aged 0 to 59 months
- ❖ Improve the knowledge and behaviors of mothers and caregivers regarding optimal maternal, infant, and young child feeding practices, and foster nurturing behaviors through Social and Behaviour Change Communication (SBCC).

#### Key Highlights:

Till this reporting period kick off meeting of the project has been completed in participation of 32 people including 25 Male and 7 Female. The participants include local government representatives like; Chair, CAO, Health Coordinators, Ward Chairs, Health Facilities In charges, Chair of Global Envirotech Initiative Asia etc. The Key Achievements of Project inception meeting were as follows;

- Clear communication and understanding of the project's goals, objectives, and implementation methodology among all participants.
- Strong commitment and support from stakeholders, including GEI Asia Chairperson, local government officials, and health facilities representatives.
- Clear definition and agreement on the roles and responsibilities of each stakeholder group, ensuring coordinated efforts and accountability.
- Establishment of a collaborative framework for ongoing communication and coordination among stakeholders throughout the project.



- Successful identification and discussion of potential challenges and barriers to implementation, along with strategies to address them.

#### 2.1.4 RUPANTARAN Project

- Name of Project: Ram Rishidev Samriddhi Pariyojana
- Working Area: Barju Rural Municipality
- Duration of Project: One year with possibility of extension
- Funding Organization: Barju Rural Municipality
- Beneficiaries: Ram and Rishidev Community

#### Key Highlights/Achievements of Project:

##### Start and Improve Your Business (SIYB) training:

- ❖ Start and Improve your business (SIYB) training was provided to 39 people of Musahar Community. Out of them 32 were Female and 7 were Male participants.
- ❖ Participants gain essential skills in business planning, financial management, marketing, and operations, which are crucial for running a successful business.
- ❖ 8 participants go on to start their own businesses after completing the training, contributing to local economic development. They have chosen the business like Mushroom Farming, retail shop, hotel etc.
- ❖ The marginalized group were empowered, develop their business skills and confidence.
- ❖ Developed business culture among the participants.

##### Health and Nutrition, Sexual and Reproductive Health Right (SRHR) Training:

Sexual and Reproductive Health and Rights (SRHR) training for adolescent's plays a crucial role in empowering young people with the knowledge and skills they need to make informed decisions about their health and well-being. The key achievements of SRHR training for adolescents may



include:

- ❖ 29 [Female: 20 and Male: 9] Adolescents received 3 days Sexual and Reproductive Health Right training.
- ❖ Adolescents gain a comprehensive understanding of sexual and reproductive health,

including topics like puberty, contraception, sexually transmitted infections (STIs), HIV/AIDS, and menstrual health.

- ❖ Adolescents develop critical thinking skills and confidence to make informed choices about their sexual and reproductive health, reducing the likelihood of unintended pregnancies and STIs.
- ❖ Trained adolescents assured to share their knowledge with peers and family members, contributing to broader community awareness and positive changes in social norms related to sexual and reproductive health.

### 2.1.5 Health Policy Formulation, Dissemination and Endorsement Program

- Working Area: Tilathikoiladi Rural Municipality, Saptari and Dhanpalthan Rural Municipality, Morang
- Duration of Project: 3 months
- Funding Organization: Rural Municipalities of working area
- Beneficiary: Rural Municipality



#### Key Highlights/Achievements of Project:

- ❖ Formulated and disseminated Health Policy and Public Health Act of Tilathikoiladi Rural Municipality of Saptari district and Dhanpalthan Rural Municipality of Morang respectively.
- ❖ The disseminated program was conducted in meeting hall of both Rural Municipalities in presence of Chair, Deputy Chair, Chief Administrative Officer, Health Coordinators, ward chairs, health facilities in charges and so on. 60 (Male: 47 and Female: 13) participants has enthusiastically participated in the dissemination program.
- ❖ Created a structured legal foundation for public health, ensuring consistent and effective healthcare delivery across the municipality.
- ❖ Facilitated the expansion of healthcare services to remote and underserved areas, improving accessibility for all citizens.
- ❖ Encouraged active involvement of community members in health planning and decision-making processes, leading to more responsive and community-centered health initiatives.
- ❖ Focused on reducing health disparities by addressing the needs of marginalized and vulnerable populations through targeted interventions.
- ❖ Established robust systems for monitoring and reporting public health data, improving the ability to track and respond to health trends and outbreaks.

These achievements reflect the significant progress made in enhancing the overall health governance, service delivery, and public health outcomes within the municipality following the formulation of the Health Policy and Public Health Act.

### 2.1.6 Community Engagement Project for WASH, health and nutrition survey in Jahada Rural Municipality Morang and Mahadewa and Tilathikoiladi RM, Saptari.

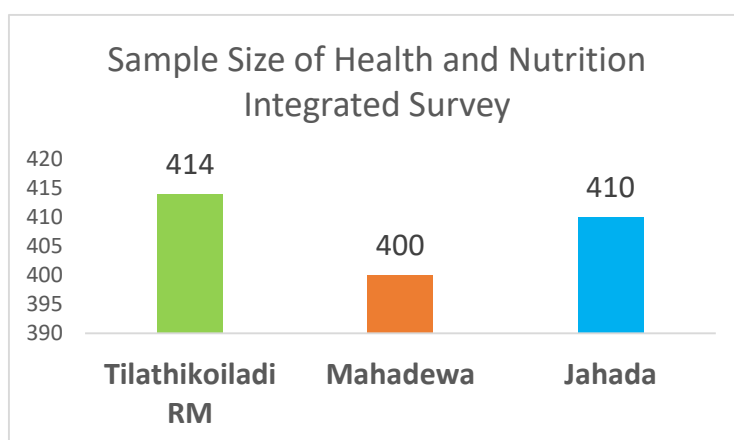
- Working Area: Jahada, Tilathikoiladi RM and Mahadewa Rural Municipality, of Morang and Saptari
- Duration: 1 month
- Funding Organization: Jahada, Tilathikoiladi and Mahadewa Rural Municipality
- Beneficiaries: Under 5 years Children and Mothers

#### Objectives of Survey:

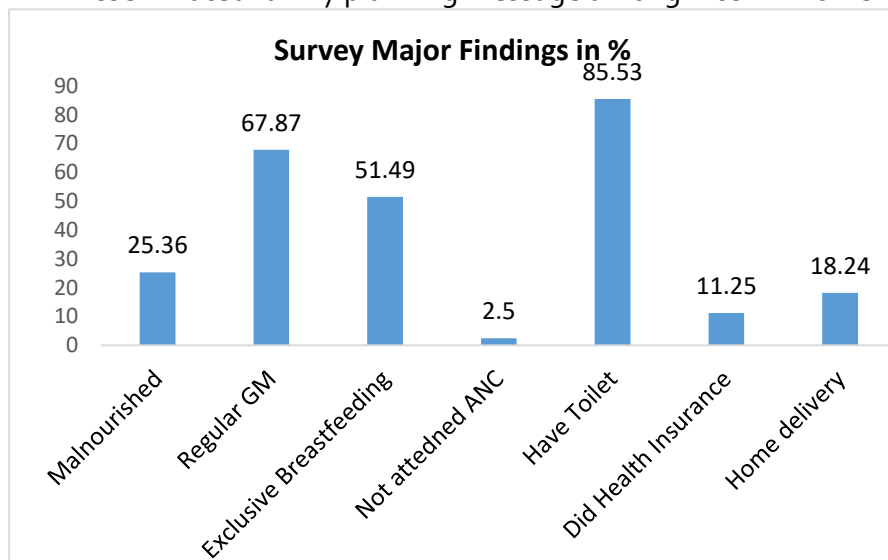
- ❖ Assess the overall health and nutritional status of children under 5 years.
- ❖ Identify prevalent health issues, nutritional deficiencies, and determinants of child health and nutrition within the community.
- ❖ To identify KAP of parents/caregivers regarding child health, nutrition, and early childhood care.
- ❖ TO identify barriers and challenges hindering the access to healthcare services and nutritious food for children under 5 years.
- ❖ To promote safe motherhood, infant immunization and nutrition, birth spacing, adolescent health.
- ❖ To aware community people about nutrition education, exclusive breast feeding and KAP on WASH.

#### Key Highlights/Achievements of Project:

- Project reached to 1224 children, their mother and families directly with Health and Nutrition, WASH, Maternal and Child Health message and sensitize them.



- Beneficiaries are aware about the use and importance of birth registration, Immunization and safe use of card.
- Disseminated family planning message among Muslim women



- All the households were aware about Social Health Insurance
- Local government aware about the exact status of their community people and assured to launch intensive health related program specially focusing to Muslim and Dalit Community.

- One day Nutrition Survey Orientation conducted in Tilathikoiladi Rural municipality. There 32 [Male=26 and Female=6] participating the orientation.

### 2.1.7 Training of Trainers (ToT) on Humanitarian Essentials and Sphere Standard:



The training of trainers (TOT) event on humanitarian essentials and sphere standards conducted over three days at purple Haze Café in Biratnagar Morang. The TOT aimed to equip humanitarian professionals with the knowledge and skills to effectively deliver sphere standards training, ensuring better responses to humanitarian crises. The Objectives of training is to understand the sphere & its importance to apply in

humanitarian actions and will be able to facilitate the training on sphere standards.

HEARD Nepal hired two trainers from Bangladesh, Mr. Sariful Alam and Mrs. Sabina Yasmin, for this TOT training. During the opening session on the first day, various notable guests were present, including the chairpersons of Jahada Rural Municipality, Barju Rural Municipality, Harinagar Rural Municipality, Katakari Rural Municipality, along with the Deputy Chairperson of Dhanpalthan, the

Assistant CDO, and the Chief of DCC Morang. The training was attended by a diverse group of participants, including officers from different rural municipalities, energy officers, public health officers, MIS operators, disaster focal persons, NGO program coordinators, and district coordinators. In total, 50 individuals, comprising guests, actual participants, and journalists, took part in the training.

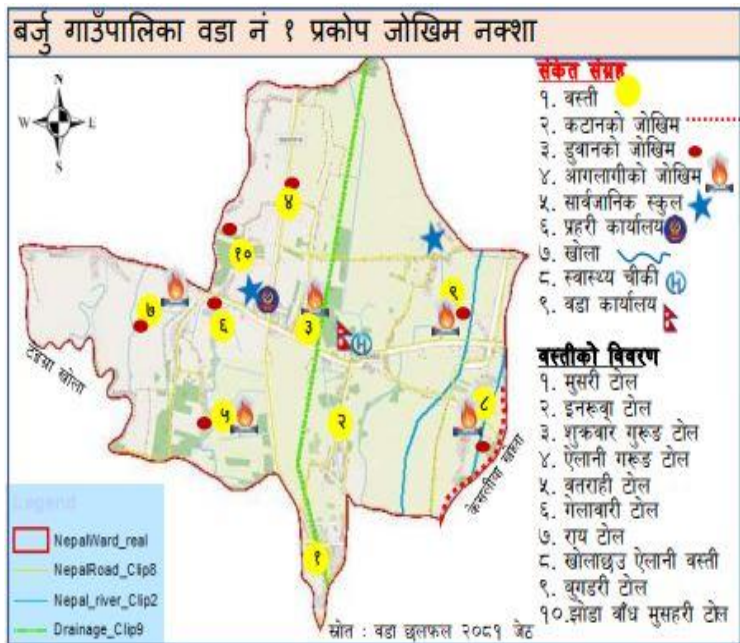


### 2.1.8 Disaster Risk Mapping of Barju Rural Municipality:

In partnership with Barju Rural Municipality, Sunsari, the organization carried out disaster risk mapping. Upon completing the mapping, a detailed report was submitted to the municipality.

#### Key Achievements:

- Disaster Risk Mapping Provided a comprehensive understanding of areas prone to specific disasters (e.g., landslides, floods, earthquakes) which has helped in prioritizing areas for intervention and resource allocation.



- Assisted local government and stakeholders in making informed decisions regarding land use, infrastructure development, and emergency planning.
- Supported the integration of disaster risk reduction into development planning, ensuring that future projects are resilient to potential hazards.
- Encourages collaboration between the local government, NGOs, and the community in disaster risk reduction efforts.
- Hoarding board clearly marked high-risk zones, ensuring that both locals and visitors are aware of potential dangers.
- Serve as visual aids in community awareness programs, reinforcing the importance of adhering to safe practices in identified high-risk areas.

### **2.1.9 Child Sponsorship Educational Program (winter uniform distribution and Bimonthly Meeting) Udayapur and Morang.**

With financial support from Uplift a Child International, HEARD Nepal organized a ceremony at Shree Janata Secondary School in Hadiya, Udayapur and St. Xaviers Secondary School, Budiganga Morang. The uniform was distributed to total 73 students. The event welcomed school teachers, scholarship recipients, and their parents. The program was also attended by the schools vice principal, other teachers, the



Founder/President and professional volunteers of HEARD Nepal, members of the school management committee, and ward representatives from Chaudandigadhi-9 rural municipality. Distributed materials encompassed a comprehensive array of essential items, including school bags, books, notebooks, stationery, uniforms (summer & winter), ties, belts, shoes, socks, student ID cards, daily logbook, annual calendar, and water bottles.

### **2.1.10 Meeting held with LDSC, Days for Girls organizations and Board members and Volunteers of HEARD Nepal**

The meeting took place in Kathmandu from January 29th to February 2nd, 2024. During this time, HEARD Nepal recently visited the LDSC country office and reached the final stage of the "Improvement of Education through WASH Project" in Barju Rural Municipality. They also discussed the MHM program with LDSC, and there is a possibility of future collaboration with Days for Girls to work in Koshi Province in partnership with HEARD Nepal. Additionally, HEARD Nepal plans to collaborate with two other organizations in the areas of SRH/FP and health education in the Koshi and Madhesh Provinces. HEARD Nepal also had a promising meeting with Sticing Nepal, indicating a potential partnership in the near future. Moreover, HEARD Nepal met with its board members and volunteers to share the organization's progress.

### **2.1.11 Progress sharing of Semi-Annual Meeting of FY 2080/81 among Board Members**

On 17th Falgun 2080, a virtual meeting was held to share the semi-annual progress for the fiscal year 2080/81, covering the months from Shrawan to Poush. The meeting was attended by most of the board members, along with HEARD Professional volunteers and team members.

#### **Objectives:**

- Introduction with HEARD Nepal's founder/president, all board members as well as professional volunteers.
- Details information sharing of educational program under Child sponsorship educational program at Udayapur.
- To share the activities conducted and participation in different meetings and programs.

- To share all activities, photos of the program.
- To share progress about the LDSC project, MSI Project, MHM project.
- To discuss on further process of implementation of the activity and project to be held in upcoming days.

#### Key Achievements:

- ❖ The board assessed the progress of ongoing projects and initiatives, highlighting successes, addressing challenges, and setting future goals.
- ❖ Established harmonious relation between board and organization
- ❖ Board member updated about the key progress under organization run project and activities.

#### **2.1.12 Technical Assistance on Community Level MSNP program Facilitation:**

In coordination and collaboration with Jahada Rural Municipality. HEARD Nepal provide technical assistance on Multi-sector Nutrition Plan (MSNP). The program had focused on addressing nutritional situation & challenges faced by the people at community level as well as family MUAC screening. The program aimed to improve nutrition outcomes across various sectors by implementing strategies that encompassed health, agriculture, education and social protection, among others. One of the specific activities carried out under this plan was family Mid-Upper Arm Circumference (MUAC) screening. This helps to access acute malnutrition in individuals, especially children, pregnant or lactating women.



#### **2.1.13 Day Celebration:**

##### **Breast Feeding Week:**

Breastfeeding Week was celebrated from August 1st to 7th by distributing banners to the Health Section of Biratnagar Municipality and providing counseling to new postnatal mothers on the importance of breastfeeding at Jahada RM.

##### **16 days activism against GBV:**

The 16 Days of Activism Against Gender-Based Violence was celebrated in Rajbiraj, Saptari, with around 300 participants joining the rally. Among them were students from three public health and nursing colleges, various organizational stakeholders, representatives from HO Saptari, and other individuals.

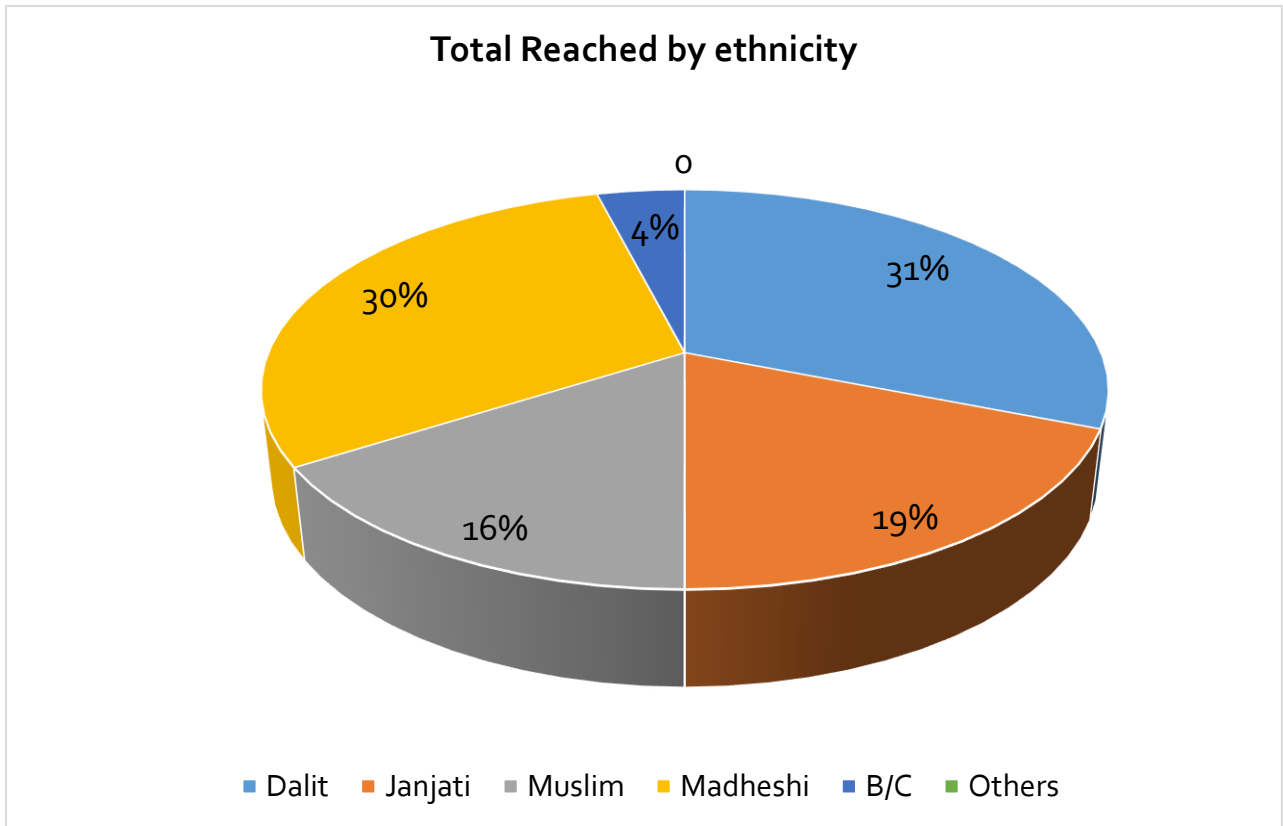
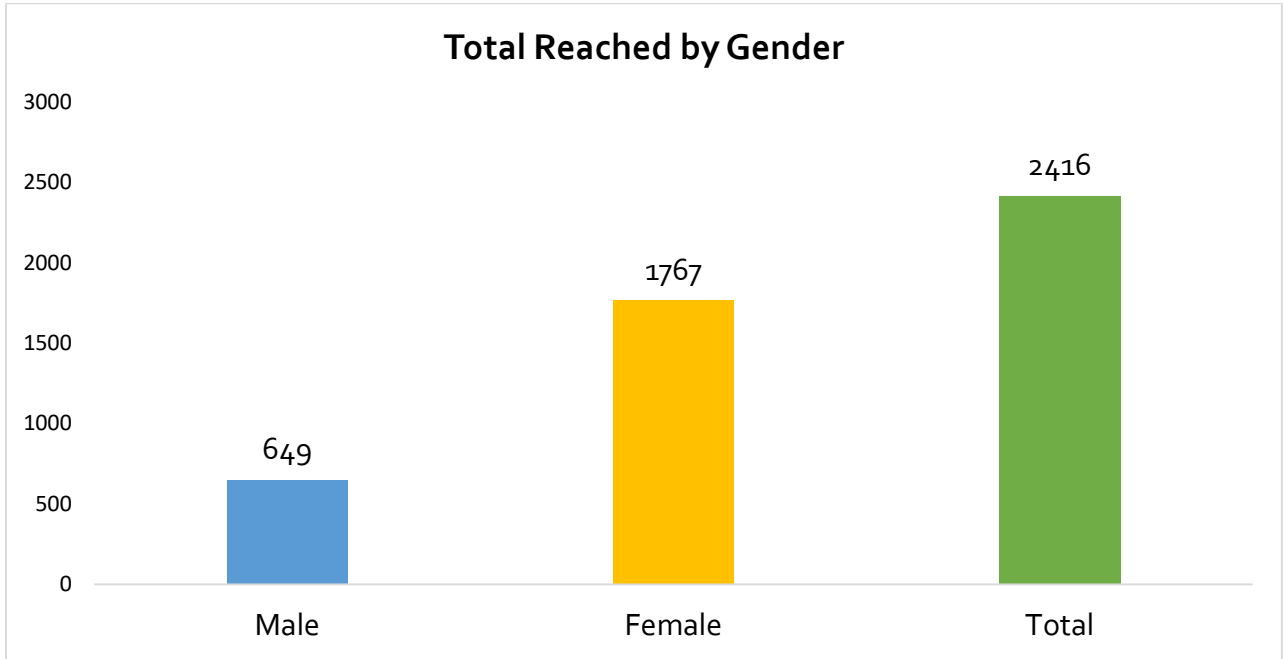
### **International Women's Day:**

The 2024 theme for International Women's Day was ***"Invest in Women: Accelerate Progress."*** HEARD Nepal marked the occasion by sharing feelings, thoughts, and experiences through speeches, motivational videos, and written messages

### **Other Key Activities:**

- On 29<sup>th</sup> March, 2024 HEARD Nepal was listed as a valuable future partner for Health, WASH and Education Project under Corporate Social Responsibility (CSR) fund of Nabil Bank
- Conducted bilateral meeting with New Era and World Vision Advocacy Forum to identify and explore area of collaboration in future.
- Meeting held with LDSC, Days for Girls organizations and Board members and Volunteers of HEARD Nepal

2.2. Total Reach in FY 2080/2081:



# Part-3: Best Practices, Lesson Learned & Challenges

## 3.1 Best practices done by the Organization in the year 2080/081

- Transparency (Public hearing, Hoarding board, Presentation of annual progress and planning), Social Audit, Joint Monitoring, Inter-sectorial meeting, Participatory Plan, Innovative plan implementation.
- Tax, Tax exemption certificate, Renew, PAN, Registration in Inland Revenue Office
- Regular Annual General Assembly.
- Participatory project planning and evaluation.
- Coordination meetings with Municipality, Rural Municipality, Local level, and representatives of other organizations
- Reach directly to the most marginalized and disadvantage, minorities community and start empowering them.
- During the Health, Nutrition and WASH Survey enumerators counsel every single women about MNCH, Nutrition, WASH etc. by which they were aware about the importance.
- Did concrete need assessment before distribution of relief materials.
- Design health promotion and education materials that resonate with the local language, culture, and literacy levels.

## 3.2 Learnings:

- Direct engagement with community members often reveals insights that were not initially considered, emphasizing the need for participatory approaches from the start.
- Coordinating multi-sectorial efforts can be challenging, requiring strong communication and collaboration among different stakeholders.
- Building local capacity takes time and ongoing support, particularly in areas with low literacy rates or limited access to education.
- Government need technical assistance before allocation of budget and they still need advocacy on planning process.
- Can do big work even within the small budget
- All the field program should be linked and align with regular government program for the sustainability.

### 3.3 Challenges:

- In areas with low literacy rates or limited education like Musher community, it has been challenging to build local capacity and ensure community ownership of the project
- Identification of 100% exact beneficiaries while distribution of emergency relief support.
- Not having regular attendance of same people in training.

Annex 1: Beneficiaries reached by the Project/Activities conducted this year (FY 2080/081):

S.N	Activities	Location/Palaces	Direct Beneficiaries		Ethnicity						Total Number Direct
			Male	Female	Dalit	Janjati	Muslim	Madhesi	B/C	Others	
1	Sphere TOT Training	Purple haze Biratnagar Morang	38	12	2	7	7	14	20	0	50
2	One day Nutrition Survey Orientation	Tlathikoiladi RM	26	6	0	0	2	21	9	0	32
3	Health and Nutrition Survey	Tilathi, Jahdada and Madhdewa RM	5	1219	283	356	125	445	15	0	1224
4	FGD at Tilathi Koiladi RM Saptari	Tilathi Koiladi ward no.2 and 6	0	20	11	0	0	9	0	0	20
5	FGD at Jahada RM	Jahada RM, ward no. 1 and 7	0	19	11	0	0	8	0	0	19
6	FGD at Mahadewa RM, Saptari	Mahadeva RM, ward no. 5	0	10	0	0	0	10	0	0	10
7	MSNP program (Orientation on health and nutrition to community mothers group with FCHV)	Jahada Rural Municipality	0	25	2	1	2	20	0	0	25
8	MSNP program (Nutrition and food security directive committee)	Jahada Rural Municipality	20	5	0	0	4	19	2	0	25

9	Kick off meeeting of education support Via WASH & other upgrades in Barju Project	Biratnagar, Morang	18	12	0	1	2	13	14	0	30
10	Emergency relief support to fire victims project	Duhabi, Sunsari	9	6	0	0	15	0	0	0	15
11	Emergency relief support to fire victims project	Mahadeva RM, Saptari	248	216	345	0	119	0	0	0	464
12	Emergency relief support to fire victims project	Gadhi RM Sunsari	36	37	11	31	31	0	0	0	73
13	Emergency relief support to fire victims project	Barju RM, Sunsari	83	70	13	0	70	70	0	0	153
14	MNCH kick off meeting	Barju RM, Sunsari	25	8	1	3	0	12	17	0	33
15	Health Policy and Profile Inception meeting	Tilathi koiladi RM, Saptari	25	5	2	0	0	28	0	0	30
16	Health Poilicy and Profile Dissemination meeting	Tilathi koiladi RM, Saptari	25	5	2	0	0	28	0	0	30
17	Public Health Act and Profile Inception meeting	Dhanpalthan RM, Morang	22	8	4	11	4	11	0	0	30
18	Public Health Act and Profile Dissemination meeting	Dhanpalthan RM, Morang	22	8	4	11	4	11	0	0	30
19	Start and Improve your Business (SIYB)	Barju RM, Sunsari	5	20	25	0	0	0	0	0	25
20	Sexual and Reproductive Health Right (SRHR) training to youth	Barju RM, Sunsari	2	23	25	0	0	0	0	0	25
21	Winter dress distribution	Morang and Udayapur	40	33	17	47	0	1	8	0	73
<b>Total</b>			<b>649</b>	<b>1767</b>	<b>758</b>	<b>468</b>	<b>385</b>	<b>720</b>	<b>85</b>	<b>0</b>	<b>2416</b>