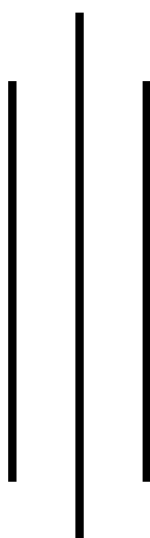




**Nepalese Ultra Poor Marginalized and Biodiversity Organization, Nepal  
[NELUMBO, NEPAL]**



## **Annual Report**

Reporting date: 01 March, 2018 – 30 December, 2018

***Compiled by:***  
***Dr. Kisan Koirala, Program Coordinator***



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## **Message from Chairperson**

Nepalese Ultra Poor Marginalized and Bio-Diversity Organization, Nepal (NELUMBO, NEPAL) stands out for the upliftment of people providing health, education and environment services in the rural area with its excellence and honesty. It aims to provide unconditional services facilitating Nepalese community seeking justice and bringing a light of hope in the homes of the poor people.

Since, NELUMBO, NEPAL is established in 2017, till date it's been able to conduct health and awareness campaigns where the feedbacks are magnificent. It's been able to bring satisfaction and smiles in the faces of people where they can share and cure their problems. We've been providing free health check-ups and prescribed medicines in collaboration with certified doctors and nurses and awareness programs with a massive knowledge on health, education and environment prioritizing people on their age basis. It indeed is the very beginning on what it has been doing, we assure to provide services and trainings in the further campaigns serving people in need, overcoming the problems and challenges they've been facing.

I am thankful to STIFTUNG NELUMBO, Switzerland for their financial support, trust and commitment to continuing to work with us. I would like to thank all the organizations, stakeholders and well-wishers for their valuable support and cooperation extended to NELUMBO, NEPAL for carrying out its activities smoothly. I also express my sincere thanks to the members of Governing Board for their valuable support and suggestions, and all the hard working and dedicated staff members of NELUMBO, NEPAL for their contribution in achieving the goals of the organization.

**Mr. Ekadev Devkota**

***Chairperson***

NELUMBO, NEPAL

[chair@nelumbo.org.np](mailto:chair@nelumbo.org.np)

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## **INTRODUCTION**

Nepal is one of the poorest and least developed countries in the world, with about one-quarter of its population living below the poverty line. Over 70% of the population relies on agriculture for their livelihood. Government presence is mainly in the capital city and province headquarters. However, the majority of the population lives in rural areas that are often very difficult to reach, resulting in a lack of basic infrastructure such as clean drinking water, primary health services, basic food and shelter, communication, and schools. In order to address the lack of basic necessities, NELUMBO, NEPAL was founded in 2017.

NELUMBO, NEPAL aims to improve the life condition of poor and marginalized people in remote areas through basic health and education services. In Nepal, there is a huge gap in the quality of health care access offered in urban and rural areas. While Kathmandu, the capital city of Nepal, has 98 doctors for every 100,000 people, rural Nepal averages just 2.5 per 100,000 – and in many of its 77 districts, there is no doctor. Many approved government posts of all levels of health care workers are unfilled.

As rural areas have the greatest need of health services, NELUMBO, NEPAL will focus its health camps to meet a small number of those need in urban and rural areas of Nepal. It will organize overall health camps, examine patients, distribute medicine and consult with communities for various awareness programs. Before and after conducting health camps, our medical team will be involved in organizing and conducting health awareness to the youth clubs, women's groups, school children and other local organizations.

### **Mission**

NELUMBO Nepal is committed to provide quality health services to local communities in remote areas. We provide health related trainings and awareness to uplift the living standard of poor and marginalized people.

### **Vision**

To improve the living standards of people living in remote areas by enhancing their lives through health, education, agriculture, awareness and skill developments.

### **Goal**

To uplift the living standard of poor, helpless and marginalized people in rural and remote areas.

## Objectives

- To launch general health medical camp and health awareness program in cooperation with community hospital.
- To serve poor, marginalized and helpless people by providing quality education.
- To provide training on effective growth of agriculture and effective use of agricultural tools.
- To encourage local people to use composite fertilizer in agriculture.
- To create healthy environment between local government, community and organizations
- To help and manage during natural disaster.
- To minimize the effect of climate change on animals and plants; and to conserve them.
- To provide unconditional service to uplift the life style of Nepalese people.

## Guiding Values

NELUMBO, NEPAL is guided by its own values. Its guiding values are:

- Service: Serving others, without any conditions
- Honesty: Being honest as an organization and as individuals
- Excellence: Persevering for excellence in our work
- Forgiveness: Having forgiveness for each other
- Justice: Seeking justice, especially for Needy and marginalized people
- Compassion: Having compassion for Needy and marginalized people
- Hope: Bringing and distributing hope to hopeless people

## Contact information

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Website: <https://nelumbo.org.np/>

## **BOARD OF TRUSTEE**

NELUMBO, NEPAL project management team consist 7 members as follows:

1. Eka Dev Devkota

Chairperson

Occupation: GPH and Outreach Co-ordinator at INF

Health Camp Specialist

Former Chairperson at Kopila Children House

Former Director at Kopila Children House

Education: Health Care Management

2. Saroj Koirala

Vice-chairperson

Occupation: GIS/Remote Sensing Specialist at WWF, Nepal

Education: MSc in Geo-spatial Technology

M.Tec./PG Diploma in Remote  
Sensing & GIS

3. Sajani Udas

Secretary

Occupation: CEO at LEADS Educational Academy

Education: Bachelor of Arts

4. Anjana Tajhya

Treasurer

Occupation: Proprietor of Ujjawal Textiles

Education: Bachelor in Commerce

5. Sumeru Tripathi

Member

Occupation: Humanitarian Preparedness and Response Coordinator

Education: Master in Arts

6. Kapil Adhikari, PhD

Member

Occupation: Lecturer at PN Campus

Education: PhD in Computational Physics

7. Rakesh Joshi

Member

Occupation: Lecturer at SOS and other private colleges in pokhara

Education: Master in Botany

## WORKING TEAMS

S.N.	Name	Post
1	Dr. Kisan Koirala	Program Coordinator
2	Mrs. Zenita Malla	Finance Assistant
3	Miss Nirmala Devkota	Research Officer
4	Miss Shamika Basnet	Research Officer
5	Mrs. Kabita Subedi	Receptionist/Admin assistant
6	Mr. Lokaman Ghalan	Office helper
7	Miss Shraddha Shrestha	Intern

## PROJECT INFORMATION

Project Name: To run general medical camp, medical charity fund and health awareness program in Sarangkot and Dhital eco-village

Thematic Area: Health and health related awareness programs

Location of Project: Sarangkot – 18, Pokhara Metropolitan City and Dhital – 06, Machhapuchhre Gaupalika

Project Start and End Dates (as in the MoU): 1<sup>st</sup> March 2018 – 31<sup>st</sup> December 2018 (17<sup>th</sup> Falgun 2074 – 16<sup>th</sup> Poush 2075)

### Strategic plan 01<sup>st</sup> March 2018 – 31<sup>st</sup> December, 2018

From this project, we aim to provide high quality outreach medical camp for the treatment and care of people with general health problems. Apart from the outreach medical camp, regular health awareness program will be conducted for the same communities and also, we will establish medical charity fund for needy people in partnership together with Foundation of Nelumbo, Switzerland, its members, representatives and donors.

Our main activities includes but not limited to:

1. To launch general health camp in remote and poorest areas
  - General Medicine (Examination, Diagnosis and Treatment through Medicine)
  - Dental Basic Treatment (Examination, Diagnosis and Basic Treatment through Medicine and Basic Procedure)
2. To launch awareness programme for the working community
  - Clean Drinking Water
  - Hygienic Food, Nutrition and Life Style
  - Toilet and Sanitation
  - Climate Change and Adaptation



- Self-Care according to Situation
- Basic Waste Management System
- Encourage to Implement BMP (Best Management Practise)

## Highlights of the Year 2018

NELUMBO, NEPAL organized free health camp and awareness programs at two different places namely, Dhital-06, Machhapurchhre Rural Municipality and Sarankot-18, Pokhara Metropolitan City on 8-9<sup>th</sup> of Mansir and 22-23<sup>rd</sup> of Mansir, respectively. The fundamental objectives of these camps were to run general medical camp and health related awareness programs in working areas of Nepal. The map of Nepal with its working areas (Dhital and Sarankot) is shown in Fig. 1.



Fig. 1. Nelumbo Nepal working sites

### 1. Free Health Camp and Awareness program at Machhapuchhre Rural Municipality, Dhital-06

On 24<sup>th</sup> and 25<sup>th</sup> November, free health camp and awareness program was held at Machhapuchhre Rural Municipality, Dhital-6 jointly organized by NELUMBO Nepal and Machhapuchhre Rural Municipality. The health camp was organized with an aim to provide various health services like general medicine, ortho, dental and lab tests along with the awareness program to the local people.

#### Technical supports were received from:

- 9 doctors (8 from Gandaki Medical College and 1 from local public health center)
- 4 nurse (3 from Gandaki Medical College and 1 from local public health center)
- 1 sonographer (Fewa City Hospital)

- 1 lab technician (Fishtail Hospital)
- 2 pharmacists (1 from INF GP hospital and 1 personnel)
- 14 female community health volunteer (Ward No. 06, Dhital)

**Non-technical supports were received from:**

- 2 teachers (Local School)
- 7 students (Local School)
- 5 local government representatives (Ward No. 6, Dhital)
- 3 foreign volunteers (2 from Australia and 1 from Swiss, Sharing minds)
- 1 local volunteer (Sharing minds)

The preparation and setup of the camp was completed by 8 staff members of NELUMBO, NEPAL on 23<sup>rd</sup> November at the camp site, Kalika Primary School.

**First Day Highlights**

The 1<sup>st</sup> day of camp was held on November 24. The major highlights of this day were:

- Free health checkups (general medicine, ortho and dental)
- Lab tests (blood and urine)
- Sonography and
- Medicine distribution

Likewise, data collection of the individuals was done to find out their way of living and health status. The program was formally started at 10:00 am till 5 pm. A total of 225 people had been registered for the checkup. The presence and active participation of the Female Community Health Volunteer (FCHV), representatives from local government, Toile development committee and others (teacher, student) made the program more smooth and effective.



Fig. (a) Female Community Health Volunteers



Fig. (b) Volunteers from School



Fig. (c) Volunteers doctors from Gandaki Medical College



Fig. (d) Registration during Health Camps



Fig. (e) Checkup during Camp



Fig. (f) Data collection



Fig. (g) Dental Check up during Camp



Fig. (h) Community people for health check up

## Second Day Highlights

On November 25, the program was formally started at 11:00 pm till 4 pm. On this day, the major activities were to provide awareness program to the local people and key persons of the community as well as to the students of the school. The awareness program was given by our Research Officers Ms. Shamika Basnet and Ms. Nirmala Devkota on various health and related topics like:

- Nutrition,
- Clean water,
- Sanitation and hygiene (WASH) and
- Waste management

Likewise, awareness on climate change was given by the vice-chairperson Saroj Koirala. Similarly, the pamphlets on health and related topic were distributed to the participants of the program.

The chief guest of the program, Mr. Ramji Prasad Baral, honorable Member of Parliament was thankful for the successful of the program and promised to provide necessary support from state government.

The advisor of NELUMBO NEPAL as well as former campus chief of Prithvi Narayan Campus, Mr. Gehendreshwor Koirala, gave an important talk regarding health and education sector in Nepal.

The certificate of appreciation was distributed by the chief guest to all the volunteers of the program.



Fig. (i) Awareness program at community hall



Fig. (j) Students participants during awareness program



Fig. (k) Local government official along with NELUMBO, NEPAL's representative

Overall, the program was conducted under the supervision of the program coordinator Dr. Kisan Koirala. The program received positive response from the local leaders as well as the local people who took the services during the camp.



Fig. (I): Volunteers from NELUMBO, NEPAL, Local health community and Sharing-minds

## 2. Free Health Camp and Awareness Program at Pokhara Metropolitan City – 18, Sarangkot

The working area Sarangkot is located at an altitude of about 1600m. It is about 10 km away from Pokhara and takes about 30 minutes to reach there. There are 2080 households in that ward. Most of the household uses tap/piped water for drinking and other purposes and about 1228 household still use wood/firewood for cooking purpose (CBS 2011). Despite being close to the city area, there is not enough and quality health care services and people have to come all the way down to the city to get almost all of types of health services.

Free health camp and awareness program was held at Pokhara Metropolitan City – 18, Sarangkot on 8<sup>th</sup> and 9<sup>th</sup> of December, jointly organized by NELUMBO Nepal and ward no. 18, Sarangkot. The health camp was organized with an aim to provide various health services like general medicine, orthopedics, gynecology, general surgery consultancy, dental, and lab test along with the awareness program to the students.

### Technical supports were received from:

- Prof. Dr. Chandika Pandit and Prof. Dr. Bhoj Raj Neupane (Fewa city Hospital)
  - 10 doctors (9 from Gandaki Medical College and 1 from local public health center)
  - 3 nurse (Gandaki Medical College)
  - 1 Lab technician (Fishtail Hospital)
  - 3 Pharmacists
- **Non-technical supports** were received from local government school i.e. Shree Janajagriti Secondary School. Four teaching and other non-teaching staffs including Principle of the school Mr. Bishnu Prasad Timilsina and Vice Principle Mr. Yam Bahadur Thapa as well as 14 students actively participated in the camp.

The setup and preparation of the camp was done by 7 staff members of NELUMBO, NEPAL on 7<sup>th</sup> December at the camp site, Shree Janajagriti Secondary School.

### First Day Highlights

1st day of the camp was held on December 8. The major highlights of this day were:

- Free health checkups (general medicine, general surgery consultancy, orthopedics, gynecology and dental)
- Lab tests (blood and urine)
- Sonography and
- Free medicine distribution

The program started from 10:00 am till 5 pm. A total of 311 people registered for the checkup and received different available services. There was the presence and active participation of the government and local representatives. The active participation of the local volunteers made the program more smooth and effective.



Fig. (a) Inauguration of the program by honorable member of Parliament Mr. Ramji Prasad Baral



Fig. (b) Sonography during Camp



Fig. (c) Registration for checkup



Fig. (d) Dental check-up



Fig. (e) Check up by Gynecologist



Fig. (f) General Medical Check-up



Fig. (g) Medicine distribution as per the prescription



Fig. (h) Lab test



Fig. (i) Volunteers from NELUMBO Nepal and Gandaki Medical College



Fig. (j) Red Cross Youth Volunteers

## Second Day Highlights

On December 9, 2018 the program was formally started at 11:00 am till 2:00 pm. On this day, the major activities were to provide awareness program to the students and the teachers of the school. The awareness program was given by our research officers Nirmla Devkota and Shamika Basnet on various health and related topics like:

- Nutrition,
- Water, Sanitation and Hygiene (WASH),
- Waste management and
- Non-communicable diseases (NCDs)

Likewise, awareness on biodiversity and climate change was given by the vice-chairperson Mr. Saroj Koirala.

The founder member of NELUMBO NEPAL Dr. Kapil Adhikari, gave a talk regarding importance of cognitive thinking. Similarly, the other important talk was given by the advisor of NELUMBO NEPAL as well as former campus chief of Prithvi Narayan Campus, Mr. Gehendreshwor Koirala, regarding the importance of asking questions and curiosity in the student life.



Fig. (k) Teachers and students attending the awareness program at the school premises

The certificate of appreciation was distributed jointly by the chairperson of NELUMBO NEPAL, Mr. Ekadev Devkota and main guest as well as advisor of NELUMBO NEPAL, Mr. Gehendreshwor Koirala to all the volunteers of the program.



Fig. (l) Certificate distribution to all volunteers



Fig. (m) Participants during the awareness program

Overall, the program was conducted under the supervision of the program coordinator Dr. Kisan Koirala. The program received positive response from the local leaders as well as the local people who took the services during the camp.



## Appreciations Received




## **Funding and Support**

NELUMBO, NEPAL would like to express appreciation and gratitude to **STIFTUNG NELUMBO** team and their donors for financial and technical support.

We are thankful to the local governments of Sarangkot – 18, Pokhara Metropolitan City and Dhital – 6, Machhapurchhe Rural Municipality for their faith and trust in our programs as well as for their moral support. We are grateful to doctors from Gandaki Medical College for their support during medical camps.

We would like to express our sincere thanks towards all the Red Cross Youth and Women Volunteers, interns and all the individuals who devoted their time and knowledge in our projects. We express our gratitude towards our families for their kind co-operation and encouragement throughout this period.

**Report submitted by:**



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