


# ANNUAL REPORT 2019



NELUMBO,  
NEPAL

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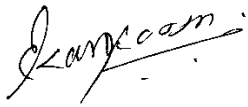
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## CHAIRPERSON'S STATEMENT

NELUMBO, NEPAL ended its 2019 with the celebration of its **Second Anniversary** with all its board members, general members, their families and the staff members. These two years has been a great journey for NELUMBO, NEPAL as it has successfully launched its very first projects and has taken a step towards achieving its goals and objectives. Since establishment NELUMBO, NEPAL has been able to bring satisfaction and smiles in the face of people through its programs. It indeed is the very beginning of what the organization has been doing, we assure to provide services and trainings in the further campaigns, serving people in need, overcoming the problems and challenges in terms of health and education that people in remote parts are facing.

I am thankful to all the individuals, governmental, non-governmental and international organization for their financial and technical support, trust and commitment to continuing to work with us. I would like to thank all the stakeholders and well-wishers for their valuable support and cooperation extended to NELUMBO, NEPAL for carrying out its activities smoothly. I would also like to express my sincere thanks to the members of the 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.



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**Eka Dev Devkota**

**Chairperson**

**NELUMBO, NEPAL**

## YEAR HIGHLIGHTS

### Health Camps

General and Dental Health Camps

Donation of medicines to Health Facilities

Otoscope Donation

### Awareness Program

Dental Hygiene

Importance of Nutrition in Daily life

### Medical Charity Fund

Santa Bahadur Dhakal

Uday B.k.

Further Dental Check-up of students from different schools

Parbati Nepali and Dipendra Nepali

### Education Program

Sports Material Distribution

Training on ECE to teachers and parents of primary level students

Eurogaud distribution

## INTRODUCTION

NELUMBO, NEPAL is a non-profit making, non-governmental organization established in 2017 A.D., located in Pokhara, Gandaki Province, Nepal. NELUMBO, NEPAL is committed in providing quality health, education, awareness and environmental services to the poor and marginalized people residing in remote parts of Nepal. Since its establishment NELUMBO, NEPAL has conducted different medical and dental camps, awareness program and educational program with an aim to providing quality services to those in need. Along with these programs, it has also provided support to those who cannot afford minor treatment or surgery for their illness. It aims to generate impacts on the lives of poor and marginalized population through proper and quality programs and services it has been providing since its establishment.

### Our vision

Proper health care and quality education services accessible, affordable and acceptable to all in Nepal.

### Our mission

To improve the life condition of poor and marginalized people in the remote areas of Nepal through basic health and education services.

## Our Objectives

- To deliver quality health services in remote parts of Nepal.
- To provide general health camps with free treatment (from specialist) and free medicine as per doctor's prescription.
- To run awareness programs related to health, education, environment conservation and gender equality.
- To promote and support the quality education in local community schools (through trainings and distribution of educational materials).
- To work in co-ordination with the local government bodies, institutions and community for the effectiveness of the program.

## Our Guiding Principle

NELUMBO, NEPAL is guided by its own values which are mentioned below:

- Service – Serving without any condition.
- Honesty – Being honest as an individual and as an organization.
- Excellence – Preserving excellence in our work.
- Forgiveness – Having forgiveness for others.
- Justice – Seeking Justice
- Compassion – Having compassion for needy and marginalized people.
- Hope – Bringing hope to the hopeless people.

## OUR PROGRAMS

Our main activities include the following mentioned programs:

### A. Health Camps

We aim to provide quality health services from professionals to the poor and marginalized people residing in remote parts of Nepal without any cost. We also provide referral service to near or relevant hospitals if further treatment is required. Patient's right are strictly reserved and maintained in all our medical camps.

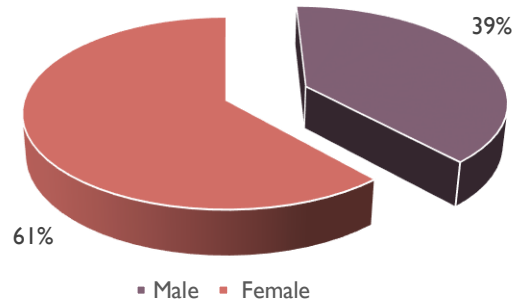
#### Camp Structure

Our camp is divided into different parts:

- a. Registration
- b. Vitals/History (Blood Pressure, Weight and Height)
- c. Different medical departments (General, Dental, Pediatrics, etc.)
- d. Laboratory (Urine, Blood Sugar Level)
- e. Pharmacy

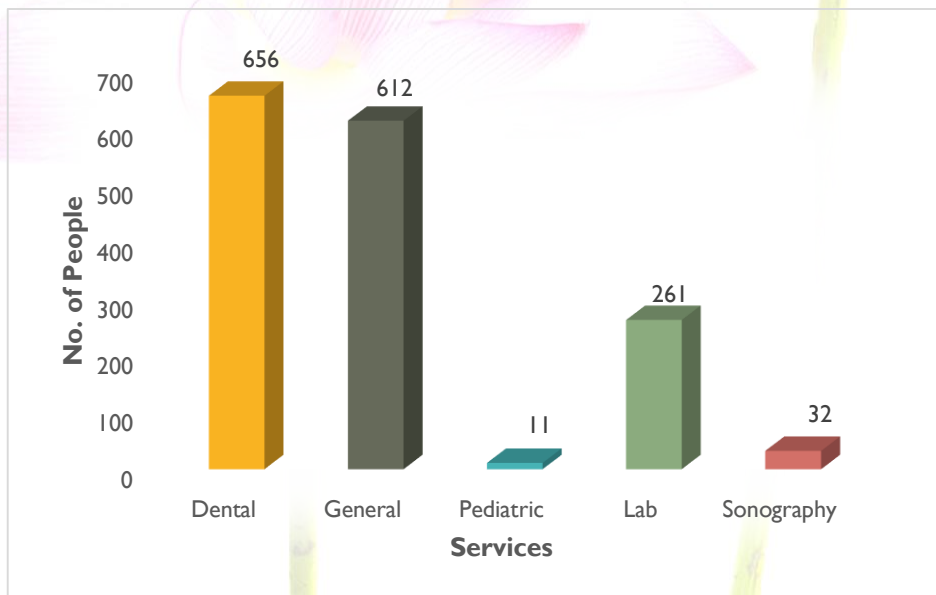
Check-ups usually starts from 10 a.m. till 5 p.m. People are first registered at registration desk where their details are taken. Then they are sent to vitals section where their blood pressure, weight and height, etc. are taken. They are directed to different departments for check-up as per their need and requirement. After check-up, they are provided with medicines as per the prescription.

**Fig. (1). Shows the distribution of male and female participants during camp**



Altogether, a total of 375 male and 598 female participants registered for check-up during our camps.

**Fig. (2) Bar-Diagram showing the total services utilized in all camps**



Although 973 registered for check-up, they were able to get health check-up from different available departments which sums upto 1572.



## Some Glimpses from camps



Fig (1). Registration Desk



Fig (2). Taking Vitals



Fig (3). Dental Check-up



Fig (4). General Health Check-up



Fig (5). Laboratory Test



Fig (6). Dispensing of Medicine

## B. Awareness Programs

Various disease are spread widely because many people are still unaware of the simple preventive measures they can carry out in their day-day life to prevent minor disease and the burden of treatment. The main purpose of our awareness program is to change the knowledge and attitudes of people regarding health and healthy habits. Different factors like eating habits, sanitation and hygiene, drinking water, etc. contribute to the causation of disease. Increasing awareness about health and disease helps to prevent disease, promote healthier lifestyle and reduce the need for medical treatments including therapy cost. This year under this program, we organized two different awareness program along with our health camps which focused on 'Dental Hygiene' and 'Nutrition in daily life'. These awareness programs were mainly targeted for students and local people.



Fig (1). Dr. Deepak Ranjan Dalai from GMC teaching teeth brushing technique to students of Peak Everest Boarding English, Dhital-06



Fig (2). Mr. Rajendra Raj Timilsina, Anthropologist, Media Person talking about daily eating habits and its impact on our health

### C. Medical Charity Fund

This fund is established with an aim to support the poor and marginalized people who cannot afford the treatment to minor illness or surgery. From Medical Charity Fund this year, we have supported a total of 73 people who had different health problems with their treatment and medications which are mentioned below:



**Santa Bahadur Dhakal**, age 51, resident of Pokhara-18, Sarangkot was suffering from mental illness from long period of time. He has been living alone after his mother's death and sister's marriage. With no income, it has been difficult for him to afford his regular treatment and medication. After his visit in our camp and his Socio-economic Assessment, NELUMBO, NEPAL has been aiding him for his regular treatment and medication.



**Yogesh Adhikari** age 34 from Pokhara-18, Sarangkot was suffering from inner ear infection from a long time and was not able to get appropriate because of weak financial treatment. He was referred to Green Pastures Hospital (GPH) for further treatment from our camp on February 16, 2019. NELUMBO, NEPAL supported him for his treatment and now his condition has improved.





12 years old **Uday B.K.** from Nayapul, Annapurna Rural Municipality was suffering from outer-ear lesion for five years. We came to know him from our health camp at Nayapul on March 9, 2019 from where he was referred to Green Pastures Hospital (GPH),

Nayagaun, Pokhara. We supported him for his minor surgery and now after the surgery he is back to normal.



8 years old **Anurag Gautam**, resident of Machhapuchhre Rural Municipality was suffering from severe dental caries along with hypodontia for a long period of time. When got checked-up in one of our Dental Camp on May 5, 2019. We took him to Gandaki Medical College (GMC) for his required treatment, after which his condition is cured and he is back to school.



43 students from **Peak Everest Boarding School**, Dhital, Machhapuchhre Rural Municipality-06, were taken to Gandaki Medical College (GMC) for their further dental treatment after they were referred from our Dental Camp on May 19, 2019. Students were brought for the treatment along with their parent; all the

expenses for the treatment including transportation and food was paid from NELUMBO, NEPAL's Medical Charity Fund.





24 students from **Shree Baraha Secondary School**, Bhindabari, Dhital were brought to GMC for their further Dental treatment after they were referred from the camp on September 25, 2019. These students were brought for further treatment by one of their teacher along with their parents. All the expenses for the treatment along with

transportation and food was taken care by NELUMBO, NEPAL.



## D. Education Program

Quality education is right of all children; we understand the importance of education and extracurricular activities required to enhance the learning experience in a child's life. Under this program we aim to provide scholarships to poor and underprivileged children. So far, we have supported seven different government schools in our working area i.e. Machhapuchhre Rural Municipality-06, Dhital, by providing different sports materials to encourage the extracurricular activities of children and also euro-guards to promote safe drinking water in school.



Fig. (1) Distribution of Sports Materials to different schools of MRM-06, Dhital



Fig (2): Handover of Euroguard

As we aim to enhance the education quality, we conducted three weeks training program (from July 22 to August 8, 2019) for teachers and one day awareness/interaction program for parent of primary level student of John Jyoti School, Newroad, Pokhara-08, in coordination with **Sharing Minds** (organization based in Switzerland which works in the field of Early Childhood Education). Ms. Meret Teriet from Sharing Minds, Switzerland facilitated the training program which stressed on emotional, motor, communication, perception, cognition/thinking, sociability, sensory, skill of a children from their early years of school.



Fig (3). Training to primary level teachers on  
ECE



Fig (4). Interaction with parents



Fig (5). After completion of training program



## OTHER ACTIVITIES

### Third Annual General Meeting



NELUMBO, NEPAL successfully conducted its third Annual General Meeting (AGM) on October 4, 2019 at City Square Banquet Pvt. Ltd., Newroad, Pokhara-08. All the board members along with the stakeholders were present during the program where past activities

were reviewed and future activities were discussed. Board members also discussed and approved the suitable future programs for next working calendar. New General members and honorary members were also welcomed in the organization during in this program.





## Workshop



One day workshop was organized on November 23, 2019 at Bagaincha Wellness Resort, Lakeside, Pokhara, to with an aim to exchange of ideas between the board members and staff members of NELUMBO, NEPAL. This was an interactive session where staff members shared their experiences, learnings and the expectations they have from organization. Whereas, two board members (Chairperson and General member) talked about organization's working environment administration, management, and sustainability.

## Second NELUMBO Day

On December 29, 2019, NELUMBO, NEPAL celebrated its second anniversary, where board members, staff members, stakeholders and their families were present. This successful second year was celebrated in Bagaincha Wellness Resort, Lakeside, Pokhara which started from 9 a.m. and ended at 7 p.m. Various activities like interaction programs, games, and presentation of photos and videos of our programs were done throughout the day.



Fig (1). Guests observing appreciation certificates and activity pictures



Fig (2). Program Coordinator, Dr. Kisan Koirala Welcoming all guests

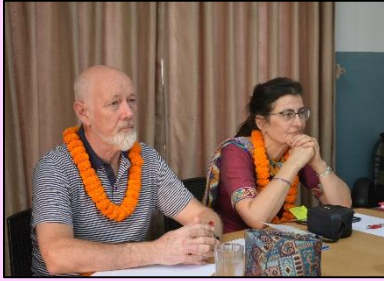


Fig (3). All focused to get a BINGO!



Fig (4). Cake cutting by Chairperson, Mr. Ekadev Devkota

## REMARKS ON NELUMBO, NEPAL



*We were delighted to come back one year after the start of your project. It has been so well planned before you started to work, that it is no surprise that you have had very successful first year.*

*We are pleased that you're working so well in collaboration with GMC, and especially the community dental project. It is exciting to see your program grow, and that they are so comprehensive in their approach.*

*By addressing both health, education and environment you have breadth and balance which is so impressive.*

*We wish you every success in all your future work and hope to support you in the mere future.*

**- Dr. Ian Ferrer & Claire Steves, U.K.**

*Thank you, for the fantastic and important work you are doing. I'm deeply impresses of your work done, your vision for the future and the power you are following to get there. Having a heart for the poorest people, following the talk of your heart will bring many good things in to the world by realizing your dreams and wishing for the Nepali people you love so much.*

*Thank you all! Best wishes and all the best.*

**- Christina Gratzer, Switzerland**



*We are very impressed with what NELUMBO, NEPAL has achieved in such a short time. The presentation explained how the organization works and what it hopes to achieve.*

*Well done Eka Dev and to all your team Congratulations.*

**- Barbara & Peter Stace, Australia**

*I am very pleased to have been part of the health and dental camps organized by NELUMBO, NEPAL. Being able to serve those in need without any condition through health services provides the greater level of satisfaction to oneself.*

**- Dr. Deepak Ranjan Dalai, GMC, Pokhara, Nepal**





## APPRECIATIONS



Fig. (1) Appreciation letter given by Annapurna Rural Municipality



Fig. (2) Chairperson of NELUMBO, NEPAL receiving appreciation and token of love from School Representatives



Fig. (3) Appreciation Letter received from Shree Baraha Secondary School, Bhindabari, Dhital, Machhpuchhre Rural Municipality-06.



Fig. (4) Appreciation Letter received from Shree Baraha Secondary School during their 52<sup>nd</sup> anniversary



## FUNDING AND SUPPORT

NELUMBO, NEPAL would like to express its sincere gratitude towards **STIFTUNG NELUMBO** team, **Sharing Minds**, international and local donors and all the individuals for their financial and technical support.

We are also grateful to the local government and representatives of Pokhara Metropolitan City-18, Sarangkot, Annapurna Rural Municipality-05, Nayapul and Machhapuchhre Rural Municipality-06, Dhital for their faith and believes in our programs. We are also thankful to Gandaki Medical College (GMC) for their constant support to us during our camps.

We would also thank to sincere thanks towards all the Red Cross Youth volunteers, Female Community Health volunteers, interns and all the volunteers who devoted their time and knowledge in our projects. We are also thankful to our families for their kind support and encouragement throughout this period.

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Our team during General Health Camp in Saurekhola, Sarangkot, Pokhara-I 8



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