

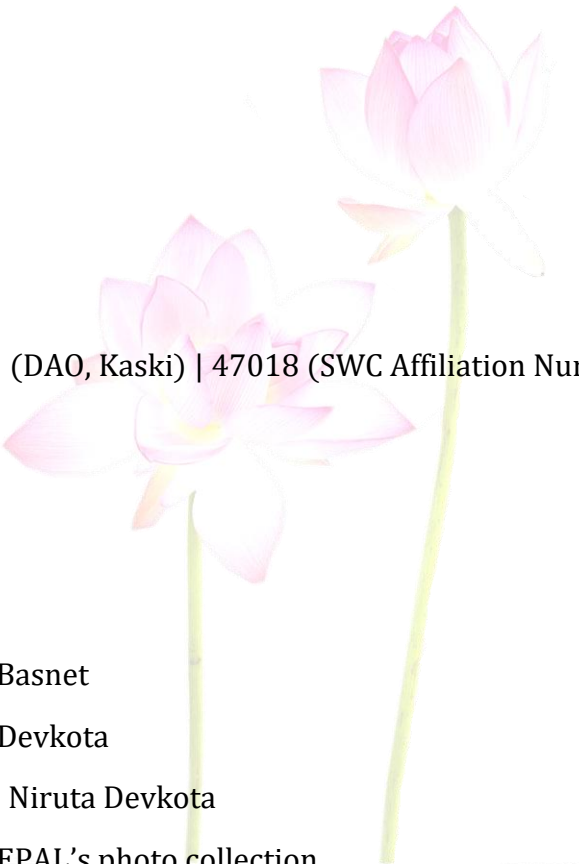


NELUMBO, NEPAL

ANNUAL REPORT

2025





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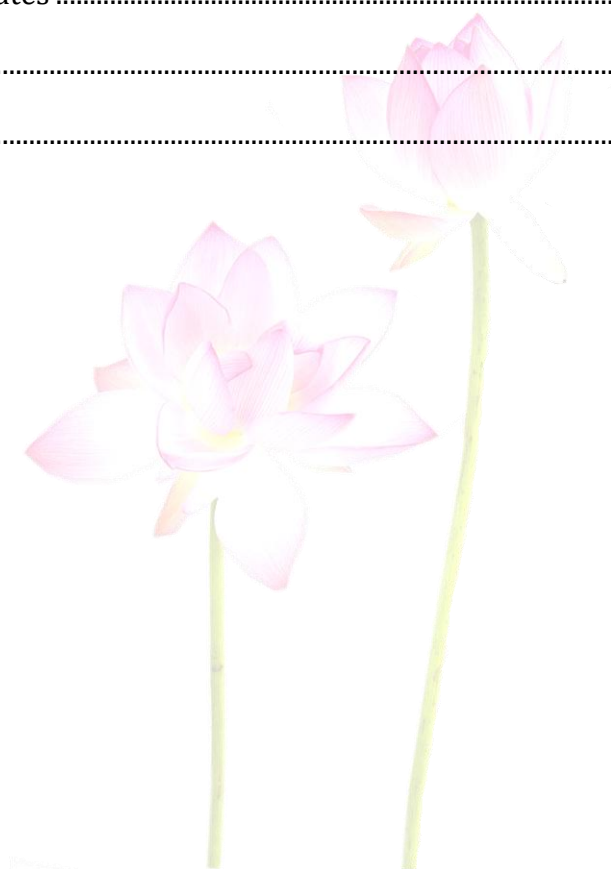
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Foreword by Chairperson

It is an honor, as Chairperson of NELUMBO, NEPAL to present the progress and achievements made by the organization in the year 2025. During the year, there were 3 large and 1 small-scale project: **Community Health, Education and Environment (CHEE), Dental Care and Ear Care (DCEC), Child Care Counseling and Development (CCCD), and Start-up for community-level existing and aspiring/potential RU groups in Lekhnath Area.** Through these projects, we have been able to reach thousands of individuals across Gandaki Province, both directly and indirectly. These programs focused on improving access to healthcare, education, environment, and social services for local communities, with a special focus on marginalized populations. While the challenges remain, the growing recognition of our work reminds us of the work ahead, and the trust placed in us by the communities we serve deepens our resolve. Our mission is to strengthen resilient livelihoods and promote equitable development through consistent and responsible actions.

As we complete eight years of service, I would like to extend my sincere gratitude to every staff member, volunteer, partner, donor, and well-wisher. Your continued support and trust enable us to work with transparency, accountability, and ethical responsibility.

This Annual Report is a testament not only to the outcomes but to the power of collective compassion in driving meaningful change. Looking forward, we renew our dedication to collaborative, innovative, and empathetic action, striving to co-create a future that is more inclusive and hopeful for everyone.



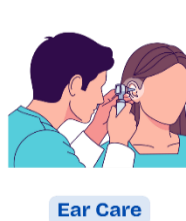
Eka Dev Devkota
Chairperson
NELUMBO, NEPAL

Executive Summary

The year 2025 marked a period of significant and holistic impact for NELUMBO, NEPAL, as we advanced our mission through three core and one small-scale project across Gandaki Province. Our project Community Health, Education, and Environment (CHEE), delivered multifaceted support, with a special emphasis on breaking down barriers to essential healthcare, quality education, and environment related services by organizing medical support and awareness programs. Similar efforts in education were made through scholarships, education materials distribution, and school support. In environmental programs, sanitation campaigns were prioritized by conducting awareness and dustbin distribution programs. Also, the recycling-upcycling project aided in waste management at the source and green job creation.

Likewise, the gaps realized in oral and ear care programs in Nepal were notably addressed through the Dental Care and Ear Care (DCEC) project, under which dental and ear camps were conducted in both remote rural areas and urban areas to increase accessibility. By providing these services free of charge, we have directly addressed the dual challenges of affordability and geographic isolation, bringing specialized care to thousands who otherwise would not been able to get the required service.

Our Child Care Counseling and Development (CCCD) project focused on foundational growth, empowering parents and caregivers with the knowledge to support early childhood developmental milestones. Internally, we celebrated our organizational achievements through 9th Annual General Meeting, 8th NELUMBO Day, and investing in staff well-being through workshops. Collectively, these integrated programs enabled NELUMBO, NEPAL, to positively impact the lives of over 25,000 individuals. This year's achievements reflect our continued commitment to ethical, collaborative, and compassionate action toward a more equitable future for communities we serve.



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Overview of NELUMBO, NEPAL

NELUMBO, NEPAL, established in 2017 A.D., is a non-profit, non-governmental organization dedicated to serving communities in need. The organization primarily focuses on programs related to health, education, environment, and public awareness. Since its establishment, NELUMBO, NEPAL has successfully organized various initiatives, including general, dental, and ear health camps, education-related programs, environmental activities, and awareness campaigns on diverse social issues. In addition, the organization extends support to marginalized and underprivileged groups, particularly those unable to afford treatment and medication for their illnesses.

The overarching aim of NELUMBO, NEPAL is to create meaningful and positive impacts on the lives of poor and marginalized populations by delivering quality programs and services. This commitment has been consistently upheld since the organization's inception.

Our Vision

To make proper health care and quality education services accessible, affordable, and acceptable to all in Nepal.

Our Mission

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

Our Values



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.

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Projects

1. Community Health, Education, and Environment (CHEE)

In recent years, Nepal has made notable progress in improving health outcomes for its citizens. However, achieving universal health coverage remains a challenge. A significant gap persists in the distribution of medical personnel and resources between urban and rural areas. While efforts are being made to provide healthcare services to all, rural health centers often struggle with limited facilities and resources. A similar issue affects the education sector, where government and public schools in rural regions face inadequate funding, resulting in shortages of resources. NELUMBO, NEPAL is working to bridge these gaps by ensuring quality healthcare and education services are available, accessible, and affordable in rural and remote areas. Currently, its programs operate across various municipalities in Gandaki Province, benefiting thousands of people. This initiative, originally launched in 2022, marks NELUMBO, NEPAL's first project aimed at supporting poor, marginalized, and underprivileged communities.

Objectives of the project:

- Organizing General Health Camps to identify chronic diseases, provide treatment, and organize awareness programs to prevent diseases.
- To provide support to the individuals from the working area who are unable to bear the expenses for their treatment and medication.
- Conducting free Dental Health Camps at schools to provide necessary oral and dental care treatment to students.
- To enhance the quality of education in government schools by providing educational materials and Euro guards as support.
- Conducting awareness programs on factors contributing to climate change and waste management.

A. Health Programs

NELUMBO, NEPAL is dedicated in minimizing healthcare gaps by providing accessible and affordable medical services to remote communities. Committed to reducing disparities between urban and rural areas, the organization actively supports government health facilities and local populations. Through continuous efforts, NELUMBO, NEPAL strives to bring sustainable improvements to rural healthcare, ensuring that neither distance nor cost hinders people from accessing essential medical care.

I. Medical Support

NELUMBO, NEPAL provided essential medical support during the 2nd Mountain Running Competition to ensure participant safety and well-being. A qualified medical team conducted basic vital check-ups, offered immediate first aid for minor injuries, and delivered physical therapy services to injured and fatigued runners. These services helped prevent complications, manage injuries promptly, and support athlete recovery, contributing significantly to the safe and successful conduct of the event.



Fig i: Participants registering for checkup before the run



Fig ii: Check-up of vitals before the run

II. Health Materials Support

In 2025, NELUMBO, NEPAL supported government health centers by providing essential medications. This initiative aimed to strengthen the availability of essential medicines, ensuring that people in need, especially those in remote and underserved communities, can access critical healthcare resources without delay. By equipping local health centers with these resources, NELUMBO, NEPAL played a vital role in enhancing their capacity to deliver timely medical assistance.



Fig iii: Handover of medicine to Pharmacist of Dhampus Health Post

III. Awareness Program

Health awareness programs play a crucial role in early detection, treatment, and prevention of diseases. Recognizing this importance, NELUMBO, NEPAL has been actively conducting programs that promote health education and community awareness through a range of effective approaches. Under this program, awareness programs were conducted at various government schools focusing on various health related topics. In addition to that, a health awareness program named Hamro Swasthya is broadcasted at 7 AM every Saturday on Everest F.M. 93 MHz. This program focused on various awareness-related topics related to health, education, and the environment. Through these sustained efforts, NELUMBO, NEPAL, seeks to promote healthier lifestyles, increase public understanding of preventable diseases, and contribute to improved overall community health.



Fig iv: Awareness program at Shree Bindabasini Secondary School, Pokhara-02



Fig v: Awareness of various health-related topics through F.M.

B. Education Programs

In the education sector, NELUMBO, NEPAL has made notable progress in reducing disparities in access to learning opportunities. Grounded in the belief that education is a

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fundamental right, the organization strives to ensure that every child has access to quality education. It plays a critical role in building academic competence, professional readiness, and social development. With this vision, NELUMBO, NEPAL has focused its efforts on empowering students with the knowledge, skills, and confidence necessary to achieve their goals and aspirations. The organization's educational initiatives are designed to promote inclusive and supportive learning environments. Key interventions include the provision of scholarships, distribution of educational and sports materials, the promotion of quality education, teacher support, etc. Together, these initiatives contribute to strengthening educational outcomes and expanding future opportunities for learners. A summarized overview of these efforts is outlined below.

I. Scholarship

NELUMBO, NEPAL has been supporting underprivileged children of its working area who show academic excellence but come from low-income families by providing educational scholarships to help them continue their studies despite financial challenges. This program has helped to reduce economic barriers of education, supports essential educational expenses, and enables students to pursue learning with stability and confidence which ultimately contributes to their long-term social development, academic advancement and economic empowerment. In the year 2025, a total of **41** students were supported through this program.

II. Educational Materials Distribution

NELUMBO, NEPAL supported schools in its working area with stationeries and sports materials with the aim of enhancing student's overall development as many government schools particularly in rural and underprivileged areas lack access to proper sports equipment limiting students' opportunities for physical and extracurricular activities. Through this program, students from **2** schools of Annapurna Rural Municipality and **1** school of Aandhikhola Rural Municipality Syangja was supported.

III. School Uniform Distribution

Warm sweaters were distributed to **5** government schools of Madi Rural Municipality ward no. 03 and 04 to address the immediate need for warm clothing among students. The program ensured that children's education remained uninterrupted during the cold winter months, benefiting numerous students from low-income families who could not afford warm clothing. This program demonstrates NELUMBO, NEPAL's dedication to closing educational gaps, aiding marginalized areas, and tackling short-term and long-term problems to empower children and create a better future.

IV. Teacher Support

Many government schools in Nepal are struggling with a shortage of teachers, which has disrupted the quality and continuity of education. To address this issue, NELUMBO, NEPAL has provided targeted support by funding the recruitment of qualified teachers in schools based on need assessments. This program has benefited 2 schools in Machhapuchhre Rural Municipality and 1 in Annapurna Rural Municipality, Kaski, ensuring regular classroom instruction, improving student learning outcomes, and easing the workload of existing teachers, ultimately fostering a more effective and supportive learning environment.

Some of the glimpses of the Education program:



Fig vi: Scholarship agreement and certificate handover



Fig vii: Sweater handover to teacher at Madi RM-04, Tarkang



Fig viii: Sports Materials Handover to Shree Paundhur Basic School, Annapurna RM



Fig ix: Teacher Support Agreement signing.

C. Environment Programs

In its environmental programs, NELUMBO, NEPAL has prioritized environmental sanitation and awareness programs. As part of this initiative, dustbins were distributed to local communities and schools. These dustbins are vital for keeping both outdoor and indoor spaces clean and free of litter, thereby supporting a healthy and sustainable environment. Littering not only harms the environment but also poses risks to human

health and safety. Thus, proper waste management is crucial for maintaining a clean and healthy environment.

NELUMBO, NEPAL celebrated 53rd World Environment Day 2025 under the theme “Beat Plastic Pollution” by organizing various programs that included the distribution of 15 dustbins and the organization of essay and drawing competitions for students from Classes 1–10 to raise awareness about plastic pollution, climate change, and environmental protection while promoting creativity. Essay competitions were held for lower secondary and secondary students, and drawing competitions for primary students, with clear rules and evaluations conducted by teachers and NELUMBO representatives. Prizes were awarded by local leaders and school officials, and dustbins along with health and safety materials were provided to promote cleanliness and hygiene throughout the school, making the event impactful in fostering environmental responsibility among students.

Some glimpses from environmental programs:



Fig x: Dustbins handover to representatives of Shree Udaya Sec. School, Dhampus, Machhapuchhre RM-07



Fig xi: Students enthusiastically participating in the drawing competition



Fig xii: A primary-level student proudly showing her drawing



Fig xiii: Students during essay competition

2. Dental Care and Ear Care

Oral health is a vital component of overall well-being, influencing appearance, nutrition, speech, and social interaction. Although most oral diseases are preventable, they continue to pose a significant global health challenge, affecting nearly 3.5 billion people, mainly due to untreated dental cavities. These conditions share common risk factors with non-communicable diseases, including poor oral hygiene, high sugar intake, and tobacco use, and their treatment involves high costs.

Similarly, ear health is crucial for quality of life, education, and employment. Hearing loss, which affects over 1.5 billion people worldwide, can result from congenital factors, infections, noise exposure, and aging. In Nepal, ear diseases and deafness are prevalent, especially compared to other low and middle-income countries. Early detection, preventive measures, and screenings are vital in reducing the impact of hearing loss.

In Nepal, most health services are concentrated in metropolitan regions, which restricts access to health care services, including oral and ear health care services for the rural population. To fill the gaps in accessing oral and ear health care services in rural and remote areas of Nepal, prioritizing the underprivileged and marginalized population, NELUMBO, NEPAL had launched the "*Dental Care and Ear Care*" project under which dental and ear camps are organized in various places to provide a quality ear and oral health care services to those in need. The main objectives of this project are mentioned below:

Objectives:

- Organizing camps to identify ear, oral and dental problems and provide appropriate treatment.
- Supporting the marginalized population with their treatment related to ear, oral, and dental problems.
- Awareness program about ear, hearing loss, oral health, dental hygiene, and the effects of food habits and behavioral patterns.
- Dental check-up service by specialized and qualified doctors.
- Intervening severe oral, and dental-related illness and ear problems at the initial phase.

The working area of this project includes all the districts of Gandaki Province. Since the commencement of the project, NELUMBO, NEPAL has been able to reach the community of 6 districts out of 11 from the Gandaki province. In the year 2025, our programs were

focused on different Rural Municipalities, Municipalities, and Metropolitan cities of 5 districts (**Kaski, Baglung, Syangja, Myagdi, and Tanahun**).

A. Oral Health Care Programs

Under this program, oral health services are provided through a fully equipped Dental Mobile Clinic by a qualified dental team. Dental Mobile Clinic provides services on-field, in a moving vehicle that consists of basic dental instruments like x-ray equipment, sterilization machines, and other dental-related equipment. It includes routine care such as initial examination, dental x-rays, scaling, restoration, RCT (Root Canal Treatment), and disease screening.

i. Dental Camps

The dental camps are usually conducted at two levels: community level and school level, where oral health screenings of all patients are undertaken. In 2025, a total of **26** camps were conducted, of which **12** were regular dental camps, **10** were oral and dental health service visits at Rupa Hospital, and the remaining **4** were follow-up camps. Besides the field-based follow-up camps, patients were also provided with treatment at the office; especially those with planned RCT (Root Canal Treatment). These dental camps are mostly focused on students of public/government schools and marginalized community people who have little to or no access to quality oral health services.

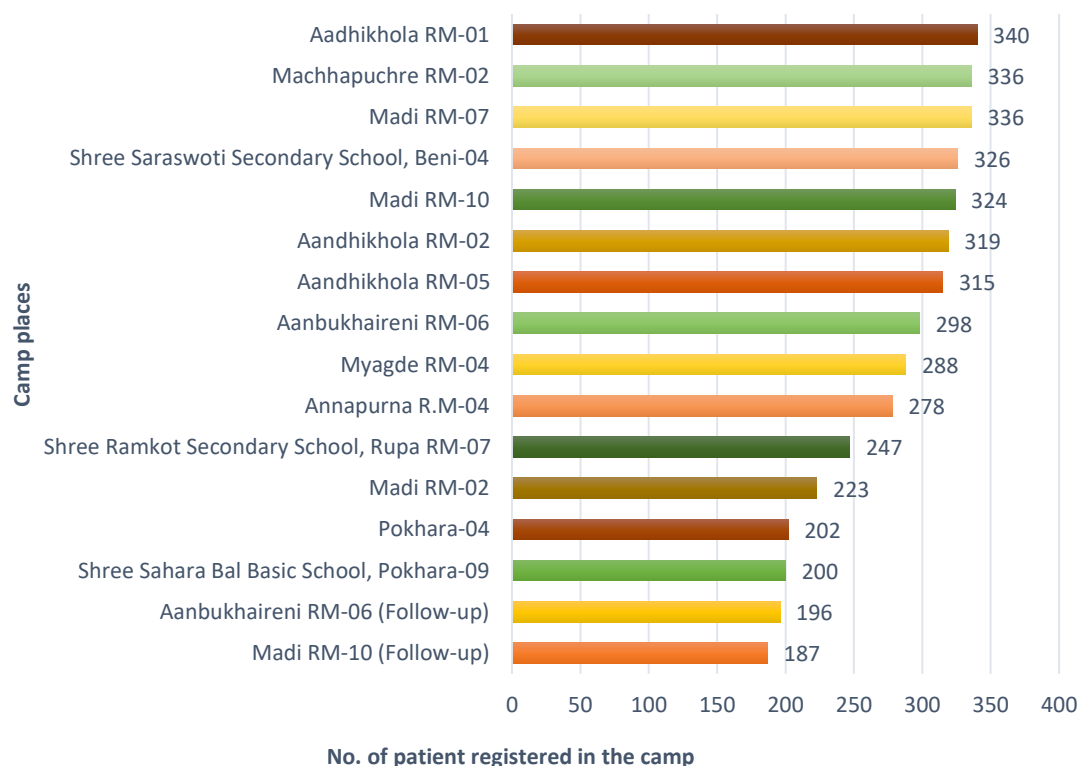


Figure 1: Bar Diagram showing dental camp details with the patient registration number.

The regular dental camps were followed by follow-up camps after a month in the places where they were needed. Through these follow-up camps further treatments and medications were administered to the patient as per the diagnosis to provide comprehensive dental care. All the services which included counseling, treatment, and medication provided in these dental camps were free of cost. In the year 2025, a total of **4415** people were able to get dental treatments and medication through the dental camps.

Major findings from the camp:

The age ranged from 3 to 95 years of age. The highest number of participants (1095) were from the age group of 16-30 years followed by the 31-45 age group (1037) and other age groups, respectively. Out of all the participants, females made up the majority 59%, while males constituted only 41% of the participants.

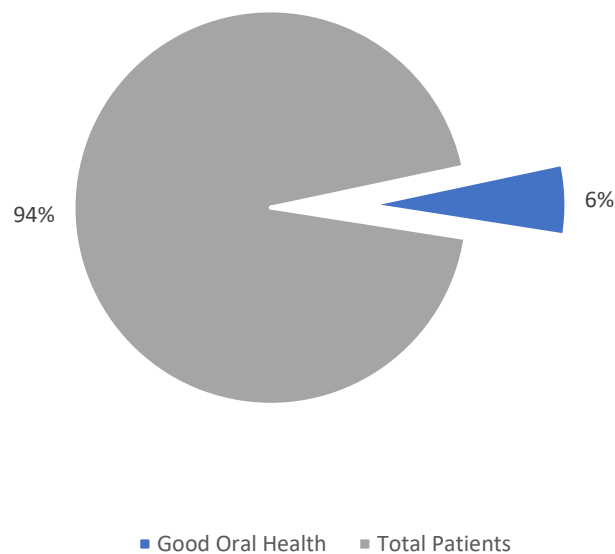


Figure 2: Pie-chart showing oral health status.

Based on dental screening data, it was discovered that only 6% of the individuals who registered for checkups had good oral health and didn't require any treatment or medication, while 94% were experiencing various oral health issues as shown in Figure 2.

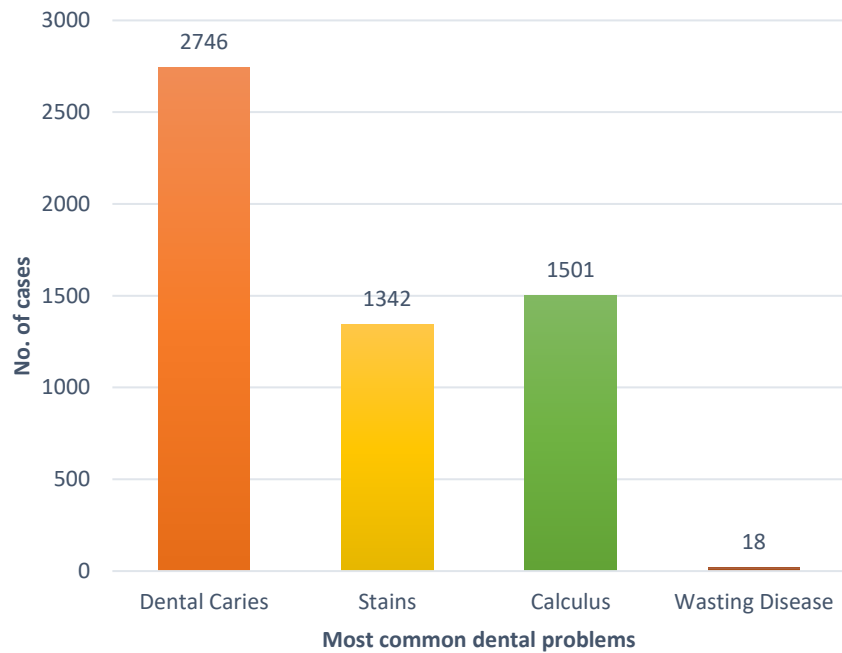


Figure 3: Bar diagram showing dental programs diagnosed in the camp.

As shown in Figure 3, dental caries was identified in 2,746 patients, with an average DMFT score of 2.52. Severe cases of calculus and staining were recorded in 1,501 and 1342 patients, respectively. A small number of patients, 18 in total, were also diagnosed with wasting diseases.

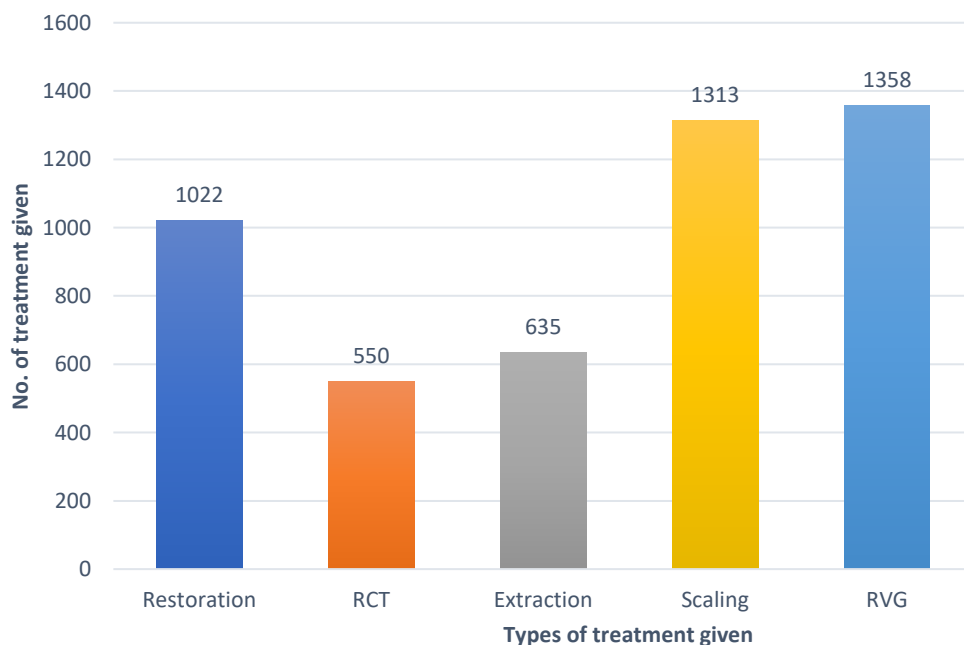


Figure 4: Bar diagram showing the treatment details of patients.

Following the screening, necessary treatments were provided to the patients based on the treatment plans made based on their diagnosis details shown in Figure 4. As per the data obtained from the OPD note of the camp, a larger percentage of people required

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treatment like scaling and RVG (Radio Visio Graphy), followed by scaling, restoration, extraction, and RCT (Root Canal Treatment). These treatments are commonly administered for dental caries (cavities) and periodontal problems. Patients with multiple oral health issues that could not be addressed on one visit were scheduled for further treatment. Consequently, follow-up camps were organized to meet these needs. In the follow-up camps, the most provided treatments were RCT, restoration, RVG, scaling, and extraction. Following the treatment, the doctor prescribed medications to patients based on the treatment requirement. In total **NRs. 1,31,39,900 (One crore thirty-one lakh thirty-nine thousand and nine hundred rupees only)** worth of oral health services (treatment and medication) were provided to the patients in the year 2025. The aforementioned cost was calculated by taking cost reference from the dental teaching hospital of Pokhara.

In addition to the curative aspect, priority was also given to awareness programs. These programs are conducted alongside the camps and are aimed at the general public, with a special focus on school students, teachers, and local community people. Various methods are used for these programs, including demonstrations, flyer distribution, banner displays, and audio-visual presentations.

ii. Rupa Dental Clinic

The dental clinic program was initiated through a collaboration between NELUMBO, NEPAL and the Rupa Rural Municipality Office with the objective of ensuring accessible oral and dental care services for the residents of Rupa Rural Municipality. The services are delivered through Rupa Hospital, which is operated by the Rural Municipality, enabling community members to receive regular dental care near their homes. The dental services were made available to the public starting from mid-July of 2025. A dental clinic was set up in one of the rooms of Rupa Hospital, and a dental hygienist was recruited by the Rural Municipality Office to provide basic oral and dental care services, including general dental check-ups and scaling, to the local population.

In addition, the dental team from NELUMBO, NEPAL, which includes Dental Surgeon and a Technical Supervisor, conducted scheduled visits to the hospital for service delivery. The team visited for two days at the beginning and two days in the middle of every month to provide advanced dental services such as RVG, scaling, restorations, and root canal treatment (RCT). Patients requiring advanced procedures were identified in advance and scheduled to receive treatment during the Dental Surgeon's visits. Along with clinical

services, free medications were provided to patients based on medical necessity. From mid-July to the end of December, a total of 10 visits were conducted under this program, benefiting **287** individuals from the community in a short time.

The OPD findings from the clinic indicate that the most prevalent oral health problem was diagnosed to be dental caries with a total of 200 cases diagnosed among the residents who took the service. In addition to that calculus (79 cases) and stains (70 cases) were commonly diagnosed after the caries. In response to this diagnosis, treatments as per the need were provided through the program. Scaling was the most frequently delivered service followed by RVG, restoration, extraction and root canal treatment (RCT). Through this service, in about 6 months' duration, a total treatment is worth **NRs. 7,81,300.00 (Seven lakh eighty-one thousand and three hundred rupees only)** was provided to the local community people.

After the implementation of the dental clinic program, residents of Rupa Rural Municipality gained improved access to essential oral and dental care services within their local area. The availability of services at Rupa Hospital significantly reduced the need for patients to travel to Pokhara city for dental treatment, thereby saving time, travel costs, and logistical challenges, especially for rural households. The program has been particularly beneficial for economically disadvantaged families, for whom dental care is often unaffordable due to the high cost of treatment. By providing services locally without any cost, the program helped remove financial barriers and encouraged greater utilization of dental services in the community.

Overall, the collaborative initiative between NELUMBO, NEPAL and Rupa Rural Municipality has substantially enhanced the accessibility, acceptability, and affordability of oral and dental health services within the municipality, contributing to improved oral health outcomes and increased community trust in public health service delivery.

Some of the glimpses from the dental camp:



Fig xiv: Registration of patients for check-up



Fig xv: Screening of the patients in dental camp

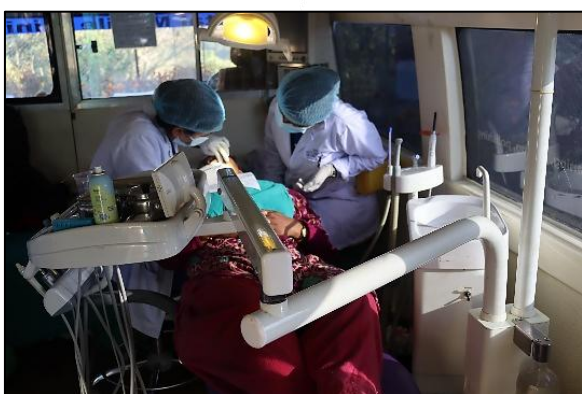


Fig xvi: Dental Surgeon treating the patient in a fully equipped Mobile Dental Van



Fig xvii: Scaling of the patient being done in the portable dental chair



Fig xviii: RVG of the patients being done in the dental van



Fig xix: Cavity preparation for restorative procedure at Rupa Dental Clinic

B. Ear Care Programs

Ear-related problems pose a major global public health challenge, with the World Health Organization (WHO) estimating that nearly one in five people worldwide are affected. In Nepal, hearing impairment is a prevalent health problem, impacting approximately 16%

of the population in at least one ear. Early identification and prompt treatment are essential to prevent complications and to ensure effective management of ear diseases. To address this problem, NELUMBO, NEPAL launched a program aimed at the early detection and treatment of ear-related conditions through its ear camps and awareness program. As part of this program, 4 ear camps were conducted in coordination with local government and clubs of the working areas. These camps delivered ear care services directly to community members. The services provided included ear screening, micro-suctioning, ear syringing (irrigation), Pure Tone Audiometry (PTA), counseling, and the distribution of prescribed medications. A skilled team of certified healthcare professionals delivered the required services, ensuring accurate diagnosis, appropriate treatment. Through these efforts, the program contributed significantly to improving ear health and enhancing the overall well-being of the community.

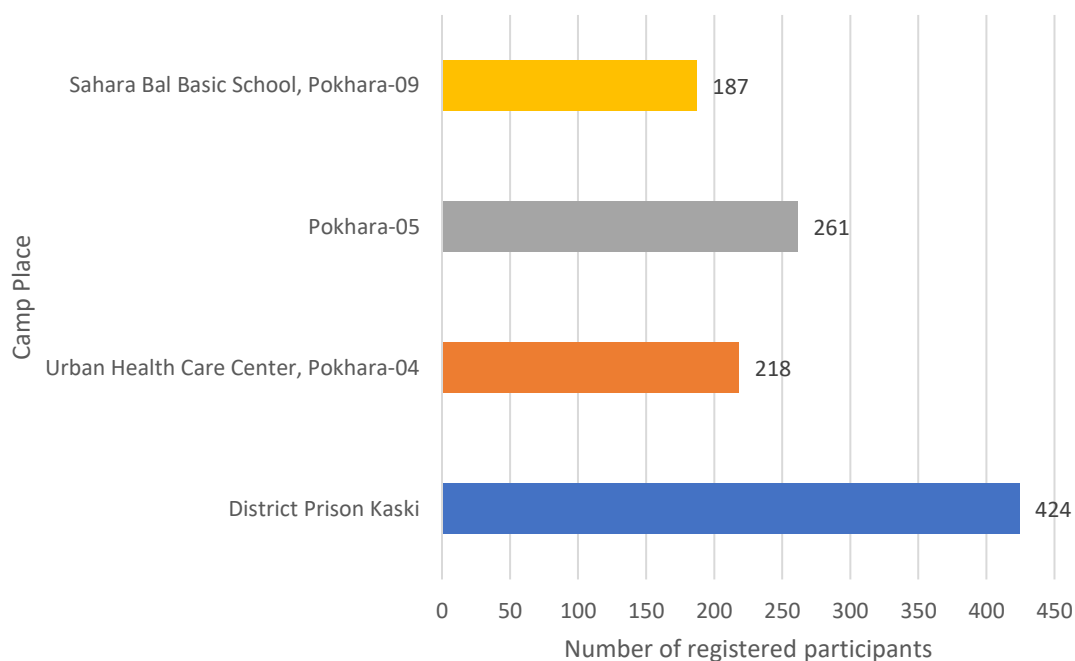


Figure 5: Ear Camp Details

Major findings from the camp:

A total of **1090** individuals registered for examinations. All four camps were conducted at different places inside Pokhara Metropolitan City, targeting different groups of people. Out of the four camps, two were conducted targeting local community people, one was conducted inside Kaski District Prison targeting the inmates, and the other camp was conducted for students of a government school.

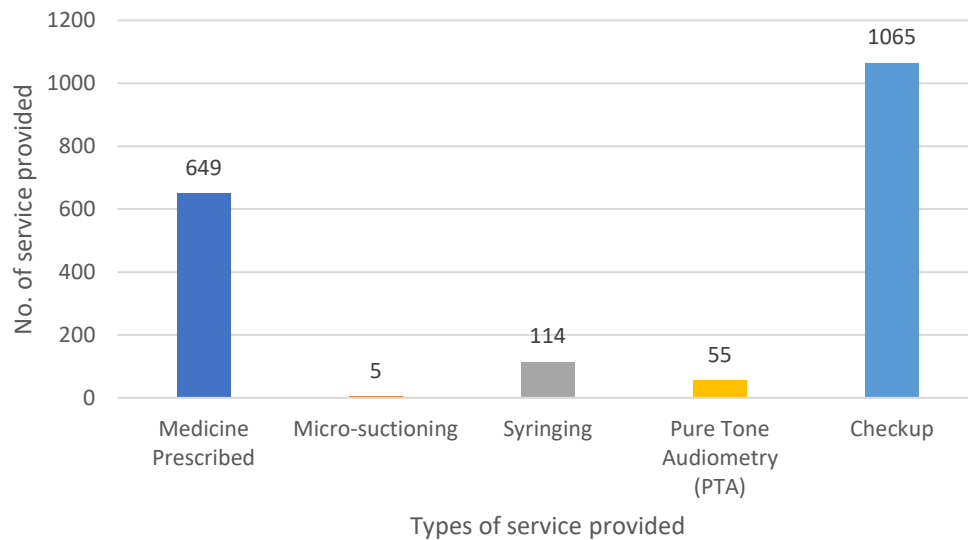


Figure 6: Bar diagram showing various types of ear-care services provided at camp.

Treatment and medication were provided to the patients as per their diagnosis. Major services that were provided in the camps were general check-up and counseling, Pure Tone Audiometry (PTA), suctioning, syringing, and medicine distribution, further details of which are shown in Figure 6.

Some of the glimpses from the ear camp:



Fig xx: Check-up of ear



Fig xxi: Students waiting for their turn for ear irrigation (syringing)



Fig xxii: Ear irrigation (syringing) of the ear



Fig xxiii: Pure Audiometry Test (PTA) at the camp

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3. Child Care Counseling and Development

NELUMBO, NEPAL initiated the Childcare Counseling and Development (CCCD) project to offer extensive support to parents and children for fostering healthy developmental milestones. This project is conducted in close coordination with our partner organization sharing minds which is situated in Switzerland. Over three years, the project has effectively engaged with families, providing crucial guidance and healthcare interventions. Through targeted efforts such as distributing essential vitamins, dental care products, and nutritional supplements, and conducting educational outreach for parents, the project has significantly advanced holistic child development.

Objective of the project

- Support parents and caregivers in promoting a positive home environment for the holistic development of the child.

Brief detail of the activities conducted under the CCCD project is given below:

A. Parent's Meeting

The Childcare Counseling and Development (CCCD) project successfully conducted **20** parent meetings in the year 2025. These meetings covered a range of topics, and the attending parents also shared their experiences of CCCD services with other parents, as well as the challenges they face while raising their children. During these sessions, children explored the play materials around them and socialized/bonded with other children. The main purpose of conducting these parents' meeting was to create an environment for children to socialise and let parents share their experiences with other parents and learn something new from each other. These meetings were conducted on several topics as:

- Responsive Caregiving
- Reducing the use of digital media
- Sleep
- Children's Mental Health
- Miliaria
- The Impact of Parental Stress on Child Development
- Consequences of Digital Media in Children
- Caring Children During Summer
- Taking care of children during Monsoon
- Dengue Awareness: Prevention, Facts, and Myths
- Vitamin A

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- Attention Deficit Hyperactivity Disorder

B. Health Program

i. Hospital Visits

All the children who come for counselling along with their parents are monitored using the World Health Organization (WHO) growth monitoring chart, during these checkups some of the children were found to be malnourished, and some had other problems like difficulties in speaking and listening. The children who belonged to low economic background and those whose guardians/parents could not afford the treatment and medication were supported through this program. They were taken for checkup, treatment, and medication with the support from NELUMBO, NEPAL.

The children who were supported from this program are:

- Harshita Chand Thakuri
- Aazman Lama
- Samyog Pariyar
- Samyak Tamang

ii. Food Package for Children

During routine growth monitoring conducted as part of counseling sessions, it was identified that 4 children were affected by malnutrition. All identified cases belonged to families from low socio-economic backgrounds, limiting their ability to provide adequate and nutritious food. The primary objective of this program is to ensure the provision of nutritionally appropriate food based on each child's health requirements. This intervention aims to promote healthy growth and development, recognizing that early childhood is a critical period that significantly influences overall development and long-term outcomes into adulthood. The food package for children included: mixed daal (lentils), sunflower oil, eggs, gram, lito (a Nepali, highly nutritious porridge made from roasted flour), oats, jaggery, millet or buckwheat flour, flaxseed, walnuts, dates, and chia seeds. These food packages are handed over to the guardian every month, along with regular growth monitoring of the children, which is done to track the improvement.

The children supported by this program are listed below:

- Harshita Chand Thakuri
- Aazman Lama
- Kristin Lama
- Rechal Tharu
- Suhasna Nepali

iii. Food Package for Mother

In addition to providing food packages for children, the project also extended nutritional support to new mothers who attended counseling sessions and were diagnosed with malnutrition alongside their children. Due to their weak financial conditions, these mothers were unable to afford adequate and nutritious food for themselves. To address this issue, specially curated food packages were prepared with a focus on meeting the nutritional needs of lactating and postpartum mothers. The food package included: mixed or bean daal (lentils), mustard oil, eggs, gram, millet or buckwheat flour, flaxseed, walnuts, dates, soya chunks, and rice. This support is aimed to improve maternal health, strengthen caregiving capacity, and contribute to the overall well-being and healthy development of both mothers and their children. The mothers who were supported through these programs are:

- Rekha Pariyar
- Kusum Tamang

iv. Lactogen Distribution

The children under one year of age, who showed the signs of malnutrition were provided with Lactogen as a nutritional supplement. These children belonged to marginalized and disadvantaged families and hence the families could not afford it. This intervention aimed to support healthy growth and improve the children's weight-for-height indicators in accordance with the World Health Organization (WHO) growth standards. The distribution of lactogen was done to address early nutritional deficiencies and promote appropriate physical development during this critical stage of infancy.

Children supported with lactogen:

- Kristin Tamang
- Suhasna Nepali

C. Counseling

Behaviour change is a multifaceted process that requires awareness, persistence, and often external support. Recognizing these challenges can help individuals and organizations develop effective strategies to facilitate lasting behaviour change. CCCD's tailored interventions focused on parental practices and child-rearing behaviours through counseling sessions. With the appropriate community outreach, CCCD was able to establish its shape. In the year 2025, NELUMBO, NEPAL was able to provide a total of **267** counseling sessions to **178** parents through this project.

D. Interaction Program

CCCD hosted its 3rd interaction program with the objective of introducing and strengthening awareness of the project's comprehensive services among key community stakeholders of Pokhara Metropolitan City ward no. 04. The program was attended by representatives from mothers' groups, Female Community Health Volunteers (FCHVs), and members of the local area development committee, ensuring broad community participation and engagement. The session provided an opportunity to share detailed information about CCCD services, encourage stakeholder feedback, and promote coordinated community support for the effective implementation and sustainability of the project.

E. Distribution of Vitamin D

According to the World Health Organization (WHO), it is recommended that every child below the age of one year should consume 400 IU of Vitamin D per day. This is because vitamin D is essential for absorbing calcium in the body, which is necessary for the proper development of bones. During counseling sessions, most of the parents were found not continuing with vitamin D which was prescribed after the delivery which might affect the health and development of the child in the long run. As a solution, the project provided regular oral Vitamin D supplements to infants who visit the office regularly for counseling sessions. In the year 2025, 50 pcs of Vitamin D have been distributed.

F. Distribution of Toothbrush and Paste

During the regular counseling sessions and parent meetings, it was observed that many children had very poor oral health as they were not brushing their teeth even once a day. To promote the overall health and hygiene of the children, a pair of toothbrush and paste has been distributed to the children along with proper guidance to their parents on correct way of using it so that they can develop the habit of brushing their teeth regularly. A total of 118 toothpastes and 81 toothbrushes was distributed in the year 2025.

G. Distribution of a nappy towel and diaper

Parents who come for counseling are taught about the materials they need to use for their baby. Also, some of the parents who cannot afford good-quality materials were supported with nappy towels and diapers from the project. In the year 2025, a total of 60 pieces diapers were distributed.

Some of the glimpses from the program:



Fig xxiv: Active participation of parents in the Parent's Meeting



Fig xxv: Children socializing and playing with each other during Parent's Meeting



Fig xxvi: Group picture after completion of 3rd Interaction Program



Fig xxvii: During one of the hospital visits



Fig xxviii: Lactogen handover to the mother.



Fig xxix: Food package handover



Fig xxx: Carlo Camenzind (president, Sharing Minds) during his hospital visit in relation the project



Fig xxxi: Group picture after completion of one of the Parent's Meeting

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3. Start-up support for Community level existing and aspiring/potential RU Groups in Lekhnath Area (Wards 26, 27, 28, 29, 30, 31, 32, and 33)

This project was implemented with the primary objective of identifying and strengthening community-based RU (Recycling-Upcycling) groups and individuals to actively participate in recycling and upcycling. The project aimed to enhance technical and entrepreneurial capacities, support the establishment of viable green enterprises, and promote sustainable waste management practices while contributing to local green job creation.

The project was implemented over a defined period from 2 January 2025 to 31 May 2025 in Wards 26 to 33 of Pokhara Metropolitan City. During this time, a structured approach was adopted to ensure effective capacity building, transparent selection of beneficiaries, and timely provision of start-up support.

Key activities included the organization of a two-day capacity-building workshop in April 2025, which focused on entrepreneurship development, business planning, developing economic concepts, and practical recycling and upcycling techniques. Participants were provided hands-on training and guidance to transform waste materials into marketable products and to develop feasible business plans.

Following the training, participants presented their business ideas through a formal pitching and evaluation process, where proposals were assessed by a multi-stakeholder evaluation panel based on feasibility, sustainability, market potential, and socio-economic impact. Based on the evaluation results and consultations with local government representatives and project partners, the most promising RU groups and individuals were selected for further support.

A pre-support field survey was subsequently conducted to assess the readiness of the selected groups, including availability of workspaces, human resources, technical capacity, access to raw materials, and market linkages. Based on these findings, required tools and equipment were procured in accordance with organizational and government procurement policies and distributed to the selected RU groups, along with training on proper handling and operation of the equipment.

In the post-support phase, the project-initiated follow-up actions focused on legal documentation support, monitoring and evaluation, and facilitation of market linkages and networking opportunities. Collectively, these interventions enabled selected RU groups to commence operations and positioned them to generate green employment opportunities, thereby contributing to sustainable livelihoods and improved waste

management practices in Pokhara Metropolitan City.

Some glimpse of the program:



Fig xxxii: Two-day capacity building workshop organized by NELUMBO, NEPAL



Fig xxxiii: Evaluation of promising RU groups by distinguished Panelists



Fig xxxiv: Transportation and delivery of requested materials



Fig xxxv: Machine setup and training to RU Group for production to Machhapuchhre Tol Bikas Sanstha



Fig xxxvi: Handover of requested materials to RU groups



Fig xxxvii: Tri-party agreement at Katunje Tol Bikash Sanstha

46th Social Service Day

The Social Welfare Council (SWC) in Nepal celebrates Social Service Day on Ashoj 06 (usually on September 22nd) to commemorate its establishment and to recognize the crucial role of non-governmental organizations and social workers in national development focusing on mobilizing resources and support for the vulnerable population. Furthermore, it highlights the promotion of transparency, accountability, and good governance in social welfare initiatives, while encouraging organized and inclusive activities that contribute to socio-economic uplifting. The Social Service Day activities are often celebrated with the themes related to Sustainable Development Goals.

This year, NELUMBO, NEPAL celebrated the 46th Social Service Day by distributing food package to needy mother and children who were diagnosed with malnutrition. As part of the program, complete food packages were distributed to needy mother and child beneficiaries to help address their immediate nutritional needs. The supported families primarily belonged to marginalized and socio-economically weak background, which limited their ability to access adequate, healthy, and nutritious food for both mothers and their children.



Fig xxxviii: Handover of food package



Fig xxxix: Group picture with the guardians and children after the completion of program

Monitoring and Evaluation

In the year 2025, monitoring and evaluation activities were carried out for various ongoing programs. Monitoring and evaluation forms were developed and designed to meet specific program requirements. These forms were used during the monitoring and evaluation of different activities to assess the program's effectiveness and track its progress. By collecting and analyzing data on the progress of the project, it helped to identify areas of success and areas that needed improvement. The monitoring and evaluation activities are conducted based on the nature of the program and at a certain time interval.

In addition to the internal organizational monitoring, this year monitoring of the organization's activities was also conducted by officials from the Social Welfare Council (SWC) to ensure accountability and transparency in the activities and operations of the organization. And, to assess the impact and outcome of the projects and programs to ensure that the targeted beneficiaries are receiving the intended benefits, and whether the organization is addressing the identified community developmental needs effectively. The monitoring visit was carried out by a two-member team from the Social Welfare Council consisting of one expert and one administrative staff member. During the visit, the team observed the project's working areas and held meetings with stakeholders of the working area and project beneficiaries.



Fig xl: SWC Monitoring visit to the working areas



Fig xli: SWC officials meeting with the stakeholders of the project

Participation in Government-Led Review Meetings

NELUMBO, NEPAL actively participated in a series of meetings and discussion forums organized by the District Coordination Office and respective Rural Municipality offices. These meetings primarily focused on reviewing activities and programs implemented during the previous fiscal years, as well as on formulating plans and budgets for the upcoming fiscal year. The meetings were attended by all non-governmental organizations operating within the areas concerned, ensuring broad representation and coordination. Additionally, local authorities provided feedback, guidance, and recommendations, which contributed to strengthening future planning and effective implementation of future programs.



Fig xlii: Presenting the activities at Program Review Meeting conducted by Machhapuchhre Rural Municipality



Fig xliii: Attending the review meeting conducted by District Coordination Committee

Contribution to Sustainable Development Goals (SDGs)

The ways in which our programs contribute to the achievement of the Sustainable Development Goals (SDGs) have been outlined. A comprehensive assessment of impact indicates that contributions are particularly significant in six priority areas. The below mentioned six goals have benefitted the most from our carefully planned projects and programs. By prioritizing these areas, measurable progress has been achieved, sustainable solutions have been advanced, and overall impact has been strengthened. The six SDGs most significantly advanced through these programs are listed below.



9th Annual General Meeting

NELUMBO, NEPAL conducted its 9th Annual General Meeting on Bhadra 15, 2082 (August 31, 2025) at Atithi Resort and Spa at Shanti Patan, Lakeside, Pokhara-06. This meeting is primarily held to provide transparency and include all the members, as well as to hold management accountable. The Board members, Honorary members, General members, their families, and the staff attended the meeting. Prof. Dr. Chandika Pandit was the Chief Guest of the program, whereas Prof. Dr. Bhojraj Neupane, Mr. Gehendreshwor Koirala, and Mr. Rammani Adhikari were special guests of the program. The 9th Annual General Meeting was chaired by Mr. Eka Dev Devkota, Chairperson of NELUMBO, NEPAL. The program formally started at 06:00 pm with the welcome speech from Mr. Saroj Koirala, Vice-chairperson of NELUMBO, NEPAL.

The main highlights of the meetings are mentioned below:

- Presentation on activities of Community Health, Education, and Environment of FY2081/82
- Presentation on activities of Dental Care and Ear Care of FY2081/82
- Presentation on activities of Child Care Counseling and Development of FY2081/82
- Presentation on the activities of Start-up for community level existing and aspiring/potential RU groups in Lekhnath Area for FY 2081/82
- Presentation on budget expenses for FY2081/82
- Presentation on activities plans for FY2082/83
- Presentation on the budget plan for FY2082/83

The presentation of various activities carried out under the running project was done by the Partnership and Communication Coordinator and Sr. Program Officer, whereas the budget expenditure and budget plans for the fiscal year 2082/83 were presented by the Finance and Admin Officer. The board members and general members passed the activities and budget plans for the upcoming fiscal year 2082/83. Program Coordinator facilitated the overall program.

The chief guest, along with all the distinguished special guests and representatives from the board, shared their remarks on NELUMBO, NEPAL, and its contribution to society. Their speeches not only highlighted the organization's vision and programs but also reflected a deep sense of encouragement and appreciation for its ongoing efforts. The thoughtful words and inspiring perspectives they delivered served as a source of motivation, reinforcing the value of NELUMBO, NEPAL's work, and its impact on society.

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Some Glimpse from the programs:



Fig xlv: Mr. Bhim Prasad Bhandari, Program Coordinator, facilitating the program



Fig xlv: Welcome speech by Mr. Saroj Koirala, Vice-Chairperson



Fig xlvi: Ms. Shamika Basnet, Sr. Program Officer, presenting the activities carried out under the projects CHEE & DCEC in the FY 2081/82.



Fig xlvii: Ms. Nirmala Devkota, Partnership and Communication Coordinator, presenting various activities carried out under the project CCCD & GCRU project in the FY2081/82.



Fig xlviii: Mr. Suraj Dawadi, Finance and Admin Officer presenting the expense details of FY2081/82 & budget plans for FY 2082/83



Fig xlix: Mr. Amod Koirala, giving his remarks on NELUMBO, NEPAL

8th NELUMBO Day Celebration

NELUMBO, NEPAL successfully marked the eight years of its establishment on December 29, 2025. The celebration of NELUMBO Day this year was organized in a manner distinct from previous years. In place of a picnic, a one-day staff retreat was planned with the objective of staff refreshment, team building, and strengthening interpersonal bonds. The eighth anniversary celebrations were conducted over two days. On December 28, all staff members traveled to the retreat venue located at Begnas Lake, Majhikuna. Accommodation arrangements were made in advance for an overnight stay. The evening provided an opportunity for relaxation, with staff members engaging in bonding activities around a campfire and barbecue. This break from the organization's demanding work schedule offered a refreshing and rejuvenating experience for all participants.

On the following day, an informal session was held in the presence of the board members. The program included a cake-cutting ceremony and the sharing of reflections on the journey, achievements, and experiences of NELUMBO, NEPAL over the past eight years. The anniversary celebration concluded with group boating activities at Begnas Lake, which were thoroughly enjoyed by all attendees.



Fig I: Enjoying Campfire and barbeque with some live music



Fig Ii: Marking the 8 years of NELUMBO, NEPAL



Fig Iii: Group picture after completion of informal session on NELUMBO Day

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Training and Workshops

The emotional well-being and happiness of staff are not just individual concerns; they are essential components of a healthy, collaborative, and high-performing work environment. Recognizing the growing levels of workplace stress, burnout, and interpersonal challenges, NELUMBO, NEPAL, organized a one-day training program focused on Mental Health and Team Empowerment for staff under the theme: “Building Team through Mental Wellness & Communication.” This training served as a crucial intervention to promote mental health awareness, encourage self-care practices, and enhance both communication and leadership competencies among employees. The training aimed to reinforce the importance of psychological well-being and effective communication as the foundation for a cohesive and productive workplace.

The key objective of the training included:

- Build understanding of mental health in workplace settings.
- Strengthening teamwork and communication among staff.
- Improve conflict resolution and empathetic listening skills.
- Develop leadership and interpersonal skills for better collaboration.

All the staff actively participated in all the training sessions. The presence of both the Chairperson and Vice-Chairperson further boosted morale, as their participation in the training served as a strong source of encouragement and support for all the staff. Overall, the training proved to be beneficial as it provided the participants with valuable insights, new knowledge, and practical techniques. These learnings are expected to have a positive impact on not only their professional performance and development, but it will also contribute meaningfully to their personal growth and development.

Some glimpse from the program:



Fig liii: Ice-breaker Introductory Activity



Fig liv: Role-play by the staff during one of the sessions

Funding Partner & Supporters

NELUMBO, NEPAL expresses its profound appreciation to all national and international organizations, local government bodies (Rural Municipalities and ward offices), community clubs, local communities, and international individual donors for their invaluable contributions to the success of its programs. Your continuous support, confidence, and generosity have been fundamental in enabling the effective implementation of impactful initiatives that bring meaningful and lasting changes to underprivileged and marginalized communities.

Through your collaboration and commitment, we have been able to address challenges and deliver programs efficiently across the sectors of health, education, environmental sustainability, and awareness. Your trust in our mission and vision strengthens our capacity to expand our efforts and sustain positive impact. The encouragement and partnership we receive inspire us to work diligently toward achieving our organizational goals, and we look forward to continuing this collaborative journey to create lasting change and build a brighter future for the communities we serve.

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NEPAL**

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NELUMBO



Local Government Bodies

Our Team

Board Members

Mr. Eka Dev Devkota - Chairperson

Mr. Saroj Koirala – Vice – Chairperson

Mrs. Sajani Udas - Secretary

Mrs. Anjana Tajhya – Treasurer

Dr. Kapil Adhikari - Member

Mr. Rakesh Joshi - Member

Mr. Sumeru Tripathi - Member

Honorary Members

Assoc. Prof. Gehendreshwor Koirala

Dr. Deepak Ranjan Dalai

Dr. Bhojraj Neupane

Mr. Rammani Adhikari

Dr. Chandika Pandit

Mr. Abu Taher Md Rafiqul

Staff Members



**Mr. Bhim Prasad
Bhandari**
Program Coordinator



Ms. Nirmala Devkota
Partnership and
Communication
Coordinator



Ms. Shamika Basnet
Sr. Program Officer



Mr. Suraj Dawadi
Finance and Admin
Officer



Dr. Dikshya Chhetri
BDS



Mr. Rabi Gurung
Technical Officer
(Part-time)



Ms. Niruta Devkota
Sr. IT Supervisor



**Mr. Rupesh
Gurung**
Technical
Supervisor



Mrs. Kabita Subedi
Admin Supervisor



**Mrs. Pratikshya
Basnet**
Ear Care Practitioner



**Ms. Manisha
Adhikari**
Child Care Officer



**Ms. Asmita Khand
Shahi**
Dental Hygienist



Ms. Barsha Thapa Magar
Dental Hygienist



Mr. Mukta Mal
Sr. Driver

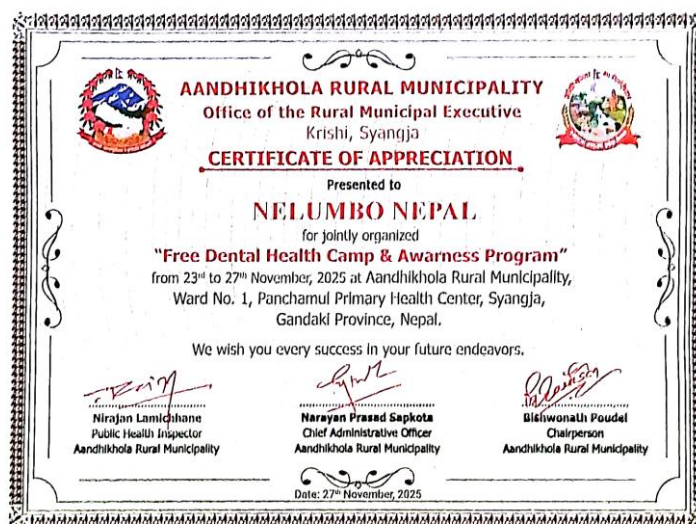


Mr. Ritik Chuwain
Clinical Support



**Mrs. Rita Thapa
Magar**
Office Helper

Appreciation Certificates



News Coverage

News coverage of organizations' programs by various local and national newspapers.

सहारामा नेलम्बोको तीनदिने शिविर



■ आदर्श समाज

पोखरा, २३ कात्तिक

नेलम्बो नेपालको प्राविधिक सहयोग र पोखरा-९ वडा कार्यालयको समन्वयमा सहारा बाल आधारभूत विद्यालय, पृथ्वीचोकमा निःशुल्क दन्त र कानको शिविर तथा सचेतनामूलक कार्यक्रम सञ्चालन गरिएको छ ।

पोखरा महानगरपालिका शिक्षा महाशाखाका प्रमुख हेमप्रसाद आचार्यले कक्षा ८ को छात्रा शिल्पि परियारलाई ओपिडी स्लिप प्रदान गरी कार्यक्रम शुभारम्भ गरे । आचार्यले निःशुल्क रुपमा दाँत र कानको शिविरका साथसाथै सचेतनामूलक कार्यक्रम बालबालिकाहरुमाभर सञ्चालन गरेकोमा धन्यवाद व्यक्त गर्दै सहारा विद्यालय पालिकाको विभिन्न कार्यक्रमहरुमा पनि चर्चाको विषयमा रहिरहेको बताउँदै सिर्जित समस्या समाधानका लागि पहल गर्ने प्रतिबद्धता व्यक्त गरे ।

विद्यालयका निवर्तमान संयोजक तथा पोखरा ९ का जनप्रतिनिधि नन्दराम गिरीले विद्यालयको विभिन्न

पक्षको प्रगतिको साक्षी हुन पाउँदा निकै हर्षित भएको बताए ।

नेलम्बो नेपालका अध्यक्ष एकदेव देवकोटाले आगामी दिनमा सो विद्यालय र सहारा एकेडेमीमा वार्षिक कार्यपत्रोमा नै योजना तर्जुमा गरी कार्यक्रम ल्याउन प्रयास गर्ने प्रतिबद्धता व्यक्त गरे । उनले प्रभावकारी सिकाइका लागि स्वस्थ हुन अत्याश्यक हुने हुँदा बालबालिकाहरुको स्वस्थसँग सम्बन्धित कार्यक्रम सञ्चालन गर्न पाउँदा निकै खुसी व्यक्त गरे ।

विद्यालयको सहयोगी संस्था सहारा क्लब पोखराका नवनिर्वाचित अध्यक्ष केशवबहादुर थापाले नेलम्बो नेपालले दाँत र कानको शिविर सञ्चालन गरेकोमा खुसी प्रकट गर्दै सहारा क्लबले सञ्चालन गरेको सूर्यबहादुर केसी स्मृति सहारा एकेडेमीका आश्रित बालकहरुसमक्ष पनि यसप्रकारको कार्यक्रम ल्याइदिन अनुरोध गरे ।

विद्यालय व्यवस्थापन समिति अध्यक्ष विक्रम थकालीले शिविरले अव्यवस्थित बस्तीमा बसोबास गर्ने विद्यालयका बालबालिकाहरुलाई

प्रभावकारिरुपमा सेवा प्रदान गर्न सक्ने विश्वास व्यक्त गरे । विद्यालयको बस्तुस्थितिबारे बताउँदै उनले सबै पक्षलाई विद्यालयको विद्यमान समस्या समाधानका लागि सरिक हुन अपील गरे । साथै, शिविरमा नेलम्बो नेपाललगायत विद्यालयलाई साथ र सहयोग प्रदान गर्ने सहयोगीप्रति आभार व्यक्त गरे ।

३ दिनसम्म सञ्चालन हुने शिविर उद्घाटन अवसरमा स्वागत मन्तव्य व्यक्त गर्दै विद्यालय प्रधानाध्यापक लोचना अधिकारीले विद्यालयको समग्र पक्षहरुबारे संक्षिप्त जानकारी गराएकी थिइन् ।

शिक्षक सुदीप कोइरालाले सञ्चालन गरेको कार्यक्रममा पोखरा ९ का वडाध्यक्ष दीपेन्द्र मर्सानी, जनप्रतिनिधि लक्ष्मी पहारी, शिक्षा महाशाखाका अधिकृत जीवनप्रसाद रेग्मी, सहारा क्लब पोखराका पदाधिकारी, विभिन्न संघसंस्थाका पदाधिकारी, नेलम्बो नेपालका प्राविधिक टोली, विभिन्न टोल विकास र आमा समूहका पदाधिकारी, अभिभावक, शिक्षक र विद्यार्थीहरुको उपस्थिति थियो ।

मादीका ५ विद्यालयका विद्यार्थीलाई स्वीटर



आदर्श समाज सम्पादना
मंसिर १४, २०८२



पोखरा । नेलम्बो नेपाल र मादी गाउँपालिकाको साझेदारीमा स्थानीय ५ विद्यालयका विद्यार्थीलाई स्वीटर वितरण गरिएको छ । आइतबार सीताराम माध्यमिक, मंगलोदय आधारभूत, विन्ध्यवासिनी आधारभूत, धुव माध्यमिक विद्यालय र नवदुर्गा आधारभूत विद्यालयका ३ सय ५९ विद्यार्थीलाई स्वीटर वितरण गरिएको हो ।

मादी गाउँपालिका अध्यक्ष देवीजंग गुरुङ तथा नेलम्बो नेपालका अध्यक्ष एकदेव देवकोटाले संयुक्तरूपमा स्वीटर वितरण गरेका हुन् ।

गाउँपालिका अध्यक्ष गुरुङले नेलम्बोको सहकार्यमा पहिलो पटक २ वडाका सम्पूर्ण विद्यार्थीलाई स्वीटर बाइन पाउँदा खुसी लागेको सुनाउँदै आगामी वर्षमा पनि सहकार्य गर्दै जाने बताए । उनले अन्य विद्यालयका विद्यार्थीलाई पनि सहयोग गर्ने प्रतिवद्धता जनाए ।

नेलम्बो अध्यक्ष देवकोटाले आपसी सहकार्यमा कार्य गर्दा अपनत्व हुने औल्याए । उनले स्वीटरले जाडो याममा विद्यार्थीलाई पठनपाठनमा सहजता थप्ने विश्वास लिए ।

सम्पन्न तथा समृद्धीका लागि अतिरिक्त जीवनशैलीमा आधारित नेलम्बो नेपालको कार्यकक्षबाट पालिकाका लागि शल्यी रहेको सुनाउँदै

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