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Cover Photo

: Photographs showing various activities of
WOREC

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FOREWORD

Women's Rehabilitation Centre (WOREC) is a non-governmental organization working in the field of women's empowerment and community development mobilizing the rural women, who have been socially rejected, discriminated and humiliated. The targeted layer of women includes those who are in risk to trafficking and relieved from prostitution, who have contracted HIV/AIDS or those without family and resources. WOREC strives to help them through animation, empowerment and educational, socio-cultural and income generation based development oriented activities. WOREC has facilitated the targeted women to form their groups in local level. These groups are provided with leadership and other training by WOREC. The rural women groups are supported and mobilized by the centre to implement various programs in their communities for the benefit and development of the communities as well as to mobilize other community members to participate in the noble endeavor of community development. Moreover, the rural women after being involved in the special rehabilitation program at Kathmandu are sent back to their communities to work in association with the local women groups. Thus the socially rejected or humiliated rural women have been rehabilitated in their families and society. This is the unique program conducted by WOREC which is based on the philosophy of community based rehabilitation.

Moreover, the centre has also been providing support to the targeted community for enjoying basic facilities like drinking water, adult literacy, advocacy, health education & services and education for the prevention of sexually transmitted diseases and AIDS. The integrated programs of WOREC are directed towards preventing girls trafficking, making the community aware of STD/AIDS and women's rights and mobilizing the rural women to participate in the endeavour of community development.

This report provides information about the philosophy, objectives, activities and accomplishments of WOREC in the year 1994/95. It is hoped that the experience gained by the centre in the field of integrated community development by mobilizing the resource poor rural women of the community will be better shared through this publication.

On behalf of WOREC I would like to express sincere thanks to the Caritas/Nepal; The Asia Foundation, Nepal; AmFAR, USA; Misereor, Germany; Caritas, Switzerland; Caritas, Germany and other INGOs and agencies for providing support to WOREC towards meeting its goal. I would also like to acknowledge members of local women volunteer groups working in cooperation with WOREC at Nuwakot and Udayapur. Sincere thanks goes to all staffs of WOREC without whose efforts and dedications this report would not have come in light.

Gaurighat, Kathmandu
May 20, 1996

Dr. Renu Rajbhandari
Executive Director

I. INTRODUCTION : WOREC

Nepal is one of the least developed countries of the world where majority of the population are struggling hard for livelihood in the socio-economic environment ruled by illiteracy, malnutrition, diseases, unemployment and social injustice. This rule has so pressed the people in rural areas that they have been forced for migration into towns and cities in search of employment opportunities. The rural girls are trafficked into prostitution in Indian brothels, the rural women and children are forced to work in carpet factories in Kathmandu and the youth are forced to hard labor in other countries of Asia. The ever increasing rate and trend of migration of rural youth, social crimes and injustice including girls trafficking, rape and spread of AIDS have been a serious problem in Nepal.

WOREC is one of the indigenous organizations established with the sense of social responsibility and devotion for resolving the above mentioned problems and to contribute in building the nation.

WOREC is a service oriented women's organization which is governed by the Executive Committee. At present it has been leading the socially rejected and discriminated layer of resource poor, unemployed and unskilled rural women towards lawful, productive and conscious life style which bears a sense of devotion for social service and community development.

GOAL & OBJECTIVES:

The overall goal of WOREC is to contribute in nation building by empowering, educating and mobilizing the resource poor rural women.

In present national context the specific objectives set by the centre are as follows:

- * To make the Nepalese women aware to exercise their rights;
- * To launch community based rehabilitation programs for socially rejected and discriminated layer of resource poor rural women;
- * To identify and launch entrepreneurship development projects with the peoples' participation for bringing about substantial changes in the skill and household income of the rural community;

- * To implement community based literacy, advocacy, STDs/AIDS and health education programs in rural communities integrating with entrepreneurship development projects in the command areas of WOREC;
- * To conduct integrated reproductive health, STD/AIDS prevention and community development programs in the command areas of the centre by mobilizing the community based women's organizations and volunteers;
- * To develop and implement special projects in close co-operation with the national and international organizations to safeguard and strengthen women's right.

PHILOSOPHY:

The philosophy of WOREC is that the resource poor and destitute women can be converted into an advantage to create the infrastructure needed in the society towards bringing about an improvement in the quality of their lives by launching, specific to population group and environment, various cultural, educational and development activities in an integrated fashion.

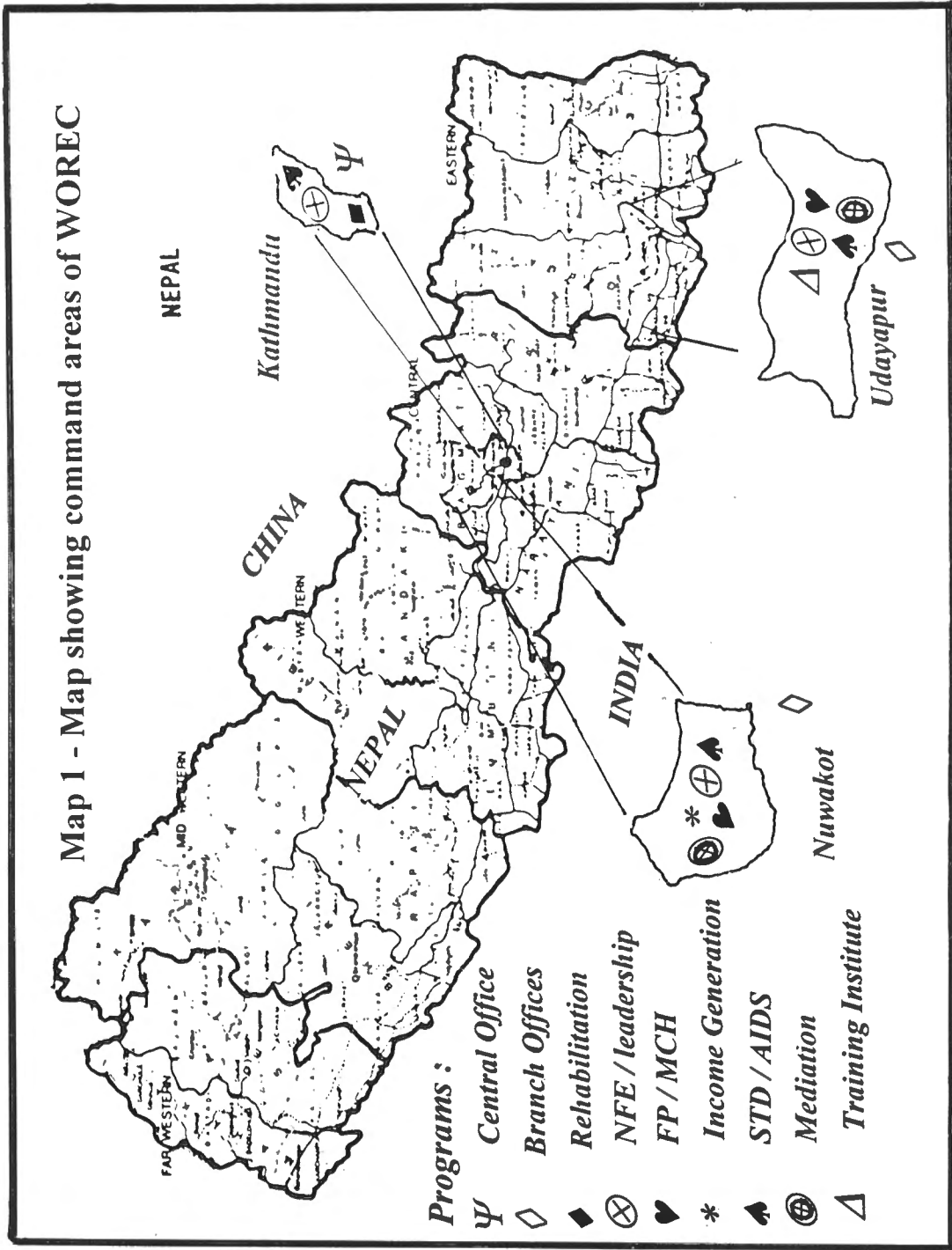
ACTIVITIES:

WOREC has been conducting various activities which can be broadly grouped into the following six major fields:

- * Rehabilitation of rural women who have been victims of or are in-risk to trafficking, relieved from prostitution and have contracted HIV/AIDS;
- * Community based integrated family planning and STD/AIDS education and prevention in various levels;
- * Integrated entrepreneurship development for resource poor rural women ;
- * Animation/ non-formal education including legal, health and hygiene for targeted population groups;
- * Service to the rural communities;
- * Research/survey studies in relevant fields for identifying, analysing and developing efficient community based programs.

The project areas of WOREC are as shown in the Map - 1.

Map 1 - Map showing command areas of WOREC



II. PROGRAMS OF WOREC IN 1994-95

1. REHABILITATION PROGRAM

Pandemic AIDS has entered into this Himalayan kingdom basically through the commercial sex workers engaged particularly in Indian brothels and the businessmen or migrant youth visiting brothels in other countries.

The AIDS victims are humiliated and discriminated in Nepal. There is no doubt that it will take a considerable period of time to educate the people to live with AIDS victims in the families and communities. Rehabilitation of women with AIDS is, therefore, a must.

WOREC has experienced that rehabilitation of such women in socially isolated environment would be a dogma. The centre, therefore, has initiated a joint rehabilitation program for both the AIDS victims and the resource poor rural women who have been discriminated and humiliated in the society and who are in high risk to trafficking into prostitution.

During the first year WOREC found that the number of HIV positive women, who needed rehabilitation beyond their houses, was not big enough in Nepal rather the number of girls in risk to forced migration or trafficking into prostitution in Indian brothels, the major route of AIDS transmission, has had been quite considerable. The centre had also identified that the forced migration of rural youth has had been caused primarily by illiteracy, poverty and unemployment. The unskilled and unemployed women are mostly exploited, humiliated and discriminated in the rural society also from the gender perspective. This layer of rural women immediately need support to make them aware of the environment they have been operating in and the tradition they have to change in favour of the harmonious development of the society. In other words, these layers of women need community based rehabilitation and empowerment program. One of the innovative ideas of this project has been to let the AIDS victims and the resource poor, unskilled and rural women in-risk to trafficking, live together sharing each others sorrows, happiness and feelings and learn skills together for productive and meaningful life style.

It is in this situational context and conceptual background that the rehabilitation program has been implemented by WOREC in the financial assistance of Caritas, Germany.

ACTIVITIES:

*** Housing and Health Support:**

In the third year the number of targeted women admitted to this program was 24. The targeted girls were provided with housing, food and other supports at the centre's hostel at Gaurighat, Kathmandu. These women were also provided with regular health check up, treatment and emotional and psychological supports. This program was initially designed for HIV positive women only. However, based on the experience of the first year the rural women endangered to trafficking into or relieved from prostitution were also given priority for enrollment into this program. In the year 1994/95 the women under rehabilitation included two HIV positive girls, two girls rescued en-route into forced prostitution in India and 20 girls belonging to resource poor family and endangered to trafficking into prostitution.

*** Animation and Skill Training:**



The resident girls have been provided with animation (literacy, legal education and awareness about hygiene and health including STDs and AIDS) and skill training in knitting in the hostel itself. These activities were conducted as sole daily routine works.



Some of the products produced by girls under rehabilitation.

They have also been provided with income generation opportunities, i.e. to produce and sell their goods (sweaters, clothes, gloves, shocks, etc.) through WOREC. The skill training and income generation opportunities are provided to the targeted girls as an equipment against trafficking into prostitution and migration into towns where they can be victims of AIDS. It has helped to build up their confidence that they can sustain themselves and their family by making use of their skills. This is one of the most important aspects of psychological bases for community based rehabilitation of the resource poor women.

THE PROJECT IMPACTS:

The financial assistance provided by Caritas, Germany to implement this program has been quite helpful for WOREC to make its dream and plan come true. Within this program WOREC has grown internally, institutionally and nationally.

The project has not only provided housing and other relevant support to targeted girls but it has also provided educational and animation, skill training and empowerment to the targeted women. In the year 1994/95 twenty four girls were benefitted by housing, sustenance, educational and skill training supports and income generation opportunities in the centre itself. Moreover, 56 migrant women working in various carpet factories were benefitted by non-formal education and animation. Besides, what needs to be mentioned is that these women have been educated to combat illiteracy, gender based discrimination, and to prevent AIDS in their communities.

2. COMMUNITY BASED STD/AIDS PROGRAM

AIDS has been a serious threat to mankind. In the south-east and south Asia this syndrome is reported to be spreading very rapidly. The situation is much more alarming in such countries like Thailand, India and Myanmar. In Nepal also number of people who has contracted HIV is reported to be increasing each year.

In this Himalayan country HIV is reported to be most prevalent among the persons involved in commercial sex business or visiting to brothels and persons with STDs. This fact indicates that one strategy towards effective prevention of AIDS would be to stop sexual transmission of HIV.

This strategy relies primarily on dissemination of health and AIDS information and education aimed at changing the sexual behavior of the population groups in-risk to HIV contraction.

Forced migration of girls from hills to towns and Indian cities has been quite common in Nepal. This sort of migration is caused basically due to illiteracy, social unconsciousness, unemployment and poverty prevalent in the rural areas. Surveys conducted by WOREC at Bombay have revealed that about 20,000 Nepalese women are involved in flesh trade in Bombay alone. The World Health Organization has reported that about 40% of prostitutes in India have contracted HIV. It means that at least 8,000 Nepalese women involved in commercial sex business in Bombay might have contracted HIV. Some of these women, particularly the brothel owners and senior prostitutes, occasionally visit their native villages each year endangering the communities with HIV/STDs transmission.

The concept of WOREC underlying behind the implementation of community based STDs/AIDS education program is that the only effective means of preventing HIV transmission is integration of the education, information and communication about STDs/AIDS with NFE, family planning and income generation activities implemented in the communities concerned. Such program would be cost effective and more productive if conducted in an integrated way and by the community members themselves in their mother tongues.

WOREC has experienced that AIDS awareness campaign would be more effective and radiated if conducted by mobilizing the trained students coming from different corners of the country.

In order to extend efforts for preventing AIDS some activities are also needed to be implemented in the Indian brothels where poor Nepalese girls have been indulged in commercial sex business. They need to be made aware of the measures that would minimize the chance of contracting HIV.

ACTIVITIES:

Governed by above mentioned concept the centre has been conducting STDs/AIDS education program in following population groups:

- A. students of high schools at Kathmandu, Nuwakot and Udayapur;
- B. youth working in various carpet industries at Kathmandu;
- C. the rural communities of Udayapur and Nuwakot districts;

Previously WOREC had conducted STD/AIDS education for campus students (Chitwan, Nuwakot and Banke districts) and Nepalese prostitutes in the brothels at Bombay.

A. STD/AIDS EDUCATION IN THE SCHOOLS:

Improvement in the curriculum of school education, particularly that of higher classes, to include sex and STDs/AIDS education as a compulsory subject has been widely felt. The First National Conference on STD/AIDS organized by WOREC at Kathmandu during 11-12 December, 1994 had also suggested that sex education and STD/AIDS education should be included in the curriculum of high school and campus. But such improvement has not so far been done by the concerned ministry. WOREC has been conducting STDs/AIDS education program in various high schools at Kathmandu since 1 June 1993 in the financial assistance of Caritas, Switzerland.

This program was previously conducted for the students of ninth and tenth classes. But later on with the request of the Principals and other teachers the students of class eight were also included in the program. In 1995 the school AIDS program was conducted in twenty schools at Kathmandu (Table 1).

At the beginning of the AIDS education 4.77% of the total students (2532) were found unaware and unfamiliar with the word AIDS, while 21.99% had satisfactory, 56.69% had good and 16.55% had excellent knowledge about the pandemic. After the program 75.92% had excellent and the rest, i.e. 24.08% had good knowledge about HIV/AIDS.

This program has been conducted in full co-operation of the school administration, teachers and the students. They have highly appreciated the endeavor initiated by WOREC. The pre- and post-test evaluation of the students' knowledge about the causes and modes of

transmission of and the measures of preventing the sexually transmitted diseases and AIDS conducted in the course of this program have revealed encouraging results.

Table 1: The schools covered by WOREC's AIDS education program

<u>Name of the school</u>	<u>Location</u>
1. Shivapuri High School	Maharajgunj
2. Koteswor High School	Koteswor
3. Padmakanya High School	Dilli Bazar
4. Kanya High School	Lainchaur
5. Kamalnetra High School	Old Baneshwor
6. E.P.S.High School	Min Bhawan
7. Shanti Vidya Griha	Lainchaur
8. Ratna Rajya High School	New Baneshwor
9. Sharada High School	Pashupati
10. Kshitiz Boarding School	Dilli Bazar
11. Martyer's Memorial H.School	Gyaneshwor
12. Nandi High School	Naxal
13. Kanti Ishwari H. School	Pyaphal
14. Girls High School	Yatkha
15. Suryodaya High School	Kathmandu
16. Baba High School	Gyaneshwor
17. Dorje High School	Kathmandu
18. Bhrikuti High School	Kathmandu
19. Mahendra Bhawan High School	Gyaneshwor
20. Siddhi Ganesh High School	Kathmandu

B. AIDS EDUCATION TO THE YOUTH WORKING IN CARPET INDUSTRIES

WOREC has been conducting AIDS education to the youth working in carpet industries at Kathmandu. So far this program has been conducted in 30 carpet industries at Kathmandu. This project was started from 1 June 1993 in the financial assistance of Caritas, Switzerland.

Above 1360 youth involved in various carpet industries were benefitted by this program. The methodology employed to deliver STDs/ AIDS education among the youth working in carpet industries included group discussion, mini-lecture, poster show, VDO show, role play, etc.

Analysis of pre- test results have revealed that 77% of the randomly sampled respondents (300) were found unfamiliar even with the word AIDS, while 22.23% responded at satisfactory level of knowledge about AIDS. The post test results revealed that 70.37% of the respondents had acquired satisfactory, 14.81% of the respondents had acquired good and 3.71% had excellent knowledge about AIDS.

In this program emphasis is being placed on: the means by which AIDS is transmitted, how it is not transmitted, what are the implications of STDs/ AIDS and how to prevent STDs/AIDS. Major topics addressed in this program included:

- * Girls trafficking: its causes and effects;
- * What types of factories are motivating girls to migrate from their native villages ?
- * STDs: definition, symptoms, prevention and control.
- * What is HIV/AIDS?
- * What are its causes and implications ?
- * How HIV/AIDS is transmitted ? How it is not spread?
- * Prevention and control measures of HIV/AIDS: promotion of use of condom.

C. COMMUNITY BASED STD/ AIDS PREVENTION PROGRAM:

The centre has launched community based integrated sexually transmitted diseases and AIDS prevention program in its command areas in Nuwakot and Udayapur districts. This program was implemented in the financial assistance of AmFAR, USA since October 1, 1993. In 1994/1995 major program components included:

- * STDs/AIDS education to the targeted communities;
- * Integrated family planning;
- * Non-formal education to adult women; and
- * Mobile health camps in targeted areas.

Under this project two clinics were established at Sikharbeshi village of Nuwakot and Murkuchi village of Udayapur district. This program had covered 5 VDCs in each district. There were village level STD/AIDS information communicators stationed in each VDC level posts. These communicators were involved in delivering information and education about STDs and AIDS and their preventive measures in a door-to-door fashion. Non-formal education classes were conducted among 15 groups at Nuwakot in the financial assistance of SC(US)/Nepal, while at Udayapur NFE classes were conducted among 19 women groups. The NFE activity at Udayapur was supported by AmFAR and WOREC.



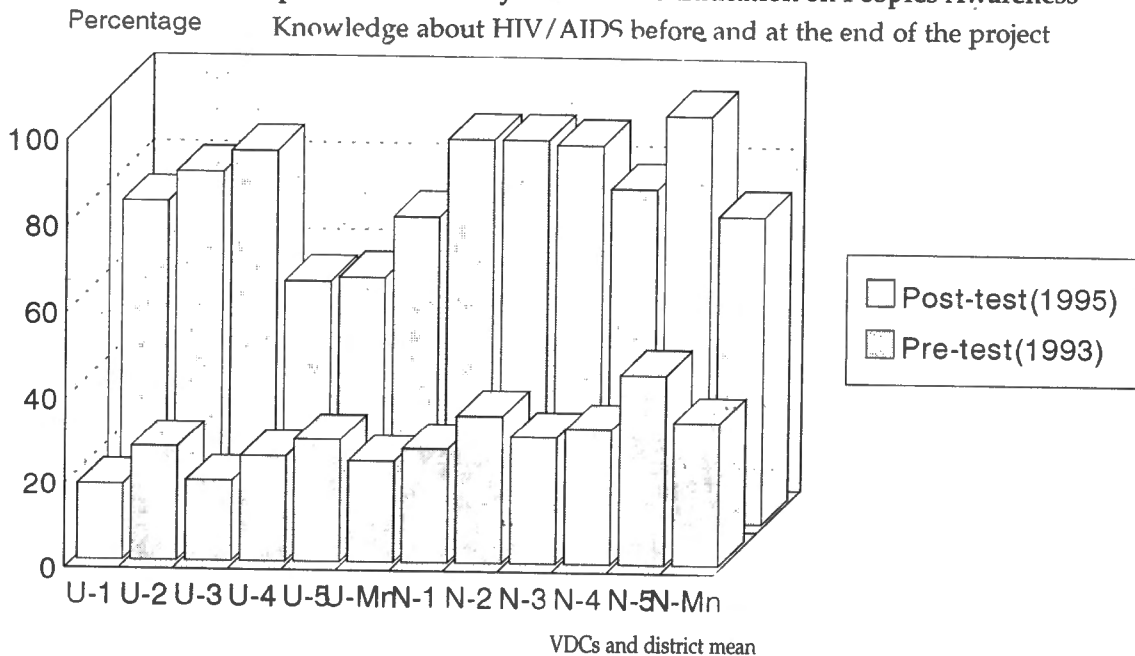
Free health check up was an useful activity of the mobile camp for the community deprived of health facilities in their villages. Udayapur

Under this project mobile health camps were conducted to benefit the targeted rural population who have been deprived of such facilities.

The village level field workers and NFE facilitators were provided with the basic and refresher trainings on relevant topics.

Pre- and post-test results of STD/AIDS education conducted in Udayapur and Nuwakot at the beginning and end of year two are summarized in figures: 4-1 to 4-4. It is obvious that IEC on STDs/AIDS in local language in a door-to-door fashion is the effective way to educate the rural people towards preventing STDs/AIDS.

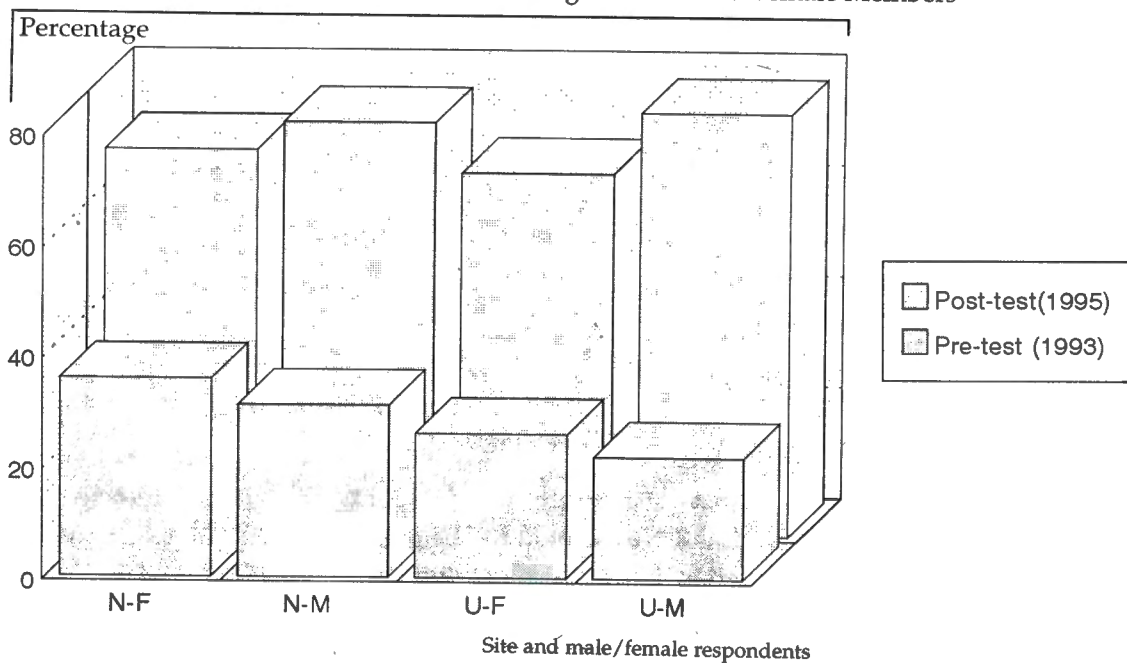
Impact of Community Based AIDS Education on Peoples Awareness



Knowledge among targeted population in the project areas
 U = Udayapur: 1 = Rauta, 2 = Deuri, 3 = Gaighat, 4 = Jogidaha, 5 = Hadiya, Mn = Mean
 N = Nuwakot: 1 = Raluka, 2 = Sikharbeshi, 3 = Ghyangphedi, 4 = Rautbesi, 5 = Gaonkharka

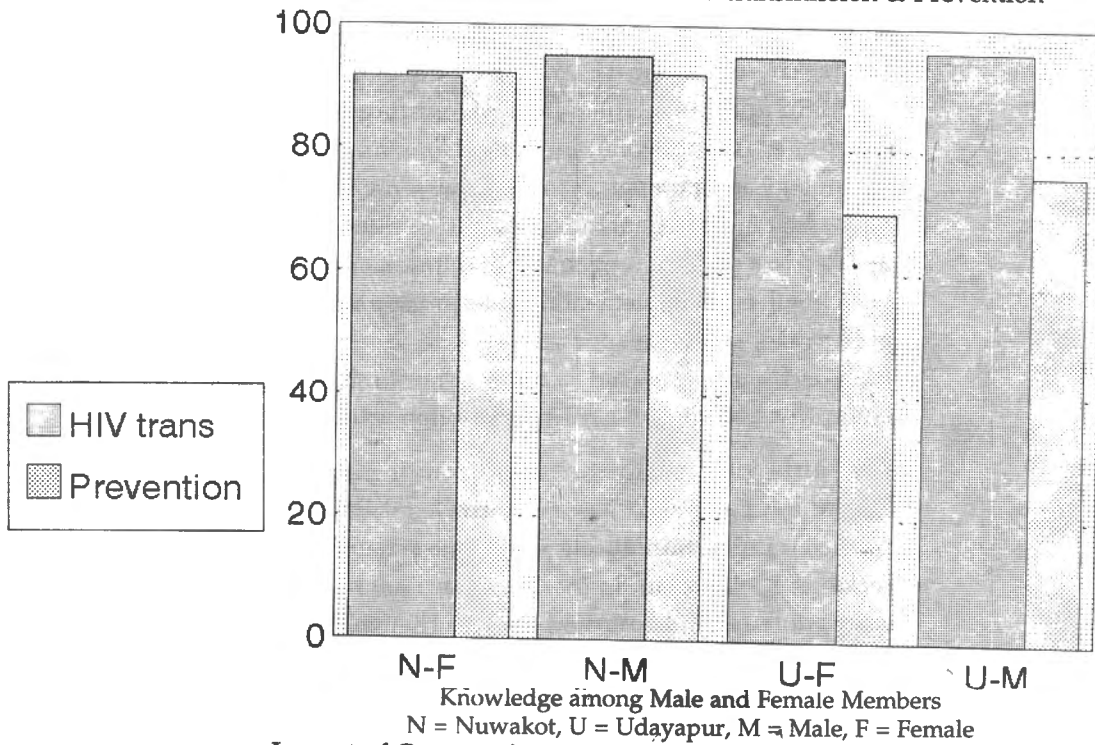
Impact of Community Based AIDS Education on Peoples Awareness

Awareness among the Male and Female Members

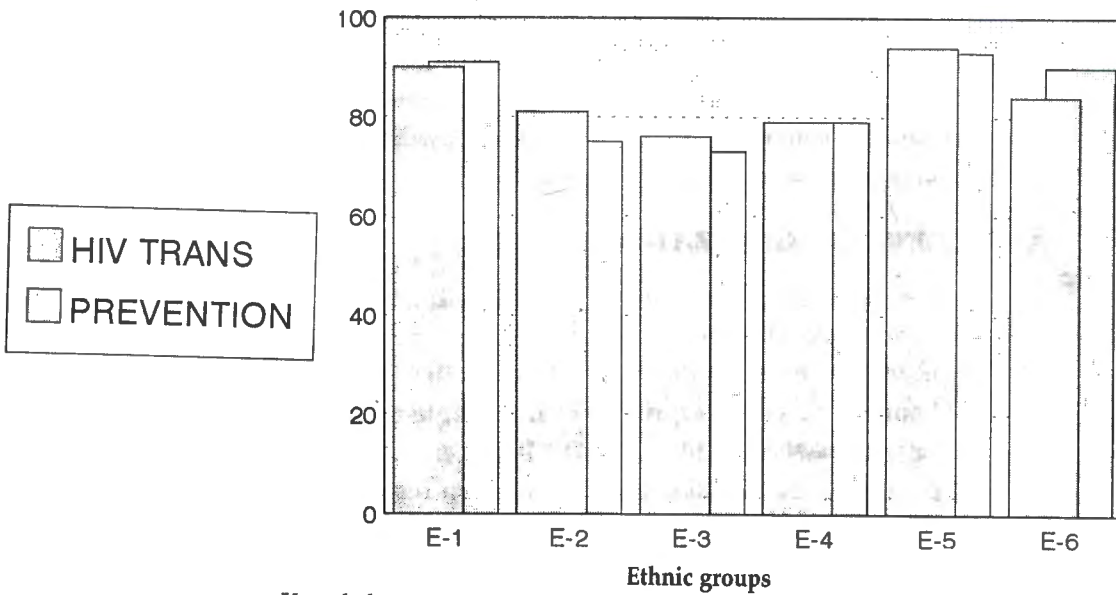


Knowledge about AIDS (% of the total sample)
 N = Nuwakot, U = Udayapur, F = Female and M = Male

Impact of Community Based AIDS Education on Peoples Awareness
Awareness about Mode of HIV transmission & Prevention



Impact of Community Based AIDS Education on Peoples Awareness
Awareness of Ethnic Groups on Mode of HIV Transmission and Prevention
Percentage



Knowledge among Ethnic Groups (% of respective sample size)
 Sample size: E-1 = Tamang (3663) ; E-2 = Magar (2564) ; E-3 Tharu (3869) ; E-4 = Danuwar (325) ; E-5 = Brahmin / chhetri (2810) ; E-6 = Others (1649)

3. ENTREPRENEURSHIP DEVELOPMENT PROGRAM

The entrepreneurship development is the key factor that needs immediate attention if community development is to be achieved through optimum utilization of existing local resources, latent potentials (manpower) and environmentally friendly traditional technology and experience. In a narrow sense such activities are usually termed as income generation activities. Such activities are based on appropriate skill training and marketing management. The centre has been involved in implementing entrepreneurship development projects at Nuwakot and Udayapur districts since last three years. Such projects included bamboo based income generation program, sikki based enterprise and kitchen garden promotion activities.

Few girls after completing skill training in bamboo crafting (at Sikharbeshi) and sikki based enterprise (at Rajabas) were selected for further training on knitting under the rehabilitation program of the centre at Kathmandu. In the course of time they were converted into entrepreneurs and returned back to their native villages with new responsibilities of implementing knitting enterprise and producing woolen goods required for the district and also for export. They have now also been involved in conducting non-formal education and AIDS

awareness education activities among the local women volunteer groups. In this light girls trafficking and forced migration of the girls into prostitution is thought to be checked by the community members themselves. In other words the centre has been striving to educate and support the targeted community through literacy, legal advocacy, employment opportunities based on empowerment of the rural women and entrepreneurship development.

A. THE INCOME GENERATION PROGRAM

Keeping the availability of natural resources (bamboo), skill and experience of Tamang people in bamboo crafting and the lower economic status of the targeted population groups in Nuwakot the bamboo based enterprise was first implemented by the centre in financial assistance of the UNDP. But after one year this program was continued by WOREC utilizing its own resources. In 1994/95 this program was supported by Misereor, Germany.

Last year 10 girls from lower economic strata households and those at risk to trafficking into prostitution were selected for the bamboo craft training and 10 girls underwent knitting training at Sikharbeshi (table



2 & 3). These girls were provided with non-formal and STD/AIDS education in order to produce local human resources essential to implement other projects as per need of the communities.

Bamboo crafting has been one of the popular income generation activities at Nuwakot

Table 2. List of trainees:

1. Bamboo-crafts training:

Name of the Trainer : Ms. Sapana Tamang

Address : Bolung village, Ghyangphedi VDC, Nuwakot

S.N.	Name of trainee	Address
1.	Sirsani Tamang	Pipal Danda, Sikharbeshi VDC-6
2.	Phulmendo Tamang	Dhande, Sikharbeshi VDC-6
3.	Kanchhimaya Tamang	Lama Tole, Sikharbeshi VDC-4
4.	Kapila Sitaula	Dihi Tole, Sikharbeshi VDC-5
5.	Toksani Tamang	Ghyang Danda, Ghyangphedi VDC-4
6.	Saphala Kunwar	Jogi Tole, Sikharbeshi VDC-6
7.	Marphole Tamang	Gaira Tole, Sikharbeshi VDC-9
8.	Geeta Tamang	Ghyang Phedi, Ghyangphedi VDC-4
9.	Cheksani Tamang	Pipal Danda, Sikharbeshi VDC-6
10.	Chayamendo Tamang	Ghyang Phedi, Ghyangphedi VDC-4

Last year five girls after skill training on bamboo craft were selected and employed in the project as entrepreneurs. These girls have been producing various innovative goods, e.g. wall /table clock, coin collector souvenir, cassette racks, souvenir boats, manual fans, etc. These goods have now created good market not only among foreigners but also at Sikharbeshi project office itself where orders for specific goods are placed by interested persons. Most of such personnel are found to belong to the local Army Camp. There have been some orders from the retail traders of Trishuli Bazar also.

Table 3. List of Trainees

2. Knitting Training:

Name of the Trainer : Mrs. Kanchhimaya Sherpa

Address : Sherpa Danda, Ghyangphedi VDC-6

S.N.	Name of trainee	Address
1.	Radha Pandit	Hile, Sikharbeshi VDC-4
2.	Sabitri Pandit	Hile, Sikharbeshi VDC-4
3.	Indira Khadka	Kotbari, Sikharbeshi VDC-6
4.	Ishwari Pandit	Paharamuni, Sikharbeshi VDC-6
5.	Ishwari Nepali	Paharamuni, Sikharbeshi VDC-6
6.	Bijuli Nepali	Paharamuni, Sikharbeshi VDC-6
7.	Ramila Pandit	Phant, Sikharbeshi VDC-5
8.	Nanu Pandit	Dihi Tole, Sikharbeshi VDC-5
9.	Sanunani Pandit	Paharamuni, Sikharbeshi VDC-6
10.	Bhagbati Thapa	Phulbari, Sikharbeshi VDC-6

Four trainees with better performance were selected for further training and entrepreneurship development. These girls were then enrolled in the rehabilitation program of the centre at Kathmandu.

The small income generation program has been now quite popular among the targeted communities and has been contributing to earn the entrepreneurs extra household income and indirectly helping to reduce girls trafficking or migration into prostitution in India. Non-formal education has been the integral part of this program that has been making the trainees not only literate but also aware of the consequences of prostitution, STDs and AIDS. Moreover the literacy program has been useful to build up their confidence that they can do some thing useful for their families and the society. They are encouraged even because they are respected in the family and society owing to their social consciousness, literacy and economic support to the family. In this perspective this program is planned to be continued in future.

4. NON-FORMAL EDUCATION PROGRAM

The literacy rate in Nepal, particularly in rural hilly areas, is very low. It is very nominal among the female population in the hills. Due to lower economic status and unemployment even the women and children from hills are forced to migrate from their native villages to the towns. They are found to migrate in search of job opportunities for livelihood and support to the elderly members of their families. Such migrant populations are now mostly engaged in the carpet industries at Kathmandu. The migration of active labor force from hills to the towns and even to Indian cities does not look likely to decline in forthcoming years rather it is increasing each year.

The environment in which the women and children are working in various carpet industries calls for immediate action for creating awareness among the migrants about their needs, problems, resources and necessity of utilizing them for the development of their native villages. They, at the same time, need to be made aware of the environment they work within, their sanitary and nutritional problems, social welfare and health hazards and also the potential income generation enterprise in their native villages. Such type of awareness can be created only on the basis of animation and special non-formal education (NFE) program.

Keeping the situation in mind and being governed by this concept WOREC has been conducting NFE program in various 30 carpet industries at Kathmandu (four groups) and also at Nuwakot among 15 adult women groups and at Udayapur among 19 adult women groups. The NFE program also includes literacy, legal education, moral education, health education and empowerment activities.

The carpet industries covered by this program were those in Bouddha and Dhobikhola at Kathmandu. Sixty seven women working at various carpet factories at Bouddha and Dhobikhola completed the non-formal education classes in 1994/1995 (table 4).

Table 4. Number of women enrolled in and completing the NFE classes at Bouddha and Dhobikhola

Location	Number of participants enrolled	Number of participants completing the course	Drop out Percentage
Bouddha	40	37 A- 15 B- 10 C- 12	7.5%
Dhobikhola	35	30 A- 6 B- 15 C- 9	14.28%

Grades: A- excellent, B- good and C- satisfactory

The major problem faced in such program was the significant drop outs (7.5 - 14.28%) due to various domestic problems.

The NFE activities at Nuwakot and Udayapur were conducted integrating with community based STD/AIDS and FP/MCH program. In both districts 680 rural women were directly benefitted by this activity.

The NFE program has so far been found to be a success. It has not only converted the illiterate targeted population groups into literate one but it has simultaneously helped to boost up their morale, broaden their horizon of understanding about the environment they have been operating in, the health and hygiene that play major role in their productivity and size of income and also about the legal aspects involving salient social problems that frequently arise in their households and the communities.

5. COMMUNITY BASED FAMILY PLANNING AND MATERNAL CHILD HEALTH SERVICE PROGRAM

Despite various family planning efforts the population of Nepal has been increasing at the rate of 2.1% per annum. On the other hand food production has not been increasing to keep pace with the population growth. In the rural areas where more than 90 % of the population reside the population growth rate has been considerable because the family planning efforts have not been reaching to this sector of population. The infant mortality rate, the child mortality rate and maternal mortality rate in Nepal are 102/1000, 165/1000 and 850/100,000 live births, respectively. These figures indicate that various seminars, posters and booklets on FP/MCH have not been and would not be effective to achieve the goal of extending family planning and maternal child health service to the population unless it is extended to the rural population in a door-to-door fashion. Various means of family planning and health care service should be promptly and locally available to the rural population.

Keeping these situations and views in mind WOREC launched community based family planning and maternal child health service program at Udayapur since August 26, 1992. This program was supported by the Asia Foundation, Nepal.

ACCOMPLISHMENTS:

Under this project two community based clinics were established at Rajabas and Bhutar of Udayapur district. The paramedical staffs, site supervisors, field workers were recruited, trained and stationed in the field based offices. These staffs worked both in the clinic and in door-to-door fashion in the command areas towards meeting the goal of the project.

Registration of all couples in the command areas were completed. The project provided population welfare, contraceptives and health education to the targeted population groups of the project area. Education was reinforced by regular bi-monthly visits at which time contraceptive service delivery was made to the married couples of reproductive age as per request. The total number of the married couples of reproductive age registered to and directly benefitted by this project was reached above 4000. The CPR in project areas was increased slowly and reached at the level of 30 % during the year 1994/95.

6. LEADERSHIP DEVELOPMENT TRAINING TO LOCAL WOMEN

WOREC has been able to motivate rural women of Udayapur and Nuwakot to understand that they should work together in groups for bringing about social change in favour of their well being. Utilizing the initiatives of local women WOREC has been able to form many Women Volunteer Groups (WVG) at Nuwakot and Udayapur. In order to train the volunteers of the women groups to work in groups WOREC launched leadership development program in the financial assistance of Caritas.

ACCOMPLISHMENTS:

First training on leadership was held for the women leaders of Bhumrasuwa VDC during January 9- 15, 1994. The total number of participants to this training was 22 women leaders from the WVGs. The second training was conducted for the leaders of WVGs of Bhutar, Aanptar, Murkuchi and Rauta VDC during January 16- 22, 1994. There were altogether 28 participants in the second training. Both of these training activities were conducted at the Women's Training Institute of WOREC at Gaighat, Udayapur.

Though the training curriculum was designed before hand, it was very difficult to follow it rigidly. Because the level of literacy/ education among the participants varied from illiterate to high school. However, all participants were found very enthusiastic, dynamic and devoted for bringing about social change in their native villages and communities.

Before the third training, one day orientation class was conducted at Rajabas office on April 27, 1994. Twenty nine women leaders participated in the orientation class. Women leaders were selected on the basis of one from each group formed at Rajabas and Murkuchi. The women leaders had already gone through seven days' leadership training conducted at WTI, Gaighat. Likewise, one day orientation class for group leaders was organized at Bhutar on May 4, 1994. The total number of participants was 21.

The orientation class was organized to teach the methodology of conducting the training and to remind them about the previous training. The major issues addressed by the orientation classes were similar to the first training which included:

EXECUTIVE COMMITTEE (1995 - 2000)

Dr. Renu Rajbhandari	President
Ms. Sangeeta Dhoubhadel	Secretary
Ms. Aparna Bhatha	Treasurer
Ms. Sashi Raut	Member
Ms. Milan Adhikari	Member
Ms. Geeta Pandit	Member
Ms. Asha Karki	Member

ADVISORY BOARD (1992 - 96)

Dr. Kailash Pyakuryal
Dr. Devendra Chapagai
Dr. V.L. Gurubacharya
Dr. Kalyan Raj Pandey
Dr. Binayak P. Rajbhandari

FOUNDERS OF WOREC

Dr. Renu Rajbhandari
Dr. Binayak P. Rajbhandari
Mrs. Shashi Raut
Dr. Aruna Upreti

- * Gender awareness
- * Leadership
- * Group formation
- * Coordination and communication
- * Method of conducting meeting
- * Process of minuting and its importance
- * Writing official letters
- * Registration and dispatch of official letters.

Based on the skill of performance the trainers were selected from within the trained leaders. These trainers (local women) in association with the project staff and under the supervision of project coordinator provided two days' training to 29 women groups in their communities. Each group consisted of 20 local women. Thus the total number of beneficiaries in the third training was 580.

This program is continued and the process of training local women of local WVGs through their leaders has been getting momentum.

7. WOMEN'S TRAINING INSTITUTE AND ITS ACTIVITIES

In order to improve the health delivery system, to increase awareness of women's health including family planning and maternal child health, sexually transmitted diseases and HIV/ AIDS and empower the rural women, the Women's Rehabilitation Centre has been conducting various training courses for field based staffs of WOREC, other NGOs, GOs and INGOs as well as local women volunteers, community leaders and members at the Women's Training Institute (WTI), Gaighat, Udayapur. This institute has been established in the financial assistance of TAF, Nepal.

WTI has a hostel facilities at Gaighat and upto 30 participants can be enrolled in each training at a time.



Participants in a training at WTI, Gaighat, Udayapur.

The title, objectives and targeted groups of various training courses of WTI are presented below.

1. Course Title: BASIC TRAINING ON FAMILY PLANNING & COMMUNITY BASED DELIVERY SYSTEM

Course index: FPCBDT-9

Objectives: The overall objective of the course is:

- * To impart knowledge about family planning.
- * To enable participants work properly in rural community; and
- * To provide supervision skill to the participants.

Targeted group: FP workers and supervisors involved in community based service delivery projects.

2. Course Title: TRADITIONAL BIRTH ATTENDEES TRAINING

Course index: TBAT- 8

Objectives: The overall objectives of this course is to develop the skill, knowledge and attitude of traditional birth attendees in the villages towards improving the quality of maternal child health services in rural areas of the country.

Targeted group: Traditional birth attendees (TBAs) working in different parts of the country.

3. Course Title: COMMUNITY BASED DISTRIBUTION SYSTEM AND FAMILY PLANNING COUNSELLING

Course index: CBDSFPCT-10

Objectives: The objective of this course is to revise and update the knowledge of participants on family planning service delivery and management for increasing the efficiency of the projects the participants are involved in.

Targeted group: FP Field workers, supervisors and community health volunteers (CHV)

4. Course Title:FAMILY PLANNING AND STD CASE MANAGEMENT

Course index: FPSTDMT-10

Objectives: The overall objective of this course is to enable the paramedical personnel to provide clinical services on family planning and manage sexually transmitted diseases at community level employing syndromic approach.

Targeted group: Paramedical personnel working under different GOs, NGOs and INGOs.

5. Course Title: COMMUNITY BASED AIDS PREVENTION

Course index: CBAIDSPT-7

Objectives:The overall objective of this course is to develop the knowledge, skill and attitude of the participants about HIV/AIDS prevention and manage in community level.

Targeted group: Community leaders and Field workers.

6. Course Title: COMMUNITY BASED COUNSELLING ON HIV/AIDS

Course index: CBCHAT-7

Objectives: The overall objective of this course is to enable the participants to manage accommodation of person(s) with HIV/AIDS in the community and provide counselling service to them.

Targeted group: AIDS educators/ counsellors who have undergone the training course CBAPT-7

7. Course Title: LEADERSHIP DEVELOPMENT AND MANAGEMENT

Course index: LDMT-7

Objectives: The overall objective of this course is to empower the leaders of women groups or community to develop skills to manage and mobilize local population groups, to utilize local resources rationally for community development.

Targeted group: Leaders of women volunteer groups.

8. Course Title: NON-FORMAL EDUCATION FACILITATORS TRAINING

Course index: NFEFT-10

Objectives: The objective of this course is to train the facilitators to conduct non-formal education courses in the rural communities.

Targeted group: Facilitators selected for NFE activity.

9. Course Title: CLINICAL TRAINING FOR PARAMEDICALS
Course index: CLINT-10

Objectives: The objective of this training course is to train and update the knowledge of paramedical personnel to work in the rural community based clinics and community based delivery system.

Targeted group: Paramedical personal working or intended to work in community based FP clinics.

Summary of various training courses conducted at WTI/WOREC during 1994/95 is presented below (table 5). These trainings were conducted for field based staffs of various NGOs like NCDC, BASE, SCAD, WDA, WWESC and WOREC. The total number of trainings conducted was 25 and the total number of participants benefitted by these trainings was 442.

Table 5. Training conducted by WTI in 1994/95

Course Title	Period	Number of participants	Participating NGOs
STDs/AIDS	28 - 31.12.94	8	WOREC
Leadership	9 - 14.1.95	23	WOREC
Leadership	16 - 21.1.95	33	WOREC
Animation	23 - 26.1.95	33	WOREC
HIV/AIDS for school Teacher	27 - 31.1.95	16	WOREC
NFE(TOT)	5 - 14.2.95	20	WOREC
FP/CBD	7 - 15.3.95	20	NCDC, WOREC
STDs/AIDS refresher FP/CBD	16 - 19.3.95	19	WOREC
FP/CBD	19 - 27.3.95	9	WDA
FP/CBD	28.3- 5.4.95	15	BASE
FP/CBD	24.4- 2.5.95	15	WOREC
FP/CBD	18- 28.5.95	16	BASE
FP/CBD	2 - 10.6.95	20	NCDC
FP/CBD	14 - 22.6.95	17	NCDC
FP/CBD	25.6- 3.7.95	10	WDA
NFE refresher	8 - 15.7.95	11	BASE
FP/CBD	22 - 26.9.95	17	WOREC
Mediation(TOT)	10 - 18.10.95	17	WWESC
Clinical(COFP)	15 - 19.10.95	18	WOREC
STD/AIDS (WVG)	5 - 16.11.95	8	NCDC, WDA, WOREC
	15 - 18.11.95	30	WOREC
FP/CBD	19 - 29.11.95	21	WDA, SCDA, WWESC
Mediation	26 - 30.11.95	22	WOREC, SCAD, NCDC, WDA
FP/CBD	4 - 14.12.95	11	NCDC, BASE
FP/CBD	19 - 27.12.95	13	BASE

8. COMMUNITY MEDIATION PILOT PROJECT

The community mediation pilot project has been started since September 1995 in the financial assistance of The Asia Foundation, Nepal. This project is implemented both in Nuwakot and Udayapur covering the command areas of WOREC.

The main objective of this project is to provide legal literacy as well as mediation support to the villagers, members of women's organizations and local leaders. Moreover, the project assures timely solution of small cases and arbitration between village people thereby enhancing not to go to the court. This saves money as well as time of the conflicting individuals/groups.

To facilitate legal literacy activities and mediation activities in grass roots level WOREC has published such educational materials as Guide Book for Mediators, Pictorial book for targeted population groups and Newsletter on mediation for wider population groups. These materials have been widely circulated and used by other NGOs/INGOs also.

9. DOCUMENTATION AND PUBLICATION UNIT

WOREC has strengthened its documentation and publication unit during 1994/95. The documentation unit has a gd collection of books, journals and periodicals on health, HIV/AIDS, STDs, family planning, women's issues, agriculture, law, mediation and income generation.

WOREC has published a number of IEC materials on STD/AIDS, family planning and mediation. These include poster, flip chart, wall chart and books. These materials are used by different NGOs and CBOs.



Journals / periodicals displayed in documentation unit



IEC materials published by WOREC

10. CAPACITY BUILDING OF COMMUNITY BASED WOMEN'S ORGANIZATIONS

WOREC believes that any community development program may not be successful and sustainable without peoples participation. Peoples participation in the other hand needs special focus and programs on strengthening local community based women's organizations (CBWOs). Governed by this concept WOREC has launched special program to facilitate local rural women in its command areas to form their organizations and strengthen them. WOREC has facilitated formation of local women groups at Nuwakot and Udayapur (annex-ii) and mobilized these women's organizations to implement various community based programs in their native villages. Accomplishments of three leading CBWOs at Udayapur are summarized hereunder.

1. CHAUKIBARI MAHILA SAMUHA:

This women's group is formed at Chaukibari VDC and covers ward Nos. 3, 4 & 5. This group has 15 members. The group has been collecting membership fee from its members @ Rs. 5/month. It has opened its own account in the local bank.

It has purchased stationeries for official works. It has also purchased an almirah for stationary goods and documents.

The group is actively involved in various service and mediation activities. It has taken leadership in resolving the problem of drinking water by renovating drinking water wells. The amount required for this activity was collected by the group from the communities concerned. The group is actively involved in mediation activities supported by WOREC/TAF. The group, in the course of mediation, also use to charge the person committing mistakes. The amount thus collected goes to the account of the group.

This group has also implemented special relief and support program for the victims of natural calamities, the households to manage marriage ceremonies as well as funeral, etc. Relief support is jointly provided by the members of the group. According to this program each member of the group has to donate 1 Pathi (around 4 Kg.) of rice, Rs. 20 and 1 litre of ghee. In the case of natural calamities like firing of house, each member has to donate 2 Pathi (around 8 kg) of cereals to the victim household. So far such support has been provided by the group twice. This activity of Chaukibari Mahila Samuha has motivated

other community members to recognize their social responsibilities. This is a good example of the impact of leadership training provided by WOREC.

This group is actively involved in advocacy for human rights and duties. As a result of advocacy and awareness campaign of this group such anti-social activities and behaviours as playing cards on money has been banned in the community.

The group has been participating in implementing various programs of WOREC and CIRDES. The group is involved in organizing animation/non-formal education program supported by WOREC/Caritas. Similarly this group is also involved in community based goat development program supported by CIRDES/APHD.

The group has established official linkage with local administrative and political authorities. It has placed request to V.D.C for providing budget to build drinking water supply network in the village.

The group has acquired community land for building its office house. There was a dispute in this regard but the group has now been able to acquire the land owing to leadership and pressure of the women group which was supported by VDC Chair person, President of local club and other community members.

2. GUNTE MAHILA SAMUHA:

Gunte Mahila Samuha is one of the most active women groups at Udayapur. The members of the group meet once in each month. It has opened its account in the bank. It has also printed its letter pad, made own stamps and bought stationary materials utilizing its own resources. After leadership training this group has been actively involved in various service and mediation activities.

This group has renovated old drinking water well and converted it into a well with cemented cover floor. The amount required for this work was collected by the group from its members and villagers.

In cooperation with WOREC it has been implementing NFE/animation program for adult women. It has been advocating against exploitation of weak women by male members. It had even reached to Chief District Office with request to punish the man who did such anti-social activities. But later on the dispute was resolved through community mediation. This was a good example of community mediation project supported by WOREC/TAF.

This group has been actively involved in organizing mobile health camps in association with WOREC. The mobile health camps were organized by WOREC under the community based STD/AIDS prevention program supported by American Medical Foundation for AIDS Research (AmFAR).

3. KALI KHOLA MAHILA SAMUHA:

Kali Khola Mahila Samuha is another active women's organization working in association with WOREC. This group is located in ward number 9 of Kali Khola. The members of the group meet regularly once in each month. This group has collected donations from its members and also by playing "Bhailo " during Dipawali. This group has built its own office utilizing its own resources.

This group has implemented NFE/animation program supported by WOREC and community based goat development program supported by CIRDES/APHD. The group is actively involved also in mediation and advocacy activities conducted by WOREC.



*Office house constructed by
Kali khola Mahila Samuha*

PROGRAMS OF WOREC AND FUNDING AGENCIES (1994 - 95)

Program	Funding Agencies
1. Women's Rehabilitation Program	Caritas, Germany
2. STD/AIDS Education Program for School girls	Caritas, Switzerland
3. STD/AIDS Education to the youth working in Carpet industries	Caritas, Switzerland
4. Community Based STD/AIDS Prevention Program	AmFAR, USA
5. Literacy Program in Carpet industries	Misereor, Germany
6. Small Income generation program	Misereor, Germany
7. Non-formal education program	SC(US), AmFAR & WOREC
8. Community Based FP/MCH, Rajabas	TAF / WOREC
9. Community Based FP/MCH, Bhutar	TAF / WOREC
10. Leadership Training to local Women	Caritas
11. Women's Training Institute	TAF/Nepal
12. Community Mediation Project	TAF/Nepal

THE ANNUAL BUDGET OF WOREC FOR F.Y. 1994/95

PROGRAM AND ACTIVITIES	EXPENDITURE NRs.
I. Management and support:	266,801.00
II. Development & Service Programs:	
1. Women's Rehabilitation Program	551,636.00
2. AIDS Education Program for School girls and youth working in Carpet industries,	299,884.00
3. Community Based STD/AIDS Prevention Program	14,46,465.00
4. Literacy Program in Carpet industries	135,712.00
5. Small income generation program	188,193.00
6. Community Based FP/MCH, Rajabas	293,580.00
7. Community Based FP/MCH, Bhutar	294,605.00
8. Community Mediation Project	653,525.00
9. Women's Training Institute	861,534.00
10. Leadership Training to Local	160,249.00
TOTAL NRs.	51,52,184.00

THE COLLECTIVE OF WOREC

CENTRAL OFFICE, KATHMANDU:

Dr. Renu Rajbhandari	Executive Director
Mrs. Kamala Adhikari	Training Director
Dr. B.P. Rajbhandari	Advisor (Planning/Research)
Mrs. Shashi Raut	Advisor (Legal)
Mr. Nava Raj Raut	Coordinator (STD/AIDS)
Mrs. Nirmala Pandey	Coordinator (IGP)
Mrs. Sarita Kafle	Coordinator (NFE/Empowerment)
Mr. Navin Raut	Management/Account Officer
Ms. Shova Shrestha	Office Secretary
Mrs. Minu Pokharel	Trainer (Knitting)
Mrs. Bina Pokhrel	Computer Assistant
Ms. Seema Acharya	Educator/Warden (Rehabilitation)
Ms. Bindu Gurung	Educator (NFE)
Ms. Sangeeta Adhikari	Educator (NFE)
Ms. Ajita Gadtaula	Educator (NFE)
Ms. Kalpana Danuwar	Peon

STAFFS IN THE FIELD BASED PROJECT OFFICES:

NUWAKOT:

Mr. Babu Ram Gautam	District Coordinator
Ms. Dayamani Gautam	Project Manager (Mediation)
Ms. Ishwari Shrestha	Site Manager/ Staff Nurse
Ms. Sabina Shrestha	ANM
Ms. Sapana Tamang	Trainer (Bamboo Crafting)
Mr. Prem B. Tamang	Management Assistant
Ms. Durga Sitaula	Communicator (STD/AIDS)
Ms. Muimendo Tamang	Communicator (STD/AIDS)

Mr. Sirman Tamang	Communicator (STD/AIDS)
Mr. Ramesh Shrestha	Communicator (STD/AIDS)
Ms. Bhimu Tamang	Communicator (STD/AIDS)
Ms. Bipi Maya Tamang	Communicator (STD/AIDS)
Ms. Chhayamendo Tamang	Entrepreneur (Bamboo)
Ms. Maili Tamang	Entrepreneur (Bamboo)
Ms. Risang Tamang	Entrepreneur (Bamboo)
Ms. Manmaya Tamang	Entrepreneur (Bamboo)
Ms. Saraswati Tamang	Entrepreneur (Bamboo)
Mr. Ram Sing Glan	Supervisor (NFE)
Mr. Shiva Ram Thapa	Supervisor (NFE)
Ms. Nirmala Dahal	Facilitator (NFE)
Mr. Ram Sing Tamang	Facilitator (NFE)
Mr. Basudev Acharya	Facilitator (NFE)
Mr. Raj Kumar Tamang	Facilitator (NFE)
Mr. Junil Thing	Facilitator (NFE)
Mr. Shyam Bahadur Tamang	Facilitator (NFE)
Mr. Buddhi Bahadur Tamang	Facilitator (NFE)
Ms. Maya Tamang	Facilitator (NFE)
Ms. Sita Acharya	Facilitator (NFE)
Mr. Bal Bahadur Tamang	Facilitator (NFE)
Mr. Sun Bahadur Tamang	Facilitator (NFE)
Mr. Birmo Tamang	Facilitator (NFE)
Mr. Pemba Sherpa	Facilitator (NFE)
Ms. Hira Shrestha	VDC Coordinator (Mediation)
Mr. Dolma Sherpa	VDC Coordinator (Mediation)
Ms. Makuri Tamang	VDC Coordinator (Mediation)
Mr. Kedar Prasad Acharya	VDC Coordinator (Mediation)
Mr. Sitaram Kuikel	Facilitator (Mediation)
Ms. Chandra Bina Shrestha	Facilitator (Mediation)
Mr. Bhim Bdr. B.K.	Facilitator (Mediation)
Mr. Namche Tamang	Facilitator (Mediation)
Mr. Rajan Budathoki	Facilitator (Mediation)

Mr. Bharat Kamar	Facilitator (Mediation)
Mr. Ganesh Pandit	Facilitator (Mediation)
Mr. Sircha Lama Tamang	Facilitator (Mediation)
Mr. Kumar Pandit	Facilitator (Mediation)
Mr. Tul Bdr. Tamang	Facilitator (Mediation)
Mr. Kumal Gharti	Facilitator (Mediation)
Mr. Shyam Bdr. Tamang	Facilitator (Mediation)
Safala Kamar	Office Assistant (Mediation)

UDAYAPUR:

Ms. Laxmi Thapa	Incharge /Staff Nurse (WTI)
Ms. Sanju Neupane	Training Officer
Ms. Sunita Chhatkuli	Training Officer
Ms. Gandaki Rai	Accountant
Ms. Ghana Devi Bhattarai	Warden
Ms. Neeta Dahal	Office Secretary
Ms. Rammati Danuwar	Cook Assistant
Ms. Kumari Maske	ANM
Ms. Januka Danuwar	Helper
Ms. Muna Danuwar	Helper
Mr. Ramesh Raut	Site Coordinator (STD/AIDS)
Ms. Sarada Danu	Project Manager (FP, NFE, WVGs)
Ms. Kabita Shah	Trainer (Mediation)
Ms. Jeevan Rai	Program Manager (Mediation)
Mr. Ganesh Thapa	VDC, Coordinator (Mediation)
Ms. Puspallata Rai	Field Supervisor (NFE, WVGs)
Ms. Jhuki Maya Danuwar	Field Supervisor (FP/MCH)
Ms. Tara Danuwar	Field worker (FP/MCH)
Ms. Tara Karki	Field worker (FP/MCH)
Ms. Rama Dhungana	Field worker (FP/MCH)
Ms. Basanta Danuwar	Field worker (FP/MCH)
Ms. Jayanti Khadka	Field worker (FP/MCH)
Ms. Ganga Rana	Field worker (FP/MCH)
Ms. Meena Adhikari	Field worker (FP/MCH)
Ms. Durga Shrestha	Field worker (FP/MCH)

Mr. Amrit Bahadur Danuwar	Guard (Rajabas Office)
Ms. Hunde Maya Danuwar	Peon (Rajabas Office)
Ms. Usha Regmi	Facilitator (NFE)
Ms. Laxmi Karki	Facilitator (NFE)
Ms. Goma Raya	Facilitator (NFE)
Ms. Ambika Regmi	Facilitator (NFE)
Ms. Durga Kumari Chaudhary	Facilitator (NFE)
Ms. Narayan Kumari	Facilitator (NFE)
Ms. Bishnu Maya Danuwar	Facilitator (NFE)
Ms. Heman Bati Chaudhary	Facilitator (NFE)
Ms. Bhim Kumari Ale	Facilitator (NFE)
Mr. Bhairab Bahadur Magar	Facilitator (NFE)
Ms. Karuna Chaudhary	Facilitator (NFE)
Ms. Bhim Bahadur Magar	Facilitator (NFE)
Ms. Sakuntala B.K.	Facilitator (NFE)
Ms. Sarada Pokharel	Facilitator (NFE)
Ms. Manmaya Bhujel	Facilitator (NFE)
Ms. Sabita Tamang	Facilitator (NFE)
Ms. Heman Bati Devi Chaudhary	Facilitator (NFE)
Ms. Dev Kumari Chaudhary	Facilitator (NFE)
Ms. Bhagban Bati Chaudhary	Facilitator (NFE)
Ms. Balika Malla	Office Manager (FP/MCH, NFE)
Mrs. Shanta Pathak	A.N.M. (FP/MCH)
Ms. Sarita Raut	Field Supervisor
Ms. Chandra Shahi	Field Supervisor
Ms. Januka Shahi	Field Worker
Ms. Bal kumari Shahi	Field Worker
Ms. Tara Kumari Shahi	Field Worker
Ms. Pabitra Raut	Field Worker
Ms. Indra Kumari Magar	Field Worker
Ms. Uma Kumari Magar	Field Worker
Ms. Kumari Ahale	Field Worker
Ms. Padam Kumari Malla	Field Worker
Ms. Bishnu Kumari Malla	Field Worker
Ms. Gaura Bahadur Raut	Peon (Bhutar Office)

Ms. Dilmaya Kunwar	A.N.M. (FP/MCH, STD/AIDS)
Mr. Janardan Raut	Communicator (STD/AIDS)
Mr. Prakash Regmi	Communicator (STD/AIDS)
Mr. Prem Bahadur Danuwar	Communicator (STD/AIDS)
Mr. Shanti Devi Chaudhary	Communicator (STD/AIDS)
Ms. Sita Kumari Chaudhary	Communicator (STD/AIDS)
Mr. Chet Raj Shrestha	Peon (Murkuchi Office)
Mr. Ganesh Thapa	VDC Coordinator (Mediation)
Ms. Urmila Shrestha	VDC Coordinator (Mediation)
Ms. Uma Thapa	VDC Coordinator (Mediation)
Ms. Malabati Kafle	Facilitator (Mediation)
Ms. Tara Karki	Facilitator (Mediation)
Ms. Meera Adhikari	Facilitator (Mediation)
Ms. Ganga Thapa	Facilitator (Mediation)
Ms. Devika Thapa	Facilitator (Mediation)
Ms. Geeta Thapa	Facilitator (Mediation)
Ms. Rudra Bdr. Karki	Facilitator (Mediation)
Ms. Raju Ranamagar	Facilitator (Mediation)
Ms. Indira Lamichhane Magar	Facilitator (Mediation)
Ms. Tika Kumari Magar	Facilitator (Mediation)
Ms. Lalita Lamichhane Magar	Facilitator (Mediation)
Ms. Lal Bdr. Magar	Facilitator (Mediation)

WOMEN VOLUNTEER GROUPS (WVGs) WORKING AT NUWAKOT AND UDAYAPUR

NUWAKOT

1. Raluka Debi WVG, Bhirkateri - 2
President: Mrs. Binamaya Tamang
No. of Member: 15
2. Chilaune WVG, Chilaune - 2
President: Ms. Thooli Tamang
No. of Member: 16
3. Chilaune WVG, Chilaune - 2+3
President: Ms. Kanchhimaya Tamang
No. of Member: 17

4. Timsina WVG, Timsina Tole - 4
President: Ms. Dil Kumari Dahal
No. of Member: 14
5. Chhathok WVG, Chhathok - 6
President: Mrs. Gauri Devi Rimal
No. of Member: 13
6. Simtang WVG, Simtang
President: Ms. Kanchhi Tamang
No. of Member: 15
7. Bhendabari WVG, Bhendabari - 1
President: Ms. Satyarupa Shahi
No. of Member: 12
8. Silame WVG, Silame - 3
President: Ms. Chandrika Devi Budhathoki
No. of Member: 12
9. Hile WVG, Hile - 4
President: Ms. Lila Kumari Pandit
No. of Member: 15
10. Paharmuni WVG, Paharmuni - 6
President: Mrs. Subhadra Thapa
No. of Member: 14
11. Pipal Danda WVG, Pipal Danda - 6
President: Ms. Kanchhi Mendo Tamang
No. of Member: 15
12. Bansabote WVG, Bansabote - 7
President: Ms. Lok Sani Tamang
No. of Member: 11
13. Serang WVG, Serang - 8
President: Ms. Thooli Kanchhi Tamang
No. of Member: 13
14. Gahirotole WVG, Gahirotole - 9
President: Ms. Phul Mendo Tamang
No. of Member: 13
15. Talukashir WVG, Talukashir - 1
President: Ms. Putali Sherpa
No. of Member: 14
16. Negim WVG, Negima - 3
President: Ms. Sephole Tamang
No. of Member: 16

17. Ghyangphedi WVG, Ghyangphedi - 4
President: Ms. Thoolo Kanchhi Tamang
No. of Member: 10
18. Bolung WVG, Bolung - 7
President: Mrs. Maili Moktan
No. of Member: 14
19. Ghyang Danda WVG, Ghyang Danda - 2
President: Ms. Thooli Tamang
No. of Member: 15
20. Naya Chhepar WVG, Naya Chhepar - 1
President: Ms. Sani Sahili Tamang
No. of Member: 15
21. Naya Chhepar WVG, Naya Chhepar - 5
President: Ms. Sheti Maya Bishwakarma
No. of President: 16
22. Hung WVG, Hung - 6
President: Ms. Sahili Tamang
No. o Member: 15
23. Sallehe WVG, Sallehe - 8
President: Ms. Ambika Acharya
No. of Member: 15
24. Karejung WVG, Karejung - 9
President: Ms. Marbindo Tamang
No. of Member: 15
25. Karejung WVG, Karejung - 9
President: Ms. Kanchhimaya Tamang
No. of Member: 16
26. Wodare WVG, Wodare - 3
President: Ms. Kanchhimaya Tamang
No. of Member: 15
27. Gaunkharka WVG, Gaunkharka - 4
President: Ms. Kamala Nepali
No. of Member: 15
28. Kheldanda WVG, Kheldanda - 6
President: Ms. Dolma Tamang
No. of Member: 15
29. Dhande WVG, Dhande - 6
President: Ms. Demsani Tamang
No. of Member: 15

UDAYAPUR

1. Chaukidevi WVG, Baireni - 5
President: Mrs. Menuka Niraula
No. of Member: 33
2. Gunte WVG, Gunte - 9
President: Mrs. Indira Dahal
No. of Member: 11
3. Bhantabari WVG, Bhantabari - 8
President: Mrs. Usha Devi Regmi
No. of Member: 11
4. Bargaun WVG, Bargaun - 8
President: Changa Danuwar
No. of Member 10
5. Majhi WVG, Majhi Gaun, Chuhade - 8
President: Kushumi Majhi
No. of Member: 14
6. Saraswoti Danda WVG, Saraswoti - 8
President Manamaya Tamang
No. of Member: 11
7. Majh Gaun Chuhade WVG, Chuhade Majh - 8
President: Mrs. Bimala Danuwar
No. of Member: 11
8. Kalikhola WVG, Kalikhola - 9
President: Mrs. Jok Kumari Raut
No. of Member: 9
9. Kauwai WVG, Kauwai - 9
President: Mrs. Minamaya Magar
No. of Member: 10
10. Chuhade WVG, Chuhade - 9
President: Mrs. Bishnu Koirala
No. of Member: 10
11. Kubinde WVG, Kubinde - 9
President: Mrs. Goma Kumari Khadka
No. of Member: 24
12. Diputole WVG, Diputole - 2
President: Mrs. Sarita Danuwar
No. of Member: 18

13. Hokse WVG, Hokse - 9
President: Mrs. Kali Maya Thapa Magar
No. of Member: 10
14. Ratamate WVG, Ratamate - 5
President: Mrs. Sukamaya Danuwar
No. of Member: 10
15. Sakhubani WVG, Sakhubani - 3
President: Mrs. Mangali Danuwar
No. of Member: 10
16. Mathanetole WVG, Mathanetole - 3
President: Mrs. Ratnimaya Danuwar
No. of Member: 11
17. Sahare WVG, Sahare - 9
President: Mrs. Krishnamaya Magar
No. of Member: 7
18. Bagchauri WVG, Bagchauri - 6
President: Mrs. Bishnumaya Danuwar
No. of Member: 16
19. Sukalai WVG, Sukalai - 8
President: Mrs. Sita Kumari Ghimire
No. of Member: 11
20. Ratamate WVG, Ratamate - 4
President: Mrs. Chandra Kumari Khadka
No. of Member: 10

EXECUTIVE COMMITTEE (1995 - 2000)

Dr. Renu Rajbhandari	President
Ms. Sangeeta Dhoubhadel	Secretary
Ms. Aparna Bhatha	Treasurer
Ms. Sashi Raut	Member
Ms. Milan Adhikari	Member
Ms. Geeta Pandit	Member
Ms. Asha Karki	Member

ADVISORY BOARD (1992 - 96)

Dr. Kailash Pyakuryal
Dr. Devendra Chapagai
Dr. V.L. Gurubacharya
Dr. Kalyan Raj Pandey
Dr. Binayak P. Rajbhandari

FOUNDERS OF WOREC

Dr. Renu Rajbhandari
Dr. Binayak P. Rajbhandari
Mrs. Shashi Raut
Dr. Aruna Upreti

IMPORTANT FACTS ABOUT AIDS

- **AIDS is a global health problem with the social, ethical, legal, economic and political implications.**
- **AIDS is a fatal pandemic caused by a virus called HIV which attacks and destroys the body's immune system.**
- **HIV is considered a retrovirus because it carries its genetic material in the form of single-stranded RNA and utilizes an enzyme, reverse transcriptase, to form a double-stranded DNA copy of its viral genome.**
- **Persons infected with HIV often have no symptoms of the disease and can therefore infect others without knowing it.**
- **The mortality rate due to HIV/AIDS is very high. 50% of adults diagnosed with AIDS die within 18 months after diagnosis; the survival period for children is less.**
- **In Nepal AIDS is a new challenge with serious socio-economic consequences. Although the number of HIV/AIDS victims in this country is only 362, it is only the tip of the iceberg. The real picture might be quite depressing.**
- **Prevention of AIDS is effective only through education:**
 - ★ **Education about modes of transmission.**
 - ★ **Education about prevention of sexual and blood-borne transmission.**
 - ★ **Education about relevant change in sexual behavior.**