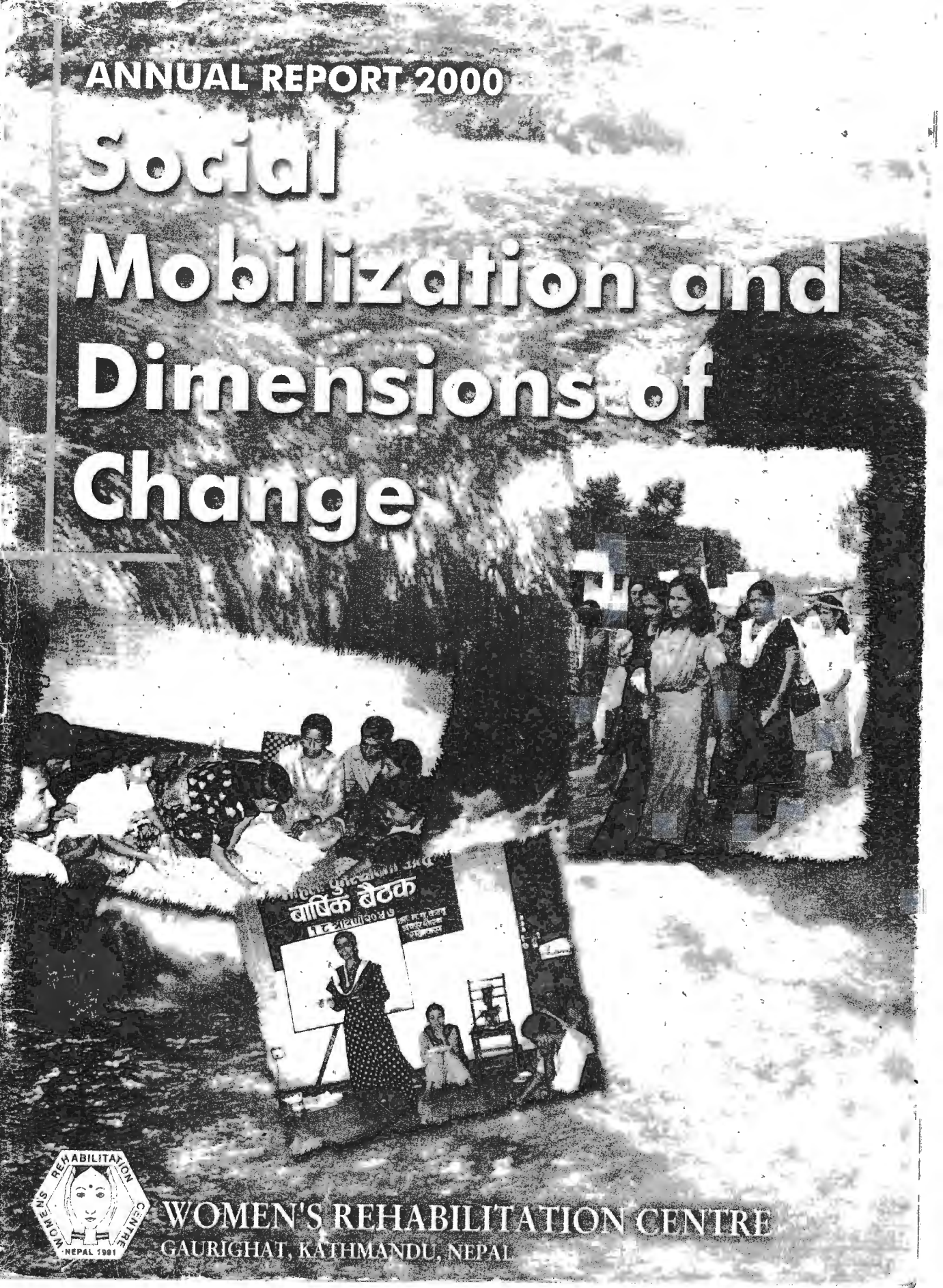


ANNUAL REPORT 2000

Social Mobilization and Dimensions of Change



WOMEN'S REHABILITATION CENTRE
GAURIGHAT, KATHMANDU, NEPAL

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Women's Rehabilitation Centre

P.O.Box 13233, Kathmandu, Nepal

Voice: (977)-1-494815, (977)-1-476073

Fax: (977)-1-471104

email: worec@wlink.com.np

website: www.worecnepal.org

Written by: Binayak P. Rajbhandari, Ph.D.

Layout/design : Sangita Shrestha Singh

Cover Design : Mahendra Shrestha

MS Mouse, Putalisadak

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Social Mobilization and The Dimensions of Change

**Women's Rehabilitation Centre
Kathmandu, Nepal**

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Foreword

As a national non-governmental organization committed to bring about positive change in the human rights status of both women and children as well as the livelihood of grassroots people from the perspective of social justice, WOREC has been working in the field of women's and children's rights, women's empowerment, women's health, local human resource development and sustainable rural development. The mission of WOREC is thus to empower and mobilize community-based social organizations to conduct various integrated programmes based on the local resources, needs and experiences. Since its inception, it has been strengthening and mobilizing hundreds of local women's groups and youth clubs with more than 3000 members. The major emphasis has been given on community-level advocacy against trafficking, basic human rights, women's reproductive and sexual rights, as well as the rights of the farming communities on their seeds, land and plant genetic resources.

It is hoped that the experience gained by WOREC in the field of community empowerment and integrated rural development by mobilizing the community members, particularly women, will be better shared through this publication. On behalf of WOREC, I would like to express sincere thanks to all of the national and international development agencies, governmental organizations and the community-based organizations and individuals - the agents of change - who provided active support to WOREC in combating subordination, discrimination, exploitation, and injustice.

Gaurighat, Kathmandu

July 30, 2001

Dr. Renu Rajbhandari

Chairperson

ACRONYMS

AATWIN	Alliance against Traffic in Women and Children in Nepal	INGO	International Non-Governmental Organization
AGG	Adolescent Girls' Group/WOREC	JICA	Japanese International Cooperative Agency
AIDS	Acquired Immuno-Deficiency Syndrome	LAP	Lower Abdominal Pain
ANM	Assistant Nurse Midwives	MCH	Maternal Child Health
BIFS	Bio-Intensive Farming System	MNC	Multi-National Corporation
CBO	Community-Based Organization	MPP	Micro-Enterprise Promotion Programme
CBS	Community Bureau of Statistics	NGO	Non-Governmental Organization
CCC	Child Care Centre	PGR	Plant Genetic Resources
CCDP	Community-Based Child Development Programme	PLWA	People Living With AIDS
CDW	Child Domestic Worker	PO	People's Organization
CHG	Children's Group/WOREC	SC (US)	Save the Children (US)
CHP	Community-Based Health Programme	SS	Shakti Samuha
CHW	Community Health Worker	STD	Sexually Transmitted Disease
CMC	Community Mediation Committee	TNC	Trans-National Corporation
CMP	Community Mediation Programme	TOT	Training of Trainers
CNW	Community Nutrition Worker	TU	Tribhuvan University
CRAG	Child Rights Awareness Group/WOREC	VDC	Village Development Committee
CRC	Child Rights Convention	WC	Women's Court
CSG	Civil Society Group	WG	Women's Group/WOREC
DCIDC	District Cottage Industry Development Committee/HMG	WHC	Women's Health Counselor
DDC	District Development Committee	WHN	Women's Health Network/WOREC
ENWWR	Elected and Nominated Women Ward Representative	WHP	Women's Health Programme
FG	Farmer's Group/WOREC	WHRC	Women's Health Resource Centre/WOREC
FP	Family Planning	WOREC	Women's Rehabilitation Centre
GO	Governmental Organization	WTI	Women's Training Institute/WOREC
HIV	Human Immuno-Deficiency Virus		
HMG	His Majesty's Government of Nepal		
IEC	Information, Education and Communication		

About WOREC

In Nepal, the inequities in the access and ownership of natural productive resources and basic human rights, the discrimination and exploitation based on ethnicity, caste, age, sex, gender, religion, and class have been eroding the means of livelihood of common people. These are also factors responsible for forced migration of the economically poor and marginalized population groups into towns and cities to earn their livelihood. The socio-cultural and economic injustices; the discriminatory patriarchal socio-political structure; the ever increasing rate and trend toward migration of the rural youth away from their native villages; depletion of productivity of the croplands, forest, and pasture; unemployment; and the socio-economic crimes like traffic in and violence against women and children have emerged as intricate socio-economic, cultural, and political phenomena in this Himalayan kingdom. Globalization of open market economic policy and the exploitation-based model of development have further aggravated these discriminations and social injustices, simultaneously widening the gap between the "haves" and "have-nots". These phenomena are also elevating poverty and nutritional insecurity and have been eroding the means of livelihood of the common people. As a result, the quality of life of the common Nepali people, including the social and individual security, has been persistently declining. WOREC, a non-governmental social organization, was therefore established on 1st April 1991 to address these issues. For the last ten years, it has been working in partnership with the grassroots people for resolving the major socio-economic, cultural, and human rights problems prevalent in Nepal and consequently for the attainment of social justice and sustainable livelihood at the community level.

1. Vision, Mission and Strategic Directions of WOREC

Vision

WOREC envisages a healthy Nepali society, which is economically productive, equitable, and sustainable; environmentally sound; and socially just with equal human rights and opportunities for all.

Mission

The mission of WOREC is to bring about positive changes in the women and children's human rights, the social justice system, and for the environmentally sound, economically productive, equitable, and sustainable development of the Nepali society. To achieve this mission, WOREC has been working in partnership with the local people and their organizations.

Strategic Directions

Although for five years after establishment, WOREC worked on a project-oriented basis, for the last five years WOREC has been guided by the following three strategic directions:

- I. Collective empowerment and social mobilization;
- II. Human rights and social justice; and
- III. Sustainable livelihood and development.

Objectives

The objectives of the centre within the framework of its strategic directions (SD) are:

SD-I. Collective Empowerment and Social Mobilization

- ❖ To animate, empower, mobilize and strengthen the local community-based organizations and population groups for planning, implementing and monitoring development programmes;
- ❖ To improve and consolidate the organizational structures and leadership qualities of local community-based organizations, groups and leaders ;
- ❖ To implement an integrated development education and advocacy on the issues of violence against women, women's health, women's human rights, traffic in women and children, and social justice.

SD-II. Human Rights and Social Justice

- ❖ To make the grassroots people, particularly women and children, aware of their human rights:
- ❖ To work for preventing traffic in women and children;
- ❖ To launch community-based rehabilitation programmes for the socially rejected and discriminated layer of marginalized rural women including the survivors of trafficking and people living with HIV/AIDS ;
- ❖ To launch advocacy programme and strengthen functional networking on women's and child rights at various levels.

SD-III. Sustainable Livelihood & Development

- ❖ To improve the technical skills and competency of the members of local community-based organizations and the staff members of WOREC ;
- ❖ To improve the nutritional and livelihood security of rural women, children and disadvantaged population groups and make it sustainable by mobilizing and networking with local women's groups, other civil society groups and local governance bodies.
- ❖ To improve the health status of women, children and other members of the communities through self-help approach and the promotion of traditional knowledge about herbal remedies.
- ❖ To bring about substantial changes in the skill, household income and livelihood of the rural communities through small farmer-centered bio-intensive farming system programme.
- ❖ To facilitate the exploration of location-specific off-farm income generation opportunities through skill training and promotion of micro-enterprises.

2. Targeted Districts and VDCs

WOREC has been implementing various community-based programmes in the following districts and VDCs/municipalities.

Targeted areas of WOREC

Districts	Municipalities/VDCs	Year of the programme initiation
Kathmandu	Kathmandu Municipality Ward # 4,5,6,7,8	1991
Udayapur	Triyuga Municipality, Rauta, Jogidaha, Chilaune, Triveni, Bhalayadanda, Saune, Khanbu, Hadiya	1992
Nuwakot	Ghyangphedi, Sikharbeshi, Raluka, Rautbeshi, Gaonkharka	1992
Mustang	Lete, Kobang	1997
Morang/Sunsari	Biratnagar Municipality	1999
Dhanusha	Janakpur	2000

WOREC has been working in the districts of Udayapur and Nuwakot for the last nine years, and therefore the experiences being shared through this publication are from Udayapur and Nuwakot. The demographic and socio-economic profiles of these districts are presented in the next chapter.

II

Demography and Socio-Economic Profiles of the Targeted Areas

The demographic, social and economic profiles of the targeted districts and the village development committees are presented in this report for reference. The data presented were cited from the publications of the CBS/HMG and WOREC.

1 Socio-Demographic Profile of Udayapur

1. Demography

The total population in the targeted areas of WOREC is 67,138 (WOREC, 2000). Out of the total population 34,614 (51.6%) are female and 32,524 (48.4%) male (Table 1).

Table 1. Population of the targeted VDCs/Municipality in Udayapur

VDC/municipality	Female	Male	Total
1. Triyuga Municipality:			
Ward 4	994	1,093	2,087
Ward 5	683	707	1,390
Ward 6	984	1,014	1,998
Ward 9	1,868	1,826	3,694
Ward 10	0650	665	1,315
Ward 12	1,073	1,084	2,157
Ward 13	1,105	1,034	2,139
Ward 15	1,075	1,122	2,197
Ward 16	861	860	1,721
Ward 17	782	795	1,577
2. Khanbu VDC	1,752	1,680	3,432
3. Jalpachilaune VDC	1,805	1,783	3,588
4. Saune VDC	1,162	1,103	2,265
5. Triveni VDC	5,022	4,858	9,880
6. Jogidaha VDC	2,422	2,492	4,914
7. Hadiya VDC	5,537	5,588	11,125
8. Rauta VDC	3,179	3,269	6,448
9. Bhalayadanda VDC	3,663	3,745	7,408
Total	34,614(51.6%)	32,524(48.4%)	67,138(100%)

Source: WOREC, Udayapur (2000).

2. Social Profile

Ethnic composition

The ethnic composition of the targeted areas in Udayapur district is quite diverse. *Brahman, Chhetri, Magar, Rai, Tharu, Danuwar, Tamang*, Occupational caste (*Pariyar, Bishwokarma*) are the major ethnic groups residing in the targeted VDCs of Udayapur. The percentage distribution of ethnic groups is presented hereunder for reference. *Brahman and Chhetri* are the predominant ethnic groups followed by *Magar* and *Tharu* (Table 2).

Table 2. Number and percentage distribution of population by ethnicity

SN	Ethnic group	Population	Percentage of total population
1.	Brahman/Chhetri	20,822	31.0
2.	Magar	14,002	20.9
3.	Tharu	8,695	13.0
4.	Rai	6,136	9.1
5.	Occupational Caste(B.K.,S.K., Pariyar)	5,611	8.3
6.	Danuwar/Majhi	4,753	7.1
7.	Tamang	3,067	4.6
8.	Musahar	2,108	3.1
9.	Newar	756	1.1
10.	Others	1188	1.8
	Total	67,138	100.0

Source: WOREC, Udayapur (2000).

Education

The number of school students enrolled in the year 2000/2001 session in the various VDCs is presented in Table 3. The data show that 45 percent of the total students enrolled in the school were girls.

Among the school students about 44 percent belong to *Brahman* and *Chhetri* families (Table 4). The number of students representing ethnic minorities (*Musahar, Newar, Occupational Castes, Danuwar/Majhi, Tamang*) was relatively small.

Table 3. Number and percentage of girls and boys enrolled in formal schools in, 2000/01, Udayapur

Municipality/VDCs	Girls		Boys		Total Number
	Number	%	Number	%	
Triyuga Municipality	3,930	48.6	4,124	51.4	8,084
Khanbu VDC	397	43.1	523	56.9	920
Jalpachilaune VDC	210	42.8	281	57.2	491
Saune VDC	93	36.9	159	63.1	252
Triveni VDC	750	40.5	1,130	59.5	1,850
Jogidaha VDC	556	40.1	830	59.9	1,386
Hadiya VDC	1,079	41.0	1,553	59.0	2,632
Rauta VDC	600	45.6	715	54.4	1,315
Bhalayadanda VDC	320	47.5	353	52.5	673
Total	7,935	45.1	9,668	54.9	17,603

Source: WOREC, Udayapur (2000).

Ethnic minorities, particularly their children, therefore need special programmes aimed at their empowerment and mobilization in personal and collective development.

Table 4. Number and percentage distribution of students by ethnicity/caste, Udayapur

S.N.	Ethnicity/caste	Distribution of students	
		Number	%
1.	Brahman/chhetri	7,708	43.8
2.	Magar	2,974	16.9
3.	Tharu	2,701	15.3
4.	Rai	1,334	7.6
5.	Occupational caste*	1,199	6.8
6.	Danwar/Majhi	818	4.6
7.	Tamang	449	2.6
8.	Newar	129	0.7
9.	Musahar	89	0.5
10.	Others	202	1.2
	Total	17,603	100.0

Source: WOREC, Udayapur (2000).

* Occupational castes: *Bishwokarma, Sarki, Pariyar*

Table 5 presents the number and percentage distribution of boys and girls enrolled in the primary, lower secondary, and secondary schools in the targeted municipalities/VDCs of Udayapur. It is obvious that the dropout rate of the girls in relation to boys is higher in the upper classes. Various cultural traditions and discriminatory patriarchal values attached to girls' education and socialization are responsible for this situation. Obviously, the cultural traditions and patriarchal values

that marginalize girl children need to be changed from the perspective of girl children and social justice.

Table 5. Number and percentage distribution of girls and boys enrolled in different types of schools

Types of school	Girl		Boy		Total Number
	Number	%	Number	%	
Primary	4,364	47.5	4,826	52.5	9,190
Lower Secondary	2,751	43.6	3,550	56.4	6,301
Secondary	820	38.8	1,292	61.2	2,112
Total	7,935	45.1	9,668	54.9	17,603

Source: WOREC, Udayapur (2000).

3. Economic Profile

Development educators of WOREC stationed in each VDC compiled village profiles. The information shows that about 30 percent of the total households of the targeted VDCs depend on daily labour wage for their livelihoods and only 51 percent can feed themselves from their own farm production for less than six months (Table 6). Only 19 percent of the total households can feed their family from their own farm production throughout the year. It is thus clear that empowerment and development efforts need to focus on the marginalized households and small farmers who are struggling for earning their bread and livelihood.

Table 6. Percentage distribution of households in relation to food sufficiency in different targeted VDCs of Udayapur district

S.N	VDC/Municipality	1*	2**	3***
1.	Triyuga Municipality	43.5	42.6	13.9
2.	Khanbu VDC	12.0	60.9	27.1
3.	Jalpachilaune VDC	25.4	49.7	24.9
4.	Saune VDC	9.6	60.3	30.1
5.	Triveni VDC	11.6	35.9	52.5
6.	Jogidaha VDC	11.1	59.0	29.9
7.	Hadiya VDC	25.3	50.6	24.1
8.	Rauta VDC	19.4	55.3	25.3
9.	Bhalayadanda VDC	14.3	45.6	40.1
	Average (%)	19.1	51.1	29.8

Source: WOREC, Udayapur (2000).

1* Sufficient food for whole year

2** Food is sufficient for less than six months

3*** Food is sufficient for less than two months

Percentage distribution of the ethnic groups by self-sufficiency in food production has been presented in Table 7. It is evident that ethnic minorities like *Musahar*,

Tamang, and occupational castes are at the bottom from the perspective of food production or food security. These population groups either do not have or have very negligible access to croplands. These are the population groups who need empowerment and developmental support.

Table 7. Distribution of ethnic groups by self-sufficiency in food production in the targeted VDCs of Udayapur

S.N	Ethnic group	Population	1*	2**	3***
1.	Brahman/Chhetri	20,822	42.6	51.5	5.9
2.	Magar	14,002	13.8	57.6	28.6
3.	Tharu	8,695	5.9	63.8	30.3
4.	Rai	6,136	11.5	66.5	22.0
5.	Occupational caste+	5,611	0.6	23.8	75.6
6.	Danuwar/Majhi	4,753	3.5	68.7	27.8
7.	Tamang	3,067	14.7	25.4	59.9
8.	Musahar	2,108	00.0	00.0	100.0
9.	Newar	756	19.8	58.5	21.7
10.	Others	1,188	00.0	5.6	94.4
Total population		67,138	12,826	34,308	20,004

Source: WOREC, Udayapur (2000).

+ Occupational Castes include B.K., S.K., and Pariyar

1* Sufficient food for whole year

2** Food is sufficient for less than six months

3*** Food is sufficient for less than two months

2. Socio-Demographic Profile of Nuwakot

1. Demography

Nuwakot is a typical hill district spread over an elevation of 518-4,876 metres above the sea level and an area of 1,121 sq. km. The total population of Nuwakot is 279,952 -with 1:1 ratio of male to female population. But economically active population consists of 56 percent of male and 44 percent of female population. The lower percentage of economically active female population might be due to the fact that a substantial number of women has been trafficked from this district. The total number of households in Nuwakot is 52,115 with the average number of members per household at 5.6 (Table 8).

Table 8. Demographic profile of Nuwakot district

Particulars	Number/area	Percentage
Elevation (masl)	518-4,876	
Area (sq. km.)	1,121.0	
Population:		
Total	279,952.0	
Male	139,863.0	49.96
Female	140,089.0	50.04
Economically active population		
Total	127,619.0	
Male	71,944.0	56.37
Female	55,675.0	43.63
Literacy rate (%)	36.2	
Total number of households	52,115.0	
Average household size		5.6

Source : CBS, 1998 Projection.

Figures regarding household size, total number of households, and population in the targeted VDCs of Sikharbeshi, Ghyangphedi, and Ralukadevi at Nuwakot are presented in Table 9. These figures show that the average number of the members per household is a little bit less in these VDCs (5.1) compared to the district average of 5.6.

Table 9. Targeted VDCs with the number of households and population

VDCs	HH size	Total HH	Total population	Male population	Female population
Sikharbeshi	4.9	715	3500	1821	1679
Ghyangphedi	5.3	557	2950	1587	1363
Ralukadevi	5.2	934	4815	2395	2420
Total	5.1	2,206	11,265	5,803	5,462

Source: CBS, 1998 projection.

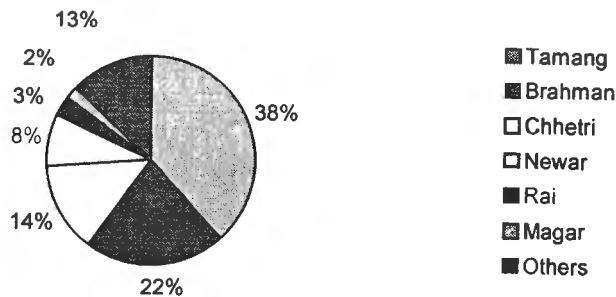
2. Social Profile

Ethnic Composition

As shown in Chart 1, the population of Nuwakot is ethnically diverse, predominated by *Tamang* group (38%). Other ethnic groups/castes include *Brahman* (22%), *Chhetri* (14%), *Newar* (8%), *Rai* (3%), *Magar* (2%), and others (13%). *Tamang* households, compared to others are densely distributed in the Ghyangphedi, and Sikharbeshi VDCs. In Ralukadevi VDC, ethnicities like *Brahman* and *Chhetri* are predominant over other ethnicity/caste in terms of population. In Nuwakot, therefore,

Tamang, Rai, Magar, occupational castes, and marginalized Brahman and Chhetri households need to be targeted for rural development.

Chart 1 Percentage Composition of the Population of Nuwakot District, DDC/Nuwakot



Education

The average adult literacy rate in the district of Nuwakot is as low as 36.2 percent, the male and female literacy rates being 54.4 and 18 percent respectively. Thus the adult women are 3 times behind their male counterparts in education. There are altogether 382 primary schools, 50 lower secondary schools, and 52 secondary schools (Table 10). The total number of students enrolled in the schools is reported to be 68,763 with the total number of teachers at 1,595 (DDC, Nuwakot, 1999).

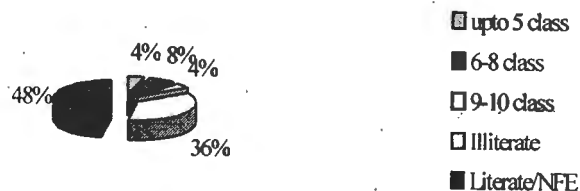
Table 10. Types and number of schools in Nuwakot district with total number of students and teachers

S.N	Types of School	No. of School	Total Students	Total Teachers
1	Primary	382	53,242	1,224
2	Lower Secondary	50	11,056	210
3.	Secondary	52	4,465	161
	Total	484	68,763	1,595

Source: DDC/Nuwakot, 1999.

The adult literacy rate in the targeted VDCs of Ghyangphedi, Sikharbeshi, and

Chart 2. Literacy and education levels of population groups in the targeted VDCs, Nuwakot



Ralukadevi is relatively lower. Only 16 percent of the respondents were found enrolled in formal schooling and had completed pre-primary to secondary school education (Chart 2). It is interesting to note, however, that quite a good percentage (48%) of the respondents had undergone non-formal education (NFE) programmes conducted by WOREC, Save the Children (US) and other NGOs (Rajbhandari, 2000).

Drinking Water and Sanitation

The relationship between rural poverty and lack of potable water and adequate sanitation is clear in most of the rural areas of Nepal. Out of the total population only 6.7 percent has access to potable water and there has been no substantial change in this figure over the last five years (CBS, 2000). Most of these facilities are concentrated in urban areas. This is one of the biases of the present development planning of the government in Nepal.

As a common phenomenon, the rural population in Nuwakot depends on river or stream water. It is usually hard to bring water from rivers and streams located far from the villages. Culturally, fetching water is regarded as a woman's work. They collect it either directly from the river/stream or use polyethylene pipes to bring natural water to the settlement. As the settlements are scattered, it is not easy to bring the water to villages using pipes. Local people's organizations, VDCs, and NGOs are doing their best to bring the natural water near to their villages. WOREC in partnership with Caritas, Nepal (financial support provided by MISEREOR, Germany) and in cooperation with CIRDES, Nepal (financial support provided by APHD, Hong Kong) assisted the local people at Ghyangdanda village of Ghyangphedi VDC and Simtang village of Sikharbeshi VDC to construct and manage water supply projects. The locally formed water consumer groups now manage these water supply works and structures.

Sanitation has not so far been a priority area under the rural development planning of the government. Based on our observations, it can be stated that the sanitary condition in most of the rural areas like Nuwakot is very poor. Some I/NGOs and local people's organizations have been making efforts to extend support and education to the rural people about the importance and methods of constructing pit toilets. But in most cases, those efforts have been limited to the life of external support. WOREC in partnership with the local people's organizations had worked for awareness raising on the issue of sanitation simultaneously providing cement and pan for participatory construction of toilets in Sikharbeshi village. But that endeavour does not seem to have a lasting impact on the life of rural population in the VDCs targeted. Poor sanitation has been

causing a number of common illnesses like intestinal disorders, worms, white discharge among women, and respiratory tract infections.

Community Health

Owing to insufficient health service facility the health status of the majority of people in Nuwakot is poor. There is only one hospital with 25 beds only (Table 11). Three primary health centres are located in Kakani, Deurali, and Kharanitar. The health posts with one Health Assistant, one Assistant Health Worker, and Village Health Workers are located in Nuwakot (proper), Khadga Bhanjyang, Samari, Kaule, Samundratar, Bhadrutar, Salle Maidan (Likhu), Chaturale, Sikharbeshi, and Rautbeshi. There are altogether 54 sub-health posts provisioned with one Assistant Health Worker, Village Health Worker, and Masika (trained local nurse). But most of the health posts and sub-health posts are lacking in either health personnel or supplies or both leaving an overwhelming population without medical personnel, service, and supplies. The existing infrastructure for delivering basic health services thus faces three major problems: low population coverage, shortage of supplies, and insufficient and inefficient health workers.

Table 11. Types and number of health institutions in Nuwakot district

S.N.	Types of Health Service Centres	Number
1.	Hospital (25 Bed)	1
2.	Primary Health Sub-Centre	3
3.	Health Post	10
4.	Sub-Health Post	54
5.	District Ayurvedic Health Centre	1
6.	Ayurved Aushadhalaya (Medical Store)	5
7.	Trishuli Clinic (Private)	1

Source: DDC/Nuwakot, 1999.

Diseases related to poverty, malnutrition, unsafe drinking water, poor sanitation, poor housing, smokes arising out of traditional ovens, and domestic violence are common in most of the villages. The nutritional status is generally low among the children and pregnant as well as lactating women. Despite the large number of agencies concerned with nutrition improvement, the problem of deficiency has remained difficult to resolve in the rural districts like Nuwakot. This is due in part to pricing policies, which lead to low production because producers have gone into trading or wage labour; poor infrastructure, which constrains the distribution of inputs and produce; the high price of inputs like chemical fertilizers and improved seed; the lack of storage facilities; and the increasingly aged producer population, as the young leave their villages for earning livelihood.

Meanwhile, a heavy and increasing reliance upon a combination of NGO support and community involvement to alleviate the burden upon government in this sector can be expected. Some of the NGOs like WOREC and INGOs like the SC (US) and JICA have been providing primary health care facilities in certain VDCs. In its targeted VDCs, WOREC, in partnership with local women's groups and VDCs, has established women's health resource and counseling centres. It is also running a community-based comprehensive health clinic at Sikharbeshi, where two Assistant Nurse Midwives (ANM) are stationed. In the course of a participatory research work, WOREC identified that infertility, miscarriage, uterine prolapse, urinary problem and white discharge were the common health problems affecting most of the women in Nuwakot (WOREC, 1998). Other common diseases among the wide population groups were associated with poor sanitation and the lack of safe drinking water.

3. Economic Profile

The primary objective of the people in Nuwakot is to cultivate land, raise livestock/poultry, and to conserve and utilize natural resources (medicinal herbs, forest, non-timber forest products, water) for their livelihood. As a general rule, the farming system in Nuwakot is subsistence-oriented.

The total agricultural area in Nuwakot is 69,445 ha, which is owned by 40,424 households (77.6 % of the total households). About 1.5 percent of the total households are tenant farmers (Table 12).

Table 12. Agricultural area, number of tenant, and landowner households, Nuwakot district

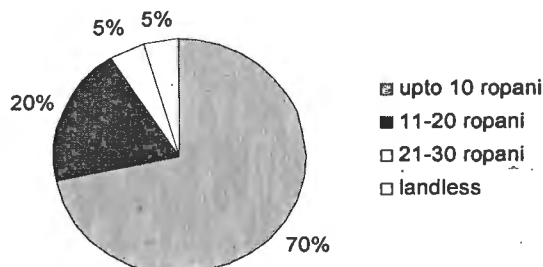
Particulars	Number or area	Percentage
1. Area (sq. km.)	1,121	-
2. Agricultural area (ha)	69,445	-
3. Total number of parcel	253,906	-
4. Total number of tenant households	763	1.5
5. Total number of land owner households	40,424	77.6

Source : CBS, 1998 Projection.

An overwhelming majority (70%) of the households was found to own agricultural land up to 10 Ropani (1 Ropani = 0.051 hectare) in the VDCs of Ghyangphedi, Sikharbeshi and Ralukadevi (Chart 3). Only 5 percent of the respondents belonged to landless tenant farm households. Five percent of the households owned 21-30 Ropanis of land (Rajbhandari, 2000). It should be noted that most of the fertile and lowlands (paddy/wheat lands) in the targeted VDCs belong to the so-called upper caste (*Brahman* and *Chhetri*).

The *Tamang* and occupational caste households own less fertile uplands, where only maize, potato and millets usually grow with yields very low. The food crops grown

Chart 3 Percentage distribution of the population in targeted VDCs by the size of landownership, Nuwakot



in Nuwakot include rice, maize, wheat, millet, and potato. The data presented in Table 13 show that the area under maize and potato increased by nearly 2.5 times in 1991/92 compared to 1982/83 primarily due to expansion in new cultivable lands. The total food production was higher in 1991/92 compared to the 1982/83 due to increased area but not due to higher yield. The yield increment of all the crops, except potato, was not, however, very significant.

The local people have also been engaged in various micro-enterprises such as bamboo crafting, traditional woolen goods production, honey collection, ghee production, etc. The landless and occupational caste people usually migrate to towns/cities for livelihood earning while some of them stay in the villages and work as seasonal porters or laborers.

Table 13. Area, production, and yield of food crops in Nuwakot

Crops	Area, ha		Production, MT		Yield, MT/ha	
	1982/83	1991/92	1982/83	1991/92	1982/83	1991/92
Rice	18,970	16,870	44,230	39,870	2.33	2.36
Maize	8,200	19,700	9,200	29,670	1.12	1.50
Wheat	6,000	5,550	7,200	8,600	1.20	1.55
Millet	2,420	4,140	2,420	4,980	1.00	1.20
Potato	570	1,430	3,420	11,270	6.00	7.88

Source: CBS, 1993.

Livestock is an important component of the traditional mixed farming system in Nepal. As in other parts of the hills in Nepal, the rural communities in Nuwakot have also been practicing crop-livestock mixed farming system. Each farm household usually keeps a few livestock and poultry as a source of draft power, manure, meat/milk, and extra income. Figures about the total population of various kinds of livestock and birds are presented in Table 14, which suggest that cattle and goat/sheep have a predominant position in the farming system of Nuwakot. Among

the birds, chicken raising has been the oldest and the most common enterprise associated with the mixed farming system in Nuwakot. It should be noted that, as a rule, the breeds of cattle, goat, sheep, and chicken are local.

Table 14 Population of livestock and poultry in Nuwakot

Kinds of Livestock and Poultry	Population
Cattle	36,569
Buffaloes	19,772
Goats and sheep	29,123
Pigs	1,296
Horses and mules	292
Other animals	277
Chicken	54,669
Pigeons	547
Ducks	192
Other birds	38

Source: CBS, 1993.

Thirty-four percent of the households in Ghayangphedi, Sikharbeshi, and Ralukadevi VDCs who participated in a survey said that they were having cattle, buffaloes, poultry, and goat/sheep as an essential component of their farming system (Rajbhandari, 2000).

III**Social Mobilization and Dimensions of Change**

This chapter presents various approaches, programmes, activities, and accomplishments of WOREC from the perspective of social mobilization and change. In the course of its participatory intervention in the rural areas, WOREC has facilitated formation and strengthening of new social democratic institutions aimed at alleviating discrimination, violence, and injustice through collective empowerment and social mobilization. These institutions include people's organizations, community-based child care centres, community mediation committee or women's courts, community-based health clinics, women's health resource centres, women's health networks, farmer managed model demonstration farms, and women's cooperatives for micro-enterprise promotion. These democratic infrastructures are gaining recognition and support from the local population and the local elected governments like VDCs and DDCs. It should be regarded as a move towards gaining sustainability. These institutions have been actively engaged in bringing about the anticipated change in the nation's unscientific socio-cultural tradition that is based on patriarchy and gender-based discriminatory norms, values, and structural violence. Furthermore, these institutions are also engaged in the identification, conservation, and utilization of locally available plants of medicinal and pesticidal/insecticidal properties. The intervention and mobilization of these institutions are broadly directed towards protecting their communities and production technologies from external economic and technological shocks and gaining self-reliance in basic resources and technologies required for sustainable livelihood. The text that follows offers a look at social mobilization and the dimensions of change.

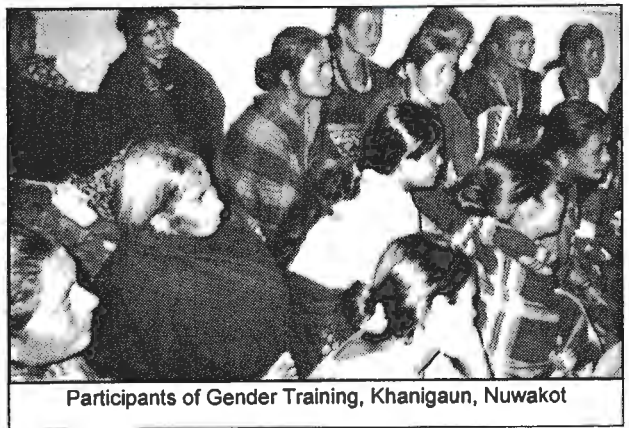
1. Animation and Development Education

In Nepal, the women, children, and the marginalized populace have to face subordination, exploitation, and discrimination each day. This situation calls for immediate action to make them aware of their basic human rights. First of all, they need to be animated to realize and analyze their basic needs, major problems, and resources, and then they need to be empowered to analyze and utilize their latent potentials and resources for the development of their own personality, household economy and native villages. They, at the same time, also need to be made aware of the social environment they live in and work within, their sanitary and nutritional

problems, and health hazards. Moreover, they need to be empowered to cope with all these challenges. They need to be animated or made able to question themselves about the worsening livelihood conditions, and to realize that these discriminatory

conditions cannot be accepted for long and have to change. The question then is:

who should and can change such a condition? The marginalized population groups and the civil society groups committed for social justice should and can bring about a change in these inhuman situations and the discriminatory socio-political values. Being guided by this concept, WOREC has been conducting animation, empowerment and development education programmes at Udayapur and Nuwakot districts in partnership with the local women's groups, adolescent girl's groups, youth clubs, and the farmer's groups.



Participants of Gender Training, Khanigaun, Nuwakot

The centre envisages animation and development education as a comprehensive and continuous process of instilling into the marginalized populace a scientific outlook to understand and analyze their problems and the causes of their subordination and discrimination. This process enables them to identify the socio-economic, political, and patriarchal cultural barriers to their development. This is a process that empowers them to find out the ways and means to change these situations from the perspective of social justice.

Various activities of animation and development education include:

- Group formation, strengthening and mobilization
- Animation and leadership training
- Development education and skill / technical training
- Organizational planning
- Acquisition of governmental support / financial allocations and
- Mobilization of local resources.

It should be noted that sustainability of any development programme is a concern of all beneficiaries. As elsewhere, women occupy half of the Nepali sky, and enhancing women's social, economic, and political status is critical for the sustainable development of this Himalayan country. Special efforts are therefore imperative for animation, capacity building, strengthening, and mobilization of the local community groups, particularly the women's. This would result in women's and women leaders'

increased participation in decision making and development endeavours at the grassroots level. The community-based organizations (CBOs) are the potential change agents and therefore need to be paid due consideration by both the governmental and non-governmental organizations. With this understanding, WOREC has been facilitating formation of local community groups like women's groups, adolescent girl's groups, children's groups, and even men's groups in all of its targeted areas. These groups are strengthened and mobilized to plan and implement various projects/programmes in their native villages. WOREC has been conducting community meetings/workshops and providing training and technical assistance to the leaders and members of the community groups.

Training to the Development Educators

In 2000, a 15-day training on development education was provided to the Development Educators and Supervisors in 3 phases. Altogether 20 Development Educators, Supervisors and Field Workers of WOREC participated. The participants were provided with the skill in facilitation of development education class, process of conducting development education, and issues to be discussed. The major topics covered by those training were as follows:

- Introduction to WOREC, NGO, and civil society
- Animation, people's organization, and leadership development
- Gender and development
- Women's health and violence against women
- Community mediation and legal education
- Conceptual clarity on trafficking
- Human rights
- Advocacy

The capacity building process of community groups includes the following elements:

- Animation and development education
- Goal setting and planning
- Identification and mobilization of resources pertinent to community development
- Community mediation and conflict management
- Networking with other local NGOs, CBOs, VDCs, and DDCs
- Participatory monitoring and evaluation and
- Documentation and communication

Since 2000, development education classes (DECs) have been started in all of the targeted VDCs at Udayapur. The course is designed for three years with emphasis on participatory discussion and comparative analysis. Last year, altogether 931 members of community groups participated in development education classes (Table 15).

Table 15. Number of development education classes and participants in various VDCs at Udayapur, 2000

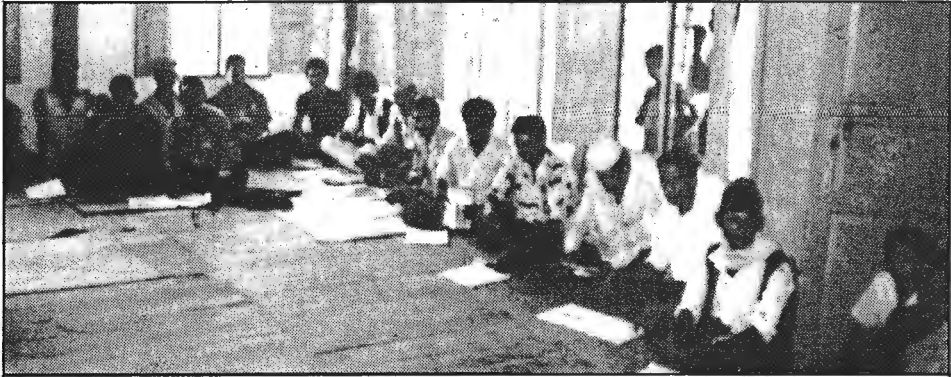
VDC/Municipality	Number of DEC's	# of participants
Triyuga Municipality	7	394
Khanbu VDC	2	51
Jalpachilaune VDC	2	78
Saune VDC	1	45
Triveni VDC	3	106
Jogidaha VDC	3	83
Hadiya VDC	4	144
Rauta VDC	2	45
Bhalayadanda VDC	2	88
Total	26	931

2. Human Resource Development

Skilled human resource is the first prerequisite for implementing any development programme successfully. WOREC has therefore been placing a special focus on developing local human resource in the targeted communities. We visualize human

The WTI has been offering training courses on the following topics:

- Animation and People's Organization
- Leadership Development and Management
- Women's Health and Gender
- Women's Reproductive/Sexual Rights and Social Justice
- Management of Women's Health Resource Centre
- Community-Based HIV/AIDS Prevention
- Traditional Healer's Training
- Paramedical Clinical Training
- Women's Health Counselor's Training
- Sustainable Bio-Intensive Farming System and Livelihood
- Organic Kitchen Gardening and Livelihood
- Community-Based Mediation for Conflict Management
- Micro-Enterprise Skill Training



Participants of Mediation Training, Triveni, Udayapur

resource development as a process of liberation of a person from her/his subhuman existence and sense of alienation, simultaneously developing her/his personality, dignity, creativity, and technical skills. Accordingly, WOREC has been conducting special training programmes for the local NGOs/CBOs as well as the field workers

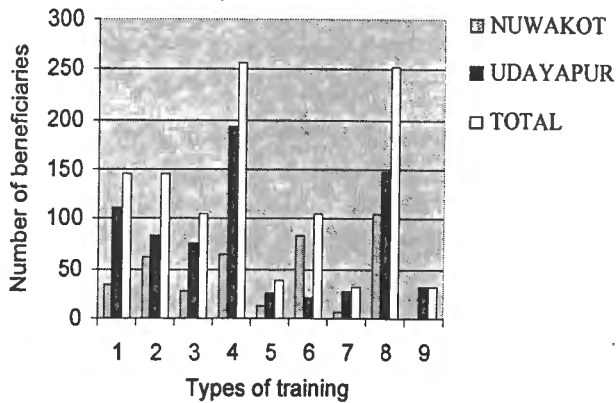


Exposure visit of VDC level women's group to Ilam

and staff members of WOREC. In the targeted districts, above 90 percent of its staff are local youth, particularly girls. Keeping in mind the need of a community-based training institution to serve the purpose of local human resource development, WOREC has established a Women's Training Institute (WTI) at Rajabas, Udayapur. The training institute has basic physical facilities with an accommodation capacity of 50 trainees at a time.

In 2000, WTI/WOREC conducted a number of short-term training courses. Above 3,000 members and leaders of local women's groups, field workers/staffs of WOREC and other NGOs and local governance bodies benefited from those training activities (Chart 4).

Chart 4. Distribution of the beneficiaries of various types of training by location



Training Courses:

1: Women's Health

2: Adolescent health

3: Micro-Enterprise skill training

4: Animation and leadership development

5: Organizational Development

6: Trafficking and human rights

7: Community Development

8: Bio-Intensive Farming System

9: Communication management.

Mediation Training

In 2000, altogether 13 training courses were organized for strengthening the mediation committees. The duration of each training course was 5 days. Altogether 438 members of the mediation committees participated in those training (Table 16). The training focused on mediation skill and the types of disputes that can be mediated. It also covered various legal provisions.

Table 16. Number of participants of the mediation trainings conducted in Udayapur, 2000

S.N.	Municipality/VDCs	Number of trainings conducted	Number of participants		
			Female	Male	Total
1.	Triyuga Municipality	3	70	35	105
2.	Jalpachilaune VDC	2	31	27	58
3.	Saune VDC	1	17	14	31
4.	Triveni VDC	1	25	14	39
5.	Jogidaha VDC	2	38	19	57
6.	Rauta VDC	2	39	25	64
7.	Bhalayadanda VDC	2	47	37	84
Total		13	267	171	438

Selected members of the ward-level mediation committee were also provided with legal activist training. One member from each committee was selected as a legal activist. In 2000, two training activities were organized in which altogether 45 legal activists participated. The legal activist training was designed in 3 phases and each phase was 5-day long.

Training/Orientation on Health

In 2000, training and orientation activities were conducted on women's health and gender. Altogether 19 members of women's groups, women's health networks and adolescent girl's groups from Kathmandu, Nuwakot, Udayapur, Mustang, and Surkhet participated in that 10-day training conducted at Rajabas, WOREC. Dr. Renu Rajbhandari served as the Resource Person while Jwala Kolachapati, Sabita Tamang, and Kalpana Bista facilitated the training.

Altogether 77 members of local women's groups benefited from women's health training organized at three locations in the district of Mustang. Khuma G.M. and Bina Pokharel facilitated the training at Kobang while Sabita Tamang, and Kamala Danuwar facilitated at Lete and Januka Bhattarai and Kastimaya Danuwar facilitated at Chhayo.

In 2000, the women's health counselors facilitated ward-level orientation on women's health. The framework of orientation included comprehensive conceptual understanding of women's health, factors responsible for women's health, impacts of violence and gender discrimination on women's health, common health problems of women, etc. The locations, beneficiaries and number of participants of various orientation programmes are presented in Table 17. Altogether 566 members of local

women's groups (WG), adolescent girl's groups (AG), and farmers' groups (FG), benefited from those orientation activities.

Table 17. VDCs, locations, beneficiaries, and number of participants in orientation on women's health, Udayapur, 2000

Municipality/VDCs	Locations	Beneficiaries	Number of participants
Triyuga Municipality	Gairun, Ratmate, Chaukibari, Utritole, Deuri	Makhamali WG, Sagar WG, Phool WG, Sakriya Utthan WG	137
Rauta VDC	Jhirudanda, Yamtar	Jhirudanda WG, Yamaya WG, Sansari WG	87
Jogidaha VDC	Rupani, Mairai	Janachetana AG, Manakamana AG	28
Handiya VDC	Shivnagar, Jyamire	Srijana WG, Sushil WG./FG	47
Triveni VDC	Triveni	Janajyoti WG, Navadurga WG, Laligurans WG	70
Bhalayadanda VDC	Bhalayadanda	Indreni WG, Chiyabari WG/FG, Laligurans WG, HisaWG	109
Saune VDC	Saune	Saune WG	88

3. Traffic in Women and Children

Women's right to health, education, self-determination, employment, and equitable access to resources and opportunities in the freedom and choice of occupation, mobility and information are the elements of human rights that constitute the components of development of a society and nation. That is why development is an issue of human rights. Each citizen, irrespective of ethnic origin, caste, age, gender, and class, should have equal opportunity to participate in developmental process and an equitable share of the progress. Being guided by this concept, WOREC has been advocating for the abolition of servitude-like practices and all kinds of discriminations and exploitation. The centre has been addressing the issues of the right of the people, particularly of the women, children, and economically poor and marginalized population groups. Traffic in women and children, bonded labour, domestic child work, and forced sex work are some of the forms of such exploitation, servitude, and violation of human rights. The patriarchal socio-political structure and social values prevalent in Nepal are the major factors responsible for the existing discrimination and violence against women, children, and marginalized population groups. Such structure and values must be transformed to socially just.

structures and values for uprooting the gender- or caste-based discriminations and exploitation.

Traffic in women and children and other servitude-like practices have become a serious multi-dimensional problem in Nepal. It is a serious violation of human rights. It has been estimated that every year thousands of girls from the rural areas of Nepal are trafficked into sex industry in India and other countries. Around 20 percent of these girls are reported to be minors. Similarly a lot of children are being trafficked inside the country and being forced to work under different kind of servitude-like practices.

In Nepal, people usually perceive trafficking as a synonym to sex trade or migration. In fact, trafficking is synonymous neither with sex trade nor with migration. These are only serving to be the reasons of trafficking. Trafficking includes all acts involved in the recruitment and/or transportation of a woman or child (person) within and across the national borders for forced labour or services by means of violence or threat of violence, abuse of authority or dominant position, debt bondage, deception, or other forms of coercion.



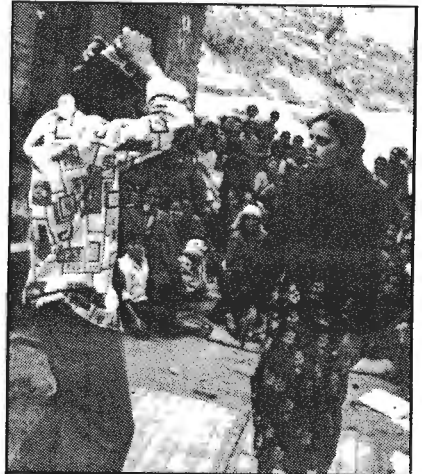
WOREC has observed that the patriarchal social structure and discriminatory values, illiteracy, ignorance, lack of women's access to and control over productive resources, capital, and employment have caused trafficking of rural women and girls. Women are mostly exploited, humiliated and discriminated against in the rural society. Their work has not been regarded as productive and socio-economically valuable. Owing to the patriarchal social and power structure the women have subordinate status in Nepal. Girl children and women have also been exploited and discriminated against based on the sex, caste, ethnicity, gender, and class. Furthermore, open market economic policy and globalization have also increased subordination of and traffic in women and children. It is therefore imperative to make the rural women aware of the socio-economic environment they have been operating in as well as of the discriminatory social values and tradition of exploitation. They need to be empowered to question and to mobilize themselves to abolish these values and traditions and change the policies that marginalize them. WOREC has therefore been conducting advocacy and other support programmes to

address the issues of human rights, particularly of the women's and child rights, and social justice.

Advocacy and Social Mobilization

Advocacy is a planned and organized set of political actions to effectively influence public policies. It is a political process because it seeks to question and change the existing unequal power relations in favour of the sections of the population that are socially, culturally, politically, and economically marginalized.

Advocacy activities of WOREC address the issues of basic civil rights, women and child rights, women's right to property and resources, and the issues of social injustice prevalent in Nepal. WOREC has been conducting these activities both at the community and the central levels since its establishment. In 2000, the community level advocacy was conducted in Udayapur, Nuwakot, Kathmandu, Morang, Sunsari, Dhanusha, Makwanpur, Nawalparasi, Sindhupalchok, and Mustang districts. The community-based advocacy has been successful in building alliances with community groups, individuals, and GOs/NGOs that are committed to supporting the issues of women's human rights, social justice, and equity to gain appropriate policy and legislative change. In 2000, WOREC also conducted various IEC activities for raising awareness of the targeted population groups, the leaders of VDCs/municipalities, DDCs, and elected and nominated women ward representatives (ENWWR), leaders and members of women's groups, youth clubs as well as other civil society groups in the districts of Udayapur, Nuwakot, Morang, Sunsari, Siraha, Dhanusha, Makwanpur, Nawalparasi, Sindhupalchowk, Kathmandu, and Mustang.



Advocacy Through Street Drama,
Nuwakot

WOREC's central level advocacy has been targeted to the parliamentarians, political leaders, ministry officials, and intellectuals for relevant changes in the governmental policies, programmes and legislation.

WOREC uses various means of advocacy like training, workshop, community meetings, rallies, street drama, video film shows, and distribution of IEC materials. It has been publishing and distributing journals against trafficking and on women's health to make both the community level and central level organizations and civil

society groups more aware of the issues of trafficking, human rights, livelihood, and social justice.

It is our understanding that advocacy programme should go beyond public policy to the larger sphere of influencing societal attitudes and practices in order to transform the oppressive patriarchal value system into a more just and humane one. Issues of deprivation, violence, injustice, and violation of rights precede the process of advocacy. So advocacy activities can not be effective and sustainable without empowering and mobilizing the local civil society groups to influence the local governance. Advocacy is just like a coin with ideological and political sides. WOREC has therefore been placing special emphasis on strengthening and mobilization of the grassroots civil society groups and local governance bodies/political organizations.

Social mobilization is a comprehensive and continuous process, which has such components as:

- People's organizations (formation and strengthening of CSGs)
- Planning or goal setting (resource identification/allocation)
- Implementation (resource mobilization/management)
- Participatory monitoring and evaluation.

In 2000, the centre conducted various activities for strengthening CSGs (CBOs/WGs/AGGs/YCs) and local governance bodies in the targeted VDCs at Udayapur, Nuwakot, Morang, Sunsarai, Siraha, Dhanusha, and Mustang districts. Those activities included the following:

- conceptual clarity on the issues of trafficking and human rights of children and women;
- mobilization of CBOs, WGs, NGOs, and local governance bodies in grassroots advocacy activities ;
- design and implementation of community-based intervention programmes through local CSGs; and
- the participatory monitoring and evaluation of the programmes.

The CSGs in the targeted VDCs/districts actively participated in organizing various national and international days and utilized them for mass awareness against trafficking and violence against women and children, on women's and child rights, and for social justice. Local women's groups and networks have been successful in preventing violence against women and providing justice to the marginalized. This should be taken as a good output of the social mobilization process.

Networking

Violence against women and children as well as various social crimes like trafficking, sexual and physical exploitation, and servitude-like practices imposed upon women and children are the problems of national scale. It is therefore imperative to work jointly with various CBOs, NGOs, INGOs, and GOs for preventing the crimes and bringing about anticipated socio-economic and policy changes. Realizing this need WOREC, along with other NGOs, took initiative to form a national network against trafficking. As a result, an "Alliance Against Traffic in Women and Children in Nepal"(AATWIN) was formed on 25th June 1997. Since then AATWIN has been regularly conducting " People in Black " activity aimed at creating mass awareness against traffic in women and children. This activity is conducted in Kathmandu on the last Friday of each month.



Community based network, Udayapur

WOREC has also formed a district level network against traffic in women in Udayapur. Likewise, community-based networks on women's reproductive health and sexual rights are also formed in Udayapur and Nuwakot. These networks are conducting awareness raising activities at the local level. WOREC has also facilitated the formation of networks against violence at the community level in the targeted districts and is now a part of the human rights movement in Nepal. It is also an active member of ALLIANCE, a national alliance for human rights and social justice in Nepal.

Social Reintegration/Rehabilitation

WOREC has defined social reintegration/rehabilitation of the survivors of trafficking or HIV/AIDS as a comprehensive process of animation and self-empowerment and not merely the physical reunion of the survivors with their families or providing shelter and food to the survivors.

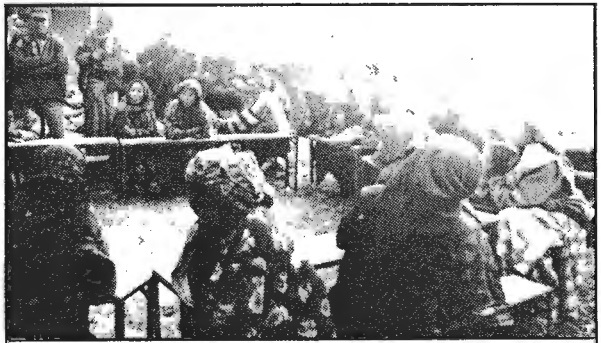
The components of social reintegration of the girls affected by or at-risk for trafficking include: animation; empowerment (spiritual, moral, social, economic, ideological and political); development education; temporary support for housing, nutrition, medicine, counseling; skill/professional training; identification of their family members' where about, family reunion, and follow-up. WOREC's innovation in regard to social reintegration/rehabilitation of the survivors of trafficking/violence or HIV/AIDS is already a proven practice. Girls who underwent through this social phenomenon are now earning their livelihood in an environment of social dignity.

WOREC facilitated the formation of the Shakti Samuha as an output of its social reintegration/rehabilitation programme supported by MISEREOR, Germany. It has now been playing a facilitator's role in the strengthening and functioning of the group. Shakti Samuha (SS) has been registered in the Kathmandu District office, HMG and has its own office at Chabahil, Kathmandu. The group is now engaged in implementing anti-trafficking activities in the squatter communities and carpet factories in Kathmandu. The members of SS are also engaged in various field level activities against trafficking in cooperation with WOREC, which occasionally provides training facilities to the members of SS.

4. Community Mediation Programme

WOREC has regarded violence against women as one of the major factors responsible for poor health of women, livelihood insecurity, and inadequate social

mobilization. Besides awareness raising activities, some sort of action-oriented activities were felt to be highly needed in the rural communities. WOREC has therefore been facilitating the formation of community mediation committees (CMC) in the targeted wards, VDCs and municipalities to mobilize local CSGs, local elected governmental bodies, and local intellectuals. The



Training on Community Mediation, Nuwakot

CMCs are aimed at restoring social justice and peace through the elimination of gender-or caste-based discrimination and violence at the grassroots level. In the targeted areas of WOREC, the mediation committee is popularly known as the "Women's Court", because such committee basically focuses on the issues of violence against women and is chaired by women. Altogether 94 ward-level

mediation committees and 13 VDC/municipality-level mediation committees were formed in Udayapur and Nuwakot in 2000. The VDC/municipality-level mediation committee is a sort of federation of the ward-level mediation committees. Some of the VDCs in Udayapur have given formal recognition to the Women's Court as per Decentralization Act. Each ward-level mediation committee consists of 7 members: 4 female and 3 male. The composition of the ward-level mediation committee is as follows:

- | | | |
|--------------------------|---|-------------|
| <input type="checkbox"/> | Elected and nominated women ward representative (1) | Chairperson |
| <input type="checkbox"/> | Elected chairperson of ward (1) | Member |
| <input type="checkbox"/> | Representative of adolescent girls' group (1) | Member |
| <input type="checkbox"/> | Representative of women's group (2) | Member |
| <input type="checkbox"/> | Local leaders, Teachers, etc. (2) | Member |

Each mediation committee conducts a monthly meeting on a regular basis. The hearing of the registered cases of the disputes takes place as per need.

In 2000, altogether 167 cases were registered in the ward-level mediation committees in Udayapur. The mediation committees resolved 91 percent of the registered cases and only 9 percent of the cases were referred to the district court (Table 18). It should be noted that 77 percent of the registered cases in the Women's Courts in Udayapur were found related to violence against women.

Table 18. Number of disputes registered at and resolved by the mediation committees in Udayapur, 2000

S.N.	Municipality/VDCs	Number of conflicts			Related to violence against women
		Registered	Resolved	Referred	
1.	Triyuga Municipalitty	80	74	6	80
2.	Khanbu VDC	5	5	0	2
3.	Jalpachilaune VDC	8	8	0	6
4.	Saune VDC	9	9	0	4
5.	Triveni VDC	15	14	1	15
6.	Jogidaha VDC	11	10	1	4
7.	Hadiya VDC	6	4	2	2
8.	Rauta VDC	20	15	5	6
9.	Bhalayadanda VDC	13	13	0	9
Total		167	152 (91%)	15(9%)	128 (77%)

5. Community-Based Child Development Programme

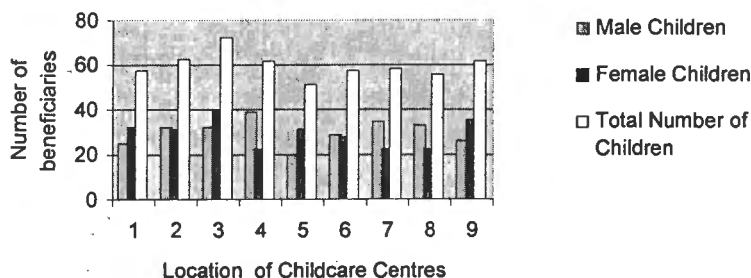
The children of 0-6 years age group are usually neglected in the development programmes of both the governmental and non-governmental organizations. There are no facilities to bring out their talents and creativity. They lack support for their overall development. Women, particularly mothers, have to take the responsibility for their care and development, and in most cases they take their children with them to their work places. It is obvious that this situation has negative impacts on the life of the child as well as mother. The child is not only deprived of the right to socialization and proper health/nutritional care but is also exposed to various infections or put at-risk for accidents. The mother, on the other side, is over burdened and the opportunity to generate extra income has been limited for her. When the children reach the age of 2-3 years they start cultivating the habit of roaming around and it becomes difficult to enroll them in the formal school. In order to develop good habits among the children and to provide them opportunities and support for their development, the need for a child-centered programme to provide pre-school counseling, socialization and other supports was strongly felt. Keeping these situations in mind, WOREC in partnership with the local WGs and VDCs formed 10 community-based child development centres in 1998: five in Triyuga Municipality, one in Jogidaha VDC, and four in Rauta VDC. One centre established at Musahar community could not be continued. These centres are popularly known as "*Shishu Syahar Kendra*". During 1999-2000 those centres were further strengthened. The local women's groups and VDCs provided land and labour for constructing the child centres. In 2000, WOREC initiated a move for making the programme sustainable with the local people's participation and mobilization. As a result, Childcare Centre Management Committees were formed for each centre separately. The management committee is a group of main actors who have to play a catalytic role in collective empowerment and social mobilization for making the programme sustainable in the course of time.

Major activities of this programme include:

- Regular health and nutritional assessment and care;
- Imparting knowledge and behavior about personal health and hygiene;
- Socialization of the children;
- Support for the development of creativity of children;
- Pre-school education to the elder children (3-6 years) for formal schooling; and
- Support for the admission of the children to local schools.

Various means of information, education and communication like group singing, dancing, playing, VDO film and poster show, painting, excursion, etc. are used for child socialization. The Community Nutrition Workers (CNW) regularly visit the households of the children enrolled in childcare centres and disseminate health and nutrition-related information to the family members. Under this programme, WOREC has been trying to register children in local VDCs for facilitating acquisition of citizenship certificates by them in the course of time. This sort of action is dictated by the discriminatory practices prevalent in the country in regard to distribution of citizenship certificates. In Nepal, citizenship certificate is needed for admission to school and to enter the formal job sector.

Chart 5. Number of beneficiaries of child centered programme at various locations, Udayapur, 2000



Location of the Child Care Centers:

1. Chakalghat, Triyuga Municipality-12;
2. Kawai, Triyuga Municipality-12;
3. Utraitole, Triyuga Municipality-14;
4. Baireni, Triyuga Municipality-16;
5. Dumrithumka, Rauta VDC-5;
6. Punware, Rauta VDC-5;
7. Rajabas, Rauta VDC-9;
8. Kolbote Chhintang, Rauta VDC-9;
9. Rupani, Jogidaha VDC-1

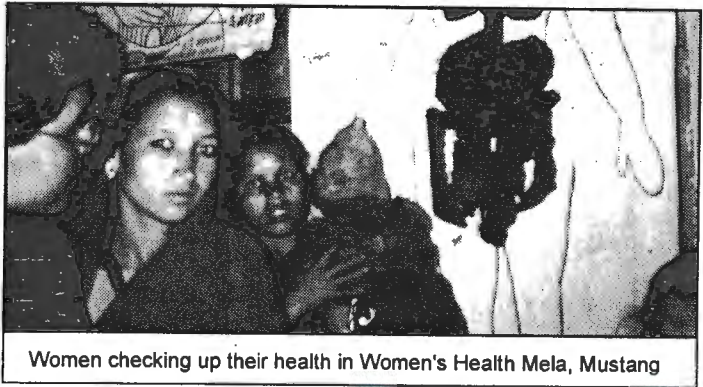
In 2000, more than 538 (281 male and 257 female) children and 500 mothers (women) of the targeted localities and ethnicities directly benefited from this programme (Chart 5). Altogether 110 (56 female and 54 male) children of the 5-6 years age group were admitted to local primary schools from the childcare centres. In addition, 9 local youth and 9 members of local women's groups are employed as Facilitator and Assistants respectively. Two local girls are working as Community Nutrition Workers (CNW). One ANM, one Community Health Worker (CHW) and two Supervisors are also engaged in this programme.

WOREC has started facilitating formation of child rights awareness groups (CRAG) in its target VDCs. The school students are organized to form such groups. They are provided with information and education on child rights as per the CRC. These groups are mobilized to share their knowledge about their rights with other local children and to present their voice in various community programmes organized by WOREC, local WGs, AGGs, WHNs, and other CBOs.

6. Community-Based Health Programme

Nutrition, housing, employment, education, and health are the basic elements of livelihood and human rights. WOREC has therefore been addressing these issues from the perspective of the marginalized population groups within the framework of social justice. The centre has been addressing the issues of health, nutrition, and livelihood through community-based comprehensive health programme, women's health programme and bio-intensive farming system programme, which are implemented in cooperation with local community groups and VDCs. These programmes are designed within the self-help and social mobilization approach and consist of information, education, communication, and major technological aspects. In order to promote entrepreneurship among the marginalized women, WOREC has also been conducting micro-enterprise promotion activities.

In most of the rural areas in Nepal, people have a very little knowledge about the causes and preventive measures of various health and nutritional problems. In the national health policy and programme, women's health issues remain inappropriately addressed. In Nepal, women and children have been facing a



Women checking up their health in Women's Health Mela, Mustang

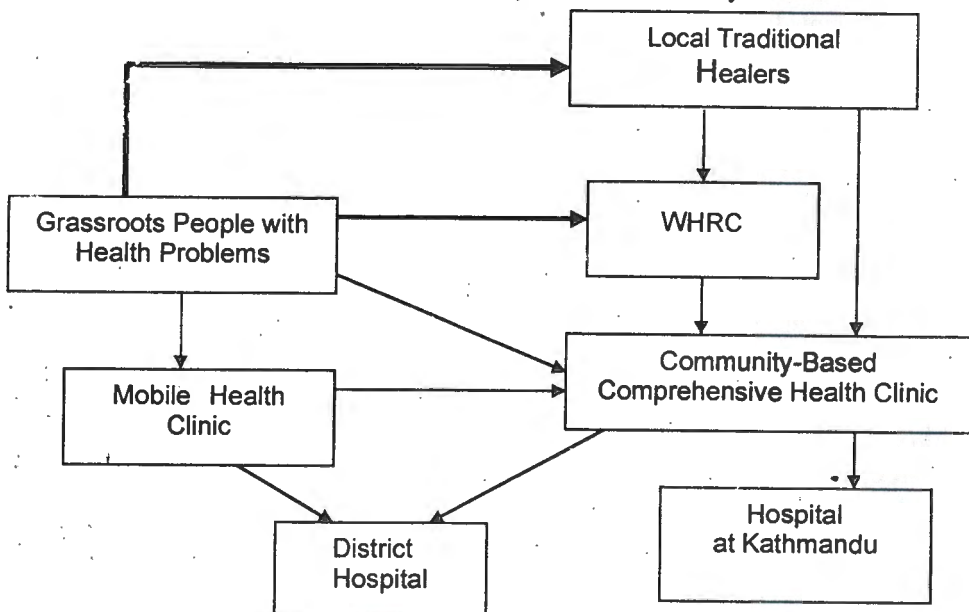
number of health problems owing to social discrimination and religious-cultural traditions. These facts suggest that health-related information, education and service are not within the reach of the common people. It is imperative to provide primary health care facilities to them irrespective of their gender status, and make them aware of the fact that health is their basic right. The health system should be developed from the perspective of the community and with the participation of the community.

WOREC has been conducting a community-based health programme (CHP) in Udayapur and Nuwakot for the last nine years. This programme consists of clinical service, health education, counseling on and herbal remedies of women's health problems, training and IEC to the grassroots people.

WOREC has established community-based comprehensive health clinics at Rajabas of Udayapur and Shikharbeshi of Nuwakot district. The paramedical staff, site supervisor and field workers stationed in the field-based offices have been working both in the static clinic and mobile outreach clinic in the command areas. The community-based comprehensive health clinics have also been conducting health education to the students of local high schools in Udayapur and Nuwakot.

Utilization of health service is a process is a complex behavioural process in Nepalese society and has been found to be very low. It is affected by many factors such as availability, distance, costs, quality of care, social structure, and health beliefs. Many of these factors are interrelated with gender inequality reflected in women's subordinate status in the society. The status of women has been strongly affecting their access to health services. Most of the rural women cannot themselves decide to seek health service. Their husbands or senior male members of the household often make the decision for them. Cost and distance considerations are also interrelated with this kind of gender inequality. Quite a large number of rural women do not go to the health posts but instead go to the traditional healers (*Dhami/Jhankri*). These were the findings of WOREC research conducted in 1997. It has started providing training to the local traditional healers in Udayapur since 1998. Training has been conducted to impart knowledge about primary health care and the importance of a referral system. After undergoing training, the traditional healers have started to refer their patients to the WOREC clinic or local women's health resource centres. WOREC has also been strengthening local women's health resource centres and women's health networks simultaneously promoting referral health system (Chart 6).

Chart 6 Referral Health System Promoted by WOREC



The data presented in Table 19 show that 615 local people benefited from the service provided at the comprehensive clinic at Sikharbeshi, Nuwakot. It should be noted that above 40 percent of the patients visiting the clinic belonged to the active reproductive age group, i.e. 19-45 years age group.

Table 19. Distribution of patients visiting the static comprehensive clinic at Sikharbeshi by age group, Nuwakot, 2000

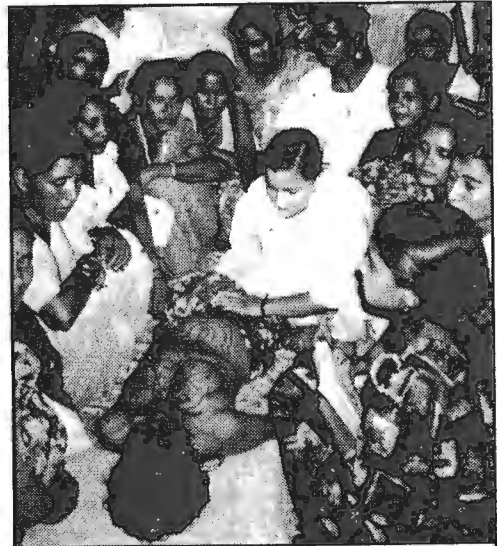
Age group/Years	Number	Percentage
0-5	110	17.9
6-18	149	24.2
19-45	251	40.8
45 and above	105	17.1
Total	615	100.00

7. Women's Health Programme

In Nepal, the gender-differentiated effects of patriarchy and globalization on women's health remain to be well researched. The precariousness of marginalized population group's livelihoods has been worse in South Asia as compared to South-East Asia during the last three decades of growing economic liberalization. South Asian women constitute a disproportionate number of the most impoverished of economic refugees, and are further oppressed by poverty, livelihood insecurity and ill health. Morbidity and mortality among the women and children are increasing. New occupational health hazards and risks are also evident among workers in export-oriented industries like the carpet and garment factories, informal services, and entertainment industries.

Various research activities and workshops conducted by WOREC have revealed that various socio-economic factors, religious-cultural traditions, and the patriarchal subordination of women are responsible for many health problems of women. Nepali women lack the right to self-determination (womanhood), are unaware of the fact that they are themselves the masters of their bodies (bodily integrity) and lack access to health services. Furthermore, there exist inequities among the women of different classes, ethnicities, castes, ages, and marital status groups in access to health services or treatment by health service providers. There is diversity among women in terms of values, cultures, religions, family backgrounds, and medical conditions. This

diversity should not, however, be the cause of discrimination and humiliation. The holistic concept of women's health consists of four ethical principles, viz., bodily integrity, healthy womanhood, equity, and respect for diversity. A woman, to be healthy, should have control over her body and should have the right to self-determination, for example, in relation to having pregnancy, child bearing, abortion, and the use of contraception. Without access to quality health services, supplies, and financing to the women, who need them, there is no meaning in the laws and mere commitments of the government guaranteeing the freedom of all women to use whatever contraceptive methods they choose. It is clear that economic and/or



Glimpse of women's health training, Udayapur

policy changes should be there to create such conditions. It is not only a matter of development but also an issue of human rights, specifically women's reproductive and sexual rights. Development is an issue of human rights. Women's reproductive and sexual rights are therefore inseparable from development if the development is for social justice, equitable access to resources and opportunities with the freedom of self-determination. The democratic government should translate these principles of democracy into reality. We have learned that without empowerment the rural women would not be able to understand the real causes, magnitude and treatment measures for their health problems. A major cause of women's health problems lies within the society. It is the patriarchal socio-political structure and attitude, which is supported by the religious-cultural traditions. WOREC has therefore been conducting women's health programmes with multiple directions. These include: advocacy and empowerment, participatory research and monitoring, training from women's perspective, strengthening of local women/adolescent girls' groups, establishment and strengthening of women's health resource, and counseling centres/networks as well as promotion of the use of locally available medicinal plants. WOREC is the only institution in Nepal that is successfully implementing women's health programmes with such a holistic approach.

In partnership with the local women's groups and VDCs, WOREC has established women's health resource centres and networks in the targeted VDCs in Udayapur and Nuwakot districts (Table 20). These resource centres are the nodal points, where

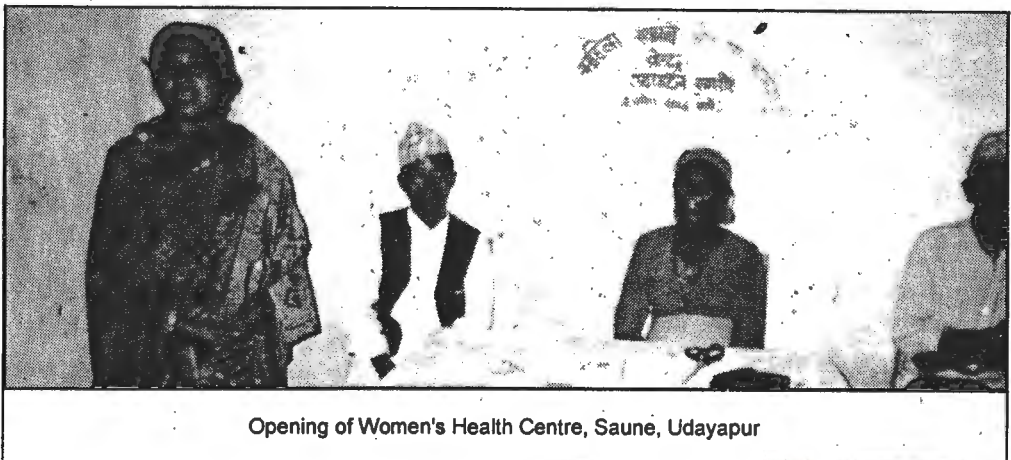
local women share their health problems and experiences and get relevant knowledge, information and counseling.

Table 20. The locations and number of women's health resource centres in 2000

District	VDCs/municipality	#WHRCs
Udayapur	Triyuga Municipality (Ward # 13 Chuhade, Ward # 16 Jhilketole), Rauta, Jogidaha, Bhalayadanda, Triveni, Saune, Khanbu, Handiya, Laxmipur	10
Nuwakot	Sikharbeshi, Ralukadevi, Rautbesi	3

Women's health resource and counseling centres provide information, education, and counseling following self-help approach. Various medicinal plants are found quite effective in curing women's common health problems. Such problems include non-specific vaginal white discharge, burning urination, menstrual disorders, the first and second degree of uterine prolapse, non-specific vaginal infections, gastritis, and joint pain. A list of medicinal herbs, which were found effective in curing a number of women's health problems, is presented in Table 21. This is an output of the community-based women's health resource centre's self-help approach and social mobilization adopted in 1998-2000.

Under the umbrella of these resource centres three community-based women's health networks (WHNs) were established at Bhumrasuwa, Rauta, and Jogidaha VDCs of Udayapur and one at Ralukadevi of Nuwakot district in 2000. Altogether 88 members of local women's groups were organized in these networks. The members of WHNs have undergone training on women's health, management of WHN and treatment of health problems with herbal remedies. Members of the WHNs meet regularly on a quarterly basis. The WHNs have been providing information, education and training on women's health issues at the ward and VDC levels.



Opening of Women's Health Centre, Saune, Udayapur

The local WHNs were also mobilized to organize mobile gynecological camps in Rajabas and Jogidaha VDCs of Udayapur and at Sikharbeshi and Ralukadevi VDCs

Table 21. List of herbal remedies effective in curing women's health problems.

SN	Major health problems	Effective medicinal plant species			
		Common name	Botanical name	Parts used	
1	Menstrual disorders	Touch me not	<i>Mimosa pudica</i>	Entire plant	
		Neem plant	<i>Azadirachta indica</i>	Leaf	
		Indian aloe	<i>Aloe barbadensis</i>	Leaf pulp	
2.	Uterine prolapse	1 st degree	Flame of the Forest	<i>Butea monosperma</i>	Bark
		2 nd degree	Mango	<i>Mangifera indica</i>	Bark
3.	Non-specific vaginal infection	Asparagus	<i>Asparagus racemosus</i>	Root	
		Mango	<i>Mangifera indica</i>	Bark	
		Neem	<i>Azadirachta indica</i>	Leaf	
		Malabar Nut Tree		Leaf	
4.	Non-specific vaginal white discharge	Neem	<i>Azadirachta indica</i>	Leaf	
		One night Curd			
		Malabar Nut Tree		Leaf	
5.	Gastritis, Mouth ulcer, Stomach pain	Triphala .i.e. (Myrobalan+ Bastard myrobalan+ Emblic myrobalan)	(<i>Terminalia chebula</i> + <i>Terminalia bellerica</i> + <i>Phyllanthus emblica</i>)	Mixed powder of fruits	
6.	Burning urination	Cumin	<i>Cuminum cyminum</i>	Seed	
		Indian Sarasparilla	<i>Hemidesmus indicus</i>	Root	
7.	Cervical erosion	Neem	<i>Azadirachta indica</i>	Leaf	

of Nuwakot district with Dr. Mithila Sharma and Dr. Shushil Pyakuryal providing medical service in the two districts respectively. ANMs stationed at WOREC Clinics at Rajabas and Sikharbeshi as well as the local Women's Health Counselors (WHCs) assisted them. Local women's health networks and their members were mobilized to document locally used medicinal herbs from January 2000.

The WHNs have also been engaged in advocacy activities at the local level. We recognize that influencing power relations is a complex process, wherein various interest groups confront each other and negotiate to advance their particular interests. To effectively influence the power structures of government or society, we need other sources of power. In the context of public advocacy, the major sources are:

- the power of people or social mobilization
- the power of information and knowledge
- the power of constitutional guarantees
- the power of direct grassroots experiences and linkages of experiences
- the power of networking/alliances and solidarity

Under this activity various types of meetings and rallies were organized in various targeted areas during the last year. A brief outline of those endeavors follows:

WHCs conducted review meetings on a quarterly basis. During the last one-year period, altogether 26 review meetings were organized in the WHRCs in Udayapur and Nuwakot. WHCs and members of WHNs participated in those meetings and reviewed activities of the previous quarter and made/improved their future work plans.

In cooperation with the local WHNs and WGs, WOREC marked the "Women's Health Day" with a common slogan "Health for Women, Health for All". Members of the WHNs, women's groups and adolescent girls' groups performed drama at Rajabas and Ralukadevi. The play shed light on the major forms of gender-based discrimination and inequities prevalent in Nepalese societies, and made demands for new socio-political structures and norms for social justice and equity. The theme of the drama was "Equal Wage for the Same Work". Similarly, a speech contest was also organized. The theme of the contest was "Impact of violence on women's health". Altogether 350 members of WHNs and local communities participated in that programme organized by the local women.

Women's health counselors and the members of WHNs also conducted ward-level and tole-level meetings in their targeted areas. Dissemination of information about women's health networks, impact of violence on women's health, need for sending both son and daughter to school as well as conservation and use of medicinal herbs have been the common agenda of such meeting. Participants of the meetings provided positive feedback in regard to women's health programme and interaction activities. They also suggested formation of management committees of the WHRCs. In 2000, the members of the women's groups, women's health networks, adolescent girls' groups, and local governmental bodies formed Management Committees of the WHRCs. Representatives of women's groups, WHN, VDC/Ward committees, local health post, and local schools were elected as members of the Management Committees.

In the WHRCs, all the cases are registered with elaborated life stories. The cases registered in the WHRCs are the documented evidences of how WHRCs support the local Women's Groups. Some quantitative data compiled based on the documented cases in the WHRCs are presented hereunder. A referral system to the clinic or district hospital for the needy cases, as shown in chart 6, has also been in operation.

It is evident from the figures presented in the Table 22 that during the period of last one year the total number of local women provided with the counseling services at the WHRCs was 1107. As a general rule, the number of women of 19-35 years age group was significantly higher (47.9%) in most of the women's health resource centres at Udayapur. The 36-50 years age group followed that age group women in

having service and counseling from the WHRCs (Table 22). These figures revealed that the active reproductive age group women (19-35 years) do suffer most from the reproductive health problems.

Table 22. Distribution of patient visiting the WHRCs by age group, January-December, 2000

Udayapur	Age group	1	2	3	4	5	6	7	8	9	10	Total	%
	11-19	37	4	19	11	6	9	15	3	18	3	125	11.3
20-35	67	74	88	57	88	59	17	14	16	51	531	47.9	
36-50	23	38	31	34	33	39	65	10	1	11	285	25.7	
51 above	8	9	40	16	17	45	23	5	2	1	166	15.1	
Total		135	125	178	118	144	152	120	32	37	66	1,107	100

Nuwakot	Age group	1	2	3	Total	%
	11-19	10	13	37	60	14.7
20-35	25	19	124	168	41.3	
36-50	16	23	97	136	33.4	
51 above	17	4	22	43	10.6	
Total		68	59	280	407	100

Note: Locations of WHRCs

Udayapur

1 Jhilketole, 2 Rauta(Murkuchi), 3 Chuhade, 4 Jogidaha, 5 Laxmipur,
6 Handiya, 7 Triveni, 8 Khanbu, 9 Saune, 10 Bhalaya danda.

Nuwakot

1 Sikharbeshi, 2 Rautbeshi, 3 Ralukadevi

Figures presented in the Table 23 and Chart 7 show that the lower and middle economic strata households have been the major beneficiaries of WHRCs. It should be noted that this programme aims basically to focus on the lower and middle economic strata households. The lower and middle economic strata households include the households with income from own farm just enough to cover the expenses of basic needs (food and clothing) for six months and one year, respectively. Households at high economic levels have adequate farm production and income to meet their annual needs and have some saving.

Chart 7. Percentage Distribution of the Patients Visiting the WHRCs by Their Household's Economic Status



Table 23. Distribution of patients visiting the WHRCs by economic status of the household, 2000

Udayapur	Economic status	1	2	3	4	5	6	7	8	9	10	Total
	High	27	14	17	17	12	32	12	11	2	17	161
Middle	48	59	78	55	50	52	33	13	23	34	445	
Low	60	52	83	46	90	60	75	8	12	15	501	
Total	135	125	178	118	144	152	120	32	37	66	1,107	

Nuwakot	Economic Status	1	2	3	Total	%
	High	23	7	83	83	21.9
Middle	37	27	134	199	52.6	
Lower	8	25	63	96	25.5	
Total	68	59	280	378	100	

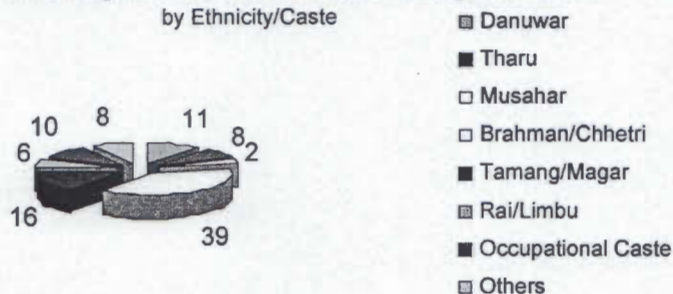
Figures presented in Table 24 show that *Brahman* and *Chhetri* women were the major beneficiaries of the counseling services provided in most of the WHRCs, followed by *Tamang* and *Magar*. These figures suggest that this programme needs to extend information and counseling more to the women of occupational castes and other socio-economically marginalized ethnic groups like *Danuwar* and *Tharu* in the targeted areas.

Table 24. Distribution of patients visiting the WHRCs by ethnicity/caste, 2000

Ethnicity /Caste	1	2	3	4	5	6	7	8	9	10	Total	%
Danuwar	32	-	47	22	17	2	5	-	-	-	125	11
Tharu	1	-	14	23	35	19	-	-	-	-	92	8
Musahar	3	-	1	18	-	1	-	-	-	-	23	2
Brahman/ Chhetri	49	18	63	27	63	86	72	16	2	38	434	39
Tamang/ Magar	7	72	29	3	1	12	13	18	19	16	180	16
Rai	11	13	6	5	1	3	1	6	12	1	59	6
Occup. Caste	14	15	14	12	18	6	17	1	4	11	112	10
Other	18	7	4	8	9	23	12	1	-	-	82	8
Total	135	125	178	118	144	152	120	42	37	66	1,107	100

Ethnically, the number of *Brahmin* and *Chhetri* women is higher (39%) among the visitors to WHRCs. *Danuwar*, *Tamang/Magar*, and occupational castes comprised, 11, 16 and 10 percent respectively of the total number of visitors to the women's health resource centres (Chart 9).

Chart 8. Percentage Distribution of the Patients Visiting the WHRC by Ethnicity/Caste



In 2000, out of the total cases registered (1107), 582 women (53%) were found suffering from two or more health problems (Table 25). Quite a large percentage of women in Udayapur suffered from such problems as uterus prolapse (31%), white discharge (26%), backache (17%), cervical erosion (15%), LAP (12%) and menstrual disorder (11%). Women in Nuwakot also had similar problems. Other common health problems of rural women in both districts included unspecific vaginitis, burning urination, gastritis, etc. These findings were at par with the results of a research conducted by WOREC on "Women's Reproductive Health Problems in Rural Nepal" (WOREC, 1998).

Table 25. Distribution of the women visiting the WHRCs by health problems, 2000

Health Problems											Tot.	%
	1	2	3	4	5	6	7	8	9	10		
Unspec. Vaginitis	12	35	35	4	-	4	-	-	-	-	90	8
Uterus prolapsed	18	48	69	28	43	49	27	19	17	25	343	31
Irregular menstruation	18	1	25	3	10	9	26	7	-	3	122	11
Gastritis	23	12	19	10	10	5	7	4	5	6	101	9
Backache	16	19	55	9	47	10	12	6	2	7	183	17
Headache	17	-	36	3	8	2	2	5	5	3	79	7
White discharge	22	34	81	29	33	33	28	11	6	13	290	26
Cervical erosion	13	20	33	22	32	24	12	4	2	4	166	15
Burning urination	1	5	27	6	18	12	9	2	5	4	89	8
Lower abdominal pain (LAP)	31	27	-	3	36	9	12	7	-	2	127	12
Infertility	4	10	9	1	11	1	6	1	1	3	47	4
Others	3	8	11	-	9	4	6	11	-	-	52	5

Nuwakot	Health Problems	1	2	3	Total	%
	Unspec. Vaginitis	8	2	19	29	8
	Uterus prolapsed	10	2	53	65	18
	Irregular menstruation	5	4	20	29	8
	Gastritis	5	5	17	27	7
	Backache	6	8	15	29	8
	Headache	5	4	13	22	6
	White discharge	7	2	28	37	10
	Cervical erosion	3	3	37	43	12
	Burning urination	-	-	5	5	1
	Lower abdominal pain (LAP)	2	5	40	47	13
	Infertility	1	1	3	5	1
	Others	4	10	13	27	7

1 - Sikharbeshi, 2 - Rautbeshi, 3 - Ralukadevi

The WHCs regularly follow up the registered cases in each woman's health resource centre. It is interesting to note that 22 percent of the followed up patients were able to cure their health problems by herbal remedies and nearly 42 percent of the women had progressive improvement (Table 26).

Out of the 373 followed up cases, 36 percent of women (128) could not resolve their health problems in Udayapur while out of 198 followed up cases in Nuwakot 62 women couldn't resolve their health problems basically because of irregular or discontinued use of herbal remedies. Various kinds of workload were reported as the major factors for irregular or discontinued use of herbal remedies.

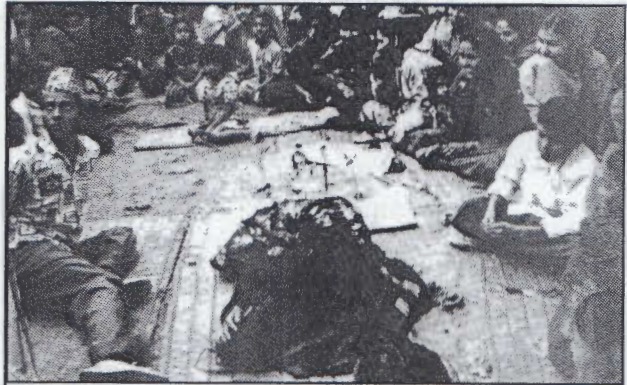
Table 26. Distribution of patients followed up by their status

Location	Total # of patients followed up	Cured cases	Improving cases	Improvement not remarkable
Jhilke	54	19	17	18
Murkuchi	26	7	10	9
Hadiya	58	11	20	27
Jogidaha	71	9	26	36
Laxmipur	49	15	29	5
Chuhade	24	7	15	2
Khanbu	15	2	5	8
Triyuga Municipality	24	6	12	6
Bhalayadanda	21	2	7	12
Saune	31	11	15	5
Total	373	89	156	128

Nuwakot	Location	Total # of patients followed up	Cured cases	Improving cases	Improvement not remarkable
	Sikharbeshi	23	3	13	7
Rautbeshi	19	-	8	11	
Ralukadevi	156	20	92	44	
Total	198	23	113	62	

8. Participatory Adolescent Health Education

It has been observed that adolescent girls are suffering with menstrual disorder at the community level. A lot of psychological trauma is attached with menstrual disorder and therefore discussion with and training to the adolescent girls may easily prevent it. Under this programme, WOREC facilitated formation of adolescent girls' groups (AGG) in its targeted areas in Udayapur and Nuwakot. These groups were provided with training and orientation on adolescent girls' health problems and the socio-economic and cultural factors responsible for them. Members of the adolescent girl's groups also participated in a research conducted in 2000 to identify the health problems of adolescent girls and the causes of their health problems. They were informed about the results and were advised to come forward to change the discriminatory social and religious traditions. The research report has already been published.



Youth Groups performing street drama, Nuwakot

WOREC also organized orientation to parents and local teachers on adolescent health problems in Udayapur and Nuwakot. The results of research were shared with them as well. Participants deemed the endeavor as a good initiative towards resolving the health problems of adolescents through appropriate change in the attitudes and traditions prevalent in the Nepalese society.

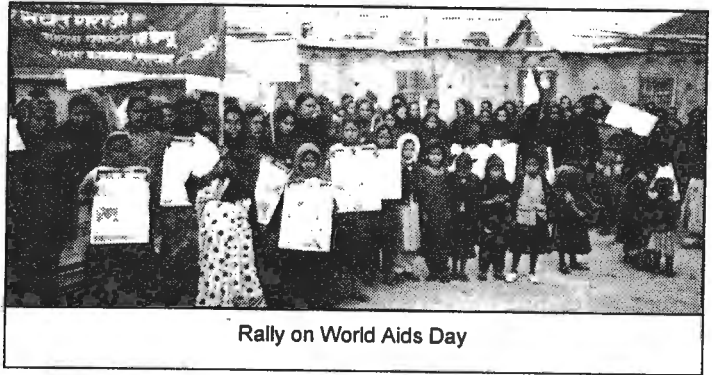
WOREC has also been conducting adolescent health education in the local schools in Udayapur and Nuwakot. The women's health programme in-charge and ANM/WHC/Supervisors stationed in Udayapur and Nuwakot facilitated such classes. Members of Adolescent Girls' Groups were mobilized to organize such classes as well as to motivate their friends and mates to participate in those classes.

Articles on adolescent health issues have been regularly published in the quarterly journal *Sayapatri*. *Sayapatri* is disseminated to local adolescent groups as a reading material.

9. Community-Based Prevention of HIV/AIDS

HIV/AIDS poses a serious threat to human civilization and development. In southeast and south Asia, this is reported to be spreading very fast. The situation is

much more alarming in countries like Thailand, India and Myanmar. In Nepal, the number of people living with HIV/AIDS (PLWAs) is also reported to be increasing each year. The National STD/AIDS Control Programme of the HMG, Nepal has estimated that about 25,000 Nepali citizens



Rally on World Aids Day

might have already contracted HIV and hundreds of PLWAs have died. There is no need to mention that the economically active population groups with fragile defense mechanism cannot accomplish developmental programmes effectively.

In Nepal, the HIV/AIDS is most prevalent among the people indulging in commercial sex business and the people with sexually transmitted diseases (STDs). Men visiting brothels are the major agents or carriers of HIV. The risk for HIV transmission among the housewives has therefore significantly increased. Obviously, HIV/AIDS is also a gender issue.

One strategy towards effective prevention of HIV/AIDS in Nepal would be to minimize the sexual transmission of the virus. This strategy relies primarily on dissemination of health and STDs/AIDS related information and education to change the sexual behavior of the population groups at-risk for HIV contraction. Women's Rehabilitation Centre has been working to prevent STDs/AIDS in rural communities being guided by this strategy. The concept of community-based STDs/AIDS prevention programme is to integrate STDs/AIDS-related information and education with the development education, community-based health programme and other activities, which are implemented with the active participation of community members or groups. This model is found cost effective and more productive because the members of community groups or the peer educators conduct it in their mother.

tongues along with other activities. WOREC emphasizes that STDs/AIDS education should focus not only one ethnicity or community in order to prevent stigmatization with the ethnicity or community.

In 2000, the centre conducted STDs/AIDS education programmes in an integrated way with the health and development education programmes. For the last ten years, the centre has been conducting STDs/AIDS education and training activities targeting the following population groups:

- ◆ students of high schools in the targeted areas in Kathmandu, Nuwakot, and Udayapur districts ;
- ◆ migrant population groups working in various carpet factories in Kathmandu; and
- ◆ rural communities in the targeted VDCs of the targeted districts.

WOREC has produced a video film against trafficking and HIV/AIDS - "Bedana Ra Mukti", which is frequently shown in targeted communities for awareness raising.

10. Bio-Intensive Farming System Programme

As an agricultural country, the contribution of agricultural sector in employment, livelihood and national economy is substantial in Nepal. It has a significant bearing on the manufacturing and export sectors as well. However, nearly 70 percent of croplands do not have irrigation facilities, which has significantly limited crop intensification. The availability of agricultural inputs and technology and the access of the small and marginalized farm households to food producing resources may contribute in raising agricultural productivity and attaining food security. Moreover, agricultural research and extension are not appropriately addressing the problems of small farmers, which, in fact, represent the mainstream agriculture in Nepal.

The socio-economic and political processes of dispossession and disempowerment, concentration of resources in the hands of a few rich people or so called "rich farmers" and consequent erosion of the common property rights and privileges, loss of indigenous seeds and plant genetic resources, the persistently increasing insecurity of



A model demonstration farm of Mr. Kamal Sitaula, Sikharbeshi, Nuwakot

food and productive resources, and the increasing economic burdens in acquiring chemical inputs are the major factors precipitating a deep sense of displacement among the rural communities in this Himalayan kingdom.

It is widely accepted that a large proportion of Nepal's rural and semi-skilled labour force is to be absorbed in agriculture through the use of labour-intensive technologies. The choice of crops and farming methods should therefore receive priority in participatory research, extension and production allocations. Likewise, technology appropriate to smaller units of holdings, friendly to environment, human as well as animal health and soil microorganisms, and beneficial for soil fertility improvement should be emphasized. Obviously, education, research, extension, and financial support programmes are imperative for these purposes, and these programmes need to be planned, implemented and monitored in partnership with the local farming community groups. Organization and empowerment of farming community groups are thus the most important component of the approach for sustainable livelihoods.

Guided by this concept, WOREC has been trying to translate the sustainable livelihood strategy into practice by animating, empowering and mobilizing the local farming community. It has termed its approach as sustainable bio-intensive farming system (BIFS). Through this innovation WOREC and the targeted communities are responding pragmatically against the destruction of the environment, degradation of natural resources and the consequent loss of the means of livelihood. The bio-intensive farming system is an effort to create a new vision among the farming communities for a mode of long-term sustainable livelihood and to translate it into reality by mobilizing local people and resources through their independent organizations. Its mission is to transform and reconstruct the farming society on new relations and values based on equity, social justice, equal respect for ethnic diversity, and empowerment of marginalized population groups, including women, towards ensuring food security, and sustainable livelihoods.

The bio-intensive farming system programme is assisting the marginal and small farmer's households in the targeted districts. The rural people are assisted in forming their independent groups/organizations leading, in the course of time, to the formation of farmers/women's federations in the local VDC and district levels. At present there are three VDC level women farmers federations at Nuwakot and four in Udayapur. Some of them are registered in the district offices of the government. The members/leaders of the community groups/organizations are provided with training on animation and leadership development, gender and development, women/child rights and trafficking, violence and women's health, organic kitchen gardening, bio-intensive farming and sustainable livelihoods, cooperative management, and social marketing.

Without systems, which animate and empower the apathetic, the marginalized and the dehumanized people, and without systems, which release their capacities and their latent potentials of creativity and give them incentives for change, the investment, technology and all other frequently discussed elements of development are of little value. It is in this perspective that WOREC focuses on empowerment, conceptual clarity, strengthening and mobilization of the POs.

Local institutions are the fundamental components of the innovations of WOREC for sustainable livelihood. The local institution has two primary and inter-related components: the organization as such; and a set of links between the organizations (CBOs, GOs, youth clubs, local NGOs, community-based users' groups/committees, cooperatives, community grain storage/saving fund, etc.) and its environment. The important features of the organizations involved in various stages of programme development and implementation include their leadership quality and strength, their resources, their programmes/activities and the internal structures including the patterns of authority, communication and control or in short, the level of democratization. Higher the level of democratization and commitments, higher the effectiveness of an organization. We have observed it in Udayapur and Nuwakot districts, where WOREC has been working in partnership with the CBOs for the last ten years. It is against such a perspective that the local organizations and the members, both female and male, elected to the local governance bodies are strengthened through appropriate training, orientation, and workshops.

The BIF system is primarily based on locally available human, physical as well as natural resources. The human knowledge and experience in regard to organic farming, cooperation, and people's organizations/institutions are very important resource components of this innovation. The members of CBOs or groups take decisions independently in regard to making use of the land and other resources.

We regard social mobilization as the wheel of social change. It is our belief that the process of social mobilization has been started in the targeted VDCs with the people's conscious participation. This process is directed towards changing the "Culture of Poverty" and the "Culture of Greed" cultivated and promoted by the market economy and chemical farming system and the "Culture of Silence" reinforced by the semi-feudal and patriarchal socio-political structure. It should be taken as a bright indicator of success of the local innovation for food security and sustainable livelihood based on alternative development approach.

In 2000, the farmers groups participated in need assessment and planning activities relevant to bio-intensive farming and other innovations. WOREC provided

training/orientation to the farmer's groups in accomplishing those activities. The local farmer's groups and women's groups have now managed twenty demonstration farms in the targeted VDCs of Nuwakot and ten in Udayapur. These farms are the field laboratories for participatory learning, research, extension, and production.

We have identified the following three major characteristics of the participatory research and extension activities conducted under this programme.

1. The farming communities are engaged in the entire process starting from problem identification and research/extension design to generation of information, testing of the technological components, and interpretation of the results. They make decisions in the light of their findings and take appropriate actions;
2. In this process, the farming community becomes the owner of the knowledge, which is generated by them. Obviously, the process itself is an important step towards attitudinal and social change; and
3. In the course of this process, each member of the farming community irrespective of sex, gender, caste, and religion develops his/her creative personality. By mobilizing their own human and material resources they express and test their creativity in concrete terms.

11. Micro-Enterprise Promotion Programme

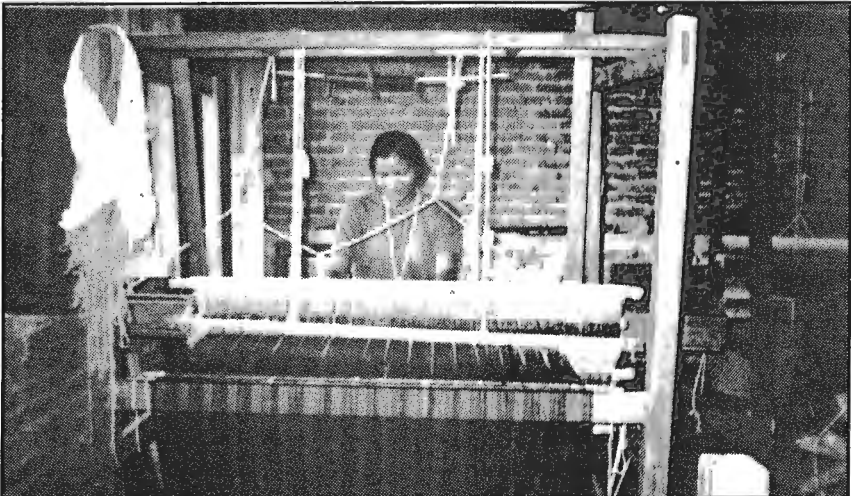
The micro-enterprise development is the key factor that needs immediate attention for community development through optimum utilization of the existing local natural resources, human resource, and eco-friendly traditional technology and experience. In a narrow sense, such activities are usually termed as skill development and income generation activities. Such activities include appropriate technical skill training and marketing management.

WOREC has been implementing micro-enterprise development projects in Nuwakot and Udayapur districts for the last nine years. Knitting, tailoring, *Dhaka* cloth weaving are the activities promoted by WOREC as micro-enterprise for rural women and girls who are at-risk for and who survived trafficking. The girls who underwent knitting and tailoring training have adopted these enterprises as optional household income generation activities.

The centre has also started "*Dhaka*" weaving enterprise with the members of women's groups at Udayapur. This endeavor was initiated in cooperation with the district cottage industry development committee (DCIDC), Udayapur. The DCIDC provided a Master trainer for conducting skill training on *Dhaka* weaving. Now the local women have formed their own team that is engaged in promoting the enterprise.



Micro Enterprise Promotion, Udayapur



Dhaka Weaving for optional income generation

IV

Participatory Research, Monitoring, and Evaluation

Participatory research, monitoring, and evaluation are the regular activities of WOREC. Local women's groups have been regularly involved in periodical monitoring of their activities.

In 2000, WOREC conducted the following research/survey and impact assessments:

1. Nepali rural adolescent girls speak of their health concerns
2. A situational analysis of traffic in women in Morang and Sunsari districts
3. Integrated animation and bio-intensive farming system
4. The first step towards healthy womanhood
5. Adolescent girls of Kathmandu speak about their health concerns

Reports on the first three researches have already been published. Copies of those reports can be obtained through Information Centre, WOREC, P.O.Box 13233, Kathmandu, Nepal. Summaries of the report are also incorporated in the website: www.worecnepal.org.

WOREC conducts evaluation of its programmes in close cooperation with the local women's groups and VDC leaders. Such evaluation is conducted on a half-yearly basis. The major impacts of various programmes identified in the course of such activities are presented hereunder.

Impacts

Animation and development education

- At present there are 95, 32, 20 women's groups and 12, 10 and 4 men's groups in the targeted areas in Udayapur, Nuwakot, and Mustang districts. Over 3000 local women are united in self-help groups and community-based networks.
- Each women's group has started a saving-credit scheme. The members of women's groups have been benefited from this scheme. The monthly meeting to review the financial status and other activities has become a regular work of the women's groups.
- Some women's groups have formed cooperatives. These cooperatives have started shops and veterinary service centres, goat raising and small cottage

industries. WOREC has been assisting the groups to obtain external funding as well as to utilize their internal resources.

Human resource development

- The women's groups, adolescent girl's groups, farmer's groups, and children's groups were provided with training on various subjects. They have been engaged in conducting community-based programmes, e.g., internal resource mobilization, advocacy against traffic in women and children, women's and children's rights, women's health and networking, IEC material production and distribution, campaign against HIV/AIDS, organization of mobile/outreach health camps, income generation activities, organic kitchen gardening, and bio-intensive farming system.

Community mediation

- WOREC has facilitated formation of community mediation committees (CMC) at ward and VDC levels in the targeted areas. These committees are known as Women's Courts. Local conflicts are resolved in these courts, which consist of representatives from women's groups, adolescent girl's groups, and local government, local NGOs, and youth clubs.
- Some of the VDCs like Bhalaya Danda and Rauta in Udayapur have started giving official recognition to the CMC as the women's court as per Decentralization Act.

Community-based health programme

- Community-based comprehensive health clinics with laboratory facilities have been established and strengthened. These clinics have become the first health centers for the targeted population groups.
- Members of local women's groups are trained as women's health workers, nutritional health workers, and women's health counselors.
- Local traditional healers are integrated with the referral health system.

Women's health programme

- Women's health resource centres (WHRCs) have been established and strengthened with the participation and contribution of local people and VDCs. The WHRCs are proved the most useful women's health institution at the grassroots level. Above 85 percent of the women visiting the resource centres have cured their health problems using herbal remedies.

- Women's health networks are formed, strengthened, and mobilized by the local women and adolescent girl's groups. In that context, WOREC has been playing a facilitator's role.
- The WHNs and local people are actively participating in the process of documentation, conservation, and utilization of locally available medicinal plants.

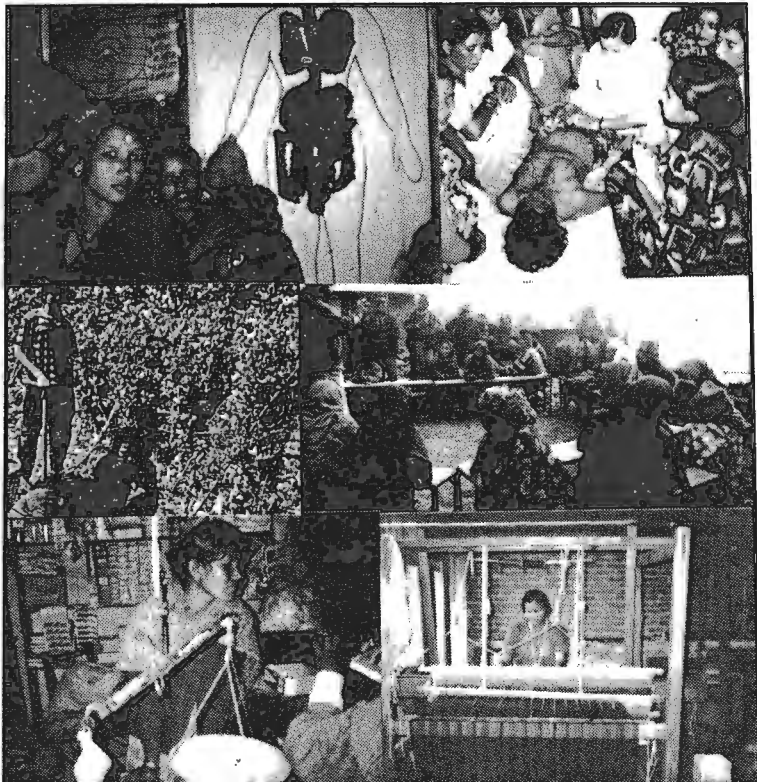
Bio-intensive farming system programme

- In the course of participatory research and interaction, the local farming communities reported that they have significantly shifted their on-farm activities to rely on traditional knowledge (compost making, botanical-pesticides) and indigenous technology (organic/green manure, local crop varieties, mixed/inter cropping, storing own seed, etc.). These practices have been gradually reducing the vulnerability of the targeted farming communities to external economic shocks like unavailability and poor quality of chemical fertilizers and seed of the recommended crop varieties. Some of the leader farmers are seriously engaged in participatory seed production activity.
- The local farming communities in Nuwakot and Udayapur have enlisted the local cultivars of rice and maize as well as their present status in crop field. It is evident that the local rice varieties in Udayapur are more vulnerable to extinction as compared to Nuwakot. It is due to their geographical characteristics and accessibility of farming communities to the market, where chemical fertilizers and improved seed can be procured. Nuwakot, particularly the targeted VDCs of WOREC, are geographically more remote. Moreover, the ethnic compositions of these districts also differ significantly. In Udayapur, *Tharu* and *Danuwar* are the predominant ethnic groups while at Nuwakot *Tamang* is the predominant ethnic group. Compared to *Tharu* and *Danuwar*, the *Tamang* people are relatively less literate and have little knowledge and information about the conventional chemical fertilizer-based farming system and the recommended crop varieties.
- The demonstration farms managed by the farmers have motivated the farming communities to rely on their own resources like local cultivars, organic manure, botanical-pesticides, indigenous knowledge and technology like grain legume mixed or inter-cropping, crop diversification, and scientific crop rotation. BIF system innovation has thus been supporting the farming communities to attain a higher degree of economic and technological self-reliance by reducing their vulnerability to external techno-economic shocks.
- The local CBOs are participating more actively and exhibiting concerns to conservation of environment and soil fertility. They have taken initiative in afforestation, managing community forest users' committees, managing

community irrigation canals, etc. They are slowly reducing the dosage of chemical fertilizers on their staple food croplands and have completely replaced it by organic fertilizers in the vegetable gardens. They have also stopped using chemical pesticides and started making use of botanical pesticides. These facts indicate their shift towards self-reliant technology and economy.

Micro-enterprise promotion

- In 2000, one TOT on cooperative management was organized. Altogether 11 staff members benefited from that training,
- The local WGs and FGs took part in number of community development activities in close coordination with WOREC and raised voice on the issues of social justice and equity.
- In 2000, altogether 36 local women were provided with hand-knitting training in Udayapur and Nuwakot. Altogether 56 girls were involved in knitting sweater and other woolen clothes.
- 24 members of women's groups benefited from training on weaving and 12 members were involved in *Dhaka* cloth production.



V Information Centre

Publication, documentation, and dissemination of resource materials for strengthening grassroots level information, education, and communication constitute the major activities of WOREC. In 2000, WOREC took steps for establishing its web site, which is now in operation. The web page of WOREC has information in regard to its vision, mission, programmes, research findings, and publications.

In 2000, the centre also published and disseminated a number of books, posters, flipcharts, leaflets, journals, and reports on various subjects and issues it has been addressing. A complete list of publications of WOREC has been presented hereunder.

In order to have successful advocacy campaigns, it is not only important to have information but more importantly it is necessary to transform such information into knowledge by interpreting the formal set of values. In order to achieve that, it is necessary to have a good information system. WOREC has strengthened its publication and documentation unit and has been placing emphasis on making major information flow through mass communication, grassroots communication (street drama, rallies, meeting, video show) and cyber web site. In 2000, WOREC produced three video documentary films "On the way to empowerment", "Community based child development" and "Voice of Nepalese farmers". Local stakeholders are the actors in these films. These are good materials for training and awareness raising.

Women's Health Mela (Health Fair) was organized at Rajabas and Triveni of Udayapur district as information sharing campaigns. A total of 670 local women benefited from that activity. Members of the WHNs, women's groups, and adolescent girls' groups were mobilized to organize the mela.

The cases of violence and life stories of the women having health problems have been documented at the WHRCs. Some of this information is also published in the quarterly journal on woman's health, *Sayapatri*, which has been published regularly for the last four years. This journal has become popular among the local women and other non-governmental organizations.

The major publications/productions of WOREC during the period of 1992-2000

Year 2000

1. **Adolescent rural girls speak of their reproductive health concerns**
(a participatory research report written by Dr. Renu Rajbhandari et al)
(in English)
2. **Slavery of XXth Century**
(a collection of article against traffic in women ed., Binayak P. Rajbhandari)
(in Nepali)
3. **The cries swept away by the storm** (a collection of real stories of the survivors of trafficking, ed., Binayak P. Rajbhandari) (in Nepali)
4. **Advocacy against traffic in women** (a national workshop report written by Sony Pradhan, ed., Binayak P. Rajbhandari) (in English)
5. **An integrated animation and bio-intensive farming system** (research report written by Binayak P. Rajbhandari) (in English)
6. **Situational analysis of trafficking in women and children in Morang and Sunsari districts** (research report written by Sangita Shrestha Singh, Renu Rajbhandari and Babu Ram Gautam) (in English)
7. **On the way to empowerment** (Video documentary against traffic in women)
(in English and Nepali)
8. **Voice of Nepalese Farmers - Video Documentary on organic farming**
(in English and in Nepali)
9. **Community Based Child Development - (Video documentary about community based child development programme)**
10. **Kiran: Quarterly Journal against Trafficking- for Grassroots People. ed., Binayak P. Rajbhandari** (in Nepali)
11. **Sayapatri : Quarterly Journal, ed., Binayak P. Rajbhandari** (in Nepali)
12. **Batika : Six Monthly Newsletter, ed., Binayak P. Rajbhandari** (in Nepali)

13. **Cheliko Byatha**: Quarterly magazine against traffic in women and children, ed., Binayak P. Rajbhandari (in Nepali)
14. **Annual Report of WOREC**, ed., Binayak P. Rajbhandari (in English)

Year 1999

1. **Girl Trafficking: Problems and Solutions** (Flip Chart)
2. **Advocacy against Trafficking: Training Manual**, written by Renu Rajbhandari et al (in Nepali and English)
3. **Situational Analysis of Traffic in Women in Bardiya and Udayapur Districts** (research report written by Babu Ram Gautam and Balaram Dabadi) (in English).
4. **Community-Based Advocacy against Trafficking** (A workshop report)
5. **Impact Assessment of WOREC Programs** by P.P. Regmi (in English)
6. **Women's Rights are Human Rights**, Brochure (in Nepali and English)
7. **Country Manual of Women's Human Rights in Nepal** (in English)
8. **Food Security, Community Empowerment and Social Mobilization: A Workshop Report** by Binayak P. Rajbhandari (in English and Nepali)
9. **Abhiyan**: Songs against Traffic in women and children (Audio Cassette)
10. **Insight**: Half Yearly Newsletter against Trafficking, ed., Binayak P. Rajbhandari (in English)
11. **Kiran**: Quarterly Journal Against Trafficking- for grassroots people Ed. Binayak P. Rajbhandari (in Nepali)
12. **Cheliko Byatha**: Quarterly Magazine against traffic in women and children, ed., Binayak P. Rajbhandari (in Nepali)
13. **Sayapatri** : Quarterly Journal on women's health, ed., Binayak P. Rajbhandari (in Nepali)
14. **Batika** : Six Monthly Newsletter, ed., Binayak P. Rajbhandari (in Nepali)
15. **Annual Report of WOREC**, ed., Binayak P. Rajbhandari (in English)

Year 1998

1. **Conceptual Clarity on Trafficking** - report of a workshop, ed., Binayak P. Rajbhandari (in English)
2. **Poster on Women's Empowerment** (Yo Abastha Kahile Samma)
3. **Jadibuti Bata Hamro Rog ra Upachar** (Our Health Problems and Herbal Remedies), compiled by Janardan Dhungana, ed., Binayak P. Rajbhandari (in Nepali)
4. **Stri Rogharu Ma Upayogi Boatbiruwaharu Ra Gharelu Upachar Bidhi**, compiled by Bhabisara Gurung, Jwala Kolachhapati and Bina Pokharel. (in Nepali)
5. **Women's Reproductive Health Status in Rural Nepal.**, ed., Binayak P. Rajbhandari (in English)
6. **Mucus Test For Fertility Periods**, ed., Renu Rajbhandari (in Nepali)
7. **Poster: "Tupain Ko Bichar Ma Ke Garda Ramro"**
8. **Poster : "Self - Test of Fertility"**
9. **Manual on "Bio-intensive Farming System"**, written by Binayak P. Rajbhandari and Babu Ram Gautam (in Nepali)
10. **Leaflet on Control of Pests Using Botanical Pesticides** (Bali Biruwaka Shatru Kiraharuko Vanaspatibata Niyantaran) (in Nepali)
11. **Insight: Half Yearly Newsletter Against Trafficking**, ed., Binayak P. Rajbhandari and Lisa Gibson (in English)
12. **Kiran: Quarterly Journal Against Trafficking-** for grassroots people, ed., Binayak P. Rajbhandari (in Nepali)
13. **Cheliko Byatha: Quarterly magazine against traffic in women and children**, ed., Binayak P. Rajbhandari (in Nepali)
14. **Sayapatri: Quarterly Journal on women's health**, ed., Binayak P. Rajbhandari (in Nepali)

15. **Batika**: Six Monthly Newsletter, ed., Binayak P. Rajbhandari (in Nepali)
16. **Annual Report of WOREC**, ed., Binayak P. Rajbhandari (in English)

Year 1997

1. **Flip Chart "Chelibeti Deha Byapar"**
2. **Flip Chart "Girl Trafficking: Problems and Solutions"**
3. **Girl Trafficking: Hidden Grief in Himalayas**, written by Renu Rajbhandari and Binayak P. Rajbhandari, in English
4. **Good Nutrition Good Health**, written by Renu Rajbhandari (in Nepali).
5. **HIV/ AIDS Education : Trainers Manual**, written by Binayak P. Rajbhandari (in Nepali)
6. **Girls Trafficking : Legal Aspects** written by Shashi Raut (in Nepali)
7. **Cheliko Byatha**: Quarterly Magazine against traffic in women and children, ed., Binayak Rajbhandari (in Nepali)
8. **Sayapatri** - Quarterly Journal on Women's Health, ed., Binayak P. Rajbhandari (in Nepali)
9. **Batika**: Six Monthly Newsletter, ed., Binayak P. Rajbhandari (in Nepali)
10. **Annual Report of WOREC**, ed., Binayak P. Rajbhandari (in English)

Year 1996

1. **Wall chart on AIDS** (*Suraksha Kawach*)
2. **Pandemic AIDS : An Introduction** - Book (Second Edition)
3. **Cheliko Byatha**: Quarterly Journal against Trafficking (in Nepali) Ed. Binayak P. Rajbhandari
4. **Annual Report of WOREC** (in English), Ed., Binayak P. Rajbhandari

Year 1995

1. **Manual for Community Mediator** (in Nepali)
2. **Chetana (Pictorial Book on community mediation)** (in Nepali)
3. **Wall chart on STDs (Yaunrog Sambandhi Jankari)** (in Nepali)
4. **Poster on AIDS (Aafu Bachaun Ra Arulai Pani Bachaun)** (in Nepali)
5. **Leaflet on AIDS**
6. **AIDS and Future Generation: Proceedings of the First National Conference on STDs /AIDS**
7. **AIDS and Future Generation : Abstracts of The First National Conference on STDs/AIDS**
8. **Annual Report of WOREC, ed., Binayak P. Rajbhandari** (in English)

Year 1994

1. **Family Planning and Nutrition** by Renu Rajbhandari
2. **Pandemic AIDS : An Introduction** by Nava Raj Raut
3. **Pictorial Book - 1 (on AIDS)** by Binayak P. Rajbhandari
4. **Pictorial Book - 2 (on STDs)** by Binayak P. Rajbhandari
5. **Annual Report of WOREC, ed., Binayak P. Rajbhandari** (in English)

Year 1993

1. **AIDS Education** by Renu Rajbhandari and Kamala Adhikari
2. **STD Diagnosis and Prevention - Flip Chart**
3. **Annual Report of WOREC, ed., Binayak P. Rajbhandari** (in English)

Year 1992

1. **Diyo, Part-1** (Book on non-formal education)
2. **Diyo, Part-2** (Book on non-formal education)
3. **Annual Report of WOREC, ed., Binayak P. Rajbhandari** (in English)

VI

Financial review

In this chapter, a review of the financial status of WOREC during the FY 1999/00 has been presented in terms of the annual expenditure under various programmes/activities with a list of the international and national organizations that provided financial assistance to implement specific programmes.

1. The Annual Expenditure of WOREC

WOREC has always been in favour of transparency of its policies and financial status. Therefore, it regularly publishes the audited annual expenditures in its annual report. The annual expenditure of WOREC in the fiscal year 1999/00 was NRs 106,36,000 (Table 27). Percentage distribution of the annual expenditure shows that major expenditures were done in implementing the programmes like Trafficking in women and children (23%), Women's Health Programme(17%), Community development programmes(14%).

Table 27. Audited financial expenditure of WOREC in the FY 1999/00

S.N.	Programmes/activities	Expenditure NRs.	Share %
I.	Management and Support	1,232,000.00	12
II..	Programmes:		
1	Trafficking in women and children	2,455,000.00	23
2	Women's Health Programme	1,805,000.00	17
3	Community development programme at Udayapur	1,525,000.00	14
4	Community-based child development programme	890,000.00	8
5	Animation and women health programme	589,000.00	6
6	Community Development Programme at Nuwakot	708,000.00	6
7	Income generation programme	451,000.00	4
8	IEC and Advocacy on women's human rights / social justice and food security	300,000.00	3
9	Community-based STD/AIDS Prevention Program	162,000.00	2
10	Community-based Comprehensive Health Service	243,000.00	2
11	Training Support (HRD)	2,02,000.00	2
12	Non-formal education, Udayapur	74,000.00	1
	Total NRs.	106,36,000	100

2. Programmes of WOREC and Funding Agencies

A number of international and national organizations provided financial assistance to WOREC for implementing various programmes. A list of the programmes and the organizations that provided financial assistance during the FY 1999/00 is presented in Table 28.

Table 28. List of the funding organizations and the programmes, 1999/00

S.N.	Programmes	Funding organizations
1	Community Development Programme at Nuwakot	MISEREOR, Germany
2	Community Development Programme at Udayapur	ICCO, Holland
3	Women's Health Programme	The Ford Foundation
4	Animation and Women's Health Programme	AEI, Luxemburg
5	Community-Based Child Development Programme	AEI, Luxemburg
6	Programme for Prevention and Intervention Against Trafficking and Sexual Exploitation of Children	Plan International, Nepal
7	Community-Based Comprehensive Health Service	TAF/Nepal
8	Community-based STD/AIDS Prevention Programme	SCF(US)/WOREC
9	Publication on prevention of trafficking	Marianne Croon Zoxtas
10	Non-formal Education, Udayapur	World Education
11	IEC And Advocacy on Women's Human Rights and Social Justice	WOREC
12	Income Generation Programme	WOREC

VII

Executive Board and Collective of WOREC

The Executive Committee of WOREC (2000-2003)

1.	Dr. Renu Rajbhandari	Chairperson
2.	Mr. Babu Ram Gautam	General Secretary
3.	Ms. Saraj Gurung	Treasurer
4.	Ms. Sarmila Karki	Member
5.	Ms. Menu Pokharel	Member
6.	Ms. Menaka Niraula	Member
7.	Ms. Geeta Pandit	Member

Advisors of WOREC

Prof. Dr. Kailash Nath Pyakuryal
Prof. Harsha Narayan Dhaubhadel
Dr. Meena Acharya
Dr. Binayak Prasad Rajbhandari
Dr. Devendra Chapagain
Dr. Mohan Kharel
Ms. Pitambara Upadhyaya

THE COLLECTIVE OF WOREC

CENTRAL OFFICE, KATHMANDU

Dr. Binayak P. Rajbhandari	Technical Advisor
Dr. Renu Rajbhandari	Chairperson
Mr. Babu Ram Gautam	Executive Director
Mr. Omkar Ranjan Baral	Director, Finance
Ms. Saraj Gurung	Programme Manager
Ms. Jyoti Poudel	Advocacy Officer
Ms. Sangita Shrestha Singh	Publication Officer
Ms. Sony Pradhan	Programme Officer
Ms. Deepa Rajbhandari	Trainer
Ms. Bina Pokharel	Asst. Administrative. Officer
Ms. Jwala Kolachhapati	Asst. Account Officer
Ms. Bindu Gurung	In-charge (Child Rights Programme)*
Ms. Basanta Tamrakar	Asst. Programme Officer
Ms. Geeta Parajuli	Programme Assistant
Ms. Menu Pokharel	Trainer (Micro-Enterprise)
Ms. Bindu Gautam	Computer Assistant
Ms. Shova Yadav	Store In-charge
Ms. Bishnu Neupane	Computer Assistant
Mr. Bikash Byanju	Driver
Mr. Jit Bahadur Chaudhari	Messenger
Ms. Sunita Chaudhary	Helper
Ms. Mumina Khatun	Helper

* On deputation to Janakpur

**STAFF IN THE FIELD-BASED PROJECT OFFICES
UDAYAPUR.**

Ms. Bhabisara Gurung	District Coordinator
Ms. Puspalata Rai	Women Development Officer
Mr. Himal Khadka	Supervisor
Mr. Gajendra Shrestha	Supervisor
Mr. Rabindra Pulami	Supervisor
Mr. Ganesh Thapa	Supervisor
Ms. Jhukimaya Danuwar	Supervisor
Mr. Chet Raj Shrestha	Supervisor
Mr. Khamba Singh Niraula	Asst. legal Officer
Ms. Kalpana Bista	ANM/Clinic In-charge
Ms. Sarada Danuwar	Accountant
Ms. Khuma Gharti Magar	ANM
Ms. Heema Dhakal	ANM
Ms. Devi Kumari Bista	ANM
Ms. Devi Chaulagain	ANM
Ms. Sabitra Upreti	JTA
Ms. Sabita Tamang	Women's Health Counselor
Ms. Kamala danuwar	Women's Health Counselor
Ms. Sharmila Niraula	Women's Health Counselor
Ms. Ghana Karki	Women's Health Counselor
Ms. Dabal Kumari Rai	Women's Health Counselor
Ms. Bedmaya Dhamala	Women's Health Counselor
Mr. Nirmal Khadka	Women's Health Counselor
Ms. Asha Chaudhari	Women's Health Counselor
Ms. Aruna Chaudhari	Women's Health Counselor
Ms. Kamala Kumari Rai	Development Educator
Ms. Dev Kumari Magar	Development Educator
Ms. Dev Kumari Phunyal	Development Educator
Ms. Kunta Adhikari	Development Educator

Ms. Chatur Laxmi Rai	Development Educator
Ms. Tara Karki	Development Educator
Mr. Him Raj Samai	Development Educator
Mr. Hari Kepchhak	Development Educator
Mr. Shrawan Chaudhari	Development Educator
Ms. Kalyani Mishra	Development Educator
Mr. Bal Bahadur Grangaja Magar	Teacher
Ms. Rambha Chaudhary	Teacher
Mr. Durga Bahadur S.V.	Teacher
Mr. Chet Bahadur Rana Magar	Teacher
Ms. Goma Bhattarai	Teacher
Ms. Chhayabati Chaudhary	Teacher
Mr. Ganesh Bahadur S.K.	Teacher
Ms. Chanda Chaudhary	Teacher
Ms. Januka Adhikari	Teacher
Mr. Chandra Br. Ale Magar	Teacher
Ms. Bimala Danuwar	Asst. ccc
Ms. Sajan Devi B.K.	Asst. ccc
Ms. Chandrakala Khadka	Asst. ccc
Ms. Sunita Bastola	Asst. ccc
Ms. Parimaya Tamang	Asst. ccc
Ms. Ranamaya S.K.	Asst. ccc
Ms. Shivmaya Magar	Asst. ccc
Ms. Pavitra Rana	Asst. ccc
Ms. Naramaya Khadka	Asst. ccc
Ms. Kanyawati Chaudhari	Asst. ccc
Ms. Goma Bhattarai	Asst. ccc
Mr. Pancha Danuwar	Storekeeper
Ms. Mandira Danuwar	Warden
Ms. Ganga Rana	CHW
Ms. Tara Danuwar	CHW
Ms. Dev Kumari	CHW
Mr. Amrit Bahadur Danuwar	Guard

Ms. Hunde Maya Danuwar	Helper
Mr. Harka Bahadur Danuwar	Messenger
Ms. Budhamaya Danuwar	Cook
Ms. Saphala Ku.	Cook
Ms. Sita Danuwar	Cook
Ms. Menuka Danuwar	Cook
Ms. Mamata Danuwar	Cook

NUWAKOT

Ms. Parbati Basnet	District Coordinator
Mr. Lal Badhur Tamang	Supervisor
Ms. Janaki Rokaya	Supervisor
Mr. Ain Kumar Shrestha	Account Assistant
Ms. Khuma Magar	ANM
Mr. Rajendra Shrestha	JTA
Ms. Sushila Shrestha	JTA
Ms. Kalpana Thapa	Supervisor
Ms. Durga Sitaula	Motivator
Ms. Makuri Tamang	WHC
Ms. Januka Bhattarai	WHC
Ms. Indira Pandit	Office Assistant
Mr. Shankar Pandit	Messenger

MUSTANG

Ms. Purna B.K.	Animator/CHW
Ms. Sagun B.K.	Animator/CHW
Ms. Rajani Tulachan	Animator/CHW

Janakpur

Hemlata Sigdel	Program Assistant
Laxmi Ghimire	Warden
Sunita Giri	Office Assistant
Nrip Danuwar	Messenger/Helper

Morang/Sunsari

Sarba Raj Thapa	Programme Coordinator
Tulsi P Chaudhari	Accountant
Mita Upadhyaya	Programme Supervisor
Radha Ghimire	Programme Supervisor
Rupa Bhattarai	Supervisor
Bal Krishna Danuwar	Messenger

WOREC Publications



IMPACTS OF SOCIAL CHANGE

Advocacy Against
Trafficking in Women
Training Manual

बाटिका

COUNTRY MANUAL
OF WOMEN'S
HUMAN RIGHTS IN
NEPAL

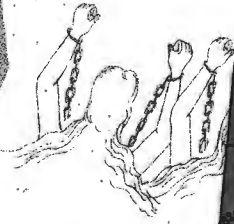
Integrated Animation And
Bio-Intensive Farming

ADVOCACY AGAINST
TRAFFIC IN
WOMEN AND CHILDREN
Report of a National Workshop

बीसौ शताब्दीको दासता

Nepali Rural Adolescent Girls
Speak of
Their Reproductive Health

Published by
Women's Rehabilitation Center
Financial Assistance of CEDPA, Nepal



हरीमित्र दवेको चित्र

महिला पुनर्स्थापना केन्द्र
सौराष्ट्र, काठमाडौं, नेपाल

बेचबिन्द्याको
घण्टाको पुसिँको चेलीहरूको
जीवन कथाहरूको
संग्रह

महिला पुनर्स्थापना केन्द्र
सौराष्ट्र, काठमाडौं, नेपाल

A Situational Analysis of



Traffic
in
Women

In Morang and Sunsari districts