

WOREC

ANNUAL REPORT 1993/94



WOMEN'S REHABILITATION CENTRE

GAURIGHAT, KATHMANDU - 8

P.O. Box 4857, NEPAL

W O R E C
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Prepared by : Dr. B.P.Rajbhandari

Computer setting : Ms. Bina Pokhrel

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EXECUTIVE SUMMARY

Women's Rehabilitation Centre (WOREC) is a non governmental organization working in the field of community development mobilizing the rural youth, particularly the women, who have been socially rejected, discriminated and humiliated because of their lower socio-economic conditions and the gender they belong to. The targeted layer of women includes those in risk to trafficking, those relieved from prostitution, those who have contracted HIV/AIDS, and those without family and resources for livelihood.

The WOREC's targeted layer of rural women has been mostly deprived of development efforts. The WOREC strives to help them through animation, empowerment and educational, socio-cultural and income generation based development oriented activities mobilizing and training themselves. The women from the community are supported by the centre to implement the programs in their communities for the benefit and development of the communities and to mobilize the community members to participate in the noble endeavor of community development. Thus the socially rejected or humiliated rural women have been rehabilitated in their family and society.

Moreover, the centre has also been providing support to the targeted community for enjoying basic facilities like drinking water, adult literacy, advocacy, health education & services and education for the prevention of sexually transmitted diseases and AIDS.

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

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

Gaurighat, Kathmandu

June 20, 1995

Executive Director

WOMEN'S REHABILITATION CENTRE AN INTRODUCTION

Nepal is one of the least developed countries of the world where majority of the population are struggling hard for livelihood in the socio-economic environment ruled by illiteracy, malnutrition, diseases, unemployment and social injustice. This rule has so pressed the people in rural areas that they have been forced for migration into towns and cities in search of hand-to-mouth opportunities. Amidst this wave there are rural girls trafficked into prostitution in Indian brothels, the rural women and children forced to work in carpet factories in Kathmandu and the youth forced to hard labor in other countries of south-east Asia and Arab. In such circumstances of migration of active age group population from the rural areas it is quite hypothetical that the programs imposed to the communities by the central government would be able to bring about substantial change in the individual and social behavior, employment and economic status and skill and entrepreneurship development in the communities. The ever increasing rate and trend of migration, social crimes and injustice including girls trafficking, rape and spread of AIDS have been striking in the minds of Nepalese intellectuals to contribute towards resolving the deteriorating societal imbalance, preserving the cultural norms and morale and, of course, towards unifying and motivating the community members to actively participate in the endeavor of their own development. The Women's Rehabilitation Centre (WOREC) is one of the indigenous organizations established by the women with the sense of social responsibility and devotion for building the nation.

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

OBJECTIVES

The overall goal of WOREC is to contribute in nation building by motivating, empowering and mobilizing the local women.

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

- ◆ To motivate and mobilize the Nepalese women to exercise their rights;
- ◆ To launch community based rehabilitation programs for socially rejected and discriminated layer of rural women;
- ◆ To identify and launch entrepreneurship development projects with the peoples' participation for bringing about substantial changes in the skill and household income of the rural community;
- ◆ To implement community based literacy, advocacy , STDs/AIDS and health education programs in rural communities integrating with entrepreneurship development projects in the command areas of WOREC;
- ◆ To conduct integrated family planning and STD/AIDS prevention program in the command areas of the centre by mobilizing the community members and groups;
- ◆ To develop and implement special projects in close co-operation with the national and international organizations to safeguard and strengthen women's right .

PHILOSOPHY:

The philosophy of WOREC is to launch specific to population group and locality cultural,educational and development activities in an integrated fashion and rehabilitate the targeted rural women in their communities so as to convert them into an advantage to create the infrastructure needed in the society towards bringing about an improvement in the quality of their lives. .

ACTIVITIES:

The Women's Rehabilitation Centre has been conducting activities in the following six major fields:

- ◆ Rehabilitation of targeted women groups in the community;
- ◆ Community based integrated family planning and STD/AIDS education and prevention in various levels;
- ◆ Entrepreneurship development (skill training and income generation activities) integrated with other programs;
- ◆ Literacy and health education program for migrant women and children in carpet industries and rural women in project areas;
- ◆ Service to the rural community(drinking water, family planning and health services);
- ◆ Research/survey studies as feed back for identifying and developing efficient community based programs.



REHABILITATION PROGRAM FOR HIV (+) AND RESOURCE POOR RURAL WOMEN

The evidences that the pandemic AIDS has entered into this Himalayan kingdom basically through the commercial sex workers engaged in Indian brothels and the businessmen visiting neighbouring countries have compelled us to think over the serious problem of preventing its transmission in the community. WOREC has been working in this direction placing major emphasis on information, education and communication about STDs and AIDS. The centre's such activities are mainly concentrated in its command areas in Nuwakot and Udayapur districts, and in the carpet industries at Kathmandu.

The AIDS victims are humiliated and discriminated in Nepal. There is no doubt that it will take a considerable period of time to educate the people to live with AIDS victims in this country. Rehabilitation of such women in socially isolated environment would be a dogma. The centre, therefore, initiated a joint rehabilitation program for both the AIDS victims and the rural women who have been discriminated and humiliated in the society and who are in-risk to trafficking into prostitution.

THE CONTEXT AND THE CONCEPT:

During the first year of this project WOREC found that the number of HIV + women, who need rehabilitation beyond their houses, is not big enough in Nepal rather the number of girls endangered to forced migration into prostitution in Indian brothels, the major route of AIDS transmission, is quite considerable. The centre has also identified that the forced migration of rural youth is caused primarily by illiteracy (the social unconsciousness arising thereby), poverty and unemployment (lack of: skill, technical know-how, resource and marketing facilities). The unskilled and unemployed women are mostly exploited, humiliated and discriminated in the rural society also because of the gender they belong to. This layer of rural women immediately need support that

would make them aware of the environment they have been operating in and the tradition they have to change in favor of the harmonious development of the society. In other words, these layers of women need community based rehabilitation and empowerment program. One of the innovative idea of this project is to let the AIDS victims and the resource poor, unskilled and rural women live together sharing each others sorrows, happiness and feelings and learn skills together for productive and meaningful life style.

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

OBJECTIVES:

The overall goal of this program is to rehabilitate the socially discriminated unskilled women in the society.

Specific objectives of this project were as follows:

1. Provide shelter and sustenance to HIV(+) and unskilled rural women endangered to forced migration into prostitution;
2. Assist the targeted women in developing skills and knowledge towards making them self-reliant in their communities;
3. Animate and empower the targeted women spend the rest of their lives productively and meaningfully;
4. Help the targeted women with medical and nursing care as per need;
5. Provide information, education and out-reach to the communities concerned about prevention, control and living with AIDS patients.

ACTIVITIES :

Under this program the following activities were conducted:

HOUSING AND HEALTH SUPPORT:

In the second year the number of targeted women admitted to this program was 16. The targeted women were provided with housing, food and other supports at the centre's hostel at Gaurighat, Kathmandu.

These women were also provided with regular health check up, treatment and emotional and psychological supports. This program was initially designed for HIV (+) women only. However, based on the experience of the first year the rural women endangered to trafficking into or relieved from prostitution were also given priority for admission to this program. In the year 1994 the women under rehabilitation included two HIV (+) girls, two girls rescued en-route into forced prostitution in India and 12 girls belonging to resource poor family and endangered to trafficking into prostitution.

ANIMATION AND SKILL TRAINING:

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

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



The women under rehabilitation program are involved in preparing sweaters as a means of earning.

THE PROJECT IMPACTS:

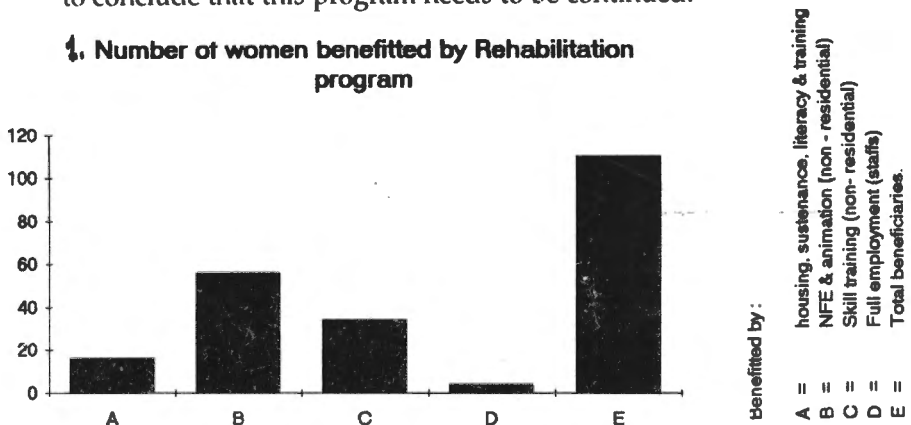
The financial assistance provided by Caritas, Germany to implement this program has been quite helpful for WOREC to make its dream and plan come true. Within this program WOREC has grown internally, institutionally and nationally. The philosophy forwarded by WOREC for community based rehabilitation of socially humiliated and rejected women and those suffering from HIV/AIDS was not immediately accepted by policy level government authorities. But when this program was supported by the Caritas, Germany and the centre moved forward to implement its plan the same authorities observing the positive out-put of the program started advocating for rehabilitation.

The project has not only provided housing and other relevant support to targeted women but, what is not less important is that, it has also provided educational and animation, skill training and empowerment to the women who come in the category identified for this program and who did not need housing support. While counting the direct impact of this program it should be mentioned that in the year 1994 sixteen women were benefitted by housing, sustenance, educational and skill training supports and income generation opportunities in the centre itself; 56 migrant women working in various carpet factories were benefitted by non-formal education and animation ; and 34 non-residential women were benefitted by skill training (figure-1). Besides, what needs to be mentioned is that these women have been educated to combat illiteracy, gender based discrimination, and to prevent AIDS in their communities.

Under this project four Nepalese women were directly benefitted by full-employment and four specialists- by partial employment (figure-1).

The project output has thus been quite encouraging that provides basis to conclude that this program needs to be continued.

1. Number of women benefitted by Rehabilitation program



COMMUNITY BASED STD/AIDS EDUCATION PROGRAM

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

In this Himalayan country HIV is reported to be most prevalent among the persons involved in commercial sex business or visiting to brothels and persons with STDs. This fact indicates that one strategy towards effective prevention of AIDS would be to stop sexual transmission of HIV. This strategy relies primarily on dissemination of health and AIDS information, education and communication aimed at changing the sexual behavior of the population groups in-risk to HIV contraction.

Forced migration of active age group girls from hills to towns and Indian cities has been quite common in Nepal. This sort of migration is caused basically due to illiteracy, social unconsciousness, unemployment and poverty prevalent in the rural areas. Surveys conducted by WOREC in 1993-1994 at Bombay has revealed that about 20,000 Nepalese women are involved in flesh trade in Bombay alone. The World Health Organization has reported that about 40% of prostitutes in India have contracted HIV. It means that at least 8,000 Nepalese women involved in commercial sex business in Bombay might have contracted HIV. Some of these women, particularly the brothel owners and senior prostitutes, occasionally visit their native villages each year endangering the communities with HIV/STDs transmission.

THE CONCEPTUAL FRAMEWORK:

The concept of WOREC underlying behind the implementation of community based STDs/AIDS education program is that the only effective means of preventing HIV transmission is integration of the education, information and communication about STDs/AIDS with literacy and income generation projects implemented in the

communities concerned. Such program would be more effective if conducted by the community members themselves in their mother tongues.

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

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

ACTIVITIES:

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

A * students of high schools;

B * youth working in various carpet industries at Kathmandu;

C * the rural communities of Udayapur and Nuwakot districts;

D * the Nepalese prostitutes working in the brothels at Bombay.

A. STD/AIDS EDUCATION IN THE SCHOOLS:

Improvement in the curriculum of school education, particularly that of higher classes, so as to include sex and STDs/AIDS education as a compulsory subject, has been felt essential by a wide circle of intellectuals in our country. The First National Conference on STD/AIDS held at Kathmandu during 18-19 December, 1994 had also suggested that sex education and STD/AIDS education should be included in the curriculum of high school and campus. But such improvement has not so far been done. However, WOREC has been conducting STDs/AIDS education program in various high schools at Kathmandu since 1 June 1993 in the financial assistance of Caritas, Switzerland.

This program was previously conducted for the students of ninth and tenth classes. But later on with the request of the Principals and other teachers the students of class eight were also included in the program.

In 1994 the school AIDS program was conducted in twenty schools at Kathmandu (Table 1).

At the beginning of the AIDS education 4.77% of the total students (2532) were found unaware and unfamiliar with the word AIDS, while 21.99% had satisfactory, 56.69% had good and 16.55% had excellent knowledge about the pandemic. After the program 75.92% had excellent and the rest, i.e. 24.08% had good knowledge about HIV/ AIDS (figure- 2).

**2. Result of pre- & post- test of AIDS education
High School Students**

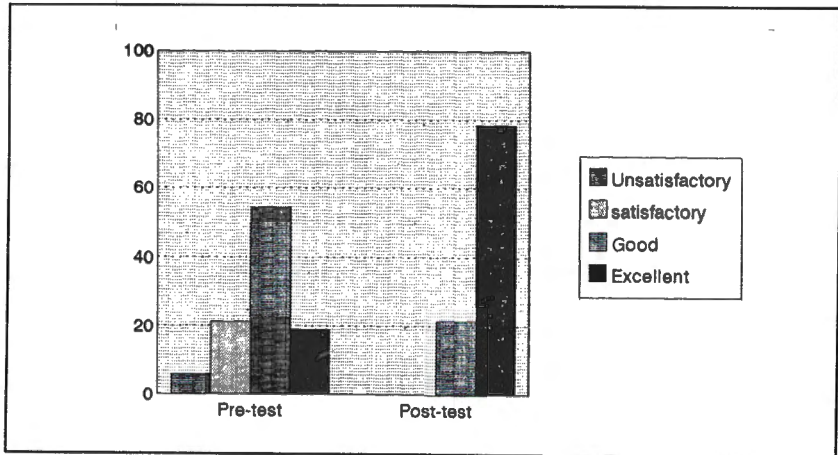


Table 1: The schools where AIDS education classes were conducted

Name of the school	Location
1. Shivapuri High School	Maharajgunj
2. Koteswor High School	Koteswor
3. Padmakanya High School	Dilli Bazar
4. Kanya High School	Lainchaur
5. Kamalnetra High School	Lainchaur
6. E.P.S. High School	Min Bhawan
7. Shanti Vidya Griha	Lainchaur
8. Ratna Rajya High School	New Baneshwor
9. Sharada High School	Pashupati
10. Kshitiz Boarding School	Dilli Bazar

11. Martyr's Memorial H. School	Gyaneshwor
12. Nandi High School	Naxal
13. Kanti Ishwari H. School	Pyaphal
14. Girls High School	Yatkha
15. Suryodaya High School	Kathmandu
16. Baba High School	Gyaneshwor
17. Dorje High School	Kathmandu
18. Bhrikuti High School	Kathmandu
19. Mahendra Bhawan High School	Gyaneshwor
20. Siddhi Ganesh High School	Kathmandu

This program has been conducted in full co-operation of the school administration, teachers and the students. They have highly appreciated the endeavor initiated by the WOREC. The pre- and post-test evaluation of the students' knowledge about the causes and modes of transmission of and the measures of preventing the sexually transmitted diseases and AIDS conducted in the course of this program have revealed encouraging results.

B. AIDS EDUCATION TO THE YOUTH WORKING IN CARPET INDUSTRIES:

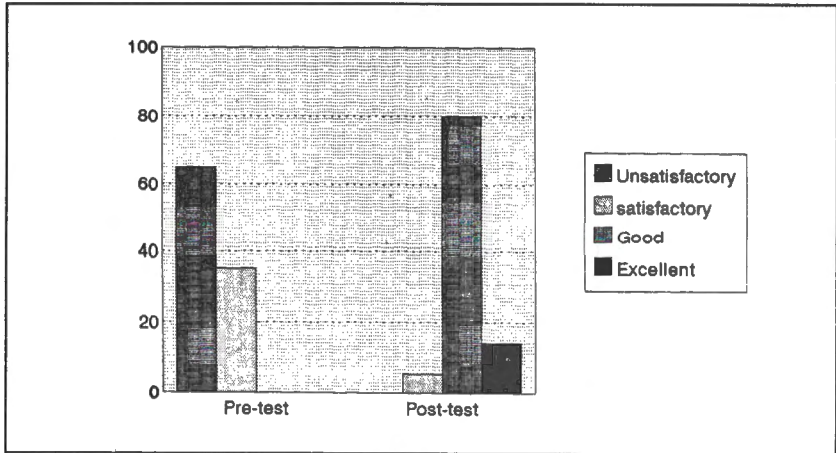
WOREC has been conducting AIDS education to the youth working in carpet industries at Kathmandu. So far this program has been conducted in 30 carpet industries at Kathmandu. This project was started from 1 June 1993 in the financial assistance of Caritas, Switzerland.

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

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

3.71% had excellent knowledge about AIDS. These results are summarized in figure 3.

**3. Result of pre- & post- test of AIDS education
Carpet Factory**



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

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

**C. COMMUNITY BASED STD/AIDS
PREVENTION PROGRAM**

The centre has launched community based integrated sexually transmitted diseases and AIDS prevention program in its command areas in Nuwakot and Udayapur districts. This program is

implemented in the financial assistance of AmFAR, USA since October 1, 1993. In 1994 major program components included:

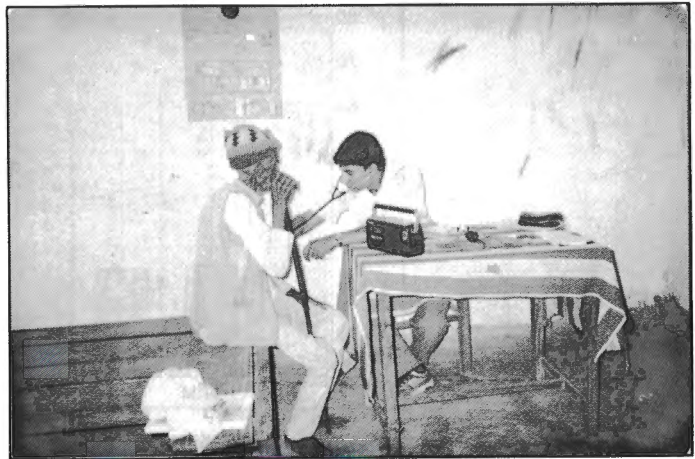
- ◆ STDs/AIDS education to the targeted communities;
- ◆ Integrated family planning;
- ◆ Non-Formal education to adult women; and
- ◆ Mobile health camps in targeted areas.

Under this project two clinics are established at Sikharbeshi village of Nuwakot and Murkuchi village of Udayapur district. This program has now covered 5 VDCs in each district. There are village level STD/AIDS information communicators stationed in each VDC level posts. These communicators are involved in delivering information and education

about STDs and AIDS and their preventive measures in a door-to-door fashion. Non-formal education classes are conducted among 15 groups at Nuwakot in the financial assistance of SC(US)/Nepal, while at Udayapur NFE classes are conducted among 19 women groups. The NFE activity at Udayapur is supported by AmFAR and WOREC.



The STD/AIDS counselling and health camp at Murkuchi, Udayapur



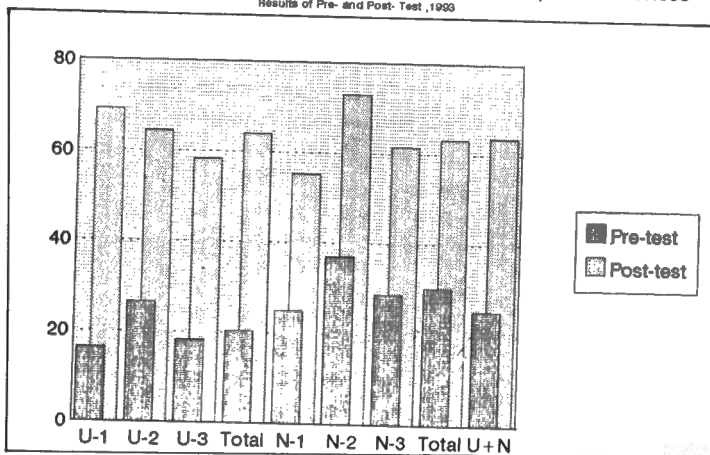
Free health check up was an useful activity of the project for the community deprived of health facilities in their villages. Rauta, Udayapur.

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

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

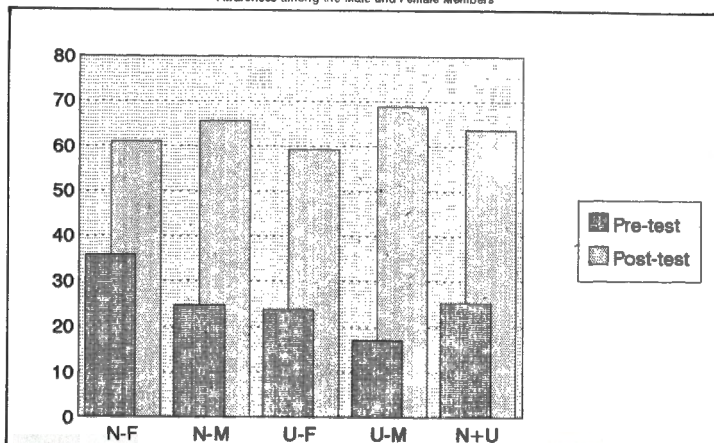
Pre- and post-test results of STD/AIDS education conducted in Udayapur and Nuwakot at the beginning and end of year one (October 1993 to September 1994) are summarized in figures: 4-1 to 4-4. It is obvious that IEC on STDs/AIDS in door-to-door fashion is the effective way to educate the rural people towards preventing STDs/AIDS.

Impact of Community Based AIDS Education on Peoples Awareness
Results of Pre- and Post- Test, 1993



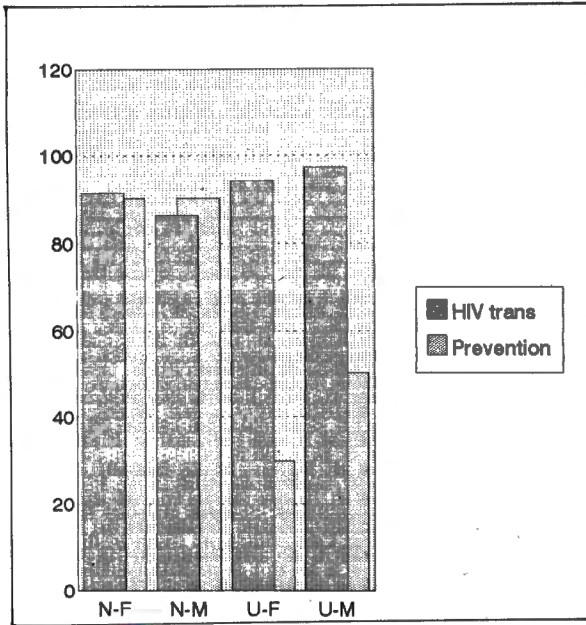
Knowledge about AIDS - VDCs %

Impact of Community Based AIDS Education on Peoples Awareness
Awareness among the Male and Female Members

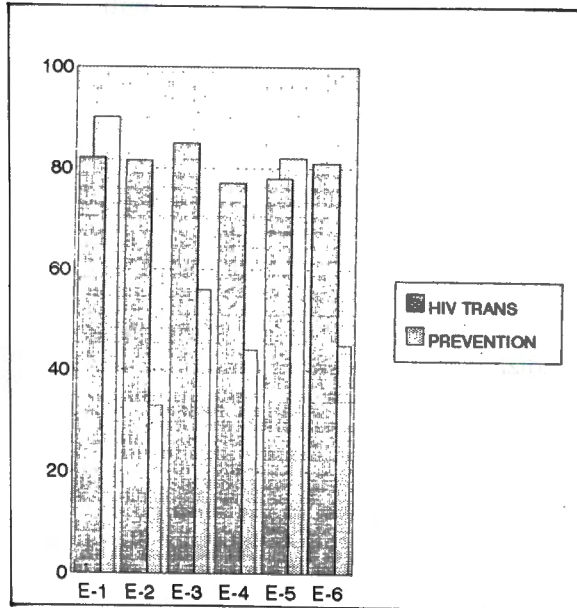


Knowledge about AIDS (% of the total sample)

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



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



Knowledge among Ethnic Groups (% of respective sample size)

D. AIDS EDUCATION AMONG NEPALESE PROSTITUTES AT BOMBAY:

The centre conducted AIDS education to Nepalese women involved in commercial sex business at Bombay. Besides educational classes conducted by the members of WOREC four local counsellors and one consultant were recruited for conducting regular counselling, monitoring and reporting of the project activities. The IEC materials on AIDS are supplied by WOREC to the targeted groups regularly.

This activity was initiated with in-site survey study in 1993. In 1994 three visits for survey studies were completed by the centre. This program was developed on the basis of survey results. The survey revealed that the number of Nepalese women involved in the sex business at Bombay is around 20,000 to 25,000 and the living as well as health conditions of most of the Nepalese prostitutes over there are very poor. Girls were found migrated or sold to the brothels at Bombay from such districts as Nuwakot, Sindhupalchok, Makwanpur, Chitwan, Udayapur, Rupandehi, Morang and Sindhuli.

Based on the living conditions the centre has divided the Nepalese prostitutes at Bombay into five groups :the group one having the worst living and health conditions (lack of electricity, one room per four to five women, the room is separated by curtains into four or five, cooking, living and sleeping, etc. are done in the same room) while the group five having the modern living conditions (TV/VDO, AC, fan, etc. and well furnished rooms).

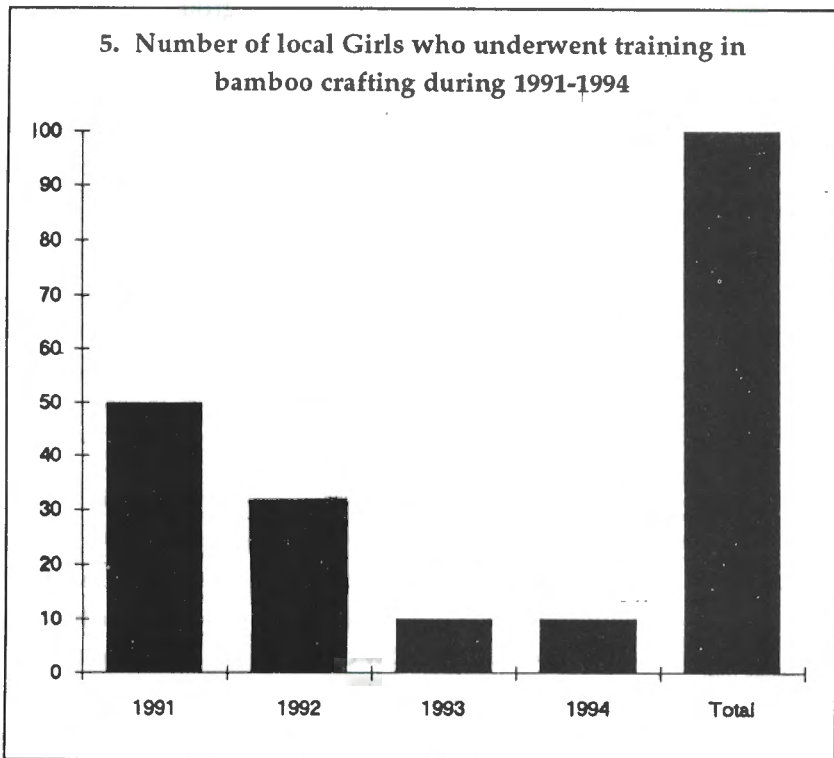
WOREC conducted AIDS education classes for Nepalese girls involved in brothels and a special seminar in cooperation with local organizations at Bombay. Moreover, one training was conducted for the selected AIDS counsellors during 28 Dec. 1993 to 9 Jan. 1994.



ENTREPRENEURSHIP DEVELOPMENT PROGRAMS

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

The number of local girls who underwent training in bamboo crafting during 1991- 1994 is presented in figure -5.



Few girls from among the trainees after completing skill training in bamboo crafting (at Sikharbeshi) and *sikki* based enterprise (at Rajabas) are selected for further training on knitting under the rehabilitation program of the centre at Kathmandu. In the course of time they are converted into entrepreneurs and returned back to their native villages with new responsibilities of implementing knitting enterprise and producing woolen goods required for the district and also for export. They are also involved in conducting non-formal education and AIDS awareness education activities among the local women volunteer groups. In this light girls trafficking and forced migration of the girls into prostitution is thought to be checked by the community members themselves. In other words the centre has been striving to educate and support the targeted community through literacy, legal advocacy, employment opportunities based on empowerment of the rural women and entrepreneurship development.

A. THE INCOME GENERATION PROGRAM

Keeping the availability of natural resources (bamboo), skill and experience of Tamang people in bamboo craft and the lower economic status of the targeted population groups in Nuwakot (Sikharbeshi and Ghyangphedi VDCs) the bamboo based enterprise was first implemented by the centre in financial assistance of the UNDP. But afterwards this program was continued utilizing the resources and funds of WOREC. In 1994 this program was implemented in the financial assistance of APHD, Hong Kong.

Last year 10 girls from lower economic strata households and in-risk to forced prostitution in Bombay were selected for the bamboo craft training and 10 girls underwent knitting training at Sikharbeshi. These girls were provided with non-formal and STD/AIDS education in order to produce local human power essential to implement other projects as per need of the communities.

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

found to belong to the local Army Camp. There have been some orders from the retail traders of Trishuli Bazar also.

This program has been now quite popular among the targeted communities and has been contributing to earn the entrepreneurs extra household income and indirectly helping to reduce girls trafficking or migration into prostitution in India. Non-formal education has been the integral part of this program that has been making the trainees aware of the consequences of prostitution, STDs and AIDS. Moreover the literacy program has been useful to build up their confidence that they can do some thing useful for their families and the society. They are encouraged even because they are respected in the family and society owing to their social consciousness, literacy and employment (economic support to the family). In this perspective this program is planned to be continued in future.

B. SIKKI BASED ENTERPRIZE:

Sikki and *Thakal* are locally available wild plants which are used for making various domestic goods in Udayapur and other parts of the country. Aimed at exploring the use of these plant species as a source of extra household income and employment for the lower economic strata population groups WOREC has initiated *sikki* based enterprize at Rajabas, Udayapur. This program has been supported by WOREC itself.

The selected girls from the targeted community are enrolled in skill training for designing and producing innovative goods with better marketing opportunities. So far thirty girls from the targeted area have undergone relevant training. The trainees are then employed in the project or work at home as entrepreneurs. The entrepreneurs take orders from WOREC and produce different items out of *sikki* and *thakal*. Payment to such entrepreneurs is made based on fixed item wise price. The price is fixed by the Executive Committee of WOREC based on the materials cost and the labor/time devoted by the entrepreneur to prepare an item.

Keeping the fact in mind that this enterprise has been an attractive source of income for the girls at Rajabas the centre has started planting *sikki* in the field taken in lease. This program is planned to be continued in future.

C. KITCHEN GARDEN PROMOTION PROGRAM:

Udayapur comes among the remotest part of Nepal where the rural people with very limited land resources have been facing unemployment and nutritional problems. To help the people to cope with the situation WOREC has initiated kitchen garden program in its command area at Udayapur. This program is supposed to promote the nutritional composition of the diet of the targeted population groups, to help earn extra household income and to motivate other farmers to adopt kitchen gardening as an attractive enterprise. This program was formerly supported by the SNV/Nepal but since 1994 it has been supported by WOREC.

Under this program eight groups of vegetable growers have been formed. Each group consists of eight local women. These groups have undergone special training on kitchen garden husbandry and management. The project has provided support for tube wells and inputs like seeds, fertilizers and technical supervision and guidance to the selected groups of kitchen gardeners. The project has covered such villages like Baireni, Bargaon, Dandatole, Bagchauri, Gunte and Chaukivari. The results have been quite encouraging. The entrepreneurs have been able to earn extra income by selling the vegetables in nearby markets or during *haat bazar*.



One of the kitchen gardens promoted by WOREC at Bhumrasuwa, Udayapur.

It has motivated other people to adopt the enterprise. Keeping the impact of the program and the need and demand of the local people the centre has decided to continue this program extending it in other adjoining areas.



NON-FORMAL EDUCATION PROGRAM

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

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

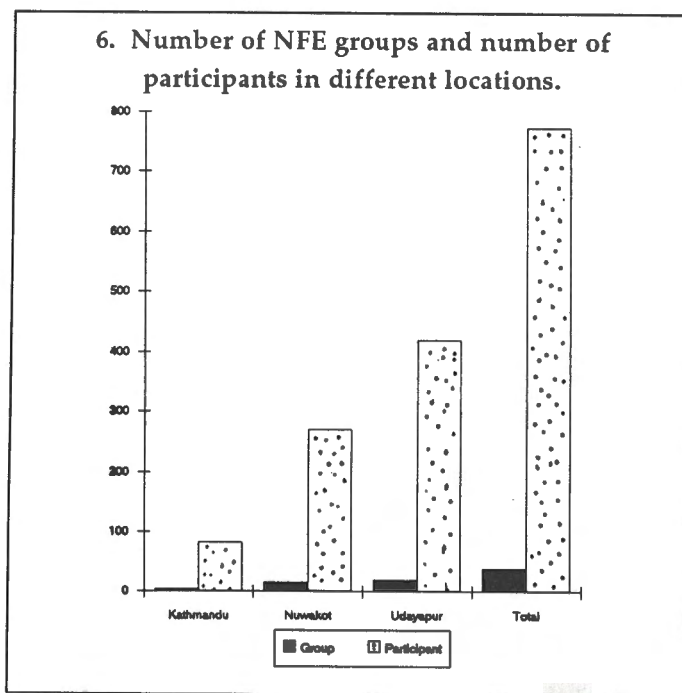


Participants of adult women literacy program, Udayapur.

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

The carpet industries covered by this program are those in Maijubahal, Bouddha and Dhobikhola at Kathmandu. Eighty two women and sixty four children from various carpet industries participated in this program in 1994. The major problem faced in such program is the significant drop outs due to various domestic problems.

The number of NFE groups and the number of participants therein are presented in figure-6.



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



SERVICE TO THE RURAL COMMUNITY

The Women's Rehabilitation Centre has also been implementing other projects to serve the rural population in the targeted area at Nuwakot and Udayapur. Such projects include drinking water supply, family planning and maternal child health care and general health services.

A. DRINKING WATER SUPPLY PROJECT:

Ghyang Danda is one of the remotest part of Nuwakot district where basic facilities like drinking water, school and health service centre, etc. are lacking and the people have been struggling hard with the fragile ecosystem and the tradition to maintain the livelihood.

The centre conducted in site study to assess the problem of drinking water at Ghyang Danda. It was found that the women in Ghyang Danda had to walk four hours for bringing one bucket of water to home. This situation had not only compelled each household to have one member for water supply but also had reduced production/income generation potential of each household. This had worsened the situation of local elderly women. Because most of the youth from that area have migrated to Indian cities, particularly Bombay, for income generation and only teenagers and old people are there to look after the households. It was found that there is no house in that corner from where girls are not sold in Indian brothels. Ghyang Danda is a typical *Tamang* village where no other casts (ethnic group) reside. This village covers three wards, i.e. 4, 5 and 6, of the Ghyangphedi village development committee.

In this context the drinking water supply project was completed to help the rural people at Ghyang Danda, Nuwakot in 1993/94. The financial assistance for this project was provided by Caritas, Austria.

Under this project three sources of water, viz. Lende kholso, Chauri Khor and Kala Khola have been used for building the water supply network in the targeted area.

PEOPLE'S PARTICIPATION:

For facilitating the construction work as well as coordination between the local people and the field based project staffs two community level committees were formed with peoples participation. These committees took such responsibilities as transportation of construction materials from Aapra, the last point where the truck can deliver the goods, to the site; collection and transportation of sand and stone to the construction sites/ points and lining the pipes underground.

THE PROJECT IMPACT:

Under this project ten taps are constructed covering the residential area in ward No. 4, 5 and partially 6 of Ghyang Danda village. From this project 700 inhabitants from 65 houses of the village are directly benefitted with regular supply of high quality drinking water.

Another impact of this project is that the health and hygienic condition of the people of the targeted area has become better because they can now have regular bathing, pure water for drinking and washing the clothes and utensils. They do not need to waste their time for collecting water and this time is being used for other activities.

This project is the first of its kind which has been accomplished in that corner of the Himalayan kingdom. So far there was not a single project accomplished over there neither in government's effort nor in that of NGO. This project has therefore helped to boost up the confidence of the people that unitedly they can accomplish useful endeavor for the community.

The co-operation extended by Caritas both of Austria and Nepal to make the dream of rural people come true is highly appreciated by the local people, local leaders and the WOREC. In fact this is an example of the right service to the right people through people's participation.

B. COMMUNITY BASED FAMILY PLANNING AND MATERNAL CHILD HEALTH SERVICE PROGRAM:

Despite various family planning efforts the population of Nepal has been increasing at the rate of 2.1% per annum. On the other hand food production has not been increasing to keep pace with the population growth. In the rural areas where more than 90 % of the population

reside the population growth rate has been considerable because the family planning efforts have not been reaching to this sector of population. The infant mortality rate, the child mortality rate and maternal mortality rate in Nepal are 102/1000, 165/1000 and 850/100,000 live births respectively. These figures indicate that various seminars, posters and booklets on FP/MCH have not been and would not be efficient to achieve the goal of extending family planning and maternal child health service to the population unless it is extended to the rural population in a door-to-door fashion. Various means of family planning and health care service should be promptly and locally available to the rural population.

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

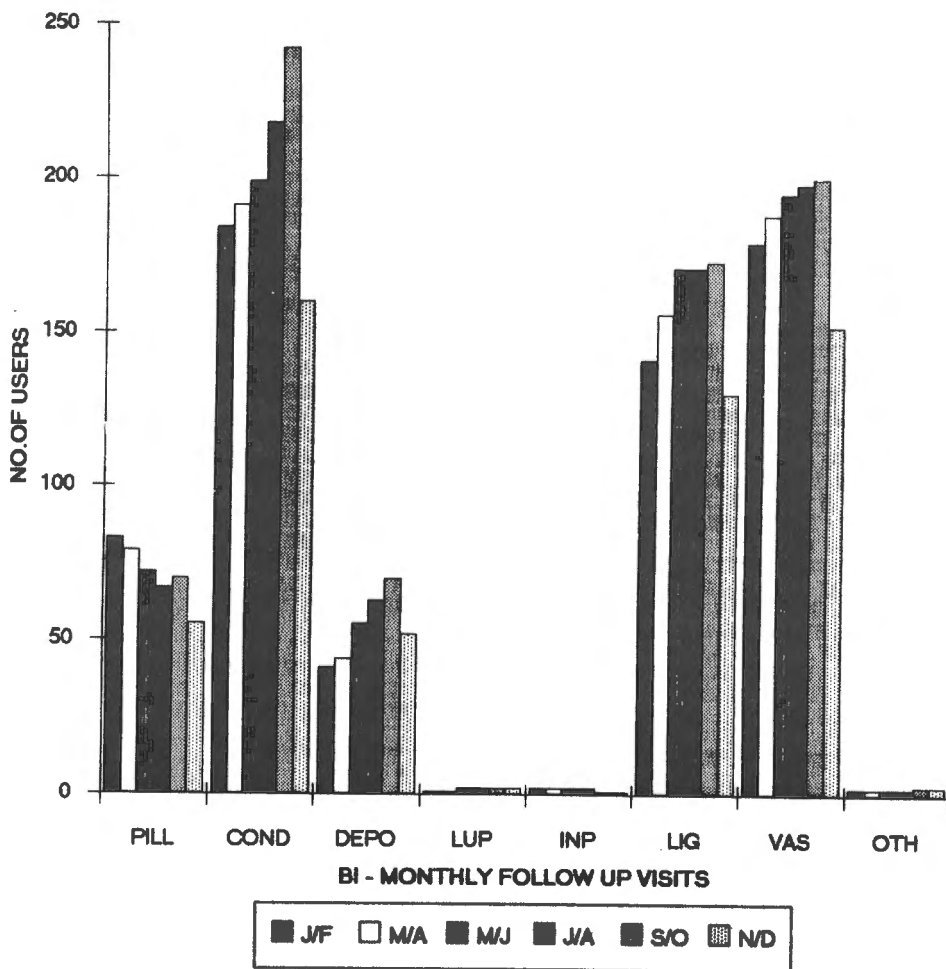
ACCOMPLISHMENTS:

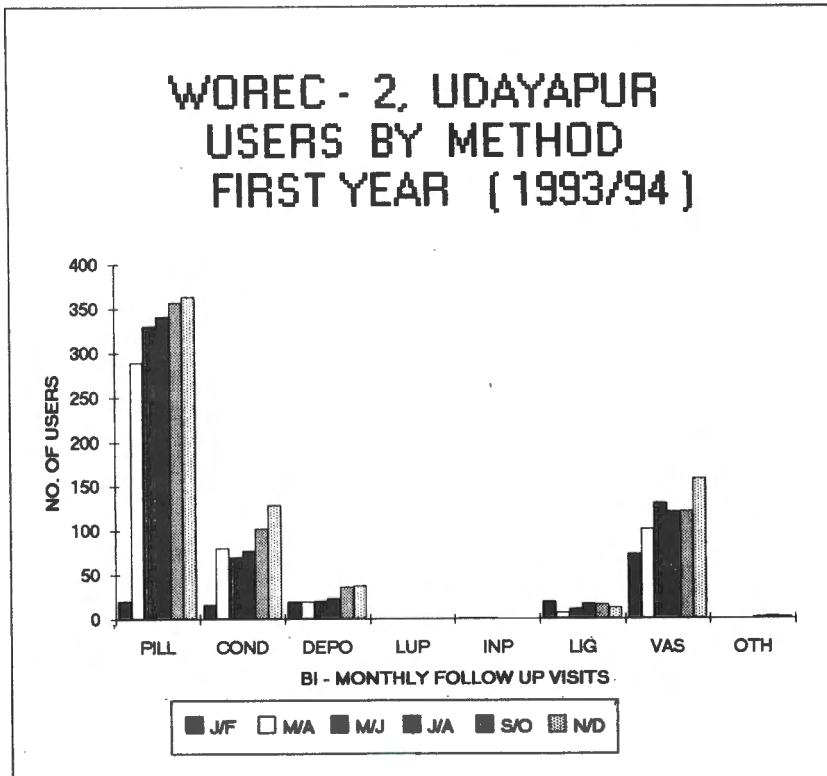
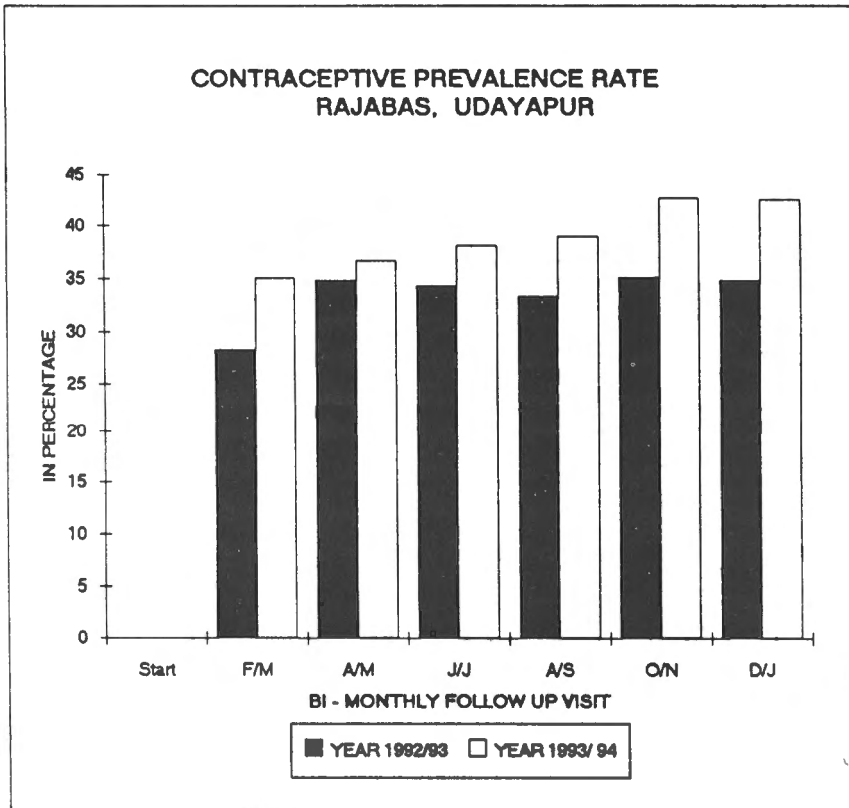
Under this project two community based clinics are established at Rajabas and Bhutar of Udayapur district. The paramedical staffs, site supervisors, field workers are recruited, trained and stationed in the field based offices. These staffs have been working both in the clinic and in door-to-door fashion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

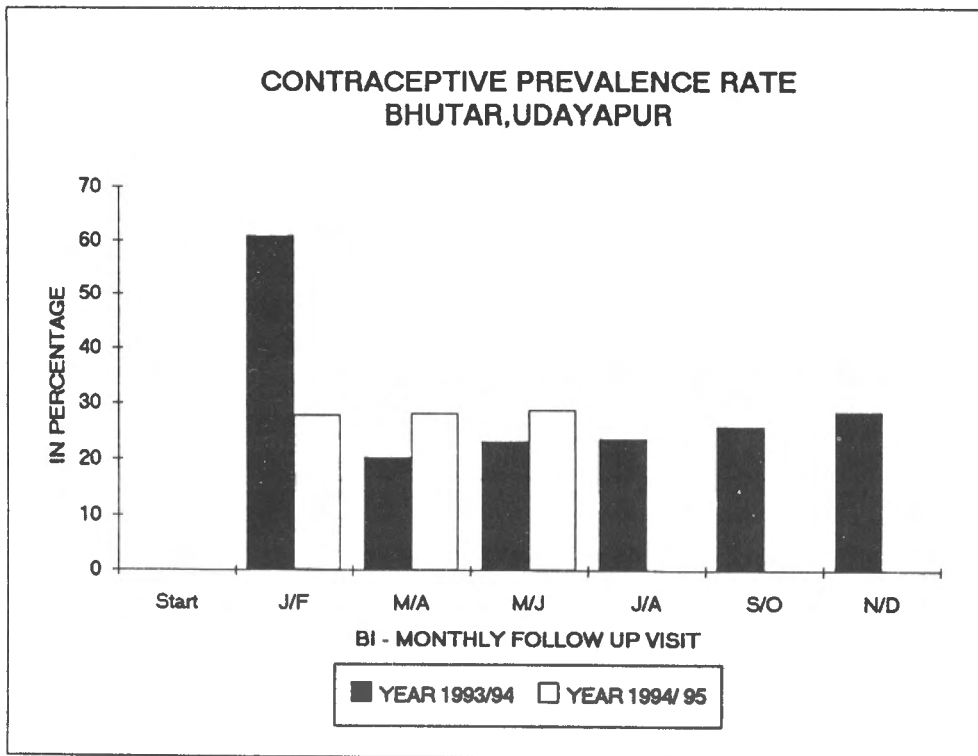
Registration of all couples in the command area has been completed. The project is providing population welfare, contraceptives and health education to the targeted population groups of the project area. Education has been reinforced by regular bi-monthly visits at which time contraceptive service delivery has been made to the married couples of reproductive age as per request. The total number of the married couples of reproductive age registered to and directly benefitted by this project has reached above 4000.

The result of this project has been summarized in figures 7-1 to 7-4 as number of users by method and contraceptive prevalence rate among the registered couples in Rajabas and Bhutar, respectively.

WOREC - 1, UDAYAPUR USERS BY METHOD SECOND YEAR (1993/94)







LEADERSHIP DEVELOPMENT OF LOCAL WOMEN

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

ACCOMPLISHMENTS:

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

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

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

number of participants was 21.

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

- ◆ Gender awareness
- ◆ Leadership
- ◆ Group formation
- ◆ Coordination and
- ◆ Communication .

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

The program is continued and the process of training local women through the leaders of WVGs has been involving more and more women.



WOMEN'S TRAINING INSTITUTE AND ITS ACTIVITIES

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

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

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

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

Course index: FPCBDT-9

Objectives: The overall objective of the course is:

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

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

2. Course Title: **TRADITIONAL BIRTH ATTENDERS TRAINING**

Course index: TBAT-8

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

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

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

Course index: CBDSFPCT-10

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

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

4. Course Title: FAMILY PLANNING AND STD CASE MANAGEMENT

Course index: FPSTDMT-10

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

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

5. Course Title: COMMUNITY BASED AIDS PREVENTION

Course index: CBAIDSPT-7

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

6. Course Title: **COMMUNITY BASED COUNSELLING ON HIV/AIDS**
- Course index: CBCHAT-7
- Objectives: The overall objective of this course is to enable the participants to manage accommodation of person(s) with HIV/AIDS in the community and provide counselling service to them.
- Targeted group: AIDS educators/ counsellors who have under gone the training course CBAPT-7.
7. Course Title: **LEADERSHIP DEVELOPMENT AND MANAGEMENT**
- Course index: LDMT-7
- Objectives: The overall objective of this course is to empower the leaders of women groups or community to develop skills to manage and mobilize local population groups, to utilize local resources rationally for community development.
- Targeted group: Leaders of women volunteer groups.
8. Course Title: **NON-FORMAL EDUCATION FACILITATORS TRAINING**
- Course index: NFEFT-10
- Objectives: The objective of this course is to train the facilitators to conduct non-formal education courses in the rural communities. Targeted group: Facilitators selected for NFE activity.
9. Course Title: **CLINICAL TRAINING FOR PARAMEDICALS**
- Course index: CLINT-10
- Objectives: The objective of this training course is to train and update the knowledge of paramedical personnel to work in the rural community based clinics and community based delivery system.
- Targeted group: Paramedical personnel working or intended to work in community based FP clinics.



CONFERENCE AND WORKSHOPS

A. THE FIRST NATIONAL CONFERENCE ON STD/AIDS:

Women's Rehabilitation Centre in cooperation with the National Centre for STD/AIDS Control and Social Welfare Council organized The First National Conference on STD/ AIDS at Kathmandu during December 18-19, 1994.

The conference was inaugurated and addressed by Rt. Hon'ble Prime Minister Manmohan Adhikari. Rt. Hon'ble Minister of Health and Labour Mr. Padma Ratna Tuladhar also addressed in the inaugural ceremony. Two hundred participants from various organizations, social sectors and parts of the country participated in the conference. The conference has made recommendations for efficient coordination for preventing STDs and AIDS in Nepal. Proceeding of the conference has already been published by WOREC.

B. COMMUNITY LEVEL WORKSHOPS ON GIRLS TRAFFICKING:

Girls trafficking has been a serious social problem in Nepal. When reviewing the present trend of girls trafficking in Nepal, the predominant patriarchal society seems to be the major cause. In this society gender based discrimination continues throughout a girl's childhood and it has been one of the important determinants of girls trafficking in this Himalayan kingdom. Economic and social factors that shape women's environment, particularly norms, traditional taboos, religion and other forces such as international politics, new economic policy, etc. effect women's access and control over resources. Nepal has been labeled as the exporter of women for flesh trade, particularly in India. Every year 5-7 thousand girls are still being dragged in sex industry which is flourishing in India and other countries. Women's Rehabilitation Centre envisions that multisectoral approach will be the best means to address the issue. However, it was necessary to find out how the community people visualize this issue and what views and ideas they suggest to solve this problem. Keeping this need in mind

WOREC had ventured a two days workshops at Nuwakot and Udayapur. With rising concern and focus on girls trafficking it was necessary to raise the issue in grass roots level and find out people's idea about the intervention strategy for preventing girls trafficking in Nepal.

The intervention strategy recommended by the groups were as follows:

1. The women groups should be strengthened and facilitated to conduct different programs.
2. Non-formal education for the women groups.
3. Awareness raising and legal advocacy programs for the women.
4. Agrobased technical and vocational trainings.
5. Income generation programs with assured marketing channels.
6. Compulsory education for girl child.
7. Discrimination in the law should be changed.
8. Gender discrimination of the girl child should be discouraged with different activities.
9. Marriage registration should be made easier and stronger.
10. Different GOs/ NGOs and INGOs should create the model for inspiration.

Major recommendations made by the participants of the workshops:

1. Discrimination in the law should be addressed and changed.
2. Gender discrimination of the girl child and girls trafficking should be discouraged through grass-roots level people's committees.
3. WOREC should act also as a pressure group to the district administration for implementing legal punishment towards effective prevention of trafficking.
4. The border with India needs to be closed or some sort of visa system needs to be imposed.
5. There should be provision of punishment in law even for the girl willing to adopt prostitution.
6. There should be provision of punishment in law for the parents who give their daughters in the hands of unknown persons (false marriage).



PROGRAMS OF WOREC AND FUNDING AGENCIES (F.Y. 1993/94)

<u>PROGRAM</u>	<u>FUNDING AGENCIES</u>
1. Women's Rehabilitation Program	Caritas, Germany
2. STD/AIDS Education Program for School Girls	Caritas, Switzerland
3. STD Education to the youth working in Carpet industries	Caritas, Switzerland
4. AIDS Education to Nepalese Prostitutes at Bombay	Misereor, Germany
5. Community Based STD/AIDS Prevention Program	AmFAR, USA
6. Literacy Program in Carpet industries	Misereor, Germany
7. Small Income generation program	APHD, Hong Kong
8. Sikki Based Enterprise	WOREC
9. Kitchen Garden Promotion Program	SNV/Nepal & WOREC
10. Non-formal education program	SC (US), AmFAR & WOREC
11. Community Based FP/MCH, Rajabas	TAF/Nepal
12. Community Based FP/MCH, Bhutar	TAF/Nepal
13. Ghyang Danda Water Supply Project	Caritas Austria
14. Girls trafficking	CAR-NWG, Nepal
15. Leadership Training to local Women	Caritas
16. Women's Training Institute	TAF/Nepal

THE ANNUAL BUDGET OF WOREC FOR F.Y. 1993/94

<u>PROGRAM AND ACTIVITIES</u>	<u>ANNUAL BUDGET, NRs.</u>
I. Management & Support;	250,000.00
II. Development of Service Programs:	
1. Women's Rehabilitation Program	627,500.00
2. AIDS Education Program for School Girls and youth working in Carpet industries,	270,000.00
3. Community Based STD/AIDS Prevention Program	1,788,210.00
4. Literacy Program in Carpet industries	172,325.00
5. Bamboo Based Enterprise	271,500.00
6. Sikki Based Enterprise	35,000.00
7. Kitchen Garden Promotion Program	16,000.00
8. Community Based FP/MCH, Rajabas	214,776.00
9. Community Based FP/MCH, Bhutar	288,890.00
10. Leadership Training to local Women's	655,000.00
11. Girls Trafficking (Workshop)	123,750.00
12. Women's Training Institute	750,550.00
13. Non-formal Education, Nuwakot	136,000.00
TOTAL NRs.	5,599,501.00

THE COLLECTIVE OF WOREC

CENTRAL OFFICE, KATHMANDU:

Dr. Renu Rajbhandari	Executive Director
Mrs. Kamala Adhikari	Training Director
Dr. B.P. Rajbhandari	Advisor
Mrs. Shashi Raut	Advisor (Legal)
Mr. Navaraj Raut	Coordinator (STD/AIDS)
Mrs. Sarita Kafle	Coordinator (Literacy)
Mr. Navin Raut	Management/Account Officer
Ms. Shova Shrestha	Office Secretary
Mrs. Bina Pokharel	Computer Assistant
Mrs. Minu Pokharel	Trainer (Knitting)
Ms. Seema Acharya	Warden (Rehabilitation)
Ms. Bindu Gurung	Educator (Literacy)
Ms. Sangita Adhikari	Educator (Literacy)
Ms. Agita Gartaula	Educator (Literacy)
Mrs. Saiti Chaudhary	Peon
Mr. Chitra P. Bastola	Night Guard

STAFFS IN THE FIELD BASED PROJECT OFFICES:

NUWAKOT:

Mrs. Ishwori Shrestha	Field Coordinator
Ms. Sabina Shrestha	A.N.M
Ms. Sapana Tamang	Trainer (Bamboo)
Ms. Kanchhimaya Sherpa	Trainer (Knitting)
Mr. Prem B. Tamang	Management Asst.
Ms. Safala Kabhar	Peon

Ms. Durga Sitaula	Communicator (STD/AIDS)
Ms. Muimendo Tamang	Communicator (STD/AIDS)
Mr. Sirman Tamang	Communicator (STD/AIDS)
Mr. Ramesh Shrestha	Communicator (STD/AIDS)
Ms. Bibi Maya Tamang	Communicator (STD/AIDS)
Ms. Vimu Tamang	Communicator (STD/AIDS)
Ms. Chhayamendo Tamang	Entrepreneur (Bamboo)
Ms. Maili Tamang	Entrepreneur (Bamboo)
Ms. Risang Tamang	Entrepreneur (Bamboo)
Ms. Manamaya Tamang	Entrepreneur (Bamboo)
Ms. Saraswati Tamang	Entrepreneur (Bamboo)

RAJABAS, UDAYAPUR:

Ms. Kumari Maske	A.N.M. (FP/Mess)
Ms. Sarada Danuwar	Project Manager
Ms. Pusalata Rai	Field Supervisor
Ms. Jhuki Maya Danuwar	Field Supervisor
Ms. Tara Danuwar	Field Worker
Ms. Tara Karki	Field Worker
Ms. Basanta Danuwar	Field Worker
Ms. Jayanti Khadka	Field Worker
Ms. Ganga Rana	Field Worker
Ms. Meena Adhikari	Field Worker
Ms. Durga Shrestha	Field Worker
Mr. Amrit Bahadur Danuwar	Guard
Ms. Hunde Maya Danuwar	Peon

BHUTAR, UDAYAPUR:

Ms. Balika Malla	Office Manager
Ms. Santa Pathak	A.N.M. (FP / MCH)
Ms. Sarita Raut	Field Supervisor
Ms. Chandra Shashi	Field Supervisor

Ms. Januka Shahi	Field Worker
Ms. Bal Kumari Shahi	Field Worker
Ms. Tara Kumari Shahi	Field Worker
Ms. Pabitra Raut	Field Worker
Ms. Indra Kumari Magar	Field Worker
Ms. Uma Kumari Magar	Field Worker
Ms. Kumari Ale	Field Worker
Ms. Padam Kumari Malla	Field Worker
Ms. Bishnu Kumari Malla	Field Worker
Ms. Gaura Bahadur Raut	Peon

MURKUCHI, UDAYAPUR:

Mr. Ramesh Raut	Field Coordinator
Ms. Dilmaya Kunwar	A.N.M. (STD/AIDS)
Mr. Janardan Raut	Communicator (STD/AIDS)
Mr. Prakash Regmi	Communicator (STD/AIDS)
Mr. Bikendra Danuwar	Communicator(STD/AIDS)
Ms. Shanti Devi Chaudhary	Communicator (STD/AIDS)
Ms. Sita Kumari Chaudhari	Communicator (STD/AIDS)
Mr. Chet Raj Shrestha	Peon

GAIGHAT, UDAYAPUR

Ms. Laxmi Thapa	Training Coordinator
Ms. Sanju Neupane	Training Officer
Ms. Sunita Chhatkuli	Training Officer
Ms. Gandaki Rai	Accountant
Mrs. Ghana Devi Bhattarai	Warden
Ms. Neeta Dahal	Store Keeper/Office Secretary
Ms. Rammati Danuwar	Cook Assistant
Ms. Januka Danuwar	Helper
Ms. Muna Danuwar	Helper

WOMEN VOLUNTEER GROUPS (WVGS) WORKING AT NUWAKOT AND UDAYAPUR

NUWAKOT

1. Raluka Debi WVG, Bhirkateri - 2
President: Mrs. Binamaya Tamang
No. of Member: 15
2. Chilaune WVG, Chilaune - 2
President: Ms. Thooli Tamang
No. of Member: 16
3. Chilaune WVG, Chilaune - 2+3
President: Ms. Kanchhimaya Tamang
No. of Member: 17
4. Timsina WVG, Timsina Tole - 4
President: Ms. Dil Kumari Dahal
No. of Member: 14
5. Chhaphathok WVG, Chhaphathok - 6
President: Mrs. Gauri Devi Rimal
No. of Member: 13
6. Simtang WVG, Simtang
President: Ms. Kanchhi Tamang
No. of Member: 15
7. Bhendabari WVG, Bhendabari - 1
President: Ms. Satyarupa Shahi
No. of Member: 12
8. Silame WVG, Silame - 3
President: Ms. Chandrika Devi Budhathoki
No. of Member: 12
9. Hile WVG, Hile - 4
President: Ms. Lila Kumari Pandit
No. of Member: 15
10. Paharmuni WVG, Paharmuni - 6
President: Mrs. Subhadra Thapa
No. of Member: 14
11. Pipal Danda WVG, Pipal Danda - 6
President: Ms. Kanchi Mendo Tamang
No. of Member: 15

12. Bansabote WVG, Bansabote - 7
President: Ms. Lok Sani Tamang
No. of Member: 11
13. Serang WVG, Serang - 8
President: Ms. Thooli Kanchhi Tamang
No. of Member: 13
14. Gahirotole WVG, Gahirotole - 9
President: Ms. Phul Mendo Tamang
No. of Member: 13
15. Talukashir WVG, Talukashir - 1
President: Ms. Putali Sherpa
No. of Member: 14
16. Negim WVG, Negima - 3
President: Ms. Sephole Tamang
No. of Member: 16
17. Ghyangphedi WVG, Ghyangphedi - 4
President: Ms. Thoolo Kanchhi Tamang
No. of Member: 10
18. Bolung WVG, Bolung - 7
President: Mrs. Maili Moktan
No. of Member: 14
19. Ghyang Danda WVG, Ghyang Danda - 2
President: Ms. Thooli Tamang
No. of Member: 15
20. Naya Chhepar WVG, Naya Chhepar - 1
President: Ms. Sani Sahili Tamang
No. of Member: 15
21. Naya Chhepar WVG, Naya Chhepar - 5
President: Ms. Sheti Maya Bishwakarma
No. of President: 16
22. Hung WVG, Hung - 6
President: Ms. Sahili Tamang
No. o Member: 15
23. Sallehe WVG, Sallehe - 8
President: Ms. Ambika Acharya
No. of Member: 15
24. Karejung WVG, Karejung - 9
President: Ms. Marbindo Tamang
No. of Member: 15

25. Karejung WVG, Karejung - 9
President: Ms. Kanchhimaya Tamang
No. of Member: 16
26. Wodare WVG, Wodare - 3
President: Ms. Kanchhimaya Tamang
No. of Member: 15
27. Gaunkharka WVG, Gaunkharka - 4
President: Ms. Kamala Nepali
No. of Member: 15
28. Kheldanda WVG, Kheldanda - 6
President: Ms. Dolma Tamang
No. of Member: 15
29. Dhande WVG, Dhande - 6
President: Ms. Demsani Tamang
No. of Member: 15

UDAYAPUR

1. Chaukidevi WVG, Baireni - 5
President: Mrs. Menuka Niraula
No. of Member: 33
2. Gunte WVG, Gunte - 9
President: Mrs. Indira Dahal
No. of Member: 11
3. Bhantabari WVG, Bhantabari - 8
President: Mrs. Usha Devi Regmi
No. of Member: 11
4. Bargaun WVG, Bargaun - 8
President: Changa Danuwar
No. of Member 10
5. Majhi WVG, Majhi Gaun, Chuhade - 8
President: Kushumi Majhi
No. of Member: 14
6. Saraswoti Danda WVG, Saraswoti - 8
President Manamaya Tamang
No. of Member: 11
7. Majh Gaun Chuhade WVG, Chuhade Majh - 8
President: Mrs. Bimala Danuwar
No. of Member: 11

8. Kalikhola WVG, Kalikhola - 9
President: Mrs. Jok Kumari Raut
No. of Member: 9
9. Kauwai WVG, Kauwai - 9
President: Mrs. Minamaya Magar
No. of Member: 10
10. Chuhade WVG, Chuhade - 9
President: Mrs. Bishnu Koirala
No. of Member: 10
11. Kubinde WVG, Kubinde - 9
President: Mrs. Goma Kumari Khadka
No. of Member: 24
12. Diputole WVG, Diputole - 2
President: Mrs. Sarita Danuwar
No. of Member: 18
13. Hokse WVG, Hokse - 9
President: Mrs. Kali Maya Thapa Magar
No. of Member: 10
14. Ratamate WVG, Ratamate - 5
President: Mrs. Sukamaya Danuwar
No. of Member: 10
15. Sakhubani WVG, Sakhubani - 3
President: Mrs. Mangali Danuwar
No. of Member: 10
16. Mathanetole WVG, Mathanetole - 3
President: Mrs. Ratnimaya Danuwar
No. of Member: 11
17. Sahare WVG, Sahare - 9
President: Mrs. Krishnamaya Magar
No. of Member: 7
18. Bagchauri WVG, Bagchauri - 6
President: Mrs. Bishnumaya Danuwar
No. of Member: 16
19. Sukalai WVG, Sukalai - 8
President: Mrs. Sita Kumari Ghimire
No. of Member: 11
20. Ratamate WVG, Ratamate - 4
President: Mrs. Chandra Kumari Khadka
No. of Member: 10

NFE FACILITATORS AT UDAYAPUR

- | | |
|-----------------------------------|-------------------------------|
| 1. Ms. Usha Regmi | 2. Ms. Laxmi Karki |
| 2. Ms. Goma Raya | 4. Ms. Ambika Regmi (Tamang) |
| 5. Ms. Durgi Kumari Chaudhary | 6. Ms. Narayan Kumari Hugdar |
| 7. Ms. Bishnu Maya Danuwar | 8. Ms. Heman Bati Chaudhary |
| 9. Ms. Bhim Kumari Ale | 10. Mr. Bhairab Bahadur Magar |
| 11. Ms. Sakuntala Shrestha (B.K.) | 12. Ms. Karuna Chaudhary |
| 13. Mr. Bhim Bahadur Magar | 14. Ms. Sarada Pokhrel |
| 15. Ms. Man Maya Bhujel | 16. Ms. Sabita Tamang |
| 17. Ms. Heman Bati Devi Chaudhary | 18. Ms. Dev Kumari Chaudhary |
| 19. Ms. Bhagban Bati Chaudhary | |

INFORMED EDUCATOR AT NUWAKOT

- | | |
|------------------------------------|-------------------------------------|
| 1. Mr. Ram Singh Glan (Supervisor) | 2. Mr. Shiva Ram Thapa (Supervisor) |
| 3. Mr. Ram Saran Adhikari | 4. Mr. Ram Singh Tamang |
| 5. Mr. Raj Kumar Tamang | 6. Ms. Junil Thing (Tamang) |
| 7. Mr. Shyam Bahadur Tamang | 8. Mr. Buddhi Bahadur Tamang |
| 9. Mr. Kamal Sitaula | 10. Mr. Basu Dev Acharya |
| 11. Mr. Surya Bahadur Tamang | 12. Ms. Pemba Sherpa |
| 13. Mr. Bal Bahadur Tamang | 14. Mr. Sun Bahadur Tamang |
| 15. Ms. Birmo Tamang | 16. Ms. Maya Tamang |
| 17. Mr. Kedar Prasad Acharya | |

**KITCHEN GARDENERS
IN UDAYAPUR:****GROUP A****Bhumrasuwa VDC, WARD # 2: Bargaon Village**

- | | |
|---------------------------|-------------------------------|
| 1. Ms. Janak Maya Danuwar | 2. Ms. Kali Maya Danuwar |
| 3. Man Maya Danuwar | 4. Ms. Sumitra Kumari Danuwar |

5. Ms. Changa Kumari Danuwar
6. Ms. Chin Maya Danuwar
7. Ms. Suka Maya Danuwar
8. Ms. Pancha Maya Danuwar

GROUP B

Bhumrasuwa VDC, Ward # 2: Dandatole Village

1. Ms. Seeta Kumari Danuwar
2. Ms. Rita Kumari Danuwar
3. Ms. Janaki Maya Danuwar
4. Ms. Gyansi Maya Danuwar
5. Ms. Aiti Maya Danuwar
6. Ms. Gita Kumari Danuwar
7. Ms. Janai Kumari Danuwar

GROUP C

Bhumrasuwa VDC, Ward # 3: Chaukibari Village

1. Ms. Janaki Maya Danuwar
2. Ms. Mainya Danuwar
3. Ms. Chhakku Maya Danuwar
4. Ms. Sati Maya Danuwar
5. Ms. Panju Maya Danuwar
6. Ms. Anjita Danuwar
7. Ms. Dhobi Maya Danuwar
8. Ms. Janaki Maya Danuwar

GROUP D

Bhumrasuwa VDC, WARD # 5: Baireni Village

Trial & Demonstration Field, WOREC

1. Ms. Sita Danuwar
2. Ms. Mandira Danuwar
3. Ms. Durgee Danuwar
4. Ms. Tara Danuwar
5. Ms. Maya Chaudhary
6. Ms. Bilku Danuwar
7. Ms. Suku Mayan Danuwar

GROUP E

Bhumrasuwa VDC, WARD # 5: Baireni Village

1. Ms. Seeta Mayan Danuwar
2. Ms. Mandira Danuwar
3. Ms. Anjita Danuwar
4. Ms. Manj Kumari Danuwar
5. Ms. Sangita Danuwar
6. Ms. Mina Danuwar
7. Ms. Mana Maya Danuwar
8. Ms. Durgee Danuwar

GROUP F

Bhumrasuwa VDC, Ward # 5: Dandatole Village

1. Ms. Usha Kumari Danuwar
2. Ms. Kumari Danuwar
3. Ms. Kali Maya Danuwar
4. Ms. Aiti Maya Danuwar
5. Ms. Shuka Maya Danuwar
6. Ms. Sumitra Danuwar
7. Ms. Sarita Danuwar
8. Ms. Kochi Maya Danuwar.

GROUP G

Bhumrasuwa VDC, Ward # 6: Bagchauri Village

1. Ms. Ram Kumari Thapa Maga
2. Ms. Dhana Mayan Rai
3. Ms. Indra Kumari Karki
4. Ms. Nirmala Karki
5. Ms. Bhagawati Karki
6. Ms. Devaka Dahal
7. Ms. Subhadra Karki
8. Ms. Dhana Kumari Dahal

GROUP H

Bhumrasuwa VDC, Ward # 9: Gunte Village

1. Ms. Biba Maya Danuwar
2. Ms. Sarmila Danuwar
3. Ms. Dhana Maya Danuwar
4. Ms. Yashodha Basnet
5. Ms. Phul Kumari Sarki
6. Ms. Mala Devi Kafley
7. Ms. Tara Kumari Kafley
8. Ms. Kalpana Pant



IMPORTANT FACTS ABOUT AIDS

- **AIDS is a global health problem with the social, ethical, legal, economic and political implications.**
- **AIDS is a fatal pandemic caused by a virus called HIV which attacks and destroys the body's immune system.**
- **HIV is considered a retrovirus because it carries its genetic material in the form of single-stranded RNA and utilizes an enzyme, reverse transcriptase, to form a double-stranded DNA copy of its viral genome.**
- **Persons infected with HIV often have no symptoms of the disease and can therefore infect others without knowing it.**
- **The mortality rate due to HIV/AIDS is very high: 50% of adults diagnosed with AIDS die within 18 months after diagnosis; the survival period for children is less.**
- **In Nepal AIDS is a new challenge with serious socio-economic consequences. Although the number of HIV/AIDS victims in this country is only 205 it is only the tip of the iceberg. The real picture might be quite depressing.**
- **Prevention of AIDS is effective only through education:**
 - ★ **Education about modes of transmission:**
 - ★ **Education about prevention of sexual and blood-borne transmission.**
 - ★ **Education about relevant change in sexual behavior.**