

WOREC

ANNUAL REPORT 1992/93



WOMEN'S REHABILITATION CENTRE

GAURIGHAT, KATHMANDU - 8

P.O. Box 4857, NEPAL

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EXECUTIVE SUMMARY

Women's Rehabilitation Centre is a registered 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 the gender they belong to, their family status and lower economic condition. This layer of women has been mostly deprived of development efforts. The WOREC strives to help them through 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 and child literacy, advocacy, health education & services and education for the prevention of sexually transmitted diseases and AIDS.

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; SNV, Nepal; The Asia Foundation, Nepal; AmFAR, USA; Australian Embassy, Nepal; Misereor, Germany; Caritas, Austria and other INGOs and agencies for providing support to towards meeting its goal.

Gaurighat, Kathmandu
January 20, 1994

Executive Director

WOMEN'S REHABILITATION CENTRE AN INTRODUCTION

NEPAL is one of those 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 squeezed off the native villages and forced for migration into towns and cities in search of hand-to-mouth opportunities. Amidst this wave there are rural girls forced 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 something and somehow 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 among the indigenous organizations established by the women with the sense of social responsibility and devotion for building the nation.

The Women's Rehabilitation Centre is a service oriented registered non-governmental organization which is governed by the Executive Committee. At present the WOREC 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 the 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, AIDS/ health education programs in rural communities integrating with entrepreneurship development projects in the command areas of WOREC;
- To conduct integrated STD/AIDS prevention and control program in the command area of the centre by mobilizing the community members;
- 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 (literacy, health and hygiene) and development activities (entrepreneurship development based on relevant skill training) 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 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;
- Intrepreneurship 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.

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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. The WOREC has been working in this direction primarily 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.

THE CONTEXT AND THE CONCEPT:

The number of women with HIV (+) who need rehabilitation beyond their houses is not big enough in Nepal if we compare it with the number of girls sold in the brothels and endangered to forced migration into prostitution in Indian brothels which has been the major route of AIDS transmission. 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 empowerment program. One of the innovative idea of this project is to let the AIDS victims and the women from rural communities 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 in the financial and moral support of the Caritas.

ACTIVITIES :

Under this program the following activities have been conducted:

- **Housing and Health Support:**

The targeted women (upto 20) have been provided with housing, feeding and other supports at the centre's building at Kathmandu. These women have also been provided with regular health check up, treatment and other support (emotional and psychological for AIDS victims).

- **Non – Formal Education and Skill Training:**

The resident women have been provided with non-formal education (literacy, legal education and awareness about hygiene and health including STDs and AIDS) and skill training in knitting and sewing in



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

the hostel itself. These activities are 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 . It has helped to build up their confidence that they can sustain themselves and their family by making use of their skills. This is one of the most important aspects of psychological bases for community based rehabilitation of the resource poor women.

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

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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 or visiting to brothels in Indian cities and 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/women from hills to towns and Indian cities has been quite common in Nepal. This sort of migration is caused by poverty, illiteracy, unemployment and social unconsciousness prevalent in the rural areas. Recent survey conducted by WOREC has revealed that about 20,000 Nepalese women

are involved in flesh trade in Bombay alone. The W.H.O. has reported that about 40% of prostitutes in Bombay have contracted HIV. It means that about 8,000 Nepalese women involved in commercial sex bussiness 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/STD transmission.

THE CONCEPTUAL FRAMEWORK:

The concept of WOREC underlying behind the development and implementation of community based STD/AIDS education and awareness program is that the only effective means of preventing HIV transmission is integration of the education, information and communication about STD/AIDS with literacy and entrepreneurship

development projects implemented in the community . Such program would be 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 need 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 AIDS.

ACTIVITIES:

Governed by this concept the centre has been conducting STD/AIDS education and awareness campaign in following population groups:

- A ★ school students of higher classes;
- B ★ campus students in Nuwakot, Chitwan and Banke districts;
- C ★ youth working in various carpet industries at Kathmandu;
- D ★ the communities of the command areas of the centre;
- E ★ 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 STD/AIDS education as a compulsory subject, has been felt essential by a wide circle of intellectuals in our country. But such improvement has not so far been done. The WOREC has been conducting STD/AIDS education programme in various high schools at Kathmandu since 1 June 1993 in the financial assistance of Caritas, Nepal. The list of schools where such program has been conducted is presented as annex-i.

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

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 prevention of STDs and AIDS conducted in the course of this program have revealed encouraging results.

In the years to come this program will be extended in other schools not only at Kathmandu valley but also in other districts.

B. OUT-REACH FAMILY PLANNING, STDs AND AIDS EDUCATION PROGRAM FOR CAMPUS STUDENTS:

In Nepal illiteracy, poverty and unemployment have been major factors limiting family planning, sexually transmitted diseases and AIDS education program to be efficient. Besides, the information network in regard to family planning and STD/AIDS education remains to be so built as to extend it in grass-root levels efficiently in an economically feasible fashion. It has been urgently needed in those districts where/ from where prostitution/forced migration into prostitution and girls trafficking have been common endangering the society with the spread of STDs and AIDS. Being governed by this concept the WOREC has started the out-reach program in Nuwakot, Chitwan and Banke districts with the financial assistance of the Australian Embassy, Kathmandu, Nepal.

PROJECT LOCATION AND PARTICIPANTS :

The project activities were conducted in the following districts and campuses:

- i. District : Nuwakot
Site : Bidur Municipality
Campus : Battar Campus
No. of participants : 20

- ii. District : Chitwan
Site : Bharatpur Municipality
Campus : Birendra M.Campus and ANM Campus, Bharatpur
No. of participants: 26

- iii. District : Banke
Site : Nepalgunj
Campus : Mahendra Multiple Campus, Nepalgunj
No. of participants: 27

Only those students who were selected as co-operators to this program had participated in the training course of this project. The community leaders, social workers, district level administrators, medical personnel, professors and other intellectuals participated in the inaugural ceremony and training program in different sites. The co-operators in each site have been provided with relevant educational materials to be distributed among the wide population groups.



Dr. Arun Koirala speaking in the inaugural ceremony and participants of the training program on AIDS organized by WOREC at Nepalgunj

Based on suggestions made and problems encountered in all sites in the course of project implementation it has been decided that this program needs to be continued in future also. Moreover, special attention will be paid to conduct follow-up activities in Banke, Chitwan and Nuwakot districts and to extend it in other adjoining districts.

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

The 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.

Above 1190 youth involved in various carpet industries were benefitted by this program. Analysis of pre- and post-test results have revealed that 85% of the targeted women who underwent this program were made aware of the pandemic AIDS. In this program emphasis is being placed on: the means by which AIDS is transmitted, how it is not transmitted, what are the implications of AIDS and how to prevent it. Major topics addressed in this program include:

- a) Girls trafficking: its causes and effects;
- b) What types of factories are motivating girls to migrate from their native villages;
- c) What is AIDS? Its causes and implications.
- d) Prevention and control of AIDS: promotion of use of condom.

Gathering the carpet workers at one place was really a quite difficult job. But with the help of staffs the audience slowly came closer to form groups and then after took active participation in the program which is usually conducted in a style of "Kurakani" (conversation). Such classes are illustrated by appropriate posters, cartoons and pictures. Active participation taken by the carpet girls/ women in this program have been highly appreciated.

D. 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 since October 1, 1993.

Under this project two clinics are established at Sikharbeshi, Nuwakot and Murkuchi, Udayapur. This program has now covered 6 VDCs in both districts. 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.



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

The total beneficiary of this program are around 10,000 rural population in the targeted area.



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

Under this project free health check up cum STD/AIDS counselling camps will be conducted to benefit the targeted rural population who have been deprived of such facilities.

E. AIDS EDUCATION AMONG NEPALESE PROSTITUTES AT BOMBAY:

The centre has also been conducting AIDS education to Nepalese women involved in commercial sex business at Bombay. Besides

educational classes conducted by the members of WOREC (Mrs. Kamala Adhikari and Shashi Raut) four local counsellors and one consultant have been recruited for conducting regular counselling, monitoring and reporting of the project activities. The IEC materials are supplied by WOREC regularly.

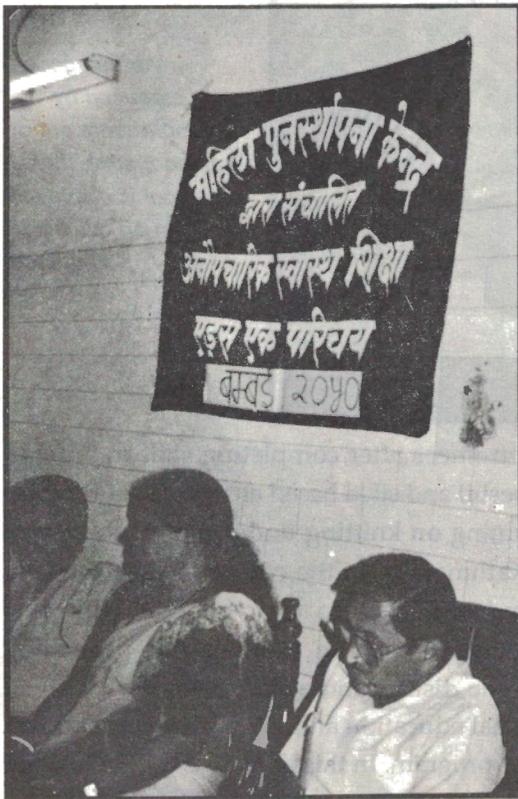
This activity was initiated with in-site survey study last year. So far three visits for survey studies have been completed by the centre.

This program was developed on the basis of survey results. The survey has revealed that the number of Nepalese women involved in the sex business is around 20000 to 25000 and the living as well as health conditions of most of the Nepalese women are very poor. Presently girls are found migrated or sold to the brothels from other districts like Chitwan, Makwanpur, 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 20 to 25 women, the room is separated by curtains into separate beds, 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).

The WOREC has been conducting AIDS education classes for Nepalese girls involved in brothels and special seminar in cooperation with local organizations at Bombay.

Moreover, one training has been conducted for the selected AIDS counsellors during 28 Dec. 1993 to 9 Jan 1994.



Representatives of different local organizations participated in the training program conducted by WOREC at Bombay.

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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 (humanpower) and environmental 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 two years. Such projects include bamboo based enterprise, sikki based enterprise and kitchen garden promotion activities.



Various goods produced by the entrepreneurs out of bamboo, sikki, thakal and wool is displayed in an exhibition Kathmandu

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 trainers and sent back to their villages with new responsibilities of implementing knitting training and producing woollen goods required for the district and also for export. They will also be conducting non-formal education and AIDS awareness education as an integral part of the program. 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 BAMBOO BASED ENTERPRIZE:

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 enterprize was first implemented by the centre in financial assistance of the UNDP. But in the last year this program was continued utilizing the resources and funds of WOREC.

Last year 26 girls from lower economic strata households and in-risk to forced prostitution in Bombay were selected for the bamboo craft training. So far 56 girls have undergone the skill training in bamboo crafting. These girls are further trained in various fields (knitting, non-formal and STD/AIDS education) in order to produce local humanpower essential to implement relevant to the need of the communities projects.

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 also.

This program has been now quite popular among the targeted communities and has been contributing to earn 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 the 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



Some of the goods produced out of sikki and thakal

of extra household income and employment for the lower economic strata population groups the WOREC has initiated sikki based enterprize at Rajabas, Udayapur. This program has been supported by the SNV/Nepal. 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 people being deprived of development efforts have been facing unemployment

and nutritional problems. To help the people to cope with the situation the WOREC has initiated kitchen garden program in its command area at Udayapur. This program is supposed to promote the nutritional status 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 has been supported by the SNV/Nepal.

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. This training was organized in close cooperation with the District Agriculture Development Office. The project has provided support for tube wells and inputs like seeds, fertilizers and technical supervision and guidance to the selected groups of kitchen gardener. 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.



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 in other adjoining areas.

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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 their households. 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, the 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 special literacy program.

Keeping the situation in mind and being governed by this concept the WOREC has been conducting literacy program in various 30 carpet industries at Kathmandu and also as an integral part of the entrepreneurship development projects in Nuwakot and Udayapur. The literacy 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 have been participating in this program. The major problem faced in such program is the significant drop outs due to various domestic problems.



*Literacy class among
the women involved in
carpet industries and
their children
Boudha, Kathmandu*



The literacy program has 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. Keeping the impact of the program and need of the migrant labor working in the carpet industries and those of the entrepreneurs involved in income generation projects of the centre this program is planned to be continued in future too.

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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.

1. 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. Immediately after the WOREC initiated bamboo based enterprize at Sikharbeshi the people from Ghyang Danda contacted the centre with request to support for building drinking water supply network in their native village.

The centre then conducted in site study to assess the situation. 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 implemented to help the rural people at Ghyang Danda, Nuwakot. The financial assistance for this project was provided by Caritas, Austria.

The project has been completed as per plan and schedule. 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.



*Mr. Dhandup Tamang,
Chairman of the Water
Supply Construction
Committee inaugurating the
newly installed tap .
Ghyang Danda, Nuwakot*

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 would be better because they can now have regular bathing, pure water for drinking and washing the clothes and utensils.

This project is the first of its kind which has been accomplished in that corner of the Himalayan kingdom. So far not a single project was 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 successfully accomplish useful for the community endeavor.

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.

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

Despite the 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.

THE OBJECTIVES:

The overall objective of this program is to bring about an improvement in the quality of life of the rural population through the prudent

management of the population growth rate and maternal child health care system.

The specific objective of this program has been to provide family planning and maternal child health care as well as regular general health service to the targeted population.

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.

FUTURE PLAN:

This program has been quite successful in achieving the specific objectives towards meeting the overall goal of the centre. The local population of the project command area has highly appreciated the services rendered by the project and has been anticipating to have such services in future also. In that background the executive committee of WOREC has decided to continue the program.

★★★★★

THE PROGRAMS AND FUNDING AGENCIES (F.Y.1992/93)

<u>Program</u>	<u>Funding Agencies</u>
1. Women's Rehabilitation Program	Caritas, Germany
2. STD/AIDS Education Program for School girls	WOREC
3. STD/AIDS Education to the youth working in Carpet industries	WOREC
4. STD/ AIDS education in campus	Australian Embassy
5. AIDS Education to Nepalese Prostitutes at Bombay	SEQUOR
6. Community Based STD/AIDS Prevention Program	AmFAR, USA
7. Literacy Program in Carpet industries	Misereor
8. Bamboo Based Enterprise	WOREC
9. Sikki Based Enterprise	SNV/ Nepal
10. Kitchen Garden Promotion Program	SNV/ Nepal
11. Community Based FP/MCH, Rajabas	TAF/ Nepal
12. Community Based FP/MCH, Bhutar	TAF/ Nepal
13. Ghyang Danda Water Supply Project	Caritas, Austria

THE ANNUAL BUDGET OF WOREC FOR F.Y. 1992/93

PROGRAM AND ACTIVITIES	ANNUAL BUDGET, NRs.
I. Management and support:	250,000.00
II. Development & Service Programs:	
1. Women's Rehabilitation Program	977,840.00
2. AIDS Education Program for School girls and youth working in Carpet industries,	96,000.00
3. STD/ AIDS education in campus	170,800.00
4. AIDS Education to Nepalese Prostitutes at Bombay	500,000.00
5. Community Based STD/AIDS Prevention Program	1,171,100.00
6. Literacy Program in Carpet industries	72,325.00
7. Bamboo Based Enterprise	212,673.00
8. Sikki Based Enterprise	119,372.00
9. Kitchen Garden Promotion Program	99,000.00
10. Community Based FP/MCH, Rajabas	385,710.00
11. Community Based FP/MCH, Bhutar	355,500.00
12. Ghyang Danda Water Supply	644,219.00
TOTAL NRs.	5,054,539.00

THE COLLECTIVE OF WOREC

CENTRAL OFFICE, KATHMANDU:

Dr. Renu Rajbhandari	Executive Director (on study leave)
Mrs. Kamala Adhikari	Actg. Exec. Director
Dr. B.P. Rajbhandari	Advisor
Mrs. Shashi Raut	Advisor (Legal)
Dr. Aruna Uprety	Coordinator (STD/AIDS)
Ms. Lila Rasaili	Coordinator (Literacy)
Mr. Navin Raut	Management/Account Officer
Mrs. Sanu Baba Ghimire	Office Secretary
Mrs. Minu Pokharel	Trainer (Knitting)
Mrs. Goma Niraula	Warden (Rehabilitation)
Ms. Seema Acharya	Educator (Literacy)
Ms. Bindu Gurung	Educator (Literacy)
Mrs. Parbati Khadka	Peon

STAFFS IN THE FIELD BASED PROJECT OFFICES :

NUWAKOT:

Ms. Sunita Chhatkuli	Staff Nurse
Ms. Sapana Tamang	Trainer (Bamboo Crafting)
Ms. Kanchhimaya Sherpa	Trainer (Knitting)
Mr. Prem B. Tamang	Management Asst.
Ms. Durga Sitaula	Communicator (STD/AIDS)
Ms. Muimendo Tamang	Comunicator (STD/AIDS)

Mr. Sirman Tamang	Communicator (STD/AIDS)
Mr. P.B. Tamang	Communicator (STD/AIDS)
Ms. Chhayamendo Tamang	Entrepreneur (Bamboo)
Ms. Maili Tamang	Entrepreneur (Bamboo)
Ms. Risang Tamang	Entrepreneur (Bamboo)
Ms. Manmaya Tamang	Entrepreneur (Bamboo)
Ms. Saraswati Tamang	Entrepreneur (Bamboo)

RAJABAS, UDAYAPUR:

Ms. Nirmala R.C.	Staff Nurse (FP/MCH)
Ms. Sarada Danuwar	Project Manager
Ms. Puspalata Rai	Field Supervisor
Ms. Jhuki Maya Danuwar	Field Supervisor
Ms. Tara Danuwar	Field worker
Ms. Tara Karki	Field worker
Ms. Rama Dhungana	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, UDAYPPUR:

Ms. Balika Malla	Office Manager
Mrs. Kumari Maske	A.N.M. (FP/ MCH)
Ms. Sarita Raut	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 Ahala	Field Worker
Ms. Padam Kumari Malla	Field Worker
Ms. Bishnu Kumari Malla	Field Worker
Ms. Gaura Bahadur Raut	Peon

MURKUCHI, UDAYAPUR:

Ms. Dilmaya Kunwar	A.N.M. (STD/AIDS)
Mr. Janardan Raut	Communicator (STD/AIDS)
Mr. Prakash Regmi	Communicator (STD/AIDS)
Mr. Prem Bahadur Danuwar	Communicator (STD/AIDS)
Mr. Chet Raj Shrestha	Peon

KITCHEN GARDENERS

IN UDAYAPUR:

GROUP A

Bhumrasuwa VDC, WARD # 2: Bargaon Village

- | | |
|--------------------------|---------------------------|
| 1. Janak Maya Danuwar | 2. Kali Maya Danuwar |
| 3. Man Maya Danuwar | 4. Sumitra Kumari Danuwar |
| 5. Changa Kumari Danuwar | 6. Chin Maya Danuwar |
| 7. Suka Maya Danuwar | 8. Pancha Maya Danuwar |

GROUP B

Bhumrasuwa VDC, Ward # 2: Dandatole Village

- | | |
|-------------------------|------------------------|
| 1. Seeta Kumari Danuwar | 2. Rita Kumari Danuwar |
|-------------------------|------------------------|

- | | |
|-------------------------|------------------------|
| 3. Janaki Maya Danuwar | 4. Gyansi Maya Danuwar |
| 5. Aiti Maya Danuwar | 6. Gita Kumari Danuwar |
| 7. Janai Kumari Danuwar | |

GROUP C

Bhumrasuwa VDC, Ward # 3: Chaukibari Village

- | | |
|------------------------|------------------------|
| 1. Janaki Maya Danuwar | 2. Mainya Danuwar |
| 3. Chhaku Maya Danuwar | 4. Sati Maya Danuwar |
| 5. Panju Maya Danuwar | 6. Anjita Danuwar |
| 7. Dhobi Maya Danuwar | 8. Janaki Maya Danuwar |

GROUP D

Bhumrasuwa VDC, WARD # 5: Baireni Village

Trial & Demonstration Field, WOREC

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

GROUP E

Bhumrasuwa VDC, WARD # 5: Baireni Village

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

GROUP F

Bhumrasuwa VDC, Ward # 5: Dandatole Village

- | | |
|------------------------|----------------------|
| 1. Usha Kumari Danuwar | 2. Kumari Danuwar |
| 3. Kali Maya Danuwar | 4. Aiti Maya Danuwar |

- | | |
|-----------------------|------------------------|
| 5. Shuka Maya Danuwar | 6. Sumitra Danuwar |
| 7. Sarita Danuwar | 8. Kochi Maya Danuwar. |

GROUP G

Bhumrasuwa VDC, Ward # 6: Bagchauri Village

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

GROUP H

Bhumrasuwa VDC, Ward # 9: Gunte Village

- | | |
|-----------------------|---------------------|
| 1. Biba Maya Danuwar | 2. Sarmila Danuwar |
| 3. Dhana Maya Danuwar | 4. Yashodha Basnet |
| 5. Phul Kumari Sarki | 6. Mala Devi Kafley |
| 7. Tara Kumari Kafley | 8. 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.**