

Annual Report

2019-2020



Action Works Nepal (AWON)

July 2019- June 2020

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Forward

It's my pleasure to present Annual Report 2019-20 for Action Works Nepal (AWON). This report provides a summary of the overall activities carried out by AWON, its achievement and budget expenditure for the period from mid-July 2019 to mid-July 2020.

AWON has successfully implemented major activities planned in the annual plan for the fiscal year 2019/20. However, with the Covid-19 pandemic had significant impact on the timely implementation of the project activities in the project districts. The main objective of the organization is to improve the livelihoods of communities through humanitarian, educational, and vocational result driven programs around political, economic, social, cultural and environmental empowerment and help communities to embrace peace, growth, and sustainable development. During the reporting year, AWON had conducted various programs (education and health) in 4 districts of Karnali Province (Kalikot, Jumla, Mugu and Humla). Quality education, capacity development of teachers, scholarship support to needy students and resource support to schools were the key focus of program in education while family planning, safe abortion, and menstrual hygiene were the key focus of health programs.

AWON has implementing its revised policies and procedures to make its initiative more effective and efficient since last year. This year, AWON has worked together with other different organizations in partnership.

In the end, the Executive Committee of Action Works Nepal would like to thank organization members, partner organizations and contribution of the employees who were working at various levels in implementing activities in the fiscal year 2019- 20 (BS 2076-77). At the same time, we would like to thank all institutional and individual donors, government agencies, friends and well-wishers and other organizations for supporting to our initiatives.

We look forward to another productive and exciting year ahead. As usual, we always look forward to your constructive feedback, critiques and comments which will make us more advanced and equipped for the days to come.

Thank you,

Bharat Wasti
President
Action Works Nepal

Acronyms

ANM	Auxiliary Nurse Midwife
AWON	Action Works Nepal
CBO	Community Based Organization
CDO	Chief District Officer
CEDAW	Elimination of All Forms of Discrimination against Women
DHS	Demographic and Health Survey
DPHO	District Public Health Officer
FCHV	Female Community Health Workers
FP	Family Planning
GBV	Gender Based Violence
HFOMC	Health Facility Organization and Management Committee
MA	Medical Abortion
MBC	Miteri Birthing Center
MHM	Menstrual Hygiene Management
MMMS	Maternal Morbidity and Mortality Survey
MOWCSW	Ministry of Women, Children and Social Welfare
MRC	Miteri Recycle Center
MWRA	Married Women of Reproductive Age
NGO	Non- governmental organization
RAP	Rural Access Programme
RM	Rural Municipality
SMC	School Management Committee
SMC	School Management Committee
SRHR	Sexual Right Health Rights
SRHR	Sexual and Reproductive Health Right
VAW	Violence against Women

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Introduction

Action Works Nepal (AWON) has been working in an integrated approach to address the extreme poverty and human rights through "***Miteri Gaun-Let's Live Together Campaign.***" AWON has initiated this campaign which is guided by the philosophy that "**Birth Place of an individual is not a Choice**", and "No one has the right to discriminate and everyone is obligated to contribute for living together, no matter who you are, where you are from and what you are doing". We raise funds through different activities to help marginalized and excluded people.

Vision

A multi-disciplinary group of people are organized and seek for prosperous and a healthy society in Nepal and beyond, following the philosophy of 'living together irrespective of differences'.

Mission

To work for vulnerable, marginalized and socially excluded communities in order to ensure social justice through partnerships, human rights movements and result driven programs.

Goal

To empower communities so that they can overcome poverty, illiteracy, health service scarcity and help them to live in a just and peaceful manner.

Objective

To improve the livelihoods of communities through humanitarian, educational, and vocational result driven programs around political, economic, social, cultural and environmental empowerment and help communities to embrace peace, growth, and sustainable development.

Programs and Activities carried out during the period from mid-July 2019 – mid-July 2020:

Thematic areas:

1. Education

Action Works Nepal (AWON) has been working on education since its inception in the remote and needy areas as a part of 'Miteri Gaun Let's Live Together Campaign'. The program is being implemented at 1 RM of Kalikot and 2 RM of Jumla district respectively. The **Education Support** program includes scholarship to the selected students, teacher's sponsorship support to 2 schools, and capacity building of teachers through training, and providing resources to schools for extra-curricular activities. Specific to the project, AWON prioritizes rural, poor, disable, orphan, and other marginalized children. However, due to the limitation of funding, it has not been able to support all those needy and compelled to cover some areas only. The main donor of the project are individual donor, AWON core fund, Kinderhlife and CSU Australia.

Objective of the Project:

- To capacitate and aware teachers on the importance of quality education, SRHR.
- To support scholarship to needy, poor and marginalized communities
- To monitor and ensure the quality education in the project areas.

Type of Support:

- Miteri Education Support Program – Full / Partial scholarships
- Miteri Teacher Support Program
- Material support for extra-curricular activities in school
- Toys / stationery items support to the needy schools

Project Area / Location:

Kalikot, Jumla

Project Beneficiaries:

This year, we conducted training to 18 health teachers on SRHR from the project implemented schools. Similarly, scholarship support to the needy students has been continued since the last year. The support to the students includes school bag, a pair of shoes, two pairs of school dress, and two pairs of socks, sweaters and stationeries needed for an academic year. Students were

selected based on the recommendation from the schools targeting very poor, needy and talented students. However, for the academic year that started later this year has not been continued due



Teachers Training at Jumla

to the pandemic. The schools were closed and this has hampered in selection of the students and providing the support. The activity will be continued after the school reopens.

Similarly, we have continued to support Kalika Basic School, Hiyakhola with two teachers on regular basic. The teachers are hired and recruited by the School Management Committee under

shared fund from AWON and School Management Communities.

2. Health

2.1 Miteri Birthing Center, Jumla

As maternal mortality rate in Nepal is one of the highest ratios among developing countries, an emphasis must be placed on improving the quality of, and access to maternal healthcare to reduce maternal morbidity and mortality rates. A lack of community awareness on maternal and



Miteri Birthing Center at Bhadravun, Jumla

neonatal health has resulted in low instances of women seeking maternal healthcare. This lack of awareness is perpetuated by the lack of healthcare institutions with adequate infrastructure.

These institutions also lack proper equipment, and are run by poorly trained staff and most of the highly rural areas health facility has no trained staff at all. Therefore, as a contribution to

address such problems, AWON has been implementing a project named “Miteri Birthing Center in Karnali” in financial support of Nepalese Nursing Association UK (NNAUK) from 2018 to 2022, a five year project. The project is designed to contribute in improvement the status of rural community by constructing and supporting for operationalizing a Birthing Center in a remote part of Jumla district, Nepal. Till now the building construction, equipment set up along with the solar panel installation has been completed and delivery services are smoothly running.

Objective of the Project:

The overall objective of “Miteri Birthing Center in Karnali” project is to contribute in improvement of maternal and child health condition in the Karnali region of Nepal. The specific objectives were:

- To address the high maternal mortality rate and poor child health condition in the program area and those around nearest outreach.
- To provide quality basic emergency health services to the poor, vulnerable and socially excluded groups.
- To create an enabling environment and make compatible of demand and supply.

Project Period: 1 February 2018 to 31 December 2022

Target Beneficiaries of the project:

- Direct beneficiaries :
 - Pregnant women (ANC and PNC services, institutional delivery)
- Indirect beneficiaries:
 - HHs of the rural municipality (Regular check-up)
- Nearest village residence

Expected Results:

- The inclusive and capacitated health facility management committee will be in place
- Functional Miteri Birthing Center with quality services
- Service users at the birthing center will be increased
- Maternal and child health status in the project districts will be improved.

Progress status

The building construction and equipment set up at Miteri Birthing Centre Bhadgoun was completed by April 2019. However the hardships, the construction of the birthing center, installation of the necessary equipment has all been completed and the birthing center is fully functioning now. Since May 2019, the delivery services has been started though the inauguration of the center was formally done on 29th May 2019. Till the end of June 2020, a total of 23 deliveries has been assisted by SBA at the center. Now the birthing center is equipped with required equipment and materials, essential medicines, SBA trained ANM, facilities for infection prevention and control (such as 24 hours water supply) and regular supply of electricity.

The community mobilization on MNCH, Family Planning is continuously being done in the catchment area of the birthing center through AWON's field staffs and Female Community Health Volunteers. Our field staffs and FCHVs conduct home visits to counsel women on ANC, PNC, Family Planning, Safe Delivery services and different health related topics. Till the reporting period, 391 mothers and 54 male household decision makers have been provided with above mentioned services.



Delivery room at the Birthing Centre at Bhadgau, Jumla

Service progress status

Sr. No	Indicators	Number of beneficiaries
1.	Number of women who had Antenatal checkup	31
2.	Number of women who had institutional delivery	23
3.	Number of women who had postnatal checkup	23
4.	Number of postnatal cases referred	1
9.	Number of women/girls who received counseling on safe abortion care, FP, pregnancy danger sign etc.	346

2.2 SAAF Project (Safe abortion)

Accessibility of safe abortion services is a major issue although abortion is legalized in Nepal. 13% of the maternal death at community is due to unsafe abortion (Annual report, DoHS, 2074/75). About .33 million women and adolescent girls have abortion in Nepal of which 58% are done under unsafe procedure (Guttmacher Institute, CREPHA). Less than half of the women of reproductive age had knowledge that abortion is legal in Nepal and nearly half of them knew the place for safe abortion (NDHS, 2016).

“Access to safe abortion and contraceptive services for vulnerable, marginalized and uncovered areas in the Karnali region of Nepal” is three-year project funded by SAAF, IPPF. The main goal of the project is that women and girls in Nepal are able to realize their rights to sexual and reproductive health and are informed and able to access contraception, safe abortion when needed.

Objectives

1. Increase the skills and capacity of 15 health workers and in public health posts of 6 Rural Municipality and 1 Municipality of Kalikot district to provide quality safe abortion and family planning services by second year of the project.
2. Improve knowledge of accessible safe abortion and family planning care for women and girls in 6 Rural Municipalities and 1 Municipality of Kalikot district to increase access to safe abortion services by end of the project.
3. Reduce abortion stigma by educating adolescent girls/boys and sharing knowledge on SRHR to women/men using media and campaigning in 6 Rural Municipalities and 1 Municipality of Kalikot district by end of the project period

Project Period: July 2018 to March 2021

Progress status:

Major activities for the project were carried out during this year. Following are the key activities carried out this year:

- Supported in providing safe abortion training and certification to 6 ANM’s from selected government health facilities
- 12 health workers for project implemented health facilities were supported in receiving implant training from listed government training site.
- Equipment and basic logistics required for health posts to deliver MA and implant service including other family planning services were procured and distributed to support 15 health facilities. The supply included MA drugs, analgesics, furniture and curtains.

- Reorientation on revised activities were conducted with the community facilitators and semi-annual action plan was prepared based on the revision made.
- Mobile camps for family planning were conducted in 3 VDC's.
- Last year 135 health mothers groups were reformed and established. 9 health mothers that were missed in the last year were reformed and strengthened this year. This activity was planned as per the request from the community.
- Bi-monthly meeting of health mothers group, health facility management committee are regularized to discuss the issue of awareness raising and quality service delivery on safe abortion and family planning. However, the last two meetings were not conducted because of the Covid-19 pandemic led restrictions in the district.
- Door to door visit to counsel and aware family members on safe abortion and family planning were conducted by all community facilitators.
- Provided SRHR education to school students targeting to adolescent girls and boys.
- Produced and broadcasted radio programs to educate community on abortion and family planning. Similarly, radio jingles were aired to raise awareness.
- Conducted campaigning activities to raise awareness on SRHR focusing on abortion rights.
- Conducted district level interaction program with local media and key stakeholders to sensitize them on SRHR issues, abortion and family planning rights and issues.
- Published and distributed awareness materials to inform the community about legal abortion and family planning.
- Monitoring and supportive supervision of project activities were conducted by the project management team and district staff.
- Review and reflection meeting of the project team was conducted where the project status, key achievements, issues and actions need to address those issues were thoroughly discussed in the team.
- Youth dialogue and interaction program for SRHR issues were conducted in each project VDC's where members of child clubs, users groups and anti-child marriage clubs participated in the program.
- Capacitated health teachers of schools from project implemented VDC's on SRHR and family planning.

2.3 Training on Manufacture of Reusable Sanitary pads in Mugu and Humla

Women are object of discrimination during their menstruation in Nepal. This practice has been observing almost all over the country since the time immemorial. Menstruation is considered an event of impurity, stigma and sin. During menstruation period, women and girls are separated from others, including from men and children, and kept in isolation at cowsheds or separate hut. They are forced to stay in the cowshed for thirteen days during their first and second menarche, seven days in their third menstruation cycle and four days of every other menstrual cycle. The practice of Chhaupadi is also followed by woman during child birth and for up to eleven days after the delivery (Directive Regarding Chhaupadi Elimination, 2007). Even their babies are also sent to live in these sheds with their mothers. During this period, women are not allowed to consume milk and milk products. They may eat fruits and vegetables; however, these are not usually available locally. They are also not allowed to enter inside the house, kitchen, temple, school and any other places of social interaction. The situation becomes worse because women and girls, while staying in the cowsheds, tend to encounter harassment, sexual abuse and exploitation, snakebite, extreme cold and many psychological and physical challenges. However, menstruation is still considered as an impurity and taboo by 58 % population belonging different culture in Nepal (CBS, 2011).

According to a baseline research conducted at Kalikot, Mugu and Jumla of Karnali Nepal, still 94% women and girls stay other than their usual room with nearly 68% at Chhauhut or cow shed. The use of sanitary pad during menstruation is only 21% with 29% use nothings and rest using cloths or home-made pad. 41% experienced at least one health problems related to menstruation such as abnormal bleeding, abdominal pain and body aches. 65% do not travel outside and even do not enter house for regular daily work. Isolation from regular works, family members and no or use of unsafe pad will likely to result in suffering from physical and mental illness as well as reduce productivity thus contributing poverty.

RAP3 MHLR is a DFID funded Rural Access Programme (RAP) project in its third phase focused on the mid and far west of Nepal to address the low levels of road access in places with the highest levels of poverty, extreme remoteness, and lack of services and opportunities. Its overriding purpose has remained “Improved incomes and resilience through employment, and improved access to services & economic opportunities in the rural transport infrastructure area (RTIA) of RAP; with increased policy ownership and capacity over both rural road asset management and social protection by Government of Nepal.” The RAP3 MHLR project will complete by October 2020.

Objective

To provide training on the sanitary pad making process enabling easy access of reusable pads for the Road Building Group (RBG) members ensuring better work attendance and more income generation of RAP3 MHLR's women RBGs based in Mugu and Humla.

Training Content

Pad making theory & practices, Menstruation hygiene, marketing, personal hygiene, Chhaupadi practices

Project Output

- RBGs women will have knowledge and skills for reusable pad making
- RBGs women will have improved level of knowledge on menstruation process, menstruation hygiene and improved skill on menstruation management.
- The income of the RBGs women will be improved through selling of reusable pads to their community.
- The work attendance of the all RBGs women will be increased for road construction
- As per the interest of the participants, more and more women will sustain their reusable pad making business even after the project ends.

Support from RAP

- Local transportation support to trainer and AWON staff
- Support in local coordination and hall management at Mugu
- Accommodation support for consultant
- Others

Implementation status and results

1. Enabled access to reusable pads for Road Building Groups (RBG) members

Under this activity, we organized three days reusable pad making and menstruation hygiene management training at three different venues at Mugu Humla Link Road project locations Boharabada, Bama and Luma. The training was facilitated by the consultants where skills on cloth cutting, sewing and finishing work had been taught after proper introduction of the materials required for the reusable pad. During the two day's training, both theory session and practical session were successfully completed. Each participant of the training had received a set of materials such as scissor, cloth, needle, a roll of

thread, card etc. which they could reuse after training. Each participant had practiced the learned skill through making four pads during the training and some cloth which they could make four more pads when returned home for their female family members. Also participants were encouraged to make as many pads as possible and sell within their communities for income generation in future. On the third day, the participants had learned about personal hygiene, menstruation hygiene, reproductive process and system for ending harmful traditional practices during menstruation. They also learned about activities they can perform during menstruation as the practice of social mobility is restricted in these areas. Altogether 126 RBG's women had received pad making training. The training schedule and photos are attached in the annexes. The table presented below shows the number of participants by training venue.



SN	Venue	Number of participants	Remarks
1	Boharabada, Humla	38	
2	Bama, Mugu	52	
3	Luma, Mugu	36	
Total		126	

The socio-demographic status of the participants was also assessed and the findings show that almost 80% were illiterate and only 6% having secondary or higher education. The age of the participants ranged from 19 years to 49 years. By appearance and activities during training session, participants were found to have poorly maintained their personal hygiene. Participants were found worried about their household work, field/agriculture work/road building work to earn money for their livelihood but negligence to their health and hygiene and that could have resulted from their poor awareness level, busy in household works and low propriety given to personal health and hygiene. Upon quick observation of the settlements, it was observed that open defecation was a major problem with households having toilets not used regularly through maintenance.

2. Improved knowledge of RBG members on menstruation awareness & hygiene

Lack of knowledge to basic menstruation cycle, process and hygiene will increase the risk of women and girls to infections, ill health and even health complication. This will create great barriers to income, loss of money and consume productive time for management of health problems. Considering this fact, a half day was allocated from the three day pad making training for imparting knowledge and awareness to the participants on menstruation as biological process, menstruation hygiene management and link with regular use of sanitary pad for dignified menstruation. It is hoped that women were able to realize their sexual and reproductive right, physical menstruation cycle processes and knowledge/skill for management of menstruation.

Lecture, brainstorming and games were the teaching methods use during training. The facilitators also knew the status on Chhaupadi practices and created awareness against it linking menstruation with biological process and examples from other places.

3. Improved income of RBGs and increased work attendance

Locally made reusable pads are cheap and can be sold to women and girls of the community which can create jobs to RBGs. During the training, all participants were motivated to continue the learned skill making them aware that pad making can be a source of sustainable income. Since the local pad making do not require good skills/pre-experience for cloths sewing, all participants were motivated to sustain the skills for the local pad production in large quantity and sell them in their community at affordable price. Also through training regarding pad making, awareness on menstruation and hygiene and menstruation management, participants were encouraged to work during menstruation through proper use of pads. It is hoped that work attendance of those members will be increased and thus contribute them in their productivity which has been lost during period days before training.

4. Mass production of pads.

Two local tailors were identified from the MHLR working areas. The identified tailors also get two days intensive training on pad making through mentoring from the trainers at Gamgadhi RAP office. During the two days training, the tailors completed cutting of 1000 pads and made few pads ready for display. We hope in few days the sewing work will be completed and all pads are provided to RAP for distribution. It is expected that the tailors will use the learned skills for local level production of pads and sell them in the market for the income.

3. List of Projects in 2018-019

SN	Name of Program	Project areas	Budget Expenditure	Funding Partners
1	Establish and Operation of Miteri Birthing Center (Jumla district)	Jumla		Nepalese Nursing Association (NNA)UK
2	Education Support Program	Jumla, Kalikot		CSU Australia support, Kinderhilfe
3	Access to safe abortion and contraceptive services for vulnerable, marginalized and uncovered areas in the Karnali region of Nepal.	Kalikot		Safe Abortion Action Fund (SAAF), UK.
4	Peace Learning Centre	Jumla		Various donors
5	Training on Manufacture of Resuable Sanitary Pads in Mugu and Humla	Mugu, Humla		Rural Access Program

4. Organizational Financial System/Annual Financial Statement

AWON has computerized accounting system named Financial and Management Accounting System (FAMAS) for recording, reporting and analysing of the financial transactions of the organization. AWON has a well-established finance, admin and human resource management system. AWON finance and administration section applies the organizational system and policies and auditing the finance and system by the authorised independent audit firms duly appointed by the Annual General Assembly meeting of the organization. The annual financial statement for the fiscal year 2019-020 is presented below.

5. Photo Gallery



Teachers training on ASRH at Manma, Kalikot



Birthing Centre at Bhadgau, Jumla



Health Mothers Group Meeting at Kalikot



Male Groups Meeting and discussion on Safe Abortion and Family Planning by CF



Implant service provided by ANM at Health facility in Kalikot



Youth Groups Training at Kalikot



ANC Check-Up at the Birthing Centre at Bhadgau, Jumla



Solar equipment's at Birthing Centre at Bhadgau, Jumla



Interaction with mothers group members during field visit by central team



Interaction on family planning and safe abortion with female members from the community at Kalikot



Sanitary pad making training at Boharabada, Humla



Sanitary pad making training at Bama, Mugu